



People

HELPING PEOPLE

The magazine of Presbyterian Support
Upper South Island

ISSUE 10

Autumn/Winter 2021

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heating leads
to better
outcomes

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money
matters

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something little
be huge?

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difference

Presbyterian Support Upper South Island is a non-profit social services charity serving the West Coast, Mid and North Canterbury, Christchurch, Marlborough and Nelson.

Through our service groups, Family Works and Enliven, we support children, young people, whānau, families and older people to be safe, strong and connected. It is our mission for a just, compassionate and inclusive society in Te Waipounamu.

To learn more or to find a service centre, go to www.psuffersouth.org.nz.



Like us on Facebook.



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Presbyterian Support
Upper South Island

Our services



Together we will conquer hardship

The proverb “for every dark night, there’s a brighter day” couldn’t be more true for the times we’re in.

The rapidly changing dynamics as the Covid-19 pandemic continues to wreak havoc has been incredibly challenging for many people we are helping.

In this edition of *People Helping People* we put a spotlight on financial hardship, not just in the wake of the pandemic, but what some people have been going through for much longer.

One such story (pages 2-3) describes the journey of Debbie, Jacob and Earl. While their names have been changed to protect their privacy, the very real issues they faced as a family living on a low income and facing extraordinarily high power costs was something we were able to help with.

And again, the story about Tom living on the streets of Christchurch, using drugs and being the victim of violent crime, but then being helped by our Youth Service team is one of redemption and hope.



Poverty is a blight on our communities but thanks to the help of our donors and supporters we have been able to bring light into the lives of many people. Through this generosity we are helping people overcome personal struggles and have a brighter future.

People Helping People is packed full of stories about the work you are helping to support. Together we will conquer hardship.

“Ka mahi tahi tatou mō te ora o te katoa.”

“Working together for the wellbeing of everyone.”

Ngā mihi



Barry Helem
Chief Executive,
Presbyterian Support
Upper South Island



HOME HEATING LEADS TO BETTER OUTCOMES



Living with chronic asthma isn't easy for anyone but when Debbie and her son, Jacob, were also the victims of a smoking log burner this escalated their problems.

Their home needed a way of heating and without the log burner they were left with no other choice than to use oil column heaters to keep warm. Due to this the family's power bill was rapidly increasing.

Jacob's father, Earl, had lost his job because of the Covid-19 pandemic, creating a situation where the family were experiencing financial hardship.

This was definitely taking a toll on the health of Debbie and Jacob.

When the family's plight came to the attention of Annette, a Presbyterian Support social worker, she took immediate steps to help.

"New insulation was already in the house and we brought in other people who could help with longer-term solutions."

The most affordable solution was to install a heat pump, however, before that could happen Annette wrote a referral letter to the Mayoral Fund for help to pay for the very high power bill. This application was accepted after an interview with the family and the power account was paid.

"This was a massive relief for the family."

A heat pump has since been installed, making a big difference to the warmth of the home.

"As we know, oil column heaters are expensive to run so avoiding these has helped reduce future power bills, meaning better health outcomes for both Debbie and Jacob."

Names and photos have been changed to protect their privacy.

"This is very much a story of working collaboratively with a family who are facing many challenges. Jacob's health has a direct impact on his future. If he's well, he's able to go to school and we all know that a good education has good outcomes."

Annette, Social Worker

KEEPING WARM AND HEALTHY THIS WINTER

As winter approaches, it's not unusual for people to get colds and 'flu. Here's a few tips to ward off those bugs, stay warm and how to keep your home dry.

1. If you can, eat lots of fruit and vegetables. Hot meals and hot drinks will help keep your family warm and healthy.
2. Keep your home draught-free by making your own draught 'snakes' by stuffing rugby socks or pantyhose with newspaper or cushion filling. Up to 20% of heating can be lost through draughts!
3. Talk to your electricity company to make sure you're on the most suitable plan for your needs.
4. A dehumidifier can help reduce moisture in the air and help keep your home warmer.
5. Opening a window for a short time is a useful way to get rid of steam in kitchens and bathrooms.

When money matters

Providing a service to help improve a family's financial situation in a non-judgemental and respectful way is crucial for people to feel comfortable when it comes to talking about money. It's not always easy to talk about financial stress and the challenges to make income stretch across the basic necessities including rent/mortgage, food, heating costs, clothing, and transport costs.



How the game is played

Teams distribute counters on the game board to indicate household spending. Incomes are limited and choices are made about what to spend and how to spend it. There are four required expenses:

- 1 Rent and electricity
- 2 Transport
- 3 Groceries
- 4 Clothing and shoes

The teams discuss their choices. For example, for Rent & Electricity they may choose to rent a 3-bedroom house for 5 counters or a 2 bedroom flat for 4 counters. Some expenses are low and they cost less than a counter. If teams choose some of these low-cost options, they must put one counter in the box labelled Low Cost Choices. There are no right or wrong answers.

To further highlight financial needs versus wants, the group then view the framework of Maslow's Hierarchy of Needs. Maslow stated that people are motivated to achieve certain needs and that some needs take precedence over others. Our most basic need is for physical survival, and this will be the first thing that motivates our behaviour. Once that level is fulfilled the next level up is what motivates us, and so on.

The final part of MoneyMates encourages attendees to create a budget. The facilitators guide the attendees through a standard budget template as an initial step towards improving their own financial situation.

Sounds easy? Absolutely! MoneyMates helps people feel confident about making choices, being able to plan for a 'rainy day' and help clear debt.

Our fully trained financial mentors understand the delicate balance of having open and honest conversations and being able to give practical, sound advice.

Depending on the individual situation, sessions may be one-on-one or they may be in a facilitated group where families can talk about their own situation, share and learn with others. The latter is known as the MoneyMates programme.

The need to lighten an otherwise serious issue is paramount, particularly in a group setting. MoneyMates does just that. With a board game, inspired by The Bean Game, The Jelly Bean Game and other similar games, participants start considering the decisions we make when preparing and following (or deviating from) a budget. The game is not an end in itself, but a stepping stone to facilitate understanding of needs versus wants and the choices we make with our money.

It will also lead to many other important discussions and hopefully lead participants to develop great budgeting skills.



CAN SOMETHING LITTLE BE HUGE?

Walking into a classroom is a big deal for a five-year-old but would you expect it to be a huge deal for a 17-year-old? For Tom*, definitely.

Tom has started to turn his life around and will be entering a classroom very soon. He knows a thing or two about poverty, having lived on the streets of Christchurch for several months after a major dispute with his parents.

Tom has a cheerful personality but several years ago made some bad choices and starting using drugs. Unable to follow

the rules set down by his parents, Tom left home and started living rough. Without money, poverty took hold very quickly and Tom was in a very dark place. He had his shoes stolen, was beaten up and ended up in hospital.

Life was bleak until Presbyterian Support and family members intervened.

While Tom is still unable to live with his parents and siblings, he has been taken in by extended family members and is getting the professional help he needs from a Youth Service Coach.

He is no longer using drugs and is getting professional care and medical treatment. Why? Because Tom has had problems with his eyesight and cannot see clearly, a condition he has lived with for many years, which has likely impeded his education and learning.

Now Tom has his sights firmly fixed on a brighter future. He is living in a safe and secure environment with loving and caring people, his diet is now full of healthy food, he is about to start studying NCEA Level 1 and is no longer living with the fear of violence and drug use.

Thanks to the generosity of our supporters, Tom is turning his life around, going to school, learning new skills and setting a course that will see him thrive.

Youth Service is a wrap-around support service for young people who are eligible for the Youth Payment or Young Parent Payment.

If a young person is 16 or 17 years old and not in education, training or work, Youth Service is likely to be able to help.

When a young person starts with Youth Service they will work with a Youth Coach, helping them access the services and support that is needed. Some of the things a Youth Coach can help with are:

- Talking about where the young person is now and where they want to be
- Working out what might be stopping the young person from succeeding at school, training, or work-based learning and then taking steps to get back into education or training
- Developing an action plan that will help the young person achieve their goals

For more information about Youth Service please call 0800 477 874 or visit familyworksuppersouth.org.nz.



A simple eye test and pair of glasses has made a big difference to Tom.

To protect his identity Tom is not his real name. Images have also been changed.

THE ROLE OF A 'VILLAGE' RAISING A CHILD

21-year-old mother, Emma, understands the significance of a 'village' raising her daughter and her 'village' includes Presbyterian Support.

It started when Emma's daughter, Ava, was proving to be a handful and often having tantrums. Emma was struggling to know how to manage Ava. Add to that, Ava has a chronic illness and needs daily injections ... a lot for the young mother to cope with.

Enter in Presbyterian Support social worker, Annette. Her expertise and skills have helped Emma gain confidence to effectively parent Ava, help calm her down when she's upset, and settle into the daily ritual of injections.

Names and photos have been changed to protect their privacy.

Now Ava puts on a brave face as the two-year-old sits quietly before she's given her daily injection. For Emma, injecting her daughter isn't as fraught as it once was but there have been plenty of times when the thought of this daily ritual was pretty overwhelming.

Emma had little training and was nervous, making the whole experience very difficult for both her and Ava. As you can imagine, the process was far from smooth sailing but when a nurse visited Emma, showing her an effective way to inject her daughter, the practice has become more normal for both mother and daughter.

"Emma has made incredible strides in a short period of time," says Annette. "She's overcome some pretty big challenges by learning how to inject Ava but the work we've done together is much more than that."

While Ava's behaviour has improved exponentially, she's still a typical two-year-old and has the odd tantrum but rather than focusing on this, Emma has learnt to distract Ava and turn her attention to something more positive.

Now that Emma's confidence is flourishing Annette can see Emma wanting to continue learning and grow as a parent.

"There's every possibility that Emma may enrol in our Incredible Years and Tuning Into Kids courses as she recognises that additional courses could continue to help."

"We've also talked about Emma's future aspirations for herself, about future education and gaining more skills and qualifications while she continues to raise Ava. The long term is looking very positive for both mother and daughter," says Annette.

“Margaret is so lovely. She's wonderful, a great organiser, supportive, caring, loving ... we just loved her.”

HomeShare member, Helen

THE HEART OF A SERVICE

West Coast HomeShare Coordinator, Margaret Wetherall, is at the heart of the HomeShare service on the West Coast but she's reluctant to have the limelight all to herself.

In Margaret's eyes the success of HomeShare is the effort of the team, the hosts, the volunteers and the opportunities that are presented to HomeShare members.

"We celebrate everything, especially birthdays. They're really special as they are in a private home and with a small group. We've also been able to take them out for lunch a couple of times a year for meals thanks to funding we've received."

Across the district there are seven HomeShare groups in Westport, Hokitika, Greymouth and Reefton and each group has approximately six members.

Working closely with Dementia Canterbury and the West Coast DHB, older people with the beginnings of dementia are referred to Presbyterian Support after they have been assessed and in need of the special care they'll receive through the HomeShare service.

Margaret plays a crucial role in the service. When a potential member is referred by the DHB Margaret will spend time with that person, sometimes including family members,

to make sure they are matched with the best group and that they are welcomed into a new environment.

For many years Margaret's mantra has been "I'm only a phone call away" but that has changed as Margaret has now left Presbyterian Support after seven years.

Prior to her leaving we asked her about her retirement plans and the short answer was that there's no plans to retire just yet. She will definitely continue with Scottish Country Dancing and she'll be travelling more to see her family, but it will be a long time before she hangs up her proverbial boots. In her words "nothing is ruled in or out."

Margaret has made an incredible contribution to Presbyterian Support and the HomeShare service. She will be greatly missed.



THE POWER OF *connection*

Rudy Schappi believes in the power of connecting with others, keeping good health and being as active as he can be. All that for the 93-year-old is pretty remarkable.

Rudy is a retired scientist and knows a lot about food, especially potatoes and kiwifruit. While he might be retired from his professional career, he's far from being retired when it comes to social activities and hobbies.

His love of food and growing produce still sees him tenderly looking after his garden and he's an accomplished cook to boot. Rhubarb has been turned into a very fine rhubarb pie! Widowed over 20 years ago, Rudy now lives with his daughter and son-in-law.

Not one to rest on his laurels, Rudy loves taking part in social activities and has been a member of the Lincoln HomeShare group for over six years, joining in April 2014. He's made friends and every week loves getting together in HomeShare host Sue Silcock's home (with Kirstie Hooper as Sue's trusty volunteer) to share a meal and good company.

Rudy values his friendships and he has a particularly strong friendship with fellow HomeShare member, Bob. They've become firm friends and the two of them travel to Sue's house in a Driving Miss Daisy car each week, sharing a few laughs and enjoying some convivial banter. That's what HomeShare is all about!



About HomeShare

The Enliven HomeShare service brings older people with shared interests together in the comfort of a host's private home.

Any person aged 60 years or older, who is feeling lonely or isolated from their community, who may be experiencing memory loss, can benefit from HomeShare.

HomeShare offers:

- Personalised, small group companionship- in a private home
- Socialise with others with shared interests
- Share a nutritious home-cooked meal
- Transport

To find out more call 0800 477 874 or visit www.enlivenuppersouth.org.nz.



If you would like information about leaving a bequest to Presbyterian Support please contact Megan Waddington on 0800 477 874 or email meganw@psusi.org.nz. We would love to hear from you. psuppersouth.org.nz/leave-a-legacy

"Graham holds a photo of himself as a 8-year-old boy"

A life well lived

Ask Graham Pauling why he has decided to leave a bequest to Presbyterian Support, his answer is simple – "because they helped me".

Graham was born in 1934 and was raised in the Presbyterian Boys Home in Christchurch. It was, according to Graham, a happy childhood with good memories of being cared for by kind staff, he was fed well and received a good education. Notwithstanding his upbringing, Graham did in fact know his mother and was visited by her many times over the years.

Like many boys of his generation, Graham took on an apprenticeship when he left school but it's his early years that have led him to give something back to Presbyterian Support.

As a young boy living in the Boys Home in Blighs Road, he was expected to play an active role including helping look after a large vegetable garden (part of the 4 acres the boys home was set in), go to church and school. Graham even had a pet bantam chicken!

It was a tradition that all the boys would be 'billeted' for summer holidays and Graham spent many summer holidays on a family farm in Canterbury, recalling again the happy memories of pitching in and helping and being part of a large farming family.

For all intents and purposes, his childhood was very similar to other boys. He was loved and cared for, it just happened to be by the Presbyterian Church and the people who made life-long commitments to helping others in less fortunate circumstances. For these reasons, Graham has decided to leave a bequest to Presbyterian Support. Where he was once helped by the church, Graham wishes to give something back and help others in need.

Your Will can help create a better life for others

Each year thousands of people seek the support of Presbyterian Support to help overcome life's challenges.

Our vision is for a just, compassionate and inclusive society. Kei te tae ana kite ngākau – achieving a heart of love.

Marmalade and whisky bread and butter pudding

As the days start to shorten and the temperatures lower, there's nothing quite like a winter sweet treat! Try this bread and butter pudding with a difference!

Email us at ps@psusi.org.nz with a photo if you give it a whirl!

INGREDIENTS

- 8 slices day-old crusty white bread, crusts removed (or swap out for fruit bread or even croissants)
- 50g very soft butter
- 4 Tbsp orange marmalade, plus 4 tsp
- 300ml full fat milk
- 250ml double cream*
- 3 large eggs
- Seeds 1 vanilla pod
- 4 Tbsp caster sugar
- 1 Tbsp whisky
- Icing sugar, for dusting

METHOD:

Step 1

Butter each piece of bread on both sides, then spread 4 with 1 Tbsp marmalade each. Pop the remaining bread on top to make 4 marmalade sandwiches. Cut into triangles and nestle in rows in a large baking dish.

Heat oven to 160C/140C fan.

Step 2

Beat the milk, cream, eggs, vanilla, sugar and whisky together, then pour over the bread. Leave to soak for 30 mins.

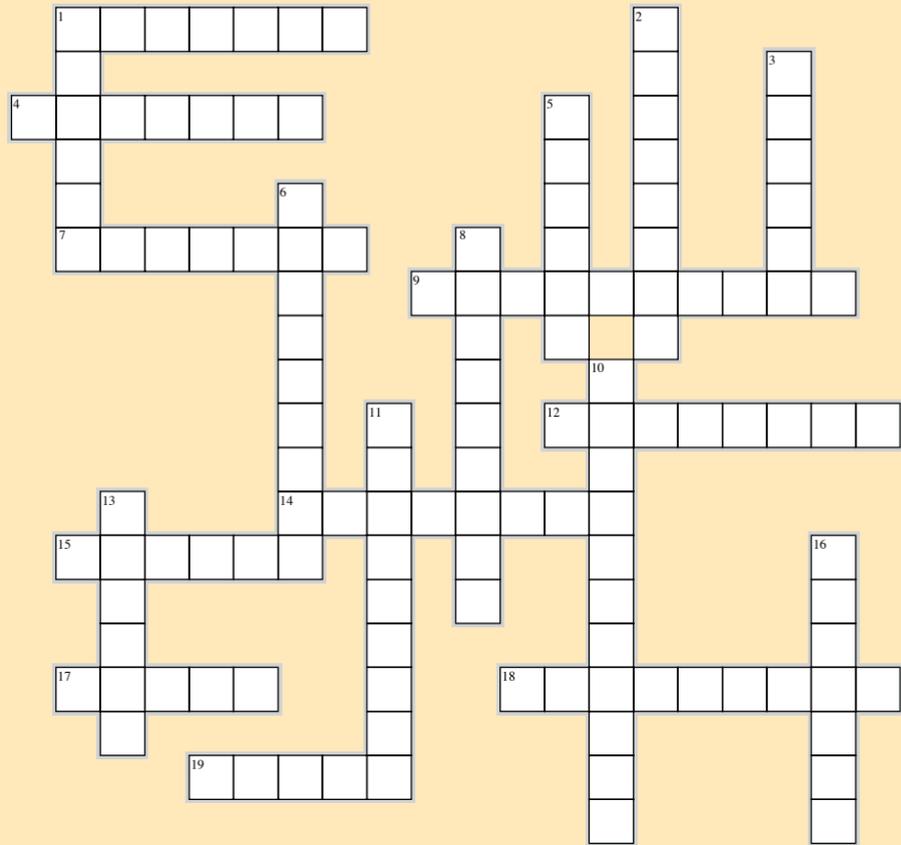
Step 3

Dot the remaining marmalade all over the top of the pudding and dust with the icing sugar. Bake for 45min to 1 hour or until puffy and starting to caramelise where the bread breaks out of the custard.

Serves 6-8

* (Lewis Road make double cream)

A Crossword for the Season.



ACROSS

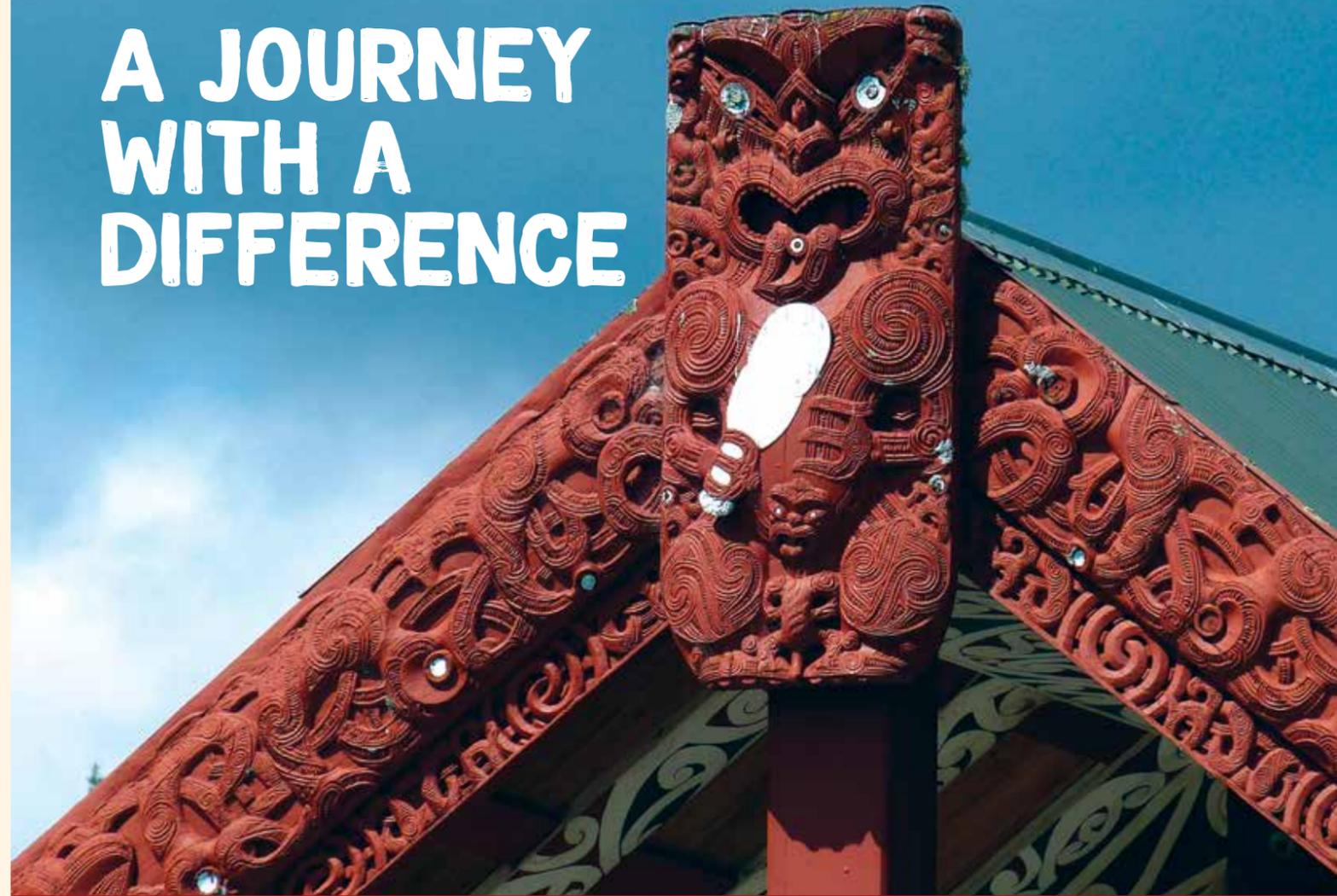
1. Our new newsletter
4. A gift that can be left to a charity after the death of a person
7. Services for older people
9. Group session to discuss money matters
12. Maori elder
14. The _____ Treaty
15. City at the top of the South Island
17. International pandemic
18. What this is
19. A block game

DOWN

1. Something banks are ending
2. A popular form of heating
3. A way to support Presbyterian Support
5. A financial plan
6. Mayor of Ashburton
8. A service that brings older people together in a private home
10. Services for families
11. Formerly known as Housing NZ
13. A volunteer who spends time with a young person
16. An organisation that receives donations

Answers on page 16

A JOURNEY WITH A DIFFERENCE



The journey to have a deep understanding of the principles of the Treaty of Waitangi and what it means to be a Treaty partner has started at Presbyterian Support.

Developing Te Rauemi Atawhai (cultural competency) starts with the three Pou or supports that we have in place so that all staff can find a comfortable place to start the journey or pick up where they had left off from a previous job or training. They are:

1. Cultural awareness
2. Cultural participation
3. Cultural maintenance

Our relationships with local mana whenua and their kaumātua are integral to making this an enjoyable learning process for our team. Respected Kaiako/teachers educate and share their knowledge and wisdom in a safe learning environment, and include:

- Recognising the significance of whānau, hapū and Iwi connections
- Recognising the inter-dependence of the Wairua (spirituality), Tinana (physical), and Hinengāro (mental health).
- Being encouraged to learn Te Reo Māori through himene, waiata, mihi and pepeha.

· Being encouraged to participate in activities and days of significance for Māori (Te Wiki o te reo Māori, Matariki and Waitangi Day).

· Being encouraged to experience a 'noho marae'/visit combining Te Reo Māori learnings

Supporting our team is fundamental and staff learn to integrate what they have learned or are learning into their everyday work. They are also encouraged to seek out their own relationships with local hapū as their own learning and understanding deepens.



A job well done

It's not every day one of our Youth Service Coaches gets a glowing thank you but that's exactly what Aaron Hall received recently.

“Dear Aaron, thank you for being such an awesome Youth Coach! I really appreciate all the time and effort you have put into me, and all the motivation and guidance you have given. I really do feel like I wouldn't be where I am now without you so thank you! I promise to update you on my uni studies and keep you in the loop. Thank you for all the support! Wish you the best.”

Around the Region

ASHBURTON

Waitangi Day Celebrations

Waitangi Day in Ashburton at the Hakatere Marae was packed full of fun, family activities.

The day started with a pōwhiri and we took the opportunity to promote our services. We encouraged kiddies and families to play Giant Jenga (which included answering questions printed on the Jenga blocks) and Throw The Bean Bags. Everyone (including Mayor Neil Brown and Deputy Mayor Liz McMillan) had a great time!

As a bonus, we had prizes and the winners took away either a New World hamper or a Kathmandu Family Sun Shelter.

The day was full of fun, with a water slide and bouncy castle for the kids, a music and dance show, a range of stands from other local services and shared kai.



WEST COAST

The views on the West Coast are breathtaking which is just as well as the team can travel up to 1000km a week between Greymouth, Hokitika, Westport and inland to Reefton.



MARLBOROUGH

Birthday celebration!

Congratulations Springlands, Blenheim HomeShare! Your 1st anniversary is something worth celebrating.

Despite a tough year of closures due to the Covid-19 pandemic, this group has survived and thrived! We're so lucky to have an amazing team that have been an incredible support to our members and special thanks to HomeShare host Ellen Anderson.



CHRISTCHURCH

Te Whare Waitutu Kate Sheppard House

Our wonderful Kaiārahi, Kim Manahi and Kaiāwhina, Hutika Crofts-Gibbs were absolutely delighted to meet our Prime Minister in December at the official opening of Te Whare Waitutu Kate Sheppard House in Christchurch! Kim was honoured to be the kaikaranga for this auspicious event.

CHRISTCHURCH

Garden party for a dame

Presbyterian Support Chief Executive Officer Barry Helem attended a very special garden party.

In his words, "I was honoured to be an invited guest of Dame Aroha Reriti-Crofts at her High Tea Garden Party to celebrate her investiture as a Dame.

The occasion was one of great joy, aroha, laughter and evidenced by strong whanaungatanga. I was so pleased I could experience the manaaki of the marae and the aroha expressed for Dame Aroha and the mana she carries.

I was also privileged to be able to share the occasion with our hard working kaiāwhina Deirdre Carroll and Hutika Crofts-Gibbs."



NELSON

Nelson's Harakeke members were taken back in time when they brought a wedding photo to be placed on a Sweet Heart Tree. It was a lovely occasion and family members enjoyed searching through photo albums and reminiscing about those exciting love-filled days. Trying to recognise who was who was fun as some of our members have been married for 60 years!



NORTH CANTERBURY

Paying it forward

From one set of helping hands to another, a complete stranger has offered to do knitting for some of the people we help. Why? She's paying it forward as she was helped 10 years ago by a 'magic' person with earthquake repairs and that person was a former Presbyterian Support worker, Dot Mitchell.



OUR MAJOR SUPPORTERS



THE END OF CHEQUES



Banks have started phasing out cheques and by July it's likely that most banks will no longer issue and accept them.

ANZ (who we bank with) has confirmed it will no longer accept cheques after 31 May 2021. Unfortunately this means we will no longer be able to accept cheques, however, we value your support and will accept cheques until then.

The good news is there are other ways you can support our work.

CREDIT CARD

1. Complete the donation form and post it back to Presbyterian Support
2. Donate securely online at www.psuppersouth.org.nz/donate
3. Call 0800 477 874 and use a credit card over the phone (safely and securely)

BANK TRANSFER

Use internet banking, telephone banking or pop into the bank to make a donation. Our bank account is ANZ 06-0801-0678233-01.

So we know who made the donation these details should be included:

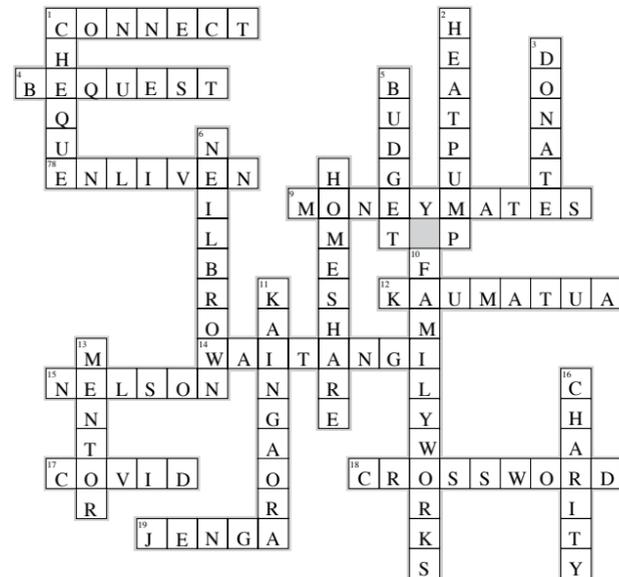
1. Donor's address
2. Donor ID (if known)

AUTOMATIC PAYMENT

If you would like to make donations by automatic payment you can pick up an Automatic Payment Authority form from your bank (some banks have an online version as well).

For more information about the different ways to donate or if you require help please call us on 0800 477 874.

Crossword Answers



EclipseCrossword.com

Yes! I want to help.

Your gift will help vulnerable children, whānau/families and older people so that they are safe, strong and connected.



Tick your preference...

\$10 ●

Can buy educational resources for a parent struggling to manage a troubled child

\$60 ●

Can provide older people with fun games and activities to enjoy

\$150 ●

Can help a child, suffering from trauma, receive vital counselling

\$250 ●

Can help a child, with poor eye sight receive an eye test and glasses

\$ _____

I would like to give a gift to support the work of Presbyterian Support

You can also make a donation online at psuppersouth.org.nz/donate or via internet banking (ANZ 06-0801-0678233-01).

Name

Address

Phone

Email

Donor ID (if known)

Cheque Credit Card

Card number

Name on card

Expiry date

Signature

POST TO: Presbyterian Support, Freepost 60373, PO Box 13171, Christchurch 8141

All donations are receipted. Gifts over \$5 are tax deductible. NZ Charities Register #CC21765

Your privacy is important to us. Please visit www.psuppersouth.org.nz/privacy-statement for information about how we collect, and care for, your personal information.

Thank you for your kindness and generosity - your support really will make a difference!



Mentoring
is a rewarding
experience

Help

make a difference
in the lives of others!

Mentors Needed

Sometimes being there is all it takes.
A regular, small amount of your time each week could
make a huge difference to a young person. Become a mentor.
Visit: psuppersouth.org.nz/get-involved

