



People

HELPING PEOPLE

The magazine of Presbyterian Support
Upper South Island

Spring/Summer
Kōanga/Raumati

2022/23 | ISSUE 13

Accessing
the right
tools to
thrive

Providing
a safe space
to talk

Rundown
house
to healthy
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to natural
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Presbyterian Support Upper South Island is a non-profit social service 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 vision for a just, compassionate and inclusive society.

To learn more visit www.psuppersouth.org.nz or follow us on Facebook.



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Privacy
*Throughout this magazine, some names have been changed and stock imagery used to protect our client's privacy.

Providing the tools for independence



As our nation closed its borders to help protect our team of five million, it was expected that New Zealand would experience a strain on its economy. But that did not make it any easier to navigate.

With rising food and house prices, people have struggled to feed their families and provide a roof over their heads.

In this edition of People Helping People, we share just how this has impacted the individuals and families/whānau we have helped, such as the Greenwood* family (page 2) who struggled to meet their own basic food and clothing needs, or Olivia's* story which highlights how some people have been forced to live in unhealthy conditions, feeling they had no choice.

However, with the continued kindness of our donors and supporters, we have provided relief for many in such a difficult time and delivered the tools to help them shape a more positive future for themselves.

Kāhore taku toa i te toa takitahi, he toa takitini
We cannot succeed without the support of those around us

Ngā mihi



Barry Helem
Chief Executive,
Presbyterian Support
Upper South Island





ACCESSING THE RIGHT TOOLS TO THRIVE

As a whānau of five, the Greenwood* family were struggling financially.



Due to the family's tough financial situation, they were struggling to provide enough food or buy essential winter clothes to satisfy their basic needs. Mum, Naomi*, was working full-time to help support them and the children began to display emotional and behavioural issues.

12-year-old Charlie* was particularly struggling. He had started to neglect his personal hygiene and was behind at school. Unfortunately, his situation failed to meet the criteria for a teacher's aide, and Charlie began to fall between the cracks. Communication with the school was proving difficult, so the issues were left unresolved.

Naomi was distressed. This is when she reached out for help, and where Presbyterian Support's registered social worker, Sarah* stepped in.

SUPPORT IS PROVIDED

Sarah immediately recognised that the Greenwood whānau were facing numerous challenges and would require a range of support tools to help them succeed.

The priority was to ensure that the family received food parcels and a supply of winter clothing to meet their immediate needs.

Sarah's next step was to develop a child-centred play strategy to encourage more one-on-one time between the parents and children/tamariki. Sarah said, "This greatly improved the environment at home and helped to strengthen relationships for the whole family."

To support Charlie and his siblings, Sarah acted as a mediator between the parents and the school - including providing important background information on the family, to help build a stronger relationship. The school is now much better placed to support the children as a result.

Lastly, Sarah came up with a plan to help Charlie get back on track, including arranging a mentor through Presbyterian Support's

Family Works volunteer mentor programme.

Sarah says that she, "knew Charlie would really benefit from spending time with a mentor, someone who could help inspire him and with whom he could enjoy fun activities and adventures."

Also, to help with his hygiene issues, Sarah introduced a timetable and reward chart. This worked well, and hygiene issues are less of a challenge now.

The Greenwood whānau are now in a better position both financially and emotionally, but this could have been a very different story had Presbyterian Support not been available to help. Even though the family already had the resilience needed, they were lacking the right tools to improve their situation by themselves. Thanks to Sarah's support, they are now better equipped to deal with whatever the future may bring.

Our Family Works Service



Our team of counsellors, social workers and psychologists provide a range of services to help individuals and their family/whānau when issues feel too big to manage alone.

The most important thing to do is contact us and ask for help. Our counselling and social work services are confidential and free.

Call us on 0800 477 874, or email ps@psusi.org.nz

We offer:

- Family workers in schools and kindergartens
- Social workers in schools
- Counselling for children, young people, and families

PROVIDING A SAFE SPACE TO TALK

Lucas* is a 15-year-old who realised in intermediate school that he was different. He tried to ignore what he was feeling, but his mental health plummeted and earlier this year he tried to take his own life.

Lucas was afraid to tell his parents he was transgender, and although his teachers and friends were a great support, hiding his real identity from his parents was a struggle. Lucas suffered from severe anxiety. He says, ***"I cannot remember much prior to when I was 11 years old, I think my brain blocked it out because I couldn't handle the bullying and reactions of others."***

At his school formal, Lucas was forced to wear a dress, despite pleading to wear a suit. He says, ***"I began to realise I was different, and I wasn't who I wanted to be and who I really was."***

Lucas finally found the courage to come out to his parents, but after he tried to take his own life, decided he had to make a change. He sought

the help of Presbyterian Support, and this is where Family Worker, Emily* began working with him.

SOMEONE TO UNDERSTAND

Emily provided a safe person for Lucas to talk to. Being part of the rainbow community herself, Emily immediately established a connection with Lucas. Emily supported Lucas with accessing mental health services and learning assessments, and recommended local rainbow support groups.

Lucas is now taking medication for his mental health issues, receives weekly counselling and various learning needs have been identified. His overall outlook on life and ability to manage his feelings have since significantly improved.



RAINBOW INITIATIVE AND SAFE SPACE ALLIANCE

Presbyterian Support has recently established a Rainbow Group, comprising of staff from the rainbow community and allies, to help people like Lucas. As an initiative of the group, Presbyterian Support has signed up to the Safe Space Alliance, which helps create safe spaces for LGBTQI+ communities.

Emily says, "The creation of a rainbow alliance brings an opportunity for increased awareness, safety for LGBTQIA+, and works to improve health and social outcomes for our clients and colleagues. It's very exciting."

On the importance of having knowledge of the rainbow community, Lucas says, ***"Everything about mental health and transitioning is 'hushed' and we don't talk about it enough. We don't know if counsellors and support people are aware of our rainbow issues. You don't know who to trust."*** He also says it is important to know to ask about gender and pronouns, "We do not want to feel as though we are lying, but when people don't ask, it makes it really hard."

Finding a suitable place to recover

Graham* had been bedridden for months whilst awaiting surgery. With his mobility issues, he needed help finding suitable housing that would be available once he left hospital, so he requested the support of our Enliven East Christchurch Older Adult/Kaumātua Service.

He wanted a simple unit with kitchenette, bathroom and living area, but needed to be near a pool and gym to help with his rehabilitation. Also, the housing needed to suit his limited budget.

Social Worker, Hannah* managed to find something that matched all of Graham's needs. However, the property belonged to an organisation, and their units were usually occupied by patients. The organisation had never rented privately before, so Hannah became an advocate for Graham. She attended viewings on his behalf and set up multiple meetings between herself, Graham, and the property manager to discuss arrangements. The original rent was too high; however, Hannah negotiated a reduction in the weekly rent, so it became more affordable.

Graham was accepted as a tenant and the unit was ready for him on the day he was discharged from hospital. Hannah helped set up the unit and ensure he had everything he needed. An item was unsuitable for Graham post-surgery, so Hannah contacted an occupational therapist at the hospital to replace the item. She also contacted Habit Health to ensure that Graham has a suitable wrap-around service to continue looking after his wellbeing going forward.



Enliven East Christchurch Older Adult/Kaumātua Service

The Enliven East Christchurch Older Adult/Kaumātua Service aims to support the independence, social inclusion, health and wellbeing of our valued older people/kaumātua who live in the East Christchurch suburbs.

Our highly qualified and passionate staff provide the following free services:

- Counselling
- Advocacy
- Whānau/family support
- Social work

Our staff are there when you need emotional support and a listening ear, a neutral advocate for you and your whānau, or just someone to talk to in confidence.

For more information about this service, visit

www.enlivenuppersouth.org.nz/east-Christchurch-kaumatua.

RUNDOWN HOUSE TO HEALTHY HOME

Olivia* is a 19-year-old single mother of two, who has grown up in extreme poverty with a mother who had mental health issues. Olivia's eldest son is almost five and about to start school, whilst her youngest child is just two years old.

Twelve months ago, Olivia needed to move from her current rental home, but had trouble finding a suitable place in time to avoid emergency housing. All she could find was a rundown house, which fell far below the Healthy Homes Standards, and had no option but to take it. The landlord charged cheap rent in lieu of not complaining, but there was a price to pay – the family's health was beginning to decline. Whilst sick, her children were unable to attend preschool and Olivia was unable to attend school, so she was in constant catch up mode.

Olivia worked hard at school and passed level 3 NCEA, receiving several awards at her school prize giving. Olivia was determined to provide her children with a better life than she had and was keen to work part-time, once her eldest son started school, but suffered with low self-esteem and needed support to get started. This is where our Youth Service Coach Alannah began working with her.

A TURNING POINT

Olivia was given the encouragement, motivation and help she needed to turn her family's living situation around. She had attended a Presbyterian Support budgeting course where she learnt the skills to live on a tight budget. Whilst at school, Olivia learnt how to make cheap healthy meal choices and her health has improved as a result.

With the change in the rental market favouring the renter, and with Alannah's support and encouragement, it was time for Olivia to move house. Olivia was able to secure a rental that was warm and healthy, in a neighbourhood where she felt safer and there was a good school for her son to attend. There is also a backyard for her children to play and a vegetable garden.

Olivia was on track to gain her restricted driving licence; however, she was struggling. After Alannah questioned whether Olivia's eyesight might be causing the problems, Alannah obtained a grant from the Ministry of Social Development to provide Olivia with glasses. Now she can see clearly, her self-confidence has improved considerably.

Now that Olivia has a warm, healthy home, her children's health has improved and they are back attending

preschool so she can concentrate on her future. Olivia has been accepted into a Pre-Health course, which is due to start in 2023. Alannah says, *"I'm so proud of the amazing progress Olivia has made and confident she, and her children, will have a bright future."*

YOUTH SERVICE

Youth service may be able to help if a young person is aged between 16 and 19, has dependent children and/or needs financial assistance.

The team can advocate for the needs of a young person, making sure they receive the help they are entitled to. They offer support with:

- Completing a Young Parent Payment application
- Better managing finances
- Assessing and accessing education
- Staying healthy and well
- Being a good parent

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

A NETWORK OF SUPPORT

Te Whiri Ora is a coordination service, which launched in February 2022. As a 'Right Service, Right Time' initiative, our combined mission is to create a network of supports for children/tamariki, young people/rangatahi and their family/whānau, in ways that work for them, when they need it.

Our coordinators work alongside whānau, extended whānau, and professionals to create realistic goals and a plan to move forward. Our approach is whānau centred - ensuring their voices are heard, that we uphold their mana, and support their self-determination.

Since its launch, the service has supported many whānau in the greater Canterbury region with a wide range of challenges. Our networks have assisted whānau into the appropriate services/agencies and put them in touch with the right people to support them. Every whānau is different, therefore everyone's journey through the service will look slightly different too.

her existing network relationship to gather some useful housing information to share with the whānau.

The whānau thanked Amy and said they felt the process had been very positive – they had been listened to and their voices heard. Amy says,

"Just feeling heard, can really make all the difference."

For further information on the Te Whiri Ora service, call 0800 839 447, or visit the website www.tewhiriora.co.nz

BUILDING RELATIONSHIPS

The Hogan* family were facing several challenges. One of the tamariki and a parent were diagnosed with anxiety, the tamariki were lacking engagement at school, and the whānau required urgent housing.

There were various agencies already involved, the child was receiving counselling, and they had good extended whānau relationships and support, "They just really needed help bringing everyone together" says Te Whiri Ora coordinator Amy*.

Amy began building a trusting relationship with the parents, so they felt comfortable with a whānau meeting/rāranga-a-whānau. She discussed what the process might look like and what the whānau's goals/aims were, so they felt more relaxed and prepared for the meeting. One of the parents had no prior relationship with the school, so Amy invited the school to the meeting to help develop their relationship.

It was a successful whānau meeting with the counsellor, school staff, both parents, and extended whānau all present. Also, Amy used



An *emotional* 'coming home' moment

Tyler Davies is a registered social worker at Presbyterian Support. She recently completed our cultural accreditation programme to further her knowledge of Māori culture, and better understand and assist her Māori clients.

Tyler was also interested in the programme for personal growth. Her Father is of Māori descent and was adopted as a child, so did not know much about their extended family. Despite digging deeper into their background and reconnecting with some of the family over the last few years, there were still pieces of the puzzle missing.

It was during Tyler's cultural assessment, whilst presenting her Mihi, that Presbyterian Support's cultural adviser/Kaiarahi, Kim Manahi suddenly realised that they were in fact related! This obviously came as a complete shock to both Tyler and Kim, as well as the other members of the group, who were also taking their cultural assessment at the time. Tyler said that it was a very emotional moment for them all and she felt that a piece of her identify "finally clicked in that moment." She has since been able to establish a personal relationship with Kim and continues to learn about her roots.

Kim commented
"He manawa tahi, he manawa ora, he manawa toa, te manawa Kāi Tahu – A united heart, a vibrant heart, a determined heart, this is the heart of Kāi Tahu. This is a whakatauki/quote I heard a while ago, but it is fitting as it expresses everything that we as Ngāi Tahu aspire to attain collectively and individually during our lifetimes. Connecting with each other as whānau whether it takes a brief time, or a long time it gives you that sense of 'he manawa tahi/a united heart', a sense of belonging to something bigger than yourself. I am excited to see where Tyler's journey takes her and her family from here."

Thanks to the cultural competency journey, Tyler has not only grown personally but says, **"I have evolved professionally too. It has opened a whole new opportunity to learn and grow my cultural competency, where otherwise I wouldn't have known where to start."**

Tyler works as a Social Worker in Schools and as a member of the Family Works community and schools' team. She also supports older people/kaumātua in the eastern suburbs of Christchurch.

Currently, Tyler is establishing a support group for local school students experiencing high levels of racism. She has been able to use what she has learnt through the cultural assessment to find commonalities between her and the students.

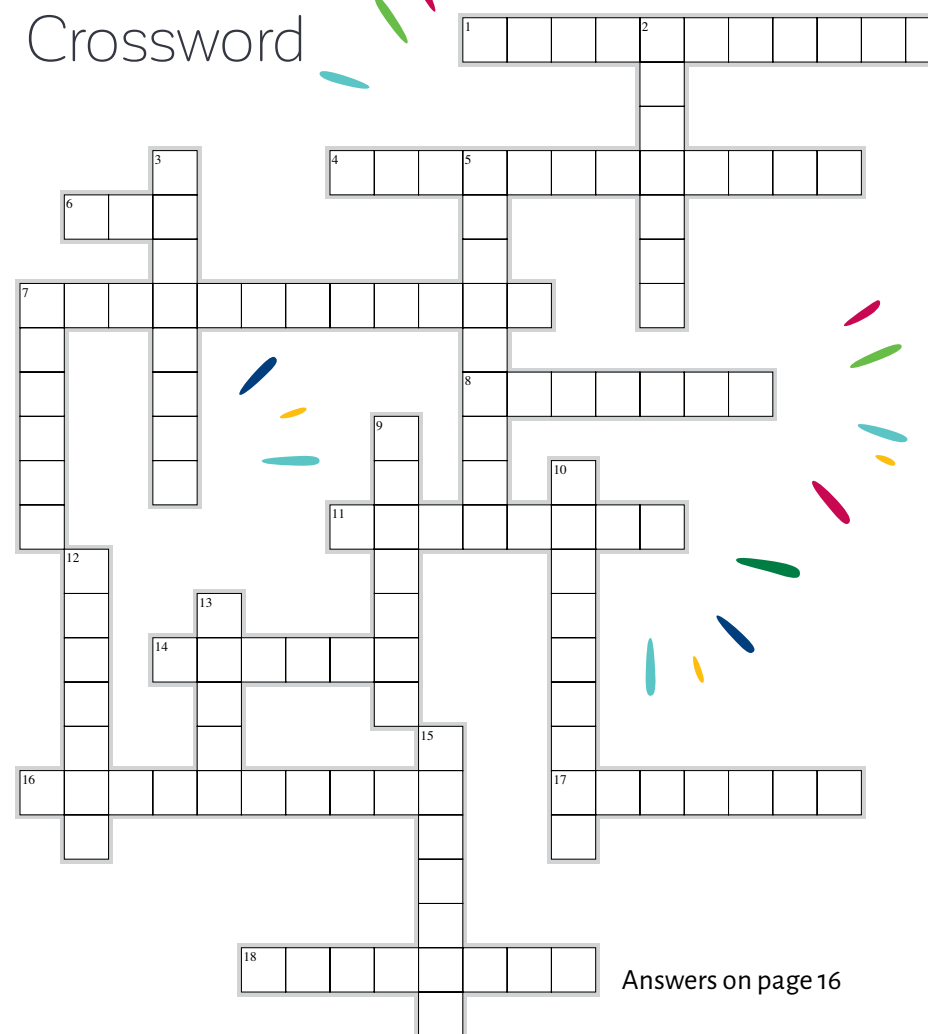


Cultural Accreditation Programme

Te Rauemi Atawhai (TRA) - our cultural framework, was established to bring Presbyterian Support's values to life by way of ensuring Mātauranga Māori/Māori knowledge which draws upon place-based values and practices distinctive to a Māori worldview, is woven into everyday practice. Ensuring mana whenua is recognised as kaitiaki/guardians and authentic partnerships are developed and maintained with whānau hapu and iwi throughout our communities.

Our accreditation has three phases. The first phase requires that our staff learn about Aotearoa/New Zealand's indigenous heritage, customs, and their responsibilities to Te Tiriti o Waitangi. TRA requires that they learn waiata/songs to accompany a karakia/prayer and/or a mihiwhakatau/a welcome process. Staff are supported in their individual learnings by a full day wānanga/training at their local marae, senior managers, team leaders and access to Māori staff within their workplace. When staff are ready, they are assessed by rōpū members based on three key standards/pou. Once these have been achieved, staff are presented with a taonga/gift at a special ceremony/He Whakanui.

Crossword



Answers on page 16

ACROSS

1. Not dependent
4. Games recently held in the UK
6. Te reo word for large social or ceremonial gathering
7. A connection between two or more people
8. Feeling of worry or nervousness
11. Being friendly, generous, and considerate
14. A starchy vegetable
16. A person giving guidance
17. Interconnected people
18. A cold and yummy treat (3, 5)

DOWN

2. The state of being extremely poor
3. Your money and assets
5. A reason or interest in doing something
7. A borrowed property
9. A word to describe the LGBTQIA+ Community
10. The state of being healthy
12. Ability to act, speak or think without restriction
13. Devices or implements used to perform a task
15. A painting or drawing

Creating Strong Relationships

Mel McLauchlan moved to Christchurch over 20 years ago. She currently lives just outside the city and works full-time managing a customer service team. Despite her busy schedule, she still finds time to volunteer as a Presbyterian Support mentor for a couple of hours each Sunday.

Why volunteering?

Mel wanted to become a volunteer to give back to the community and dedicate some of her free time to people in need. She says, "If everyone could help someone in a little way, it would be a different world." After stumbling across mentoring and Presbyterian Support in an Internet search, Mel thought it would be the perfect fit for her and has been with the organisation since the beginning of the year.

Creating a strong relationship

"Being herself and having no expectations" are what Mel believes have helped build a strong relationship with her current mentee. Not being a parent, or having any teaching experience, Mel feels she can provide the freedom for her mentee to just "be a kid", whilst still providing the necessary boundaries.

Mel organises a variety of activities and tries to include the outdoors as often as she can. Visits have included the beach, museums, art centres, farm parks and recreation parks. She says, "Whatever we do, we always seem to have a good time."

A rewarding role

When asked what Mel enjoys most about being a mentor, she replied, "There are so many reasons to love it! It's very rewarding."

She also says that she can still do the things she enjoys, like going to the beach, but with the added benefit of sharing it with someone else.

For anyone considering becoming a mentor, Mel says that

"You don't realise how rewarding it is until you're doing it and it adds to someone else's life as much as it does to your own. The more people that know about it, the better."



Leaving a legacy a gift for the future

Last year Presbyterian Support helped over 3,000 families/whānau through our Family Works Services, and over 1500 older people/Kaumātua through our Enliven services. Without vital donations, this would not have been possible, and we are incredibly grateful.

Unfortunately, we continue to operate at a deficit of over one million dollars each year. We are in desperate need of more funds to continue supporting vulnerable people in the community. The Government has also announced funding cuts, which could see some of our important services disappear altogether. CEO Barry Helem says "Part of our response is to launch a national legacy campaign to help us provide a vital income stream and secure the future of our services."

Leaving a gift in your Will means supporting a cause you care about, without affecting your current cashflow, and it is often more straightforward than you might think.

If you would like further information on leaving a gift in your Will, please contact Megan Waddington on 0800 477 874 or email meganw@psusi.org.nz. You can also visit our website psuppersouth.org.nz/leave-a-legacy

"When I lost my husband, I joined HomeShare. Because they [Presbyterian Support] have helped me, I wanted to give something back and help others who might need the same sort of support."

Dorothy Banks, Bequestor to Presbyterian Support



How does my gift help others?

Your gift can make a positive difference in so many ways, including:

- Funding social services that create a better New Zealand for all who live here, regardless of circumstance, culture, or religion
- Helping vulnerable people of all ages to become safe, strong, and connected
- Ensuring your values and beliefs live on to benefit others

Community Relations Advisor Megan Waddington says, "It's not the amount that's important; any amount you give can still have a huge impact on the lives of others." For example, \$99 can pay for an older person to attend an Enliven day programme, \$150 can help provide counselling to a child suffering with trauma, \$250 can provide a child with an eye test and glasses, and \$1500 can pay for a six-week budgeting course.

Who does my gift benefit?

It is your gift and your legacy, so you choose. Whether to a specific service or region, your local community, or spread across all our services, you make the decision. Many of our supporters will often say they are happy for the gift to go, "Wherever it is needed most" says Megan.

Whichever you decide, your gift can help support our:

- **Enliven programmes** programmes for older people who are at risk of social isolation
- **Counselling for children** support children/tamariki impacted by family violence or other challenges
- **Parenting programmes** provide much needed support for mums and dads through group and individual programmes
- **Social work** provide services to help families/whānau through difficult times
- **Budgeting advice** help people manage their own finances so they can create a brighter future

Āwhina Mai Corporate Wellbeing



Across Aotearoa there is a growing focus on wellbeing in the workplace and demand from employers for relevant and engaging material. In response to this demand, team members from our social enterprise, Āwhina Mai Wellbeing Services, have developed several wellbeing presentations and have been successfully delivering these to various corporate organisations. The presentations utilise the unique experience of our therapists and findings from relevant industry research.

One of the presentations 'Courageous conversations – talking in the spaces that are uncomfortable', acknowledges research that shows engaging in tough conversations is critical for thriving teams and organisations, but that many are unsure where to start. Instead, avoidance, passive aggressive behaviour, and other unhealthy alternatives can develop. The presentation contains practical examples and an easy to implement conversational structure. It is aimed

at all levels of an organisation and whether attendees are managers, team leaders or team members, they leave more confident in communicating and stepping into uncomfortable spaces. As a result of these presentations, Āwhina Mai is becoming an important contributor of corporate wellbeing training in New Zealand.

Āwhina Mai wellbeing presentations are unique in that they are one-hour long. This lessens the time employees are away from their workplace, enables more employees to attend at one time, and can result in quicker uptake of new language and ways of working – the foundation of cultural change. The hour-long format also has the benefit of providing employers with a topic 'taster', which they can then expand into a longer workshop if needed. As the Āwhina Mai offering continues to develop, employers will be able to run regular sessions for employees on a diverse range of wellbeing-related topics.

For more information on our corporate wellbeing workshops, please visit www.awhinamai.co.nz

The initial response from corporate organisations has been extremely positive. There is a 'feel good factor' in using Āwhina Mai for their training needs, knowing they are also supporting Presbyterian Support to work towards its vision of a just, compassionate, and inclusive society for all.

Long career to natural volunteer

Hilary Childs is one of our amazing volunteers. She also previously worked at Presbyterian Support as a receptionist and administrator for a tremendous 30 years. Following her well-deserved retirement, she says it was a natural decision to stay on as a volunteer, a role which she has now held for three years.

Hilary dedicates 10 hours per week as a van assistant and helper at our Enliven Harakeke club in Riccarton, and as a wonderful support for some of our administration tasks at head office. Hilary says she enjoys being a volunteer as the staff are "friendly, enthusiastic and warm, and this is reflected in the fun day the clients have."

Outside of volunteering, Hilary likes to keep active. She attends the gym four times a week and enjoys gardening. Otherwise, she can be found enjoying a coffee or a movie with friends. When asked how she fits in her volunteering role around her other commitments, she says that Wednesday and Friday are her dedicated volunteer days, but that she keeps the other days free so she can still catch up with friends and concentrate on her other hobbies.



Hilary comments that **"being happy at the end of the day" and seeing the club members "enjoying themselves" are the most rewarding parts of being a volunteer.** She fondly remembers one club member who was having difficulty catching a ball. Hilary often spent time with her practicing bouncing balls back and forth. One day she finally caught one of the balls and Hilary says, **"Seeing the joy on the member's face was a wonderful moment."**



To find out more about becoming a volunteer visit our website www.psuppersouth.org.nz/volunteer

Easy Potato Salad

If you are not quite ready to let go of the comfort foods of winter yet, how about trying this delicious version of the classic potato salad. Perfect for a BBQ or 'bring a plate' occasion.

Ingredients

- 2kg potatoes cut into bite-sized pieces
- 1 tablespoon olive oil
- 2 bacon rashers, finely chopped
- 2 tablespoons finely chopped gherkins
- 1/3 cup chopped fresh dill, or your choice of herb, plus extra to serve
- 4 spring onions, thinly sliced
- 1/2 cup lite sour cream
- 1/2 cup Greek-style yoghurt
- 2 tablespoons lemon juice
- Salt and pepper

Method:

1. In a large saucepan of salted boiling water, cook potatoes for 10-12 minutes until tender. Drain and cool slightly.
2. In a frying pan, heat oil on a medium heat. Sauté bacon for 4-5 minutes until crispy. Drain on a paper towel.
3. For the dressing, combine sour cream, yoghurt, and lemon juice in a small bowl. Season to taste.
4. In a large bowl, toss cooled potatoes with dressing, gherkins, and dill. Top with bacon, spring onions and extra dill.

A home away from home

16 years ago, Kathy Collie noticed an advert in the local paper for a HomeShare Host for a new initiative at Presbyterian Support – **supporting connection and friendship for older persons within a host's home.** She attended the public meeting, where the concept was explained and thought to herself **"I can do that" - so she signed up.**

As a part-time nurse, with experience in elderly health, the opportunity was the perfect fit for Kathy and was a chance to continue looking after others. It was so flexible, well supported by the service's management, and she could do it from the comfort of her own home.

All these years later, Kathy is still enjoying hosting members in her home as an extended part of her family. She usually has four or so members who attend every Wednesday between 10am-3pm. They play cards, games and walk in the garden – whatever the members enjoy and can manage. They also have morning tea and a two-course lunch, which always includes dessert with ice cream!

When asked why she originally decided to become a HomeShare Host for Presbyterian Support, Kathy said that she had wanted to "pay it forward". And she has certainly done that and then some. Jenny Gill HomeShare Co-ordinator Mid Canterbury says **"Kathy's kindness and desire to help others is what we want to celebrate in acknowledging her time with us. This shows in the extra little touches, like picking flowers from her garden to decorate the table. Kathy even considered the needs of her HomeShare group when purchasing her current property – which is amazingly thoughtful."**



Her members seem to agree. One member joined, and fast forward 11 years – is still attending and is the highlight of their week. **At last count, Kathy had clocked up an impressive 28 regular attendees over the years.** When her adult son still lived at home, he would often join the group for dessert. A member once joked that he would never leave home as he was treated so well!

Kathy previously hosted by herself, however since her husband Doug retired five years ago, he has been available to help. Now they are a well-oiled machine and often tag team with hosting duties. Kathy and Doug like to do as much as they can for the members whilst they are at their home, Kathy says "It is their opportunity to have a break and enjoy themselves."

When asked what she loves most about hosting, Kathy said it is the interaction with the people. She says that "They feel part of the family." Spending such a significant amount of time together, it is a very relaxed atmosphere and great for those who don't manage well in large groups. It is also a hugely supportive group and bonds have certainly been built whilst sharing "fabulous stories" together.

Kathy's advice for anyone looking to become a HomeShare Host is **"If you want to do it, you can do it" and just to "Be yourself."**

For more information on HomeShare and how you can become involved, please contact your local Presbyterian Support office, and speak with one of our regions' HomeShare Co-ordinators, or visit the website: psuppersouth.org.nz/get-involved/volunteer/homeshare-volunteer

Presbyterian Support is looking to expand its HomeShare services across its regions.

Around the Region

WEST COAST

Acknowledging HomeShare Support

For Volunteer Week, we held a surprise afternoon tea for the gentlemen who support their wives in hosting our Enliven HomeShare service. The Enliven team is always greeted with smiles, friendly chatter and made to feel welcome when visiting their homes or when they are in the office.

The gentlemen were presented with certificates and Mitre 10 vouchers as a thank you, and Presbyterian Support Chief Executive Officer, Barry Helem, sent a lovely email which was read out on his behalf. The gentlemen were of course very humble and appreciative of the acknowledgement.

Photo from left to right:

Rob Murray, Hiedi Richards (Enliven/HomeShare Coordinator), Paul Richards, and Roger Lavers.



NORTH CANTERBURY

Farewell Jeanette

Jeanette Wakefield worked for Presbyterian Support as Rangiora's Tōtara Club Team Leader for an amazing 19 ½ years. In that time, she certainly made a big impression, evident in the number of staff and other guests who came to help her celebrate her retirement.

Enliven Area Manager, Vicki Lucas describes Jeanette as an

"All-round lovely person" and said *"We will very much miss this amazing lady."*



CHRISTCHURCH

Youth Service Hui

Members of our Youth Service team from both Christchurch and Nelson recently travelled back in time to attend the two-day National Youth Service Hui in Wellington. Attendees were asked to dress for the evening meal in the theme of their 16-year-old selves.

This was the third National Youth Service Hui held since its inception in 2012 with the aim of sharing stories, dialogue, and discussion for the benefit of our youth/taiohi.

Photo from left to right:

Fi – Nelson Team Leader, Ian – Nelson Youth Couch, Aaron – Christchurch Youth Coach, Suzy – Christchurch Team Leader



MARLBOROUGH

Celebrating 20 years

In August, we celebrated the 20th work anniversary of Libby MacAskill, the Day Services Coordinator for our Enliven Tōtara Club in Blenheim. Libby's team held a wonderful surprise afternoon tea for her to mark the occasion.

Tricia Dawson said, *"Libby is the cornerstone of our Tōtara Club here in Blenheim, she makes everyone feel welcome and special as soon as they walk through the door."*



MID CANTERBURY

It is with deep sadness that we acknowledge the passing of Don Church, a former Board member and long-time supporter of Presbyterian Support.

Don began his association with our organisation in 2001. Following retirement, he continued to support our services through his work with Advance Ashburton, and as a trustee for the Mackenzie Charitable Foundation. As well as his significant contribution as Chair of the Board Finance Committee, Don regularly donated to support our work. For an incredible 29 years, Don's generosity helped to empower thousands of vulnerable families, children and older people to live happier, more fulfilling lives. We are extremely grateful for the incredible legacy Don has left behind and extend our heartfelt condolences to Don's family and friends.



NELSON

Commonwealth celebration

Our Enliven Harakeke and Tōtara Club members had a wonderful time for the Commonwealth Games. Their rooms were draped with the flags of the Commonwealth teams and members were very competitive in taking part in shot put, discus, javelin, bowls, shooting and netball events over the course of a week.

At the award ceremony, winners received medals and an uplifting rendition of our national anthem.

Photo - Winners of the shooting event: Judy – Gold, Karen – Silver and Bob - Bronze.



MID CANTERBURY

MenzShed in the frame

Back in 2014, Presbyterian Support were pivotal in setting up a local MenzShed in Ashburton and hosted its initial meeting. Eight years later, the group is still going strong, and its skilled members recently framed our values: ways of working/kaimana korowai sign which is now

proudly displayed in the Ashburton office. They were shouted to a delicious morning tea to say thank you for their excellent work.





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Needed!

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us make a
difference in the
lives of others!

enliven
A PRESBYTERIAN SUPPORT SERVICE

A regular, small amount of your time each week could make a huge difference to the people we care for. Volunteer to support our Enliven programmes or become a Family Works Mentor.

Visit: psuppersouth.org.nz/get-involved

 **FamilyWorks**
A PRESBYTERIAN SUPPORT SERVICE