

Connect Tūhono

Making a difference together



"I want to show up for my kids, even when it's hard"

When Daniel found himself navigating life after divorce, his focus was clear - his kids.

"It's certainly been a journey," he says with a smile. "But I've always wanted to be the kind of dad who's there for his kids. The kind of dad who listens, learns, and makes it clear to my kids that I love them dearly."

Like many parents going through separation, Daniel was juggling a lot, managing change, emotions, and the desire to protect his children's wellbeing through it all. So, when he learned about our **Family Works Parenting Through Separation programme**, he signed up for the one-day workshop, hopeful it might offer some practical support.

What he didn't expect was how deeply it would resonate.

"I got much more out of it than I thought I would. It was insightful and touched on the realities of separation and the emotions of both the kids and the parents. It helped to clarify what my kids might be feeling now, what they might be feeling in the future, and what I can do about it."

continued on page 2. ▶

In this issue:

[Daniel's story](#)

[CEO update](#)

[Our new branding roll out](#)

[Cooking connections](#)

[Matt's jobseeking journey](#)

[Wellbeing takeaways](#)

Enliven Familyworks Āwhina Mai



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"I've always wanted to be the kind of dad who's there for his kids."
-Daniel

Scan to give hope this Spring.
Your gift brings brighter days for
children, youth and families in need.



Continued from Page 1.

The programme gave Daniel tools for navigating tricky conversations, managing stress, and creating routines that help his children feel safe and secure. One key takeaway for him was learning how children often express distress through behaviour, something that's easy to miss when emotions are high.

"It's easy to expect that kids can just explain their feelings with words. But that's not always the case. The course made it clear that there's many ways they show their feelings. Like clinginess, anger, or even silence. It reminded me to slow down and listen and not just say 'she'll be right' and move on."

Since attending, Daniel has noticed a real shift, not just in his own confidence, but in the way his children respond to him. "I'm calmer and they're calmer. We talk more and are more open. Even in the small moments, like getting ready for school or eating dinner."

Our Parenting Through Separation programme supports parents to put their children's needs first during times of family change. It's free, practical, and packed with strategies that are rooted in empathy, connection, and care.

For Daniel, the experience was empowering. "I'm still figuring it out. Probably always will be. But at least now I've got a bit more clarity and knowledge. And I know I'm not alone."

Spring greetings

As we step into spring, there's a gentle shift in the air. Longer days are on their way, bringing fresh opportunities to reconnect, reflect, and reset.

This winter, more people than ever reached out for crisis support. Thanks to your generosity, our Winter Appeal raised \$7,000, bringing warmth and care to those doing it tough. While we didn't quite reach our target, your kindness has made a real difference for people in need. If you'd like to continue supporting our work, please use the enclosed donation form. Every gift brings comfort and hope where it's needed most.

As you read through this issue, you'll also notice our refreshed brand. Our legacy and values remain at the heart of who we are, but this new look reflects the vibrancy of today and the communities we proudly walk alongside.

We're marking Mental Health Awareness Week (starting 6 October) by sharing simple, practical ways

to care for your wellbeing and support one another. On the back page you'll find handy takeaway reminders with everyday mental health tips, something to keep close, or pass on to someone who needs a lift. We hope they serve as a gentle nudge to pause, breathe, and take care.

Daylight Saving begins at the end of September, bringing longer evenings and, for many, a welcome lift to our routines. But we know this change can also affect energy levels and mental wellbeing. Let's keep looking out for one another, and take time to notice how the people around us are really doing.

Thank you for being part of our journey. Your support makes this work possible and ensures that no one walks alone.

Ngā mihi o te kōanga —
spring blessings to you all.

Barry Helem & Kim Manahi
Co-CEOs / Tumu Whakarae



Cooking up connections

In North Canterbury, a group of our Enliven members came together for an eight-week cooking programme, but it wasn't just about the food.

Hosted by Karen from Puāwai Kai, with support from our Programme Facilitator Jo, each session began with morning tea and lively conversations about meal planning, budgeting, and food safety.

These skills are especially important at a time when grocery prices are high and wasting food simply isn't an option. For older adults, safe food storage and preparation can also make a big difference to health.



Each week the group paired up in the kitchen to create tasty, affordable meals. Dhal proved a crowd-pleaser, while the sweet and sour chicken with vegetables was just as well loved.

“There hasn't been a dish I haven't liked. Each week we get to try something new, and there's always something to learn and take away.”
One member shared.

The programme took place in the newly renovated kitchen at John Knox Church, right next door to our North Canterbury Centre. With great food, good company, and plenty of laughs, the programme left people with new skills, more confidence, and new friendships, proof that cooking together is about so much more than what's on the plate.

Enliven offers services that reflect the unique needs of each community.
We're helping people embrace ageing with confidence, connection, and joy.
Visit tinyurl.com/EnlivenSupport to learn more.



Budgeting tips were practical and easy to put into practice, checking the pantry before shopping, buying seasonal produce, looking out for specials, writing a list (and remembering to take it!).

One wife shared this beautiful message about her husband's experience at our Enliven Harakeke Club. We think it's too lovely not to share.

To all the staff and volunteers, I want to thank you so much for caring for John with love, kindness, patience, and professionalism during his time at Harakeke. After his initial settling-in period, he looked forward to going and was happy.*

I'm truly grateful for your perseverance, which helped me tremendously to have time out and to keep him at home for so long. He recently went into care. I can't thank you enough. A special thank you to Nicole, Barry, and Martine.

* Names and some imagery have been changed to protect people's privacy.



When Matt nearly quit

At 18, Matt* had already been through more than most. His parents didn't get along, and things at home hadn't been good.

Eventually, he had to leave, but he was determined to finish high school — and he did. Now, six months into living on his own in a tiny flat with mismatched plates, a dodgy heater, and a fridge that always seemed half-empty, he was proud of making it on his own.

Money was tight, but Matt was working a casual job and hoping to find something more secure. Landing a permanent role felt like the last piece of the puzzle.

When he got an interview at a place he really liked, he gave it everything — ironing his shirt, rehearsing his answers, and shaving. Afterward, he rang his youth coach, Tom*, and said, “I reckon I smashed it.”

Two days later, the email came: We've decided to go with another applicant. The words blurred. He lay on his bed, staring at the peeling paint, his mind spiralling. Maybe I'm just not good enough... What's the point?

That's when Tom called. “Thought I'd check in,” he said. Ten minutes later, he was at Matt's door with two flat whites.



“I didn't get the first three jobs I went for either. It's not about you not being good enough. It just means the right one's still out there.” Tom shared.

It wasn't a magic fix, but hearing those words from someone who'd been there made the heaviness lift a little. The next day, Matt sent two more applications. By Friday, he had another interview lined up!

Our youth coaches walk alongside young people through the setbacks and the wins, helping them build the confidence to achieve what's meaningful to them. For more on our Youth Support services, head to: tinyurl.com/SupportingBrightFutures



A New Look, Same Heart

We're refreshing our branding across Presbyterian Support and our service brands — Family Works, Enliven, and our social enterprise, Āwhina Mai.



The Presbyterian Support logo is based on raranga (Māori weaving) and symbolises whanaungatanga, people working together to support others. FamilyWorks features the harakeke (flax plant) representing the family unit — with children at the centre, surrounded by parents and grandparents.



Enliven's sunflower logo reflects warmth, positivity, and Enliven's focus on helping people stay independent.



The Āwhina Mai logo combines the manawa (heart) and koru to symbolise heart and harmony in life. We look forward to introducing our new branding slowly and mindfully, making thoughtful changes to keep costs down and ensure everything looks just right.


Planting Peace of Mind

Mental Health Awareness Week takes place 6th - 12th October.

When we plant seeds of kindness, we help clear the weeds of negativity and create space for our minds to thrive.

Just like a house plant, our mental wellbeing needs regular care, gentle words, acts of compassion, and moments of connection.

Below, you'll find a few 'takeaways' to cut out and keep, or to gift to someone who might need a smile. These small reminders are like sunshine and water for our mental garden, helping positivity take root and our sense of wellbeing blossom.

 **He aroha whakatō,
he aroha puta mai.**
If kindness is sown, then
kindness is what you shall
receive.

Ngā Pakiwaitara o te Hauora A Story of Wellbeing

Think of wellbeing like a māra (garden). In Te Ao Māori, hauora is not just the absence of illness, it is the balance of taha tinana (body), taha hinengaro (mind), taha wairua (spirit), and taha whānau (family and connection). Each is like a different part of the garden, fertile soil, nourishing rain, life-giving sun, and sheltering trees. All must be cared for if life is to thrive.

In the pūrākau of Ranginui and Papatūānuku, the world began when light entered the darkness, but it was careful tending that let life flourish. Growth needs both space and nurture.

We see hauora when people create safe spaces, places where voices are heard, identities respected, and mana upheld.

Recently, a whānau in our community were feeling the strain, long work hours, school runs, sports, and bills. With gentle changes, a weekly device-free dinner, evening walks, and honest check-ins, they slowly restored some connection and calm.

These moments, like seeds, grow resilience, hope, and belonging, especially when planted in spaces of aroha and respect. Wellbeing is a shared garden.

When we honour wairua, protect each other's mana, and care for body, mind, spirit, and whānau, our collective garden will always bloom.

*A reminder for
better days, yours
to keep or pass on!*



YES! I can help

Your donation supports vulnerable children, families/whānau, and older people, enabling them to thrive.



\$ 30

Provides printed resources to support parents in nurturing resilient children/tamariki.

\$ 50

Covers a meal and transport for an older person to attend an Enliven programme.

\$ 99

Provides critical support from a social worker for a child experiencing anxiety and or trauma.

\$

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We will email your receipt if you have supplied an email address, otherwise you will be sent it in the post.

Make a lasting difference. Give monthly or leave a gift in your will to help your community thrive for years to come. Tick for more information.



Thank you for your support, we couldn't do it without **YOU!**



Ways to give

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All gifts are receipted. Donations over \$5 are tax deductible.

We value your privacy. Visit psuppersouth.org.nz/privacy-statement to learn how we care for your personal information. Your date of birth helps us better connect with you.



Meet Rae!

Our amazing Donor and Community Relations guru. She loves connecting with our wonderful supporters and making sure your generosity creates real, positive change in our community.

If you ever have a question about your donation, Rae is only a call or email away, and is always happy to help.

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