



Celebrating Rosalie's Legacy this Women's Day

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This International Women's Day, we honour the extraordinary life of Senior Constable Rosalie Sterritt, QSM, a trailblazer who made a lasting impact on law enforcement and the community.

Joining the New Zealand Police in 1948 as one of the first women officers, Rosalie paved the way for future generations in a field where opportunities for women were limited. Despite facing discrimination and a career-threatening back injury, Rosalie fought to keep her position, even taking her case to the Supreme Court. Her resilience and determination opened doors for other women in policing and beyond.

Rosalie also used her platform to empower others. She regularly spoke to women's groups, sharing her wisdom and encouraging others to follow their own paths. When asked about her qualifications, she famously responded, "Basic common sense, and there are no

degrees for that!" In recognition of her dedication to the community, Rosalie was awarded the Queen's Service Medal in 1976.

Although Rosalie has passed away now, her generosity continues to make a lasting impact in the community. As a long-time supporter of our work, she left a legacy that has helped us enhance the lives of people living with dementia.

Thanks to her gift, we purchased the Tovertafel - "Magic Tables," which are now used in our Enliven Community Programmes. These interactive tables bring joy and connection to people, offering them new ways to engage with the world around them. Rosalie's gift ensures that her care and kindness continues to enrich the lives of others.

Rosalie's life is a testament to the power of one woman to inspire and create change.

Thank you, Rosalie, for your service, your generosity, and your incredible example!



Rosalie Sterritt QSM joined the police service in 1948. Photo / Christchurch Star

Welcome to the new year!

It's hard to believe we're already into March, but as this is our first newsletter of the year, we want to take a moment to wish you all the best for 2025.

A huge thank you to everyone who supported our Christmas Giving programme - your kindness brought

joy and comfort to so many whānau and individuals at what can be a tough time of year.

Together, we've started the year with hope and connection. We look forward to the meaningful outcomes and impact we can create in 2025.

Nāu te rourou, nāku te rourou, ka ora ai te iwi - With your contribution and ours, the people will thrive.

Ngā mihi nui,

Barry Helem - Tumu Whakarae
Tauwiwi/ Co-CEO

& Kim Manahi
- Tumu
Whakarae
Māori/ Co-CEO



our services



Thank you for your support!

Thank you to the amazing generosity shown by our community – your support helped to raise over \$20,000 for our Christmas appeal!

These funds enable us to continue offering crucial support to children, families and older people facing difficult times. Every day, we meet people in our community who are facing challenges that are incredibly difficult.

Pippa*, a young 11 year old, experienced mental health challenges and struggled to manage the pressures of everyday life. She often hid her pain behind her outgoing personality and had moments of intense emotional distress, including thoughts of self-harm and running away from home.

Jen, our Social Worker, supported Pippa's parents, Mia* and Tony*, on their journey to find the mental health and emotional support their daughter needed. With Jen's guidance, they were able to open up about their struggles, communicate more

effectively, and access the support that helped Pippa begin to heal and thrive.

The funds raised will ensure that families like Pippa's have access to the support they need. Your generosity provides not just resources, but hope. With your help, we're giving people the chance to heal, rebuild, and thrive.

A special thank you also to everyone who supported our recent Starting School Strong Appeal. Your generosity will help children and parents feel confident and ready for the year ahead, equipped with the tools and support they need to thrive.



A BIG THANK YOU from people across the South

“Thank you so much, I didn’t know how to tell the kids that we weren’t going to have anything to unwrap, then the gifts came, it was such a relief.” -

Harry, Canterbury.*

“We were so surprised by the gifts, we’ve never received anything like this before!” -

May, West Coast.*

“How thoughtful of people to give to others who can’t afford it. Thank you from the bottom of our hearts!” -

Pam, Nelson.*

“You have made this holiday season extra special for our family.” -

Graham, Ashburton.*



Generational Giving

Marilyn, one of our wonderful supporters, found a beautiful way to spread holiday cheer. Instead of gifting presents to her grandchildren at Christmas, she gives them money to buy gifts for other children in need. Her grandchildren then generously donate these gifts to us, sharing the joy and warmth of the season with those who could use it most. Marilyn's thoughtful tradition is a wonderful example of giving, kindness, and the true spirit of Christmas.



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

Spreading Christmas *hope and kindness*

Our Christmas Giving Programme has been spreading joy for seven years now, and each year we see the wonderful generosity shown. We are so grateful to everyone who gave their support. You made a world of difference to families and people, many who find Christmas especially challenging.

Hundreds of families and individuals received thoughtful gifts!

From the beautiful presents from rotary clubs, school students and their families, local parishes, businesses, and social clubs, to the many generous individuals who donated gifts, essential items, vouchers, and treats - your support truly made Christmas brighter!

Celebrating 5 years of giving with Rangī Ruru students and their families

This year marks the fifth giving anniversary for Rangī Ruru Girls' School, and we couldn't be more grateful for their continued generosity. Over the years, the students have thoughtfully selected gifts for many families, spreading warmth and joy during the holiday season. Their kindness and dedication are a wonderful reminder of the positive impact people can have in their community.



Partnering for JOY! Kindness Collective & Mitre 10

A huge thank you to Todd and Lisa from Mitre 10 Ashburton for their incredibly generous donation. They dropped off three large boxes filled with 74 gifts, including toys, outdoor activities and games. This thoughtful contribution was coordinated by the Kindness Collective, an organisation that offers support to people to help them get through tough times. Their kindness brought much joy to those in our community over the holiday season.

Buckets of Blessings

New Life Church in Ashburton generously gifted 150 Buckets of Blessings, a beautiful expression of kindness and support. These special buckets were filled with essential items and thoughtful treats, designed to brighten the lives of families in need. The Ashburton team was excited to pass these gifts forward, sharing warmth and care with people and families in our community.



Tia's turn-around

At just 18, Tia* felt completely lost and overwhelmed. When her family broke down, she had to leave home suddenly, with nowhere stable to go. Nights spent couch-surfing, skipping meals, and battling anxiety made it nearly impossible to keep up with school. She wanted to do well - she loved learning - but no matter how hard she tried, she just couldn't seem to move forward.

That's when she met Casey*, one of our youth workers. Casey became the steady support Tia desperately needed. She helped her access financial assistance, set up a budget, and ensure she had essentials like food and transport. But more than that, Casey truly listened. She saw how much Tia was struggling at school and encouraged her to seek further help which led to a learning assessment.

Through this process, Tia was diagnosed with a learning disability - something that had gone undetected for years. With this new understanding, she was finally able to access the right support, including learning strategies tailored to her needs.

With Casey's guidance, Tia advocated for herself at school. Her teachers adjusted their approach, giving her the tools to succeed. For the first time, she wasn't just struggling to keep up - she was making real progress. **"It's amazing what happens when people understand what you need,"** she says.

Today, Tia is thriving. She's excelling in her assignments, has built some close friendships, and feels hopeful about her future. "Support is there to help you reach your goals," she shares. **"You're not alone on this journey and never give up on yourself."** Go Tia!



To learn more about our
Youth Service
email ps@psusi.org.nz,
phone 0800 477 874, or visit:-
<https://bit.ly/YouthServicesSupport>



Marlborough's Digital Journey

As part of our Digital Inclusion Project, we're helping seniors embrace technology to reduce social isolation and feel more connected. One of the highlights was the Digital Stories exhibition, where people aged 65+ showcased their creativity by scanning photos, recording videos, and sharing their personal stories.

Emily, our Programme Coordinator, was moved by the participants, saying, "Their stories matter - they are valued members of our community." Marlborough's Mayor, Nadine Taylor, also praised how the stories brought Marlborough's history to life.

One participant, who had attended multiple workshops, proudly shared her video and photo display with her family, saying, "I feel so proud doing this." It was a big step towards her digital independence, and her family was thrilled to see her growth.

With over 80 attendees at the exhibition's opening, Emily hopes this will inspire other seniors to embrace technology. Upcoming workshops will cover online banking, digital safety, and staying connected through FaceTime and Skype.

This exhibition wasn't just about art - it was a celebration of connection, creativity, and the incredible lives of Marlborough's senior community. Through the Digital Inclusion Project, we're supporting people in navigating the digital world and reducing isolation. We can't wait to see what's next in this journey!



Shining the Spotlight...

on Huata Noa



me, allow me to share a pathway for both of us to follow.

What's your favourite pastime?

I have many favourite pastime activities however owning a lifestyle block keeps me busy.

I enjoy watching a good movie and eating junk food! Scuba diving would be my number one favourite, followed by working with natural timber then cooking.

Help finish this sentence...

If I could have one dessert for the rest of my life, it would be...

Paris-Brest, which is a choux pastry ring filled with a mixture of banana, strawberries, and whipped cream topped with chocolate sauce and caramelised sugar, it's like a chocolate éclair on steroids. So yummy!

Life is sweeter when.... everything is in tune and humming to the same vibration.

My motto is....

Try to experience life to the fullest, as we are here for one moment.

Thank you for sharing, Huata!

Huata joined us last August and has been working alongside our kaimahi, empowering cultural connections and supporting greater outcomes for our community.

What does your role involve?

Part of my role as Tāhuhu Ahurea is creating relationships and connections within the dynamics of whanaungatanga and implementing within our organisation, slowly enhancing equality and equity through our kaimahi, community, Hapu, and Iwi.

Creating a space to explore cultural awareness and safety within our practices, through Cultural Supervision and alignment to Te Tiriti o Waitangi, as we endeavor to strengthen our partnership with Māori.

One of my favourite expressions/whakatauki is:-

"Ko au ko koe, ko koe ko au" I'm you and you are



Tracking well with Te Rauemi Atawhai

We're thrilled to share that 95% of our team have completed the Te Rauemi Atawhai cultural programme!

Since 2022, this programme has helped us learn more about the rich Māori heritage of Aotearoa, deepen our understanding of Te Reo Māori, and embrace our responsibilities under Te Tiriti o Waitangi.

When new staff join, they share a journey of learning and connection. They spend a day at a local marae, experiencing pōwhiri, learning waiata, and practising their pepeha. Later, they're assessed on their understanding of te reo Māori me ōna tikanga. Once accredited, they receive a pounamu pendant.

The programme is built around three key principles (Pou), helping staff connect with Māori culture in a meaningful way. Kim Manahi and Huata Noa are leading the programme creating activities across the year that deepen our understanding and and celebrate its richness.

Events like Waitangi Day, Matariki, and Te Wiki o te Reo Māori give us opportunities to embrace Māori culture and bring more awareness into our work. Cultural supervision also plays a big role - it's a chance for our team to learn through a cultural lens, helping us grow our understanding of Māori culture and improve the way we support others. We're always learning, and we're excited to keep growing together.



Laura, Karen, and Rae from Te Korowai - Christchurch, proudly wearing their pounamu after passing their cultural assessment.

Yes! I would like to help

Your donation helps children, families, and older people build resilience, find connection, and thrive.

\$ 30

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



\$ 50

Can cover a meal and transport for an older person to attend an Enliven Day programme.



\$ 99

Can provide support from a social worker for two children experiencing anxiety and worry.



\$

I would like to support the work of Presbyterian Support.



Name:

Address:

Phone:

DOB:

Email:

Donor ID:

(see envelope label)

Visa

Mastercard

Card number

Expiry date

Name on card

Signature

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

Create lasting change - become a Regular Giver today!

Your regular support helps sustain our essential services, enabling us to make a lasting difference in the lives of people in need. **Tick to learn more.**

Thank you!

There are many wonderful organisations who help our communities by giving grants and donations during the year and we're tremendously grateful to all of them. Find them at psuppersouth.org.nz.

Ways to donate



Scan the QR code above to visit our website psuppersouth.org.nz/donate

Internet or Bank Transfer

On the internet or at your bank you can make a donation by depositing money into our account.

Account: 06-0801-0678233-01

Particulars: Your address

Code: Your donor ID (if known)

Reference: If you would like to nominate your region to donate to, please include it in this field.

Credit Card - (Visa and Mastercard only) Complete the donation form and post to us.

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

Your privacy is important to us. Please visit www.psuppersouth.org.nz/privacy-statement for information about how we collect and look after your personal information. Asking for your date of birth will help us get to know you a little better so we can communicate with you as effectively as possible.