



Presbyterian Support
South Canterbury

SUPPORT REPORT

March 2016

Our Stories – How We Make a Difference



Welcome to our 2016 annual Support Report, showcasing some of our highlights from over the past six months. I hope you enjoy reading our stories and sharing with us as together we help support our South Canterbury community.

– **Michael Parker,**
Chief Executive.

GENEROUS DONATIONS SUPPORT LOCAL FAMILIES AT CHRISTMAS



Wrapping presents for local families.

Photo: Timaru Herald

While most of us look forward to Christmas every year, for many families in our midst Christmas is a time of increased stress and worry. Community support for the Family Works Timaru Herald Christmas tree each year is one way we can all show we care at this important time.

With a 50% increase in the number of families seeking urgent assistance during the Christmas period, support from the South Canterbury community helped the Family Works team make an immediate difference where it was most needed, with over 300 Christmas presents and food parcels provided to local families.

With strong support from the Timaru Herald team, the Family Works Timaru Herald Christmas tree in the Herald foyer quickly became a focal point in December for donated gifts of all shapes and sizes. Food and donations also flowed in to Family Works, ensuring that our Food Bank could help fill the breach during the holiday break for local families.

Gifts and foodbank resources were also shared with other organisations including Family Support, St Vincent de Paul and the Public Health Nursing Service team.



The Family Works team were kept busy with gifts left under the community Christmas tree at the Timaru Herald.

Photo: Timaru Herald

NEW BOARD MEMBER WELCOMED

In February PSSC welcomed a new Board Member to the team – local lawyer Quentin Hix. Born and raised in Temuka, Quentin brings a wealth of local knowledge, legal skill, commercial expertise and governance experience to the Board. In addition to his voluntary role as PSSC Board Member, Quentin is also the local representative on Ngai Tahu's governing board, a Director of the Ngai Tahu commercial arm and a director of Hunter Downs Irrigation Limited.



New PSSC Board Member,
Quentin Hix.

Presbyterian Support South Canterbury

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ENLIVEN IN THE BOTANIC GARDENS

The Enliven Day Centre is now well and truly established in its new home in the Timaru Botanic Gardens.

The old bowling club grounds have undergone a major transformation, with PSSC Enliven an anchor tenant in the freshly refurbished building, sharing facilities with Alzheimers South Canterbury and several other community support groups. The full indoor renovation project is nearing completion – part of an overall \$500,000 transformation of the former Park Bowling Club.

At Enliven, clients aged 65+ rediscover their strengths, interests and zest for life. Operating Monday – Friday 10:00 am to 4:00 pm, Enliven enables clients to enjoy socialising with others, build new friendships and share old times.

In a supportive, fun and disability-friendly environment, Enliven offers group outings to interesting places, engaging and fun recreational activities and enjoyable ways to help keep physically active. Programmes and activities, tailored for each individual, are supported by qualified, specialist PSSC staff and nutritious two-course meals are included in the daily programme.

Crusaders Visit

In late January, Enliven clients hosted the Crusaders Super Rugby team for an afternoon tea get together. A working bee that followed saw the boys in red and black help paint the future “man’s shed” which will be used by Enliven clients for DIY projects. Go the Crusaders!

Saturday Club

Designed specifically for clients diagnosed with dementia, our Saturday Club day activity programme, also run at the new Enliven Centre, is operated by qualified and experienced staff.



The Crusaders Super Rugby team put their DIY skills to good use at the Enliven Day Centre.

Family members and friends are welcome to join in at any time during the day.

Both Enliven and the Saturday Club provide important community connection, friendship, fun, stimulating activities and important time out for Carers.



To find out more about how Enliven can have a positive impact on your life or that of someone you know, please call Vivien Clemens, Residential Liaison Manager, 03 687 1120.

FAMILY WORKS BUILDING PROJECT

October saw the commencement of an extensive build project for Family Works, creating six much needed extra family / social work meeting rooms. With increasing demand for Family Works services and a corresponding need for more space, the extra meeting rooms will enable the busy Family Works team to better manage their growing workload, supporting local families in need.

A new safe play area for children will help families accessing services. The play area will also be well utilised when “The Incredible Years” parenting programmes are held.



Excavation begins for the new Family Works meeting rooms.

A significant factor influencing local demand for Family Works is that over the past two years, several other local support agencies have either ceased providing, or reduced their services, increasing the workload on Family Works.

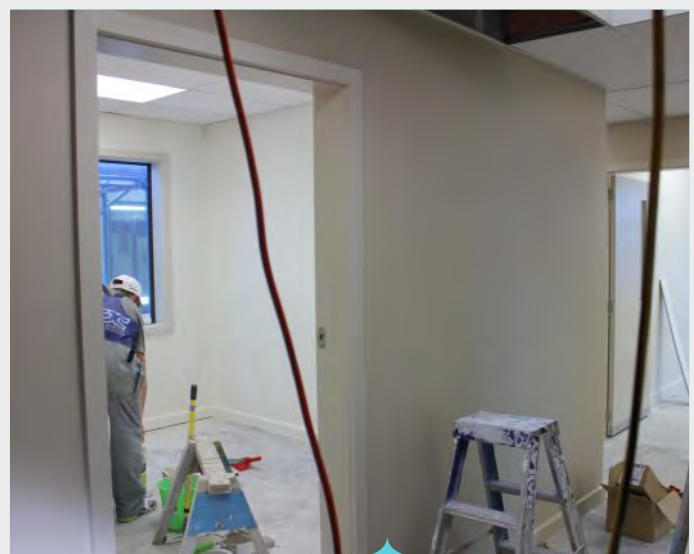
The building expansion was made possible by a grant of \$50,000 from the Community Trust of Mid & South Canterbury, with the balance (over \$100,000) funded by Presbyterian Support South Canterbury (PSSC). With such a high demand for services and support for local families, PSSC supports an annual Family Works operating shortfall of over \$370,000 (after donations). Your ongoing support is vitally important to the continuation of Family Works services, with 100% of every Family Works donation used to fund services for vulnerable local children, young people, families and adults.



Liz Shea, CEO of Community Trust of Mid & South Canterbury and Liz Nolan, Family Works Manager, check building progress.

The busy Family Works team have shown great professionalism in continuing to provide services during the onsite building project. Our thanks to the team for their dedication and thanks also to our building contractors for their efforts to keep construction noise to a minimum.

We expect the extension project to be completed in June 2016.



New purpose built meeting rooms will help the busy Family Works team meet growing demand for services.

WHAT'S UP AT WONDERFUL WALLINGFORD

Renovations Complete

Wallingford residents are enjoying the completed site upgrade and refurbishment of living areas within this popular home nestled within the Temuka community. As part of the building project, the Richard Pearse lounge, dining room, hall, foyer and kitchen have all been strengthened, upgraded and refurbished.

Residents now enjoy their meals in the renewed dining room. The bustling Wallingford kitchen is a more efficient working environment and in the Wallingford foyer, a new activities area affords residents the opportunity to either work on art and craft projects in their own time, or join in with arranged activities. The larger Richard Pearse Lounge now offers more scope for varied activities.

The overall aims of the building upgrade and extension work have been to improve the quality of life for residents by creating more usable spaces in the lounge, dining and foyer areas, and adding extra comfort features such as double glazed windows and upgraded insulation.

The building project is part of a proactive programme of structural strengthening and associated upgrades being managed by PSSC. Previous upgrade work at Wallingford focused on the accommodation areas, which are now at 100% of the building code. In addition to the Wallingford upgrade, another related project includes the completion of the upgrade at Margaret Wilson Home.

Wallingford Nurse Manager Raewyn Mehrtens says that residents and staff have coped well with the interruption from building noise, with the cheerful banter between contractors and residents helping to keep everyone amused through the various stages of the project.

Music and Movement a Welcome Disruption

If the building work at Wallingford has at times been a tad distracting, a distraction of an entirely different kind has quickly become a much anticipated event on the already busy Wallingford weekly activities calendar.

Every Thursday morning a growing group of Wallingford residents look forward to joining a colourful musical melee as the Temuka Plunket “Music & Movement” group welcomes caregivers with their babies and toddlers to join in a varied and action packed hour of fun. The programme weaves together sounds, actions and colours using musical instruments and aids such as shakers, coloured scarves, balls and bubble makers.



Music and Movement every Thursday morning at Wallingford Home in Temuka.

“It’s a combination that brings as much fun and stimulation to our residents as it does to the youngest participants,” says Wallingford Nurse Manager Raewyn Mehrtens.



Music and Movement every Thursday morning at Wallingford Home in Temuka.

“There’s starting to be quite a rush by residents on Thursday mornings – I’m not entirely sure who looks forward to Music & Movement the most – the children or their Wallingford hosts!”

PEDAL POWER FOR FAMILY WORKS

They rode up hills, they rode down hills, they rode in wind, rain and hot sun. Over 120 community minded cyclists dedicated many hours of training and preparation in the build up to the epic three-day Central South Island Charity Bike Ride, from 18-20 February, raising money for local charities.

And raise money they did – \$148,000 in this year's event, as they traversed approximately 365 km of spectacular local countryside, riding to Tekapo via Waimate, Kurow, Omarama and Twizel before returning to Timaru.

Family Works, one of the grateful recipients of a portion of the funds raised through this inspirational local fundraising event, will use the money to help fund the specialist services provided by our Child and Family Psychologist.

Providing much needed assistance to local children and families, the Family Works Child and Family Psychologist works closely with

families experiencing difficulties in the areas of child mental health, learning difficulties, challenging behaviours, developmental and family relationship issues.

The annual Central South Island Charity Bike Ride event is unique

in New Zealand and has raised over \$1 million for local charities since 2005.

To find out more, visit csicbikeride.co.nz



Riders from PSSC included Board Chair Jim Pearce and from the Family Works team, Liz Munro.

Photo: Central South Island Charity Bike Ride

STUDENT VOLUNTEERS

Several local secondary schools include student volunteering activities in their curriculum. Year 11 girls from Craighead Diocesan School visit The Croft Grant Home regularly to meet and chat with residents, providing important community links and very valuable life experiences for students. The visits are much enjoyed and anticipated by the residents. Past quotes from students demonstrate just how much of an impact this connection also makes on the lives of the girls.

"It made me want to have an amazing life, just like the man we spoke to."

"Listening to other people's stories made me think a bit more about mine."



Craighead students volunteer regularly at PSSC.

EMPLOYEES SUPPORT THE CAUSE AT CHRISTMAS

As a community based charity, Presbyterian Support South Canterbury and Family Works rely on community and donor support to continue our work.

In addition to the many individuals and groups who provide donations and in-kind support, several local organisations have recently come up with ways to support Family Works through the involvement of their employees.

In March we formally recognised the work and support from the Timaru Herald team for once again making the Family Works Timaru Herald community Christmas tree promotion a real success. A framed certificate of thanks from PSSC was presented to the Timaru Herald, in recognition of the Herald staff who got right behind the cause, both in promoting it within our community and with hands on assistance behind the scenes.



A certificate was also presented to the South Canterbury District Health Board (SCDHB) with thanks for the efforts of the SCDHB team. During the build up to Christmas, staff donated so many food items that the overall contribution to the Family Works food bank filled several boxes.

In a similar community spirit, staff from the Fonterra Clandeboye site also put time and energy into collecting a substantial amount of food items and Christmas gifts for local families. Again, the extensive amount donated gave the food bank a fantastic boost and was quickly passed on to local families feeling the pinch during the Christmas season.

Support from these and many other local organisations is very much appreciated. Without this and our regular donor support, calls for help from many in our local community would simply not be able to be answered.



Timaru Herald Staff accept their certificate of thanks.

Photo: Timaru Herald



Family Works manager Liz Nolan presents a certificate of thanks to SCDHB CEO Nigel Trainor.

To discuss ways your business or organisation can assist PSSC to continue reaching those in need, please contact Marketing Communications and Fundraising Manager, Katerina Tiscenko

P: 03 687 7945 or E: katerina.tiscenko@pssc.co.nz



HAT MAKING TOPS IT OFF AT THE CROFT

Our residents love to have fun and get involved. Inspired by the busy activities team, creative energy is often in evidence in The Croft Rest Home.

In March, after weeks of preparation, design flair and construction skills combined in a colourful hat parade. A variety of designs, from the playful to the practical, were modelled by residents and staff, much to the enjoyment of all.

Everyday life experiences provided plenty of inspiration, including popular themes such as Fish & Chips (newsprint construction), Easter Bonnets (yellow chicks, Easter bunnies and plenty of moss for hiding



Creations by Ruth, Hazel and dog Louie.



Floral creation by Lorraine.

Easter eggs), In the Bush (bark, butterflies, feathers and moss) and RN (Registered Nurse - complete with medication containers, button pills and medical gloves).

The hats are now proudly displayed for all to see in the hallway near The Croft Lounge.

CAREGIVER WEEK CELEBRATED AT MARGARET WILSON

As caregivers week (22-28 March) was celebrated in rest homes and community venues all over New Zealand, a group of residents from Margaret Wilson home acknowledged care staff in a very special way – with a heartfelt poster created from their combined quotes of thanks.

What better way to express what it means to be part of the special environment at Margaret Wilson!

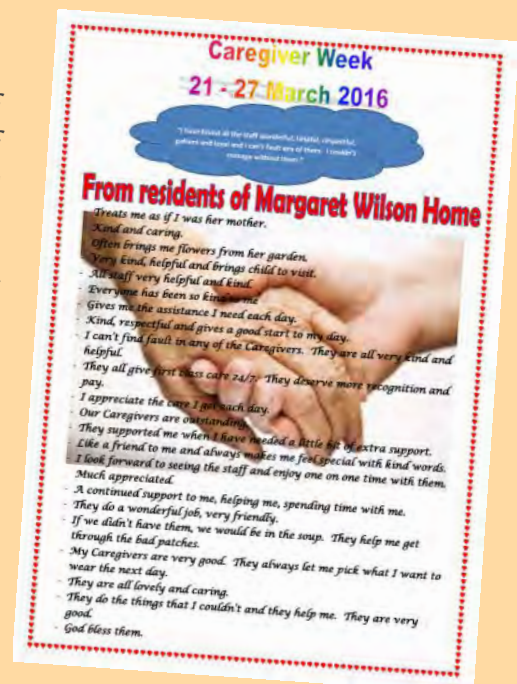
“Often brings me flowers from her garden.”

“A continued support to me, helping me, spending time with me.”

“They are all lovely and caring.”

“Our caregivers are outstanding.”

“Everyone has been so kind to me.”



Please support our work.

Your generous support, no matter how large or small, makes a real, immediate and lasting difference in our local community. Every donation is used locally and your contributions enable us to continue to reach those who most need our help.

We are enormously grateful for those who make provision for our work by remembering us in their Will with legacies or bequests, providing benefit to many for generations to come. To speak to someone about this, please contact Katerina Tiscenko, Marketing Communications/Fundraising Manager on 03 687 7945.



Donation Form

Together we make a difference
in our South Canterbury Community.



Presbyterian Support
South Canterbury

Your generous contribution supports and sustains our important work - every donation counts and is used locally.

Contribution Amount:

\$10 \$30 \$50 \$100 \$500 Other \$

One Off Donation Monthly Donation Six Monthly Donation Other

or please charge my Credit Card/ Debit Card (Mastercard Visa) \$

Name of Cardholder: Card No:

Expiry Date: Signature:

Donation paid by: Mr/Mrs/Ms/Miss (Name/s):

Address: Phone:

Email: **Join Mailing List? (Newsletters & Updates)** Yes No

Please contact me about:

- | | |
|---|---|
| <input type="checkbox"/> Setting up a regular automatic payment | <input type="checkbox"/> Becoming a Family Works Guardian Angel |
| <input type="checkbox"/> Leaving a gift in my Will | <input type="checkbox"/> Becoming a Volunteer |
| <input type="checkbox"/> Donating to the Family Works Foodbank | <input type="checkbox"/> Other: |

Donate Online

We welcome your online donation. To donate by internet banking please pay to "Presbyterian Support Services (South Canterbury) Inc; ANZ 06-0889-0014481-00. To enable us to provide a receipt, please enter your surname in the Particulars field; Your street number and street name in the Code field and your suburb or town in the Reference field.

Cheque Donations

Please make cheques payable to Presbyterian Support South Canterbury.

Presbyterian Support New Zealand will preserve the confidentiality of all personal information it holds in accordance with the NZ Privacy Act 1993.

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