

central

focus

Caring | Enabling | Supporting

GARDEN TO TABLE PROGRAMME

AN INITIATIVE THAT KEEPS GROWING!

PSC CELEBRATES

QUALITY AND INNOVATION AWARDS A SUCCESS

VOLUNTEER SPOTLIGHT

– Meet Joan and Zac

CHILD'S ANXIETY GROUP

PROVIDES MUCH NEEDED SUPPORT

WELLBEING ASSISTANCE PROGRAMME

AIDING THOSE IN NEED

CONTENTS

- 3 A word from our CEO**
– Joe Asghar
- 4 Garden to table activities 'magical' for residents**
– Green fingers at Cashmere Home and Cashmere Heights Home
- 6 Children's anxiety group provides much needed family support**
– Giving tamariki the tools to cope
- 9 GP and Nurse Practitioner join Enliven team**
– Consistency of service for Enliven's Wellington homes
- 10 Quality and Innovation Awards swing into action**
– Recognition for PSC's stars
- 12 Family Works comes together at Rātana**
– A time to reconnect
- 14 Aviary attracts bird lovers**
– Feathered residents bring joy to all
- 18 Continuing the Wellbeing Assistance Programme**
– Responding to community need
- 20 Healing through play**
– Creating an environment where tamariki feel safe
- 22 Enliven's retirement villages continue to grow**
– Work begins at Levin War Veterans Village
- 24 Family Works outcomes a community approach**
– Wraparound services address needs
- 26 Music therapy keeps Enliven residents singing**
– Made possible thanks to funding
- 29 Volunteer Spotlight**
– Introducing Joan and Zac
- 30 Puzzles**
- 31 Reader recipe – Peri peri chicken skewers**



> Enliven Central staff show off their Covid 'passports'.

A WORD FROM OUR CHIEF EXECUTIVE



PSC chief executive Joe Asghar

Valuing our connections

When the last issue of Central Focus came out, I was very new in the role. Six months on, and my time so far with Presbyterian Support Central has been exciting, with so many new people to meet and relationships to build on.

Back in March, I had started to meet with people at our Enliven and Family Works sites, and those visits have been ongoing. I continue to be humbled by the people we have in this organisation and the dedicated work they do.

The service delivered is still of the highest quality – evidenced by the feedback we receive from those who access our services and the external audits from our government funders. Our Enliven and Family Works sites continue to pass these audits with flying colours and this directly reflects the professionalism and work of our teams.

All this work couldn't be done without the solid relationships and reputation we have with our friends and partners built over our 100-plus year history. This year we have reached out to iwi, churches, non-government organisations, our local communities, sector partners and private businesses to find ways we can work together to further support our communities and whānau.

Many of the stories in this issue of Central Focus reflect the amazing partnerships we already have, and what we have been able to achieve with ongoing support from funders, members and our regular donors.

We also made time earlier this year to celebrate the work we have done recently at the Quality and Innovation Awards held in May. The standard of applications and the range of activities acknowledged was inspiring. You'll find a rundown of the event, and some colourful photos from the night, in this issue.

As well as celebrating past success, we are always looking to the future. To meet the growing demand for retirement living, work continues on the next stage of Kandahar Village in Masterton. We have also just broke ground on the new Levin War Veterans Retirement Village, located behind the existing Levin War Veterans Home.

Acknowledging the great people, connections and work we are doing, while working to innovate and diversify, will enable us to be here for the people who need us for at least another 100 years.

Kia kaha

Joe Asghar
Chief Executive



GARDEN TO TABLE IS 'MAGICAL' FOR RESIDENTS

Garden to table endeavours at both Cashmere Home and Cashmere Heights Home in Johnsonville have proved to be “magical”, the homes’ manager Karen Rhind says.

“Residents at both the homes have tended the gardens and harvested spinach, leeks, beetroot, tomatoes, lettuce, zucchini and rhubarb.”



Karen says the recreation team at the two Enliven homes then work with the residents to use the fresh produce to make delicious things such as rhubarb strudel cake, rhubarb muffins, spinach frittata and leek and potato pie.

“We have so many residents involved in these activities from planting, tending, watering, and harvesting, to researching and reading recipes, measuring, cutting, stirring and smelling ingredients, greasing tins and enjoying the smell of baking wafting through the air,” says Karen.

“The residents generally choose what they want to make or let us know what is ready in the garden so we can suggest different recipes they might like to try.”

She adds that this approach to gardening and cooking reflects Enliven’s philosophy of care, which follows the Eden Alternative.

“These activities are so integral to the Eden philosophy in so many ways; they help minimise boredom, provide residents with the opportunity to help and give to others, and to contribute to the meals for the homes.

“They are also about growth as residents learn new recipes and skills or regain skills – it’s never too late to learn something new!”

Excess bounties of spinach, lettuce and rhubarb harvested from the gardens have gone to the home’s kitchens to be turned into pies, salads and desserts for all residents to enjoy.

The homes’ successful project was recognised earlier this year at PSC’s Quality and Innovation Awards, where it received the Supreme Award for overall best initiative.

“This project is so simple, yet powerful,” the judges said.

“There are so many connections that have come out of it and it’s just growing and growing!”

**To If you want to connect
with our Enliven homes in
Johnsonville, call 04 477 7067.**





“This project is so simple, yet powerful,”

> Top Photo: Cashmere Home residents Keith (left) and Maurice check their crops.

> Left photo: Cashmere Home’s ‘Senior Master Chefs’ have turned out some delicious treats with food cooked from their garden.





CHILDREN'S ANXIETY GROUP PROVIDES MUCH NEEDED

FAMILY Support

The fallout from last year's Covid-19 lockdown has been felt far and wide around New Zealand, and especially by Family Works staff.

In late 2020, the team at Family Works Upper Hutt noticed an increase in referrals for children with anxiety. Common issues included children not wanting to go out into the community in case they got sick and not

wanting to leave their parents in case something happened to them.

In some cases, children were experiencing severe panic attacks at school, as well as other anxious behaviours.

Family Works Upper Hutt group facilitator and psychology graduate Emily Craigie and then colleague Sarah Ozanne spoke with a child psychiatrist at the Infant Child Adolescent Mental Health Service, which operates as ICAFS in the Hutt Valley, who had also noticed an increase.

"We know that anxiety in a developing brain will impact on the neurological structures and pathways, which can affect people psychologically for the rest of their lives," says Emily.

New group

Together Emily and Sarah developed an anxiety group just for children, to give them the opportunity to talk about what was bothering them, understand why it was happening and give them some ways to help deal with it.

They decided to start with a small group of six children aged between nine and 11 years old.

"It took a great deal of courage for them to come to the centre for the first session and when they got here, they were very reserved," Emily says.

"We used paper windmills to practice breathing techniques, sensory key chains and stress balls which

helped them to focus on something so they could voice their feelings and more importantly their worries.

"After the first session the children started trusting us and becoming a bit more confident, toward the end they had become loud, and we had lots of laughter!"

Simple resources

"We kept the resources simple to enable the families to make them at home and continue the anxiety relieving techniques," Emily explains.

The resources developed by the Family Works team include interactive charts and diagrams so children can get the most out of the five-week course.

"The brain diagram helps children understand the chemical reaction that they are having and how it affects them."

Their sense of autonomy is an important part of the treatment, Emily explains.

The children are given a chart that they can use at home to easily show parents what level of anxiety they are feeling on any given day. They are also given a journal titled SCRAMXIETY that covers each aspect of the programme and provides an opportunity to track their individual journey.

"First off we encourage the children to create and draw their personal 'anxiety pet'. They're not always animal based although we have had a cat with octopus arms. The pet they draw enables them to express what anxiety is like for them and how they can address it. They know their journey is theirs alone and it's okay to be different from others in the group."

By week five the children will have developed their own ways to help recognise and manage their anxiety with the resources provided.



➤ Emily's welcome space for children.

Positive results

The Family Works team has had encouraging feedback from parents who say their children are happier, more social, attending school regularly and sleeping better.

"Parents have commented they are thrilled to have their children back," says Emily. "One parent told us the teachers at school had noticed a huge improvement in their child's social skills, they are playing with other kids and

getting involved in activities. Another child has gone back to playing sport, he is not worried about anything happening to him when he's with other kids and his confidence has returned."

There are very few anxiety programmes available for children outside of those run through the District Health Board at Hutt Hospital. The Family Works initiative is seen as unique and is in demand from other agencies.

"There is a long waiting list as there is high demand for it, we hope to be able to offer this to the Hutt Valley community ongoing," says Family Works Upper Hutt manager Shelly Evans. "Oranga Tamariki has recently asked about the programme and how they can get children on it as their one has a long waitlist. We have also had enquiries from other agencies about it."



Case Study – Sarah’s story

Sarah* came to the group experiencing symptoms of specific and general anxiety. She didn’t understand what was happening to her and she was having unhealthy responses when in a situation that made her anxious.

Through her participation in the group, she was able to learn some helpful information about what anxiety is and its different types. This allowed Sarah to have more autonomy around her anxiety.

She also learned a lot about how her anxiety can affect her emotions and her bodily reactions to certain situations – for example, whether to fight, flight or freeze in different situations. This helped Sarah to understand where her anxiety came from and how it affected her brain.

Sarah picked up helpful exercises to help manage her anxiety, such as learning breathing techniques, sensory distraction, such as picking up a stress ball.

As the group progressed, Sarah opened up and was able to share more with the others about her personal experiences of anxiety. She also showed how she took the tips on managing her anxiety and demonstrated how she had done that in different situations.

*Name has been changed to protect the identity of the client.

Did you know?

Figures from Statistics NZ show that while most young people are resilient, 20% are likely to experience a mental health issue. Depression and anxiety are widespread: one in five young New Zealanders will be affected by depression by the age of 18; almost one in five meet the criteria for an anxiety disorder by age 19.

Family Works offers counselling services across the lower North Island, including specialist counselling for children, teenagers, couples, and those who have experienced trauma. For more information call 0800 FAM WORKS or visit www.familyworkscentral.org.nz.





GP AND NURSE PRACTITIONER JOIN THE ENLIVEN *Team*

General Practitioner Dr Teresa Matuszewska (left) and Nurse Practitioner Nasim Bi have recently joined Enliven in two new roles to provide consistency of medical services in its Wellington homes.

In April Dr Teresa and Nasim began providing medical services to Woburn Home in Lower Hutt; Longview Home in Tawa; Huntleigh Home in Karori and Cashmere Home and Cashmere Heights Home in Johnsonville.

“This GP/Nurse Practitioner partnership is an innovative programme introduced to help support our homes to provide consistent and holistic care to our residents,” says Enliven business operations manager Suzanne Simpson.

Dr Teresa and Nasim are no strangers to some of the Enliven Wellington homes. Dr Teresa has worked as a GP in some of the homes for about 11 years.

Nasim joined Enliven in 2011 as a nurse at Cashmere Heights Home. While she was completing her Nurse Practitioner training she worked across the Wellington Enliven homes for more than two years.

“Both Dr Teresa and Nasim come with a wealth of experience that will bring expert clinical management and support for the residents,” Suzanne says.

Dr Teresa says under the new role her regular visits to the residents will continue, but she and Nasim will now be available out of hours if needed.

“We are on call to them 24/7.”

Nasim explains that this is not always an option when a home is dealing with a GP or a Nurse Practitioner from an external practice.

“When you have to contact a GP, you still have to go through the medical centre,” she says. “With these roles if there is an emergency on the weekend we can go into the homes if needed.”

Bringing the two roles under Enliven also means more consistent care. Nasim says some of the homes would previously have to deal with many different GPs coming in for visits over short periods of time.

Nasim says while these roles are still new, they are working to educate residents and their families about the options available to them with their choice of care.

Over time, she says she is looking forward to building a strong rapport with those they are caring for and supporting the Enliven staff at the different homes.



THE QUALITY AND INNOVATION AWARDS

'Swing' into action

The judges had their work cut out for them with Presbyterian Support Central's bi-annual Quality and Innovation Awards receiving more than 50 great entries.

Held to celebrate and recognise the hard work and dedication of Enliven, Family Works and PSC staff, the 'Swinging 60s' themed award ceremony was held in May at Levin War Veterans Home.

Guest speaker and MC for the evening was founder of New Zealand's first crowdfunding platform, PledgeMe's Anna Guenther.

PSC board chairman Peter Sherwin and PSC chief executive Joe Asghar took to the stage with Anna to hand out awards and prizes in nine categories. The Supreme award and the Chief Executive award were also announced on the night.

"The Quality and Innovation Awards evening was a great success for the organisation. It provided an opportunity

to celebrate the achievements across the Family Works teams. It was great to be a part of recognising and celebrating them for the work they undertake with the most vulnerable members of our community," says Family Works general manager Julia Hennessy.

Enliven general manager Nicola Turner says the standard of entries for the Quality and Innovation awards have gone from strength to strength.

"Ideas inspired by previous awards have taken root and grown. I was very excited to see who had made the finalists this year as we continue to promote and celebrate innovation and creativity across Enliven and PSC."



< Supreme Winners, Cashmere Home and Cashmere Heights Home, with Joe Asghar and Peter Shewin.



< Family Works te



< The Awards this year had a 'Swinging 60's' theme.



am & MC Anna Guenther.

The winners on the night were:

Improved working environment for staff:

Levin War Veterans Home manager Michelle Day and team for Ways of Working

Going beyond the call of duty:

Levin War Veterans Home health care assistant Peggy Wenzlick

Best team: Family Works Upper Hutt

Volunteer award: Levin War Veterans Home volunteer Joan Leckie

Demonstrable improvement to the lives of clients and residents:

Family Works Upper Hutt senior social worker Taiana Anderson

Health and Safety: Levin War Veterans Home

Family Works outcome story: Sharon Faletutulu from Social Workers in Schools

Best Family Works initiative: Family Works Upper Hutt

Best Eden alternative initiative: Cashmere Home and Cashmere Heights Home team

2021 Chief Executive Award: Family Works Upper Hutt manager Shelly Evans

Supreme Award: Cashmere Home and Cashmere Heights Home



Women's Refuge New Zealand Chief Executive Dr Ang Jury led a hands-on workshop on collaboration.

“The environment at Rātana allowed staff to contribute ideas about the different issues they face daily in their work.”

– Julia Hennessy, General Manager, Family Works



^ The Rātana Brass Band performed at dinnertime.



FAMILY WORKS COMES TOGETHER AT **RĀTANA**

There was a feeling of reconnection in the air as staff from Family Works Central attended their annual noho marae at Rātana Pā in April.

“The event was cancelled in 2020 due to the Covid-19 lockdown, so the hui was a good chance for the teams to come together, share their experiences, and meet new members of the Family Works whānau,” says Family Works General Manager Julia Hennessy.

This year Women’s Refuge New Zealand Chief Executive Dr Ang Jury also attended the hui and led a workshop on collaboration.

Other sessions over the two days provided opportunities for the teams to share with each other success they had found in the work they had been doing.

Each Family Works team was tasked with performing a skit about how they have kept their services operating during the ongoing disruptions caused by Covid-19.

Discussion was also held about the different teams’ progress in cultural competency, and how this can be furthered through the use of special workbooks.

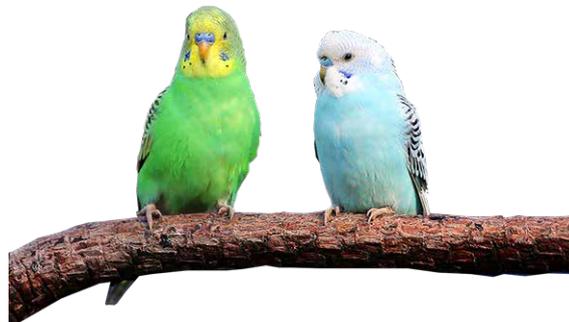
PSC Chief Executive Joe Asghar and Presbyterian Support New Zealand National Executive Officer Dr Prudence Stone also attended and contributed to the discussions.

“The environment at Rātana allowed staff to contribute ideas about the different issues they face daily in their work,” Julia adds.

“It was also a chance for us to interact in a relaxed atmosphere, catch up with others, and share some laughs.”



^ The team from Family Works Upper Hutt performed a thought-provoking skit.



AVIARY ATTRACTS BIRD LOVERS

Jewel-coloured budgies, a red rump parrot and chirpy cockatiels are just some of the birds that flutter and sing in the recently refurbished aviary in the courtyard at Chalmers Home.

Recreation officer Claire Soto De Vera said the aviary took more than a year to get tidied up, repainted and accessible for residents but it was well worth the effort.

Long-time volunteer Anthony Pirere loves being outdoors and was eager to rise to the challenge, Claire says.

“Anthony and I chose the colours together, we wanted it to be bright and bold. We saw the mosaic colour scheme at a paint shop and were told we probably wouldn’t be able to pull it off, but we did. Anthony did most of the painting, but I did up high and down low,” she says proudly. “Anthony worked hard to complete the project. He’d volunteer every day if he could!”

Claire says the residents are very keen on the vivid colours and love the new look and feel.

“There’s plenty of space now, so residents can enjoy watching the birds from outside the aviary or come in

and sit amongst them on the bench or in their wheelchairs. It’s very sheltered so they can enjoy the sun beaming down. Their grandchildren love it too.”

Chalmers Home manager Jenny Darby considers the aviary an important asset for the home.

“It’s wonderful how the aviary has been brought back to life. It has become a valuable part of our vibrant elder-centred community in line with our core Eden principles which imbue positive aging,” she says. “It’s fun and accessible. Residents and their families can go out and spend some time appreciating the beauty of nature.”

The aviary is designed to be self-sustaining with a local pet shop buying the baby birds produced in the aviary. These funds go towards bird seed and other supplies such as cuttlefish for their beaks and toys to keep them amused.



> Recently hatched budgie chicks.

> Recreation officer Claire Soto De Vera and resident Tiki Manu take in the bird song.



“The original birds came from residents,” says Claire. “The aviary breeding boxes were part of the upgrade, which has resulted in some very busy parents. Once their babies are out of the nest, they are busy making and preparing for the next lot!”

The bird breeds have very different personalities and characteristics explains Claire.

“Our red rump parrot helps the budgies and cockatiels feed their babies which is a very unusual attribute. We call him Mary Poppins. The grandmother of our aviary is a pink Bourke parakeet. She keeps the young ones in place and ensures she gets the best food - age before beauty.”

With the recent hatching of six budgie chicks and a baby cockatiel, Claire and Anthony have plenty to crow about.





Why animals?

Having animals live in or visit Enliven homes is part of our philosophy of care, which aligns with the Eden Alternative, and combats the plagues of loneliness, helplessness and boredom, which can be common in elders.

Enliven follows the belief that loving companionship is the antidote to loneliness, and the creation of a human habitat is centred around continuing contact with plants, animals and children.

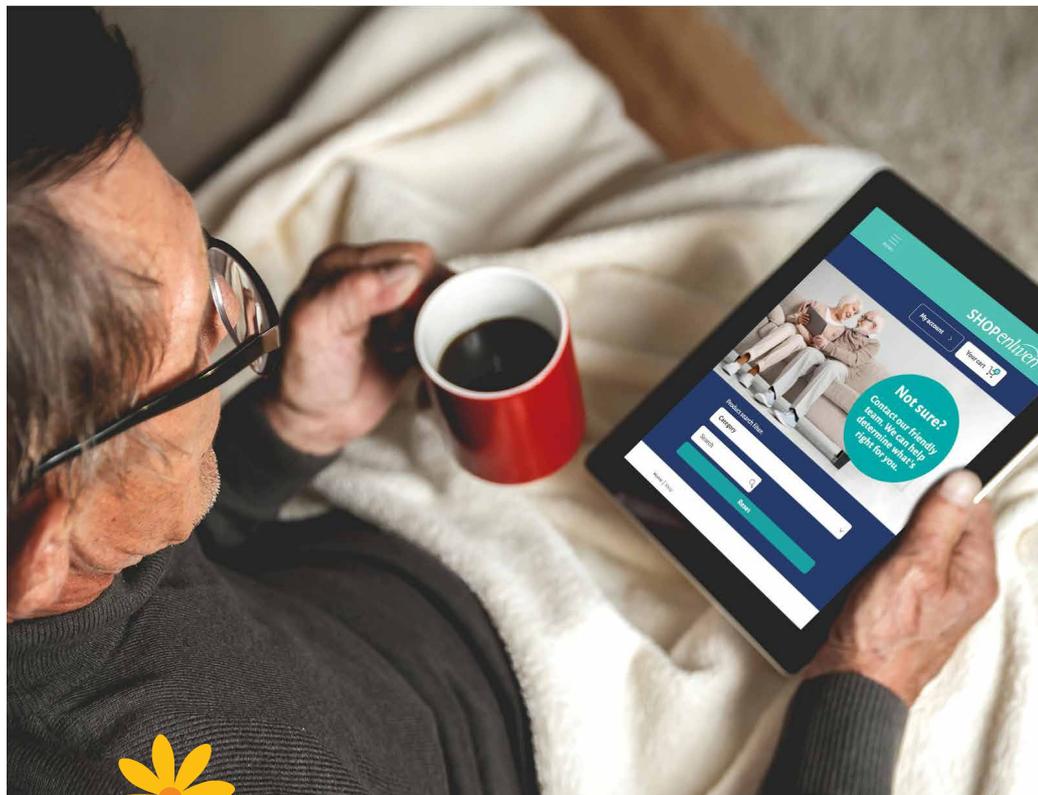
Residents of Enliven's homes and retirement villages have the choice to bring along their furry or feathered friends, provided they get along with the people and animals already living at the home.

And then there are the resident animals, such as the birds at Chalmers Home. Other homes have resident cats, dogs, fish and chickens.



enliven
Positive Ageing Services

**ONLINE
SHOP**



Visit ShopEnliven.org.nz

ShopEnliven is Enliven's one-stop online shop featuring products for over 65s.

Easily find gifts, items to stock the pantry, or to support health or mobility, all at an affordable price.

We offer food and nutrition, dementia care, personal care, and lifestyle products.

New products are being added all the time – so make sure to check in on a regular basis!



To see what we have on offer, visit
www.ShopEnliven.org.nz

CONTINUING THE WELLBEING ASSISTANCE PROGRAMME

Presbyterian Support Central Trusts and Grants Fundraiser Elena Rowan reflects on the impact of PSC's Wellbeing Assistance Programme.

After the initial success of the Wellbeing Assistance Programme during the Covid-19 lockdown in 2020, we realised very quickly just how many older people and families in our community struggle to make ends meet.

Thanks to funding from the Ministry of Social Development, PSC was able to source and deliver hundreds of food and essentials parcels, so we could continue to help people who were feeling the long-term effects of the disruption caused by Covid-19 and the Alert Level changes.

Parcels were delivered by New World supermarkets to older people and families in need across Wellington, Wairarapa, Horowhenua and Manawatū.

Our Family Works sites distributed parcels to families, while Enliven offered parcels to its rental flat residents and some spouses of residents. We partnered with Una Heikell-Karauria from community organisation Get Involved and Jo Rea from dementia-buddy programme Enliven Connect to ensure we were reaching the older people in our community who needed the support the most.

Community needs widespread beyond lockdown

We received an alarming number of requests for urgent support from people across our region and thanks to the funding provided we were able to give a package to everyone who requested our help.

Most of the requests we received were from intergenerational families. We gave packages to grandparents raising their grandchildren, and older people being supported entirely by their adult children. Even as the threat of lockdowns diminished, older and younger people in these families still required support to live dignified lives.

Amazing response

The feedback we received from the recipients has been astonishing. Our first packages went out to older people in our Enliven flats.

One of our rental unit residents told us: "To say I was truly overwhelmed by the most incredible bags of wonderful thoughtful groceries delivered to me last week would be an understatement! It was as if you had chosen the items on my shopping list. I will never forget this extreme generosity. Living on only my Superannuation, it means so much. My sincere appreciation to you all."

Enliven staff also noted how rewarding it felt to help deliver the packages and see the residents' faces light up when the items arrived.

Strengthening community connections

The Wellbeing Assistance Programme allowed PSC to further its connections in the community and provide support to far more people.

Many of the recipients in the community were heartened to receive a package after being referred to us.

One kaumātua (elder) who received a package said they loved seeing the variety.

"We don't buy Vogel's bread, we can't afford it with our moko (grandchildren) and the whānau (family). That's going straight to Nan's cupboard!"

Whānau who take care of the older people in their lives were especially quick to point out how special some of the items were for their parents:

"Thank you on behalf of my mother for the very generous food parcel. It was full of goodies and treats my mother would not normally buy herself. The work you are doing in the community for older people is awesome."

THE WELLBEING ASSISTANCE PROGRAMME – AN OVERVIEW

300+

Number of parcels sent

360+

Number of people who directly benefited from the parcels

14

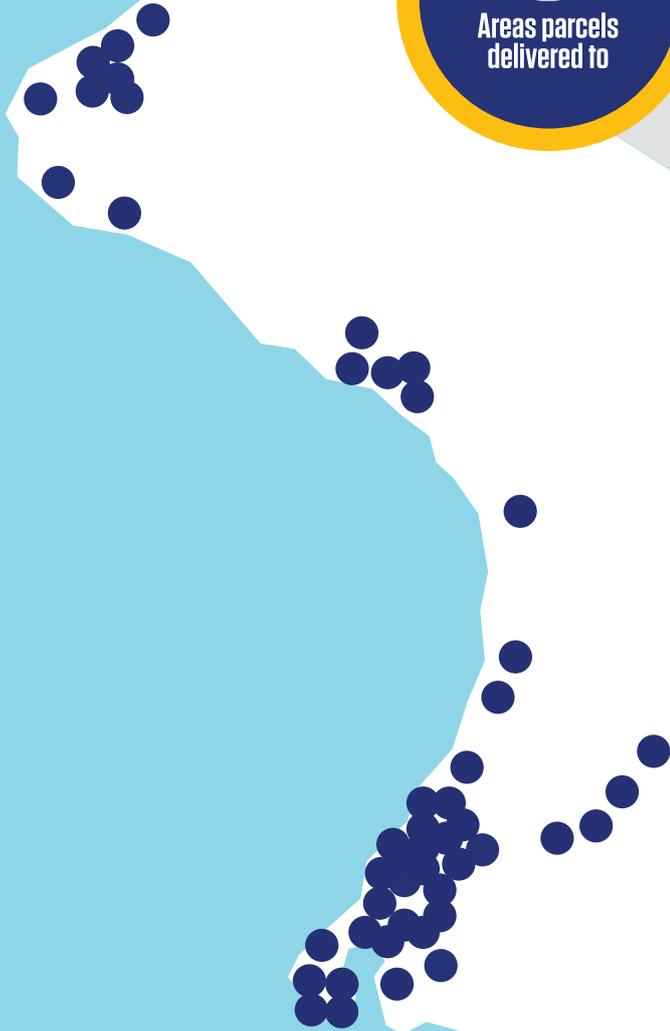
Number of New World Supermarkets that delivered parcels

8

Areas parcels delivered to

49

Towns/suburbs delivered to

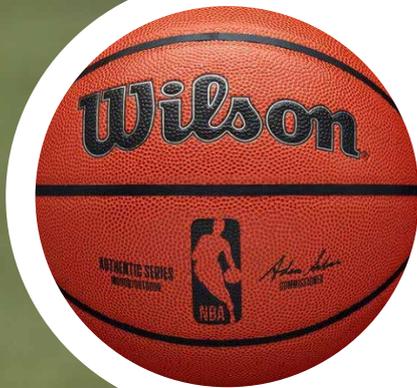




The effectiveness of play therapy has been studied extensively and it has been proven to be highly effective.

– Julia Hennessy, General Manager, Family Works

HEALING THROUGH PLAY



Family Works counsellors use many ways to create the best environment for their clients to feel comfortable to talk. Thanks to a grant from The Tindall Foundation, it allowed our Family Works sites to purchase a range of toys and other resources for younger clients to use as part of play-based therapy.

“A lot can be revealed in the way tamariki (children) interact with different types of toys and how their behaviour changes from session to session,” says Family Works General Manager Julia Hennessy.

“Tamariki might use play to act out fears and anxieties, as a soothing mechanism, or to heal and problem solve. The effectiveness of play therapy has been studied extensively and it has been proven to be highly effective.”

Sand and animals

One of the items bought using the grant that proved useful was kinetic sand. This type of sand is coated in silicone oil, allowing it to be moulded easily.

One of the tamariki was able to use the sand during their sessions to mould it to represent their emotions. This allowed conversation about their emotions to flow easier between them and the counsellor.

Many of the tamariki engaged with small animals and figurines that were purchased. Often they would use them in a sandpit provided to allow them to narrate relationships they had in their lives, and the complexities these relationships can have.

Types of furniture can make a difference, too.

The grant from The Tindall Foundation made it possible for one site to purchase smaller chairs and stools for their younger clients to use, making the therapy spaces more welcoming for people of all ages.

One of the chairs was fuzzy and in the shape of a llama, making it a fun and different option for tamariki to sit on. The fuzzy material of the chair provided tactile stimulation for the person sitting in it, which could help them to open up during sessions.

Keeping active

Providing resources to engage tamariki or rangatahi (teenagers) in an active way has also been useful.

One Family Works site used the funds to install a basketball hoop on the property, which was popular with all the rangatahi coming through for sessions.

Staff said it was an informal way for them to engage with rangatahi to build a trust relationship and begin talking about difficult situations and experiences.

In a one-on-one case, one young client really enjoyed using a ball in his sessions where he and the counsellor tossed it back and forth while asking and answering different questions.

His counsellor believed it created a more relaxed way to talk about the things he was struggling with.

‘To find out more about what Family Works does, or if you need support, visit www.familyworkscentral.org.nz or call 0800 FAM WORKS.’



ENLIVEN'S RETIREMENT VILLAGES CONTINUE TO GROW

Work is on track at Enliven's Kandahar Village to have Stage 2 ready for new residents in early 2022.

Stage 2 of the retirement village development involves the construction of 10 new villas, adding to the initial 12 that were completed in late 2020, says Property General Manager Anthony Taylor.

"We also have planning underway for Stage 3 for a further nine villas with the hope that we can start that stage early next summer."

Architecturally designed to make the most of the Wairarapa sunshine, the villas at Kandahar Village are purpose-built to provide secure retirement living in contemporary style.

The two-bedroom villas feature an open-plan design and are fully insulated with double-glazed windows, quality carpet, curtains and blinds to ensure residents are always cosy and comfortable.

Work due to start at Levin

Presbyterian Support Central Chief Executive Joe Asghar says it's an exciting time, as work is also set to start on the new Levin War Veterans Retirement Village.

"For Enliven this is much more than building a few houses. Both the Wairarapa and Horowhenua districts have experienced significant growth and development in the last few years; and we're pleased to be offering retirees an outstanding lifestyle option."

Up to 59 two-bedroom retirement villas will be built on the land behind Levin

War Veterans Home, with the first 12 villas due to be completed by late 2022.

The Levin site was blessed at the end of June by kaumātua from the local Muaūpoko iwi. Joe Asghar and PSC Cultural Director Jim Berry were also in attendance, along with Enliven General Manager Nicola Turner and staff from the home.



"The blessing was an important moment for us as it signals the next step of an exciting project for both us and the community," says Joe.

The new village development next to the current home will see Enliven offer a full continuum of care to Horowhenua retirees and those with links to the Defence Force around the country.

For more information about retirement options with Enliven, visit www.enlivencentral.org.nz.





^ Construction is on track for the Stage 2 villas at Kandahar Retirement Village.



Above and right: The site of the new Levin War Veterans Retirement Village is blessed by representatives from the Muaupoko iwi.



FAMILY WORKS OUTCOMES A COMMUNITY *Approach*

Family Works teams around our region appreciate the value of knowing their own communities and partnering with other groups to ensure the best outcomes are achieved for their clients.

These case studies show how important it is for a holistic, wrap-around approach to ensure clients receive the best support they can.



This approach aligns with Family Works' Te Ara Whānau model of practice, which provides support for families and whānau facing significant and complex challenges, such as family violence, poverty, neglect, trauma, criminal offending and substance abuse.

A problem shared

Life was hard for 15-year-old Rose*. She had been expelled from school, her mum had kicked her out of home and she was getting by camping on friends' couches. She was feeling suicidal and when she spoke with a Family Works counsellor, she said she wanted to explore the reasons why she was feeling so unhappy.

Sometimes Rose's feelings of sadness got so strong and overwhelming, it got to a point where she wanted to act on her suicidal thoughts. She was regularly using marijuana to try and cope with these emotions, but wanted a healthier way to work through them.

The Family Works counsellor contacted a local mental health support centre and organised a visit to the local hospital for Rose and her mum. Rose's netball coach, who she was very close with, was also brought in for additional support during hospital visits.

Rose initially spent some time in a respite home where her health was monitored. She valued having that time to share and discuss common issues with other youth in similar circumstances, and not having to carry her thoughts alone. This helped to reduce her suicidal and self-harm thoughts.

Rose was then referred back to Family Works for ongoing sessions as she'd built up a trusted relationship with the counsellor.





Battling confusion

A seven-year-old shouldn't be saying they want to die, but this was unfortunately the case for Chris*.

Chris' parents had separated, and Chris was trying to deal with two very different styles of parenting. His parents were not communicating with each other, or him, very well.

During the Covid-19 lock down, Chris didn't see his dad for four weeks, and had no idea why. The lack of explanation left Chris confused, leading him to start fearing being alone, worrying that his parents were going to die, and experiencing anxiety about the thought of being away from his parents.

A Family Works child counsellor initially worked with Chris, using drawing therapy and play therapy to help him understand why things were so different.

A social worker also connected with Chris' parents to work on their communication with him, the importance of having a routine for him, and creating a safe environment so Chris wouldn't feel as anxious.

His parents also attended Family Works' Parenting Through Separation course and learned about keeping adult conversations private from Chris, and having similar routines and rules at both their houses.

Chris' parents have since said that Chris seems much happier and his anxiety levels have decreased.

Care for everyone

Myra*, a 10-year-old who was already attending a safety programme with Family Works, was referred for child counselling by the facilitator as she mentioned an issue in the programme that needed to be worked through in a one-on-one counselling session.

Myra experienced intense nervousness and her attention span was very short. The counsellor helping Myra made use of items such as kinetic sand and gel to allow for connections to be established through play therapy.

This helped Myra to relax during that session, and when she came back for the next scheduled safety programme, the facilitator saw that Myra was a lot more interested in participating in the programme and – more importantly – engaging with the other children involved.

When children attend safety programmes, this work can be backed up with the parents attending a similar programme to ensure the whole family has access to the same information, education and advice provided by the facilitator.

*Names and some details have been changed to protect the identity of the clients.

MUSIC THERAPY KEEPS RESIDENTS SINGING

The sound of guitar, piano and singing can usually be heard from a room at Enliven's Longview Home on a Monday morning. Music therapy sessions began at the home in Tawa this year following a grant from St Joans Charitable Trust.

"It's really proving its weight," Longview Home manager Noelette Matthews says of the sessions, run by music therapist Anna Sedcole.

"Every time I talk to the residents afterwards, they show that they enjoyed it – whether they tell me or just give me a big thumbs up or a smile."

Music therapy has been proven to enhance wellbeing and improve communication and engagement amongst elders living with complex clinical needs.

The music therapy sessions at Enliven homes are a positive way to engage with the residents' emotional and physical needs – and create the opportunity for positive social interactions with others.

Pip Algie, who runs music therapy sessions at Kandahar Court in Masterton, says she will change the sessions each time to find ways to engage any residents who may not have been so involved during a previous visit.

"It's also a nice way to introduce new people who have moved into the home to the other residents."

'Miraculous'

Sue Butcher, whose dad Alan Blundell (pictured right) moved into Kandahar Court in January, says it's "miraculous" seeing what happens at the music therapy sessions there.

Earlier this year the sessions at the specialised dementia facility were made possible thanks to a grant from the Roy and Jan Mace Trust.

Sue now times her visits to Kandahar Court to coincide with the music therapy sessions, led by music therapist Pip Algie.

"When Pip comes it's a special treat for dad," Sue says.

She says a special moment recently was when Pip played a song that her father used to sing with his sister, and he joined in.

"It must have been about 30 years since he'd sung it!"





^ Music therapist Anna Sedcole leads a session at Longview Ho

Reminiscing

Huntleigh Home recreation team leader Annelize Steyn says the music therapy sessions are more than just entertainment.

“The tunes take the residents back to the music they grew up with and you can see the energy in the room rise and the mood lift,” she says.

The music therapy sessions are held weekly at Huntleigh Home, made possible with funding from the Irene Baker Foy Trust.

Music therapist Karina Auer takes time to research songs that residents can't always remember the name of, and once even worked out a tune by ear after listening to a resident hum it for her.

“Karina is open to all sorts of music,” says Annelize. “She usually plays the clarinet and the saxophone but brings percussion instruments so she can guide the residents and sing with them.”





Yes! I would like to help.

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

\$20 \$50 \$100 Other

I would like my donation to be used (tick one or more):

- To support children and families in need*
- To support elders in your community*
- Wherever the need is greatest*



Name

Address

Phone

Email

Donor ID

Internet banking Credit card

For internet banking please reference your name, CF and your donor ID (if you have it).
The account number is 03 0584 0198216 00.

Credit card number

Name on Card

Expiry date

Signature

All donations over \$5 are tax deductible. NZ Charities Register #11182

Unfortunately our bank no longer accepts cheques.
Please note the other two easy ways above you can continue to donate.



VOLUNTEER

SPOTLIGHT

INTRODUCING...

Joan & Zac

People have all kinds of reasons to volunteer. In this issue, we meet two of our Enliven volunteers who decided to volunteer their time in our homes for two very different reasons.

Joan Leckie

Joan Leckie, 91, began volunteering at Levin War Veterans Home about three years ago when her husband was a resident.

She initially came daily to give out morning tea for the residents, and lived at the home during the 2020 Covid-19 lockdown.

“Through the weeks she managed to spend time with residents helping with their activities. She also helped with lunch, dinner and supper which freed up staff to attend residents’ other needs,” says manager Michelle Day.

After Joan’s husband passed away in May last year, Joan continued volunteering five days a week.

“It gives meaning to my life,” says Joan.

Her hard work was recognised at the 2021 PSC Quality and Innovation Awards in May when she won the volunteer section.

Joan has since moved to Havelock North to be close to extended family there. She says the staff and resident at Levin Home became like family during her years volunteering there.

**Le Phat Nguyen**

The Covid-19 pandemic meant Le Phat Nguyen (Zac) has spent longer in New Zealand than initially planned.

He came here to study contemporary business administration at Palmerston North’s International Pacific University. When Covid-19 struck, he ceased his studies and knew he had to keep busy.

“With the borders closed I could not go back to my wife in Vietnam, so I applied to do a voluntary job,” says Zac. “I wanted to do something practical and put my skills into use. Most of all I wanted to feel valued.”

Zac was welcomed by the recreation team at Brightwater

Home, where he has proved a hit with the residents, recreation officer Paulette Bain says.

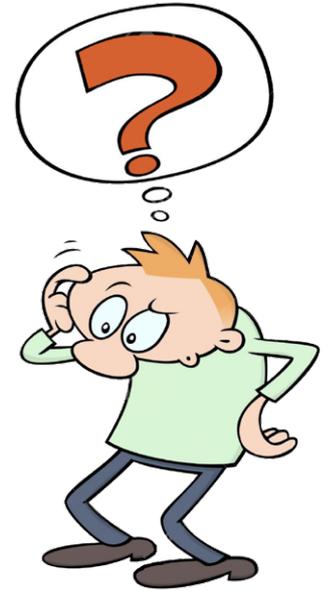
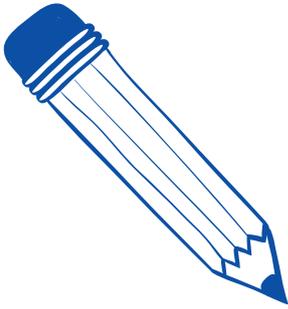
“He has a great voice and can sing a huge range of songs; he loves games and is wonderful at paper crafts like origami.”

When he’s not volunteering, Zac keeps a look out for things that will amuse and engage the Brightwater Home residents. This includes a pack of giant playing cards, which inspired a Mad Hatter’s Tea Party.

“It’s great having Zac around and the residents love him,” says Paulette. “But we know he is waiting to be reunited with his wife. He’s putting on a brave face and we really value his contribution.”



JUST FOR FUN



Sudoku

4		8	2	7			5	
							7	8
		2	8			6		
		7	4			3		2
	1						4	
2		9			7	5		
		1			6	4		
6	5							
	7			9	5	1		6

	9	8	5				2	
				8			4	
	1			7	9	6		
	2				4			3
		5				2		
7			2				9	
		9	4	3			5	
	6			2				
	3				7	9	6	

Solutions

8	3	4	1	5	7	9	6	2
5	6	1	9	2	8	7	3	4
2	7	9	4	3	6	8	5	1
7	8	3	2	1	5	4	9	6
9	4	5	7	6	3	2	1	8
1	2	6	8	9	4	5	7	3
4	1	2	3	7	9	6	8	5
3	5	7	6	8	2	1	4	9
6	9	8	5	4	1	3	2	7

8	7	4	3	9	5	1	2	6
6	5	3	1	4	2	8	9	7
9	2	1	7	8	6	4	3	5
2	4	9	6	3	7	5	8	1
3	1	6	5	2	8	7	4	9
5	8	7	4	1	9	3	6	2
7	9	2	8	5	3	6	1	4
1	3	5	9	6	4	2	7	8
4	6	8	2	7	1	9	5	3





**SHARE
YOUR RECIPES!**

Got a great recipe?
We'd love to share it with our readers.
Email: support@psc.org.nz

PERI PERI CHICKEN

This lightly spiced, succulent chicken dish was a winner at the PSC Quality and Innovation Awards. Easy to make ahead of time and great for BBQs!

Thank you, to Enliven hospitality coordinator Marion Cox.

INGREDIENTS

800g chicken thighs skinless, boneless
20 bamboo skewers

MARINADE

1/2 cup (140g) sambal oelek or chili paste
Two cloves of garlic peeled, crushed
Zest and juice of one lemon
1 tsp salt
1 tbsp paprika
1 tbsp dried oregano
1 tbsp red wine vinegar
2 tbsp soft brown sugar
1 cup (40g) fresh curly leaf parsley, roughly chopped
1/2 cup (125ml) vegetable oil

TAHINI & AVOCADO DIP

Makes 1 1/2 cups
1 ripe avocado, skin & stone removed, roughly chopped
1 tbsp tahini
Zest and juice of one lemon
1 tbsp olive oil
1/2 cup (125ml) unsweetened natural yoghurt
1 tsp ground cumin
Salt and freshly ground black pepper

METHOD

1. Cut each chicken thigh into four strips removing any fat, and place in a large mixing bowl.
2. In a food processor, blend all the marinade ingredients, except the oil. While still blending, slowly add the oil, blending until well combined.
3. Pour the marinade over the chicken and mix well so that all the chicken is evenly coated.
4. Cover with cling film and place in the refrigerator to marinate for at least an hour or preferably overnight.
5. Soak the bamboo skewers in hot water for 15 minutes to prevent them from burning while cooking.
6. Preheat oven to 180°C.
7. Thread two pieces of chicken onto each skewer and place on a lightly oiled baking tray. Place in the oven to cook for approximately 10-15 minutes or until juices run clear.

Note: these can also be cooked on a BBQ grill.

To prepare the dip: in a small bowl combine ingredients and blend with a stick blender (or fork) until smooth. Season to taste with salt and pepper.

Serve on a platter with the Tahini & Avocado Dip.

* Thank you to Angela Redfern of Ripe Deli for allowing us to reprint this recipe.

central *focus*

Presbyterian Support Central
1 Prosser Street. PO Box 12706, Elsdon, Porirua 5022

PSC Phone: 04 439 4900 Enliven Phone: 0508 ENLIVEN Family Works Phone: 0800 FAMWORKS
Email: info@psc.org.nz

www.psc.org.nz