

• AUTUMN/WINTER 2022 •

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LIVING ON THROUGH THEIR LEGACY

FINAL GIFTS
CHANGING LIVES

VOLUNTEER SPOTLIGHT

– Trinity Boswell

FROM TEMP TO MANAGER AT FAMILY WORKS

TAIANA TAKES ON THE CENTRE
MANAGER ROLE IN THE
WAIRARAPA

SUPPORTING PACIFIC PEOPLE

NEW FAMILY WORKS
PROGRAMME



Presbyterian Support
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Family
Works

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A WORD FROM OUR CHIEF EXECUTIVE



PSC chief executive Joe Asghar

What a topsy-turvy world we live in right now. I feel like we have been talking about the 'unprecedented times' since the Covid-19 pandemic began in 2020!

In many instances our communities are doing it tough, really tough, and it would be easy to bring you a magazine that reflected that. Instead, we hope you find this edition of Central Focus uplifting as we highlight the good and the kindness that we have seen in our part of the world.

In this edition we've showcased some of the exciting work underway thanks to generous individuals who have left a lasting legacy in their community by leaving a gift to PSC in their Will. Every day we are thankful to these incredible individuals who helped us do something we couldn't otherwise achieve.

We have also highlighted some of our amazing services such as the Family Works' Counselling in Schools programme, Korero Manaaki, the new Enliven Competency Assessment Programme for internationally qualified nurses (we're doing our bit to address the impact of the global nursing shortage on Aotearoa!) and a new retirement village for Horowhenua. We've also put the spotlight on some of our amazing team members too.

What we haven't reported is our Covid-19 response. (Who else has had enough of Covid-19 dominating our news headlines and head space!?) However, I feel it would be remiss of me not to at least provide a very big nod to how proud I am of how the PSC team has navigated this strange and changing world.

Our world is a different place now – we all know that. Our workforce has adapted. Our teams are working harder than ever before to support our vulnerable elders and tamariki. Staff in our Enliven homes have worked particularly hard and with real dedication recently as the Omicron outbreak makes its way through our region.

I am quite humbled by the work our frontline staff are doing and the feedback we have received about the care they provide. Feedback from a lady who completed one of our Family Works family violence safety programmes recently has stuck with me.

"If it wasn't for this programme – I would still be a victim, not a survivor or warrior – I wouldn't have found myself."

I really must publicly thank each and every staff member – this organisation could not have got through these times without you. I must also thank our incredible volunteers, families, and funders who have worked so closely with us over the last year. You have been patient, understanding, and so incredibly supportive. We cannot thank you enough.

When I think of our PSC whānau – and that's all of you – I am reminded of this well known whakatauki.

He aha te mea nui o te ao...? he Tāngata, he Tāngata, he Tāngata.

What is the most important thing in the world...? It is the people, it is the people, it is the people.

As we go forward, not knowing exactly what the next few months have in store for us, we will continue to lean on others when we need to, and be there for others to lean on when they need the support. Because, at the end of the day, what really matters? It is the people, it is the people, it is the people.

Ngā mihi nui

Joe Asghar
Chief Executive

LIVING ON THROUGH THEIR *Legacy*

Jessie, John, Doreen, Robert... all of these wonderful people are living on through their legacy, supporting children and elders in need. We look at how their generosity is changing lives.

Every year more than \$250-million dollars is bequeathed to New Zealand charities by generous individuals who want to make a difference for future generations. PSC's Enliven and Family Works services are the lucky benefactors of just a small portion of those gifts, which over the years have ranged from \$1000 to almost \$1-million.

Doreen's legacy lets the sunshine in

At Longview Home elders have been soaking up the sun in the home's new sunroom, and the benefits are plenty.

The sunroom with a view of the Tawa valley was made possible thanks to a gift from former resident Doreen Crawford.

"Doreen was a resident at Longview Home for around 10 years. I remember her being very astute. She was tall and liked her independence," recalls Longview Home Health Care Assistant Nerald Davey.

"Doreen always enjoyed social activities and being entertained," says Nerald, and thinks she would be pleased with the difference her generous gift is making to the lives of Longview Home's elders.

Decorated in soft blues and greens which echo the garden outside, the newly created room has doors which lead out onto a patio and to the lawn beyond.

"For residents whose mobility means they can no longer get outside easily, the sunroom provides a place where they can still feel the sun on their skin and the breeze on their face," says Enliven General Manager Nicola Turner.

"It's been an amazing addition to the home and the wellbeing of elders."

For those who are able, the park benches just outside the sunroom provide the opportunity to soak up some rays in a beautiful garden setting.

Of course, just as Doreen would have enjoyed, the sunroom is also being used for social gatherings, games, puzzles, and the odd party!





A brighter future for our children

When Robbie Reeves passed away surrounded by family in Wellington in 2019, his legacy lived on in the direct support he would provide for children and families in dire need.

Robert, or Robbie as he was known to friends and family, left a generous gift in his Will – funds to support social services in Wellington.

“I sometimes wonder if he knew what an amazing lifeline he was giving these kids,” says Family Works General Manager Julia Hennessy.

“Through the counselling and social work services that Mr Reeves has supported, Family Works is helping kids across the Wellington region every, single, day.”

Often that help is literally lifesaving.

“Many of these children and young people have experienced more trauma than most of us can imagine. Many have been living in poverty and dealing with violence, hunger, grief, bullying or neglect,” says Julia.

“Thoughts of suicide and a feeling of helplessness are far too common among these children, but with Mr Reeves support we’ve been able to give them the tools and skills to build resilience and hope for a brighter future. How can we thank him enough!?”

A true patriot's final gift

Royal New Zealand Airforce Warrant Officer John Walter Allomes (P72923) is continuing to care for his comrades and their families, even after his death.

After his passing in 2018, John (also known as Jack) left the residuary of his estate to Enliven's Levin War Veterans Home.

"Warrant Officer Allomes didn't specify how he wanted us to use his extremely generous gift, but it's important to us that we honour his name," explains General Manager External Relations Alisha Kennedy.



Enliven's Levin War Veterans Home.

The senior leadership team selected two projects – both of which will make a life-changing difference to elders and their families.

The first project sees Enliven redeveloping the home's 'old admin block', aptly named Patriot House, as a specialist training centre and accommodation for student nurses as well as resident's families.

"Within this one project, John's gift helps us connect families, particularly those who live out of town, with their loved ones and provides a much-needed centre of excellence for training the nurses and healthcare assistants that provide the daily support for Enliven elders," says Alisha.

But that's not the only project planned in John's name.

"We're also planning an upgrade to Kowhai (Levin Home's hospital wing), in particular the lounge area, garden access, and some bathrooms which will provide a direct benefit to elders who require the highest level of medical care and support.

"We sincerely wish we could have thanked Warrant Officer Allomes for his incredible gift," says Alisha.

Patriot House history

The newly named Patriot House has an interesting past and exciting future, as Levin Home Administrator Vicky Prouting explains.

The 'admin block' as it used to be called, was the main reception for the home when it was built in 1959.

"It also housed a manager, the head housekeeper and a seamstress who kept everything mended and in order for the residents at the time," says Vicky.

"The block had a boardroom, accommodation and veteran's storage for uniforms and other items.

"It's exciting to see it get a new lease on life," says Vicky.

When the redevelopment is finished, Patriot House will have state-of-the-art training facilities including a 'simulation lab' for hands on training experiences, a library, 12 bedrooms, six bathrooms, and an open plan kitchen dining and lounge.

Photos: The official opening of the Levin War Veterans Home by the Governor-General, Lord Cobham, in Decemeber 1959. >



Eating-in, in style

Residents at Enliven's Kandahar Home in Masterton are dining in style following the upgrade of their dining areas.

The significant renovation was made possible thanks to a bequest from former matron Jessie Greenaway.

“When the dining environment is good, elders are more relaxed, they eat more and gain weight, they sleep better, they're healthier, happier, and more comfortable,” says Kandahar Home and Village Manager Peter Newman.

“The atmosphere and décor of the dining areas are so important both in terms of social connection and nutrition.”

“We've also found the dining areas get more use for social occasions or simply a quick catch up between friends.”



The renovations included new flooring, seating, curtains, artwork and a new self-service area for residents and families. An upgrade to the home's main kitchen is also planned, thanks to Greenaway's generous bequest.

Kandahar Home and Village Manager Peter Newman in the new dining room.



The best part of Gail's job is saying...

Thank you!



"I love what I do. I love being able to thank people for their generosity. I love talking to people about the lasting legacy they are leaving."

This from PSC Planned Giving Advisor Gail Plamus, who has been newly appointed to the role, which includes thanking donors and sharing stories of the difference they're making.

"People who leave PSC a gift in their Will tell me they're really wanting to make a difference to future generations and the world in which their grandchildren and great-grandchildren will live."

Many, but not all, have been long-time supporters of PSC which has been supporting and empowering people throughout the lower North Island for more than 100 years.

"Some of these wonderful people explain they don't have the funds to make donations right now, but a gift in your Will is a way that people can ensure their legacy of supporting their community can live on. It really is something quite special."

For Gail, who has worked with charitable organisations for more than 20 years, the dual nature of the work PSC does in creating elder-centred communities and supporting at-risk children and whānau is what appeals.

"Supporting people who through no fault of their own find themselves vulnerable is a privilege."

Gail says bequests can go towards all kinds of things, such as supporting children and families to receive counselling services, to enhancing elders lives in Enliven homes.

When someone makes a bequest, they can determine where or how they want the money to be used.

"Any size bequest, large or small is very welcome," Gail adds.

How do I make a bequest?

If you would like to find out more about how a gift in your Will could make a positive and lasting change in people's lives, contact Gail on 04 439 4929 or email: gail.plamus@psc.org.nz.

You can remember Presbyterian Support Central in your Will in several ways:

- 1. A percentage:** You can leave a nominated percentage or fraction of your total estate.
- 2. A residual gift:** After providing for your family, you can nominate that you want to leave part, or all of what is left of your estate, to PSC.
- 3. A specific gift:** You can choose to leave a specific amount of money, real estate, shares, or any gift you wish to nominate.

A job with heaps of cool grandparents...

Sounds good, right!?



Come and join our work whānau.

You'll gain a second family and get to make a difference to the lives of elders in your community every day.

Enliven positive ageing services has a range of exciting job opportunities available now. With Enliven you'll find incredible on-the-job training, staff benefits, flexible hours, a focus on wellbeing and lots of fun!

We have roles in the areas of nursing and care, recreation, kitchen, laundry and cleaning, management, office and administration.

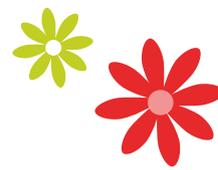
Discover the benefits of a career with Enliven.

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ENLIVEN DOING ITS PART TO ADDRESS THE

NURSING

Shortage

Enliven's newest nurse training programme is getting rave reviews, all while helping the sector address a global problem – the nursing shortage. It's estimated the aged care sector in New Zealand alone has almost 1000 vacancies for nurses.

Enliven's new Nursing Council of New Zealand approved Competency Assessment Programme (CAP) is helping to upskill New Zealand nurses returning to practice and internationally qualified nurses wanting to work in New Zealand.

Enliven's CAP has been in development for several years, but the timing couldn't be better, says Enliven General Manager Nicola Turner.

"Everyone in the industry is feeling the impacts of the nursing shortage – including Enliven. This programme will go some way to helping address that. We're already seeing some relief with the first nurses having graduated in March" says Nicola.

The programme has been specifically designed for the aged-care sector and provides nurses with the theoretical knowledge and practical skills they need to work in New Zealand's health industry as safe, competent clinicians.

Philippines nurses Cherrie Soriano and Joy Castro have just completed their CAP training and already have jobs as registered nurses at Levin War Veterans Home and Kandahar Home, respectively.

"In the Philippines I was working as a nurse. Here in New Zealand, I was working at Kandahar Court as a health care assistant, but when I was encouraged to take up the (CAP) programme, I jumped at it," says Joy.

Cherrie says the timing of the CAP training launch was perfect.

"It happened at just the right time for me, confidence wise. I feel privileged to be one of the first students," she says.

The next CAP intake runs from March to May and CAP Coordinator, Abigail Musonza, is very pleased with the uptake.

"We are getting lots of interest and quality applicants. We have six candidates from India and Australia enrolled so far. And that's without even having to promote the programme."

She expects most of those nurses will take up registered nurse positions with Enliven after graduating from the programme.

While the second intake of CAP is almost fully subscribed, Enliven will be opening up more places for future programmes when its new training facility is up and running.

Enliven recognised... again!

It's not just Enliven's CAP getting the thumbs up from the Nursing Council of NZ. The regulatory authority has given Enliven's Professional Development and Recognition Programme (PDRP) approval for another five years.

Enliven is one of only two aged care providers in New Zealand able to offer the clinically focused competency-based recertification programme.



The training hub is currently under construction in an old administration block at Levin War Veterans Home. To be known as Patriot House, the centre will provide bespoke training facilities, including a simulation lab, as well as accommodation for students and families visiting residents at the neighbouring rest home.

“We can’t wait for it to be completed,” says Abigail. “We will be able to increase the intake to 12 and offer accommodation for students who need it.

“But best of all, the new training centre will add to the practical experience that students get. They’ll be able to visit Levin Home easily for even more hands-on experience.”

Abigail says the opportunity for candidates to get to know each other, share experiences and study together will be invaluable.

For more information about Enliven’s Competency Assessment Programme for nurses visit: www.enlivencentral.org.nz/competency-assessment-programme



CAP Coordinator Abigail Musonza



“Kōrero Manaaki is already proving to be a vital service for vulnerable students in our low decile schools,”

– Nylek Nair, Kaiwhakarite (service change manager) for the Family Works Kōrero Manaaki programme.





KŌRERO MANAAKI IS SUPPORTING LEARNING AND SUCCESS

For some kiwi kids, stress, anxiety and low self-esteem are getting in the way of engaging, learning and succeeding at school.

It's not a new problem. For decades New Zealand teachers have been grappling with this issue. However, the impacts of the Covid-19 pandemic have exacerbated the problem and sent many tamariki spiralling.

Last year, the Ministry of Education announced a new counselling in schools programme for 141 primary, intermediate and secondary schools across New Zealand. Family Works Central was awarded the contract for Taranaki, Whanganui and Manawatū and is now working with 14 schools in those regions.

"We know that good mental health and wellbeing is essential for student success," says Family Works General Manager Julia Hennessy.

"Family Works counsellors, supported by our multi-disciplinary team, will work with schools, whānau, hapū, iwi and other community groups to provide evidence-based, age-appropriate support which follows Te Ao Māori practice models," explains Julia.

It's early days for Kōrero Manaaki, but it is already making a difference.

Social Worker Nylek Nair is the Kaiwhakarite (service change manager) for the Family Works Kōrero Manaaki programme.

Based in Whanganui, Nylek is responsible for keeping in contact with school principals, liaising with the kaihautū

(counsellors and social workers), managing the programme's workflow, and reporting back to Ministry of Education.

"Kōrero Manaaki is already proving to be a vital service for vulnerable students in our low decile schools," says Nylek. "The difference being Kōrero Manaaki programme is a tamariki-centred service."

"We work with tamariki and their families to design, deliver, and monitor the service that fits within the school context."

Despite being early days, the team has already received a number of referrals.

"Currently we are seeing a lot of apprehension from students around attending school and Covid-19. There is also increased stress and anxiety around friendships, gender and cultural identity, as well as anger, bullying, alcohol and drug problems among a wide range of other issues."

"Our focus is helping ensure tamariki get the counselling they need to enable them to be more resilient, happier, and attend school regularly."

For more information about Kōrero Manaaki and other Family Works counselling services visit: www.familyworkscentral.org.nz.





Fono forges friendships, fun and

Resilience

“Pasifika women are the backbone of their homes and keep their families going, often to the detriment of their own wellbeing,” says Taiana.

This following Pasifika Women’s Wellness Day run by Family Works in Masterton in December.

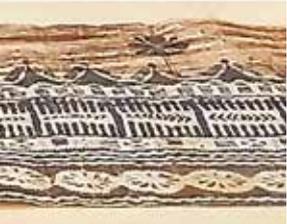
“Pasifika women put the wellbeing of their families first and do not take care of themselves” explains Taiana.

“They often work extremely long hours, deal with violence at home, as well as stress and emotional abuse, and traditionally they deal with this in isolation. They’re usually both afraid and sometimes embarrassed to speak out,” says Taiana.

“We must shine a light on Pasifika women’s wellness. It’s about building confidence and letting them know it’s okay to speak up about what they are experiencing. They don’t have to deal with any sort of abuse and stress alone.

“We talked a lot about how vital it is for them to be well so that they can be the best versions of themselves to be able to provide and care for their families, especially their children,” adds Taiana.

Five women, aged between 35 and 55, attended the first Pasifika Women’s Wellness Fono in December where they were treated to a delicious spread of food and a day of pampering and self-reflection.



SUPPORTING PACIFIC People

In the Wairarapa, Family Works is working to develop a specific programme that engages and supports the region's Pasifika people who are affected by family violence.

“Our focus is on building strong, resilient communities where whānau are safe, strong and connected,” says Family Works General Manager Julia Hennessy.

The Pacific community is diverse – ethnically, generationally, economically, and in language use. There are particular needs explains Family Works Wairarapa Manager Tainana Anderson.

“A fia vave o’o lou va’a, alo na o oe, ae a fia tuli mamao le taunu’uga, tatou ‘alo’alo faatasi. If you want your canoe to go fast, go alone; if you want to go further, let us go together.”

“There are some cultural nuances that are specifically Pasifika, that don't line up with the mainstream way of doing things,” Taiana explains.

“What we are working on is truly meaningful engagement with individuals, other non-government organisations, and Pacific leaders in the community. We're working very gently with people.”

She says while the overall vision of the initiative is to reduce family violence in Wairarapa communities, subtle approaches are the best way to achieve this.

“One of the fono (events) we're planning to to have this year will be around finances, because we know that some families struggle financially and that's where some of the arguing and the violence can come out.

“We want to make our fono fun and relevant to build relationships and trust in the services we offer.”

Taiana says community leaders such as Tusiga Sealiimalietoa, Director of Pasifika Health for the Wairarapa DHB and Luther Toloa, General Manager, Pasifika o Wairarapa Trust are supporting Family Works kaupapa and the Whānau Resilience programme.

The programme has been made possible through funding from the Ministry of Social Development's Whānau Resilience contracts. In the Wairarapa, a collaborative approach sees Te Hauora Runanga o Wairarapa is focusing on the needs of Māori, while Family Works is focusing on Pacific people in the area.

Fono feedback

“Blessed to be here with other women sharing stories in a safe space. I am not alone.”

“Makes me confident of who I am, and I can say NO to things that stress me at home.”

“I feel confident that I have a voice and that I need to speak up.”

“This is a great way of healing myself mentally.”



BRIGHTWATER'S NEW KIWI Kitchen

Ribbon cutting, cake cutting and a visit from a local MP added pizzazz to the recent launch of the new kitchen in Brightwater Home's dementia wing.

Shades of turquoise, yellow and accents of hot pink make for contemporary, inviting décor to the light and bright space.

Christened the Kiwi Kitchen, the space comprises of cooking facilities, a large dining room and a sunroom with a garden view.

The area has been designed to be flexible explains Brightwater Home and Village Manager Christine Tester.

"The new, cleverly designed storage joinery provides a separation between the dining space and lounge."

The layout of the open plan space provides residents with three defined areas for dining, recreation activities, relaxing and helping in the kitchen.

"The refurbishment gives the Kiwi Wing residents a useable space where they have the comforts of home," says Christine.

"The domestic, homely feel provides an increased level of familiarity for residents with dementia," adds recreation officer Rose Fowler.

"The custom-made Bain Marie where residents can serve themselves at meal-times, provides elders with added choice, control and independence which is so important to their sense of wellbeing."



^ The delicious spread at the official opening of the Kiwi Kitchen.





“It’s not a celebration without a cake!”

Residents, staff and their guests held a party to celebrate the new facility with the celebrations kicking off when Labour MP Tangi Utikere and resident Mary Farrell, 90, cut the ribbon. Ngāti Ranginui’s Jane Theobald, a resident of Brightwater Home, said a karakia to bless the proceedings.

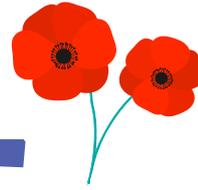
Refreshments were served in the form of high tea which featured specially iced pink flamingo cupcakes, tasty cakes and savouries made by food services team leader Dinesh Kangaraj and kitchen staff member Lien Pedersen.

Rose Fowler and enrolled nurse Jenny Lopes made a celebratory chocolate layer cake shaped like a teapot with matching cups and saucers.

“It’s not a celebration without a cake!” says Rose.



INTRODUCING ENLIVEN'S NEWEST RETIREMENT VILLAGE



The framing is up and the roof is on the first villas at Enliven's newest retirement village – Levin War Veterans Village.

Under construction on the expansive section behind the iconic Levin War Veterans Home, the first 12 independent living villas are expected to be ready for residents by the end of the year.

The stylish two-bedroom villas with conservatory are modelled on Enliven's Kandahar Village in Masterton and are expected to be just as popular. The meticulously designed villas with Lifemark 4 accessibility features are purpose-built to provide modern and secure retirement living.

"The village seems to be very well laid out, it's bordered on one side by the beautiful Prouse Bush Reserve and has beautiful views of the Tararua Ranges. I think it will be hard to pass up," says Levin War Veterans Home and Village Manager Michelle Day.

"The development will be much more than just a group of houses. Retirees

moving into Levin War Veterans Village can enjoy their retirement while being part of a supportive and caring community. I am really looking forward to welcoming them into our Enliven family."

Levin War Veterans Village will also include a multi-purpose community centre which will be available for use by village residents and the wider Levin community for performances, social gatherings and recreation activities.

"I know we'll create a tight-knit community here once the 59 villas are built. The community centre will no doubt become a key attraction," says Michelle.

Levin War Veterans Village adds to the eight retirement villages and 14 rest homes already operated by Enliven across the lower North Island.





LEVIN WAR VETERANS VILLAGE

BY ENLIVEN

36 PROUSE STREET, LEVIN



For more information about Levin War Veterans Village call Sue or Murray on 06 349 1409 or visit: www.enlivencentral.org.nz/levinville



Introducing Sue and Murray

Dynamic duo, Sue and Murray Woodley are the village agents for Levin War Veterans Village.

The couple, who thought their working days were behind them, have come out of retirement to take the lead on villa sales.

The Woodley's had previously worked in residential real estate for many years.

"While we know the real estate market very well and have 18 years' experience, we also know personally how to make the most out of retirement living and what's important for peace of mind and comfort," says Sue.

"We take a very gentle approach [to selling] and really listen to what people are saying about their needs for community connection and independence," says Sue.

"When it comes to Levin War Veterans Village we can say, hand on heart that what is on offer is of the best quality."

Sue says the pair have already had a lot of interest in the two-bedroom villas.

"We're looking forward to meeting everyone who is interested in the village and seeing it really come to life."

Supporting NEW ZEALANDERS TO THRIVE

At Family Works, we're building an Aotearoa where all tamariki, families and communities are safe, strong and connected. We support New Zealanders, like Josh and Keith, every day.

He turned his family's life around

Abuse, addiction, and other health problems led to Keith's* family falling apart.

After the tenth visit from the police and separating from his partner, Keith's four children were left in his care while he was at the lowest point in his life.

Keith's children were hurt, confused, and they missed their mum. His teenage daughter, Janae*, started staying out late and became verbally abusive towards Keith and her three younger siblings.

One evening after another argument, Keith lost his temper and hit Janae who fell backwards and hit her head on the coffee table. She ended up in hospital with a row of stitches and Keith was charged with assault.

After the incident, Family Works began working with Keith. He describes his turning point as when he was referred to and participated in the Family Works Good Father's Programme.

Keith worked on his issues and through lots of hard work, he achieved his goals of keeping his children safe and violence free. Attending drug and alcohol counselling.

Reducing anxiety

Seven-year-old Josh* was confused. After his Mum and Dad separated, they had different rules at their respective houses, but then his dad seemed to disappear completely.

A marriage break-up can be a confusing and anxious time for any young child. After separating, Josh's Mum and Dad began parenting him in very different ways.

They often contradicted one another, leaving Josh feeling confused, scared and anxious.

To make matters worse, not long after his parents separated New Zealand went into a nationwide Covid-19 lockdown. During this time, Josh didn't see his father for more than a month. He had no idea why but was too afraid to ask for fear of upsetting his Mum.

Josh's anxiety and confusion started playing out at school. He couldn't concentrate or learn. He felt angry. His teacher made a referral to Family Works.

Utilising counselling sessions, that included drawing and play therapy, Josh's Family Works counsellor helped him understand and overcome his anxieties about change.

The Family Works social worker also worked with Josh's parents and helped them understand how to parent in a more consistent manner and work together to help Josh reduce his anxieties.

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





Little things make a big difference

Family Works' 'Little Things' initiative addresses the urgent needs of vulnerable children and families and is a turning point for so many.

For the first time, Alka was able to give her children a "proper Christmas dinner with delicious roast chicken and veggies" after escaping a violent home with her children's abusive father.*

9-year-old Mack has football boots and a bus pass so he can get to training. He's stopped violently lashing out at his teachers and other students.*

14-year-old Sapphire and her sister Rulla* are going to school. They no longer share a uniform and they know where to get sanitary products from.*

These 'little things' may seem small but for children living in poverty it's a different story. For those who are struggling with past trauma or for those who live with violence, the 'little things' have been the turning point towards a brighter future.

"When children are cold or hungry, they cannot focus on the counselling support they are receiving.

When people feel ashamed about their clothing and appearance, no amount of counselling will help their self-esteem," says Family Works Upper Hutt Manager Shelly Evans.

Funding for "The Little Things" allows staff to directly purchase things a child or family needs to bring them immediate warmth, protection, and nourishment, or to build trust.

"We receive no Government funding for these sorts of things, yet they are so important," explains Shelly.

By providing families with essentials and niceties like food, nit shampoo, hygiene products, blankets, new shoes and athletic clothing, school uniforms, bus passes, swimming lessons, they are not struggling unnecessarily or facing social stigma.

The Little Things project began in 2019 with funding from the Tindall Foundation. Since then, more than almost \$60,000 has been raised for the initiative.

"The funding allows us to provide children and families with things they so desperately need and provide those things quickly."

"The support has also had a knock-on effect on building support and trust between families and our social workers and counsellors which in turn means our support is more effective," says Shelly.

"We cannot continue to support our community without the generosity of our funders. The difference the Little Things makes in our communities is unprecedented and unmatched. Without this project, so many families and children would continue to struggle."

Supporters of The Little Things

- The Tindall Foundation
- Wellington Children's Foundation
- Hutt Mana Charitable Trust
- Edward Carter Special Assistance Fund
- Estate Of Helen Stewart Royle Charitable Trust

If you would like to support The Little Things, free call 0508 SUPPORT or donate online at: www.familyworkscentral.org.nz/donate

FROM TEMP TO MANAGER

WITH FAMILY WORKS

When Taiana Anderson agreed to do a five-week admin job with Family Works Upper Hutt, little did she know that 18 years later she would be managing a Family Works centre.



“I started in a casual admin role, but the person I was covering for retired, so I applied.” Taiana remembers.

But Taiana didn’t stop there. As an Upper Hutt local and someone who cared deeply for her community, she wanted to do more. Gradually she started helping with group programmes and client support.

Recognising her potential, Family Works supported Taiana to secure a Ministry of Social Development study award and work towards a degree in social work at Te Wananga o Aotearoa.

“The organisation was really supportive as I juggled full-time work and part-time study,” she says.

Once she graduated, Taiana accepted a social worker role with Family Works Upper Hutt.

Since then, she has managed the Social Workers in Schools team, supported the Family Works Resolution Service team and worked on the Out of Gate contract, which saw her working at Arohata Prison.

She says each experience has taught her more about the broad field of social work.

Family Works Wairarapa

When the Family Works’ Wairarapa manager role came up last year, the team asked Taiana if she would apply.

She had spent some time working in the Wairarapa during her time with the Upper Hutt team, and says she already knew some of the clients and loved the community, so she jumped at the chance.

“Now I’m on a journey of getting to know the Wairarapa area and its people better.

“Everyone has been really lovely and interested in what Family Works does,” she says.

“I’m lucky I found an organisation that truly supports and invests in its people.”

Family Works

RESOLUTION SERVICE

Relationship breakdowns, family separation or divorce is one of the most difficult things a family can face.

Parents or guardians may disagree on things such as day-to-day care, the children's cultural upbringing and contact arrangements.

Family Works' Resolution Service can help you reach agreement on parenting arrangements, without needing to go to the Family Court. It's less stressful for everyone, especially the kids.

FUNDING OPTIONS AVAILABLE.



To learn more call us on

0800 RESOLVE (0800 737 6583)

or visit: www.resolutionsservices.org.nz



EVERYBODY NEEDS GOOD NEIGHBOURS

It's well known that social connection is critical to physical and mental wellbeing. Research tells us that a feeling of closeness to others can strengthen the immune system, improve the ability to learn and perhaps even make people live longer!

Every day, residents at our Enliven homes are getting out and about in their local communities, whether that's visiting schools or community groups, welcoming visitors or volunteering. Check out these highlights.

Predator-free Taranaki

Residents and staff from Chalmers Home in New Plymouth are doing their bit to support the region's predator-free mission.

After Taranaki Regional Council staff visited the home to talk about the work that's being done and the positive impacts, the elders decided it was time to get involved.

"We wasted no time getting to work. The council provided some rat trap kits and a group of eager

residents put their woodwork skills to good use to build the traps. Then we were off to place them carefully in ideal spots in the green space and bush across the road from the home," says Recreation Officer Jonny Breedon.

The residents then check the traps regularly on their daily walks so they can record success and re-set the traps if needed.

Chalmers Home resident Lolita Benton plants a trap. [\[Lolita Taranaki Daily News\] >](#)





Huntleigh Home linking young and old

At Huntleigh Home in Wellington, 'Link-Age' connects residents with students from Karori West Normal School. The programme has been going strong for more than a decade.

As part of the programme the children are encouraged to interview the elders about their lives.

"The students learn about the residents' lives, careers and culture, which broadens their understanding and brings an awareness that can't be found in schoolbooks," says Recreation Team Leader Annelize Steyn.

One resident, Tongde, was excited to have the rare opportunity to converse in his native Mandarin with one of the students.

"The boy is thrilled that he could speak the language that his classmates couldn't. It was like he had a superpower. His teachers say he has come out of his shell and is much more confident amongst his peers."

> Huntleigh Home resident Tongde and his new-found buddy.



Willard Home residents support local charity

^ Residents Pat Hatzen and Jean Wilkinson proudly display their handiwork.

At Willard Home in Palmerston North, residents have chosen to get involved with local charity Starlight Trust.

The trust supports people experiencing mental illness, in particular those who need to spend time in hospital. Willard Home has been a supporter for around four years.

In the lead up to Christmas elders spent time creating festive gift bags for those spending the festive season in mental health wards in Manawatū.

"We had a lot of fun making them – it was as if Christmas had come early!" says Recreation Officer Vicki Lincoln.

Each bag was filled with gifts – ranging from toiletries, clothing, toys, bath bombs, chocolates and magazines – donated by service groups, churches, community organisations, schools and businesses.

ENLIVEN THERAPIST IS *Recognised*



Annelize, seated with Enliven colleagues (from left) Phillippa Nonoa, Davina Solomon and France Cravens.

Huntleigh Home's diversional therapist Annelize Steyn has been recognized as an 'outstanding individual' – something the team at Enliven have known for years!

Last year Annelize was awarded the Judy Cooper Excellence Award at the New Zealand Society of Diversional and Recreational Therapy conference.

Given annually, the award recognises an outstanding individual who has exhibited excellence in professional diversional therapy to increase the physical, intellectual, and emotional wellbeing of older people.

Judges said Annelize stood out for her inclusion of everyone from co-workers to volunteers and residents, excelling in her career all while coping with her own disability.

Annelize, who was diagnosed with muscular dystrophy when she was 17, has worked in recreational therapy for 15 years.

Her personal philosophy that “everyone is diverse” comes into play with the Huntleigh Home residents and staff she works with day-to-day.

“I created a diversity programme which I call ‘Unforgettable’ and involves all residents, staff and volunteers.

“The goal is to bring the different ages, cultures and mobility levels together and work towards a shared goal of making life more normal, less lonely and more rewarding.”

Nominated by Kāpiti registered diversional therapist and NZSDRT executive board member Yvette Hughes, the nomination said, “To encounter a diversional therapist that has a special gift to draw people to her, to truly light up the room with inspiration, is rare.

“Annelize represents the best ideals of the NZSDRT Inc where we seek to improve the lives of the people in our care with the meaningful activities we offer.

“She is a true champion for diversity with a tireless commitment to serving the people in her care.

“Annelize does not see her disability as a hindrance, but rather as an intuitive tool, that makes her more understanding and more empathetic to the vast range of diverse people she deals with on a daily basis.”

“When my name was called it was an unforgettable moment, I felt like Miss World!” says Annelize of her recognition.

“My Enliven colleagues and their partners performed a haka especially for me, which was truly magical.”

Kāpiti seniors get online

More Kāpiti seniors have been getting online thanks to Enliven and Digital Inclusion Alliance Aotearoa's new digital literacy courses.

The weekly sessions, organised by Enliven with funding from the Nikau Foundation, have been well attended by the family and friends' of Kāpiti Day Programme clients.

"The grant has allowed our clients' friends and family to access a training programme which many had not considered," says Kāpiti Day Programme Manager Dorothy Todd.

For some, the focus was on navigating online search engines,

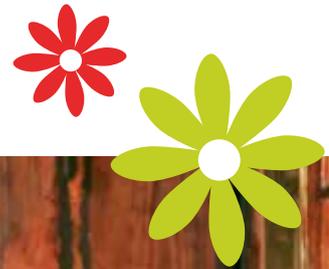
emergency medical and council websites. For others, messaging and video chat apps were of great importance. How to navigate common smartphone applications like email, maps, online news sites, and online shopping has also been popular.

"Often it was new skills they didn't know they were missing," says Dorothy.

"Everyone was interested in how to access entertainment like e-books, audiobooks and streaming services, as well as online grocery ordering, banking and apps such as Zoom and Skype which is particularly relevant in today's environment."

The sessions have been run by tutors from Digital Inclusion Alliance Aotearoa (DIAA), who begin by teaching from a specially designed curriculum of digital literacy basics. Tutors also provided individual sessions designed around topics based on each group and person's needs and interests.

"Digital Inclusion make the content flexible too. One day there was an earthquake and the tutor taught everyone how to check the Geo-Net earthquakes website," says Dorothy.



VOLUNTEER SPOTLIGHT

Trinity



You're never too young to volunteer at Enliven. Meet our valued volunteer Trinity, who gives her time in the most wonderful ways.

Trinity Boswell, 15, began volunteering at Whanganui's Kōwhainui Home when she was just 10.

It may not come as a surprise that she started under the watchful eye of her mother Trish Boswell, manager of the home.

"When mum started work here in 2017, I came along after school.

Then I signed up for the Duke of Edinburgh Hillary Award at school and part of that involves learning new skills and giving service to our community," says Trinity.

Trinity started volunteering in the Kōwhainui residents' shop on weekends.

"I enjoyed working with the residents and hearing their stories as well as getting shop and retail experience with serving customers and using the Eftpos machine," says Trinity.

Trinity also helps residents with technology such as phones and tablets and has been known to come in

wearing her school ball gowns much to residents' delight.

Trinity has passed her bronze level Hillary Award and is now working towards silver.

Proud mum Trish says Trinity relates well to elders and is drawn to giving care and support to both residents and staff.

"Her level of empathy for all kinds of people will serve her well," says Trish.

Interested in volunteering for PSC? Email: support@psc.org.nz



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



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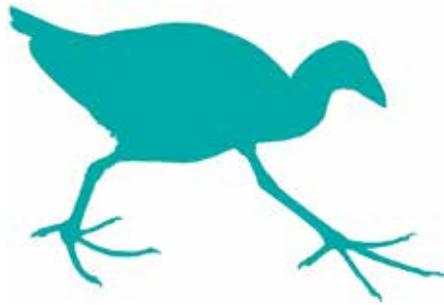
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All donations over \$5 are tax deductible. NZ Charities Register #11182

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

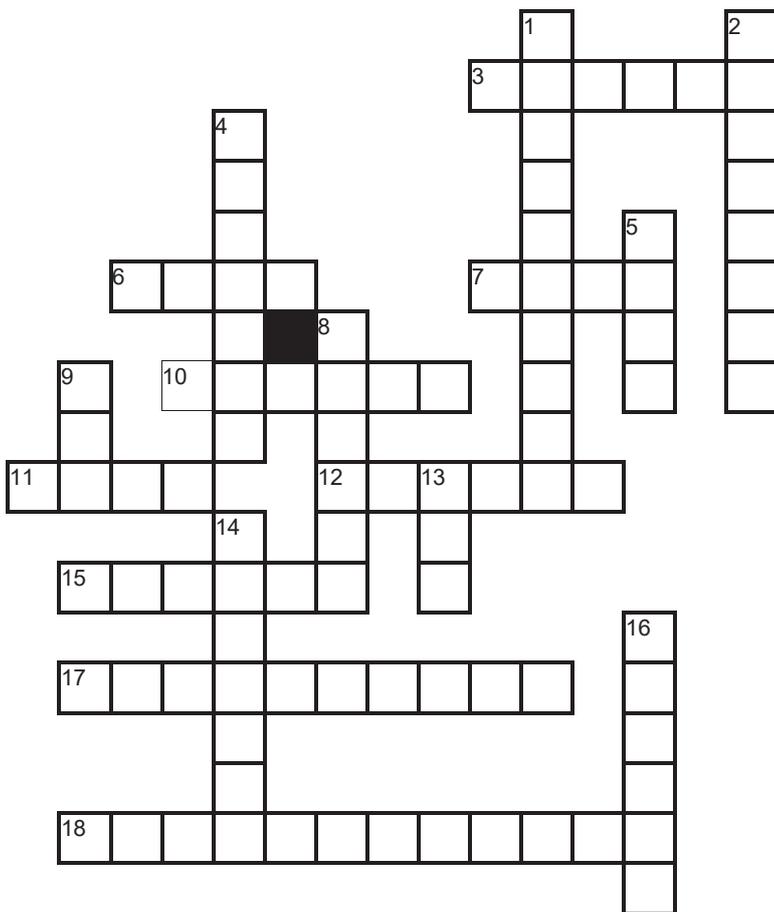




JUST FOR FUN



NZ Birds Crossword



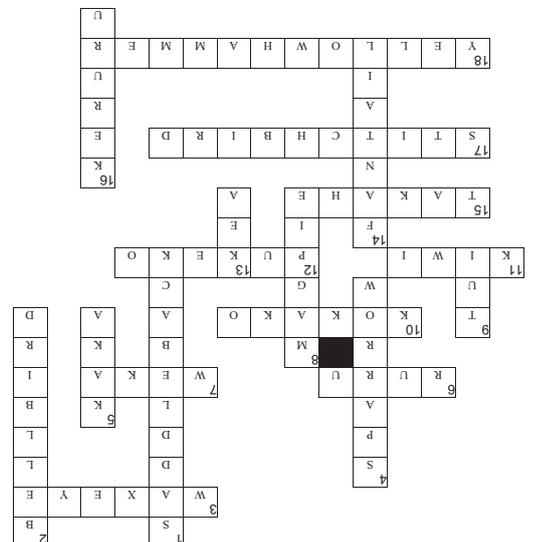
Across

- 3. A small olive green forest bird
- 6. The Maori name for the NZ owl
- 7. A brown flightless bird that is not a friend to campers
- 10. Rare black wattlebird with a blue chin
- 11. This bird has a very long beak
- 12. Was known as a swamp hen
- 15. Was considered extinct for a while
- 17. A needle and thread is a clue for this tiny rare bird
- 18. Introduced from Eurasia and the colour of a Kowhai flower

Down

- 1. This time this item is not on a horse
- 2. A bird named after a church musical instrument
- 4. Seen in many backyards
- 5. A large NZ parrot
- 8. Black and white and territorial
- 9. A white bib defines this bird
- 13. A curious problem solving bird with a curved beak
- 14. If it flies inside a house it is said to be a harbinger of death
- 16. A fat NZ pigeon

Solutions





MINI MEATLOAVES

Maurice and Keith are at it again! Cashmere Homes resident gardeners went out to dig up the last of the parsnips. Well, one particular parsnip was worth commenting on. When you look at the shape of it, you can see why - it's like 4 parsnips in one!

It took time and effort to dig out - much like a 'catch of the day'. Maurice and Keith's giant parsnip story got larger and larger as it got retold throughout our home!

To transform the crop into a tasty meal, the Cashmere senior master chefs made mini meatloaves.

A Nadia Lim recipe was found that used parsnips, carrots and parsley.

The mini meatloaves were made in muffin tins and topped with tomato sauce and cheese.

A great way to get vegetables into little ones - or elderly ones!

The taste test verdict was very telling - 18 mini meatloaves made - none left!

INGREDIENTS

1 onion, finely diced
 1 carrot, peeled and grated
 1 parsnip, peeled and grated
 300g beef mince
 300g pork mince
 1 egg
 ¾ cup panko breadcrumbs
 1 tablespoon Worcestershire sauce
 1 teaspoon salt
 ¼ cup chopped parsley
 1 ½ cups grated tasty cheese
 ½ cup tomato sauce

METHOD

1. Preheat oven to 200 degrees. Grease a 12 hole muffin tin (or a loaf tin measuring about 25cm x 12cm).
2. Heat a drizzle of oil in a large fry pan on medium heat. Cook carrot, onion and parsnip until tender, about 4 minutes.
3. In a large bowl, combine beef and pork mince, egg, breadcrumbs, Worcestershire sauce, salt, parsley, 1 cup cheese and ¼ cup tomato sauce. Add cooked vegetables, season with pepper and mix well.
4. Press about ¼ cup of the mixture into each greased muffin tin. Top with remaining tomato sauce and cheese.
5. Bake for 20 minutes or 30 minutes in a loaf tin.
6. Serve with veges or a salad.

* Recipe courtesy of Nadia Lim.

SHARE YOUR RECIPES!

Got a great recipe? We'd love to share it with our readers.

Email: support@psc.org.nz

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