

ISSUE 1
2016

PSEC

\$5

LIVING & GIVING BACK SINCE 1946

REDEFINE

**Charity shopping
with a creative twist**

ENLIVEN

What makes it different?

GET MOVING

Health tips for seniors

MONEY, TIME OR SKILLS

How do you give back?



AROHIWI STATION

**The gift of a
lasting legacy**

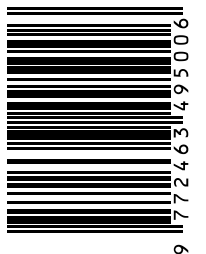
ANTI-VIOLENCE CAMPAIGNS

**Do shock
tactics work?**

MAKE A START IN 2016

**Your journey
to philanthropy**

Presbyterian Support East Coast





*How close is
Guardian Angel
to your heart?*

Your regular Guardian Angel donations,
no matter how small, make a real difference.

You can also help by purchasing a
Guardian Angel pendant.

Proceeds will go to support children affected
by family violence in the East Coast area.

Gerard Smith of Glisten jewellers in Napier has donated his time to design
this beautiful silver pendant in support of the Guardian Angel campaign.
The heart shape incorporates angel wings, which signify protection, and the
Koru motif, representing new beginnings, growth, strength and peace.

\$225

See page 25 for details



GLISTEN
GERARD SMITH MANUFACTURING JEWELLER

LETTER FROM THE EDITOR



JOIN US ON OUR JOURNEY

Welcome to the first edition of our new magazine. PSEC is short for Presbyterian Support East Coast. Our employees, volunteers and clients all refer to us as PSEC, so we thought we would reflect that in the name of our magazine.

Whilst collecting all the wonderful stories, articles and ideas, our challenge was what to leave out! So, we decided to introduce you to as many of our services as we could in this issue, and then do more in-depth features in future editions.

The public recognition of winning the Westpac Hawke's Bay Chamber of Commerce Supreme and Large Business Awards in 2014 gave our organisation a huge boost. It highlighted the impact of every single person involved in the daily hard work. It also reiterated that PSEC continues to be relevant and innovative for the future of the East Coast, whilst caring for people within our local area. What is great is that 2016 marks PSEC's 70th year of doing this great work.

As you read the articles, we would love to know what you think, so please send us your letters, views, suggestions and opinions for our next edition. We also hope you might like to use 2016 for your own philanthropic journey - we have some great ideas for you on page 23.

This magazine is a fundraiser for us, and we hope that after reading it you will feel our \$5 price is good value. By purchasing it, you have helped PSEC, so if you enjoy it, please recommend it to others (and do not share your copy!)

We have many supporters in the business community throughout the East Coast, and we would like to take this opportunity to say a big thanks to them all.

On a final note, people of the East Coast region are, 'per capita' in New Zealand, one of the most generous communities, so you can be really proud to walk the walk of 'living and giving back'.

Shirley Collins

Editor

SOME OF OUR CONTRIBUTORS TO THIS ISSUE



ANN WARNOCK

Ann is a contributing editor for NZ Life & Leisure, a writer for Heritage New Zealand and a freelance journalist. A former Radio New Zealand news reporter, she won the 2014 Magazine Awards Best Journalist - Lifestyle. Ann is the writer of our lead story on page 6.



SYLVIE GIBBINS

Sylvie is PSEC's Philanthropy Manager, and with 20 years' experience in fundraising, she knows the impact that donations and bequests make.

See page 31.



COLLEEN DEMPERS

As Cranford Hospice's Research and Development Lead, Colleen has a special interest in palliative care. Her role includes monitoring international trends, evaluating practice and encouraging research activity from the hospice. See page 33.

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THIS IS YOUR PAGE

We would love your feedback on this issue, as well as your thoughts and suggestions for future issues of PSEC Magazine.

Is there a topic that particularly interests you or that you feel really strongly about? Something we mentioned that caught your attention and you want to find out more? Or maybe you really enjoyed a PSEC event that you attended – we want to know!

The vision for this magazine is that it engages our readers in the East Coast community – so let’s start a conversation!

Drop us a line (or a few!) at editor@psec.org.nz or write to PSEC Magazine, PO Box 8119, Havelock North, 4157.



DID YOU KNOW?

In the eyes of Māori, the flax bush is a symbol of family unity. The family of leaves remain within their cluster, just as people remain within their family, clan or tribe. Interestingly, the flax grows from the centre. The first shoot divides into the ‘father’ and the ‘mother’, and between them another ‘child’ leaf shoots up. Eventually, the original parents become grandparents, and you can have many generations in the same plant! A very appropriate symbol for Family Works services throughout New Zealand.



BEHIND THE SCENES

Above: Peter the PSEC sheep.

Above inset: This is NOT part of my job description! – Ed

The photo shoot for the feature article on Arohiwi Station (page 6) was certainly not your average day at the office!

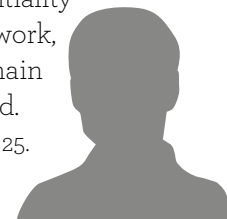
No animals were harmed in the spraying of blue paint, we promise!

Keep up to date with our news and events by liking us on **Facebook** or regularly visiting **psec.org.nz**.

If what we’ve got to say excites you, please share it!

Every issue, we feature an anonymous contributor, who offers their expert insight on pressing social issues. Due to the confidentiality of their work, they remain unnamed.

See page 25.



JUST FOR LAUGHS

An elderly gentleman had serious hearing problems for a number of years. Finally, he went to the doctor, who gave him a set of hearing aids that allowed him to hear 100%. A month later, the gentleman went back to the doctor. “Your hearing is perfect,” the doctor said. “Your family must be really pleased that you can hear again.” The gentleman replied, “Oh, I haven’t told them yet. I just sit around and listen to the conversations. I’ve changed my Will three times!”



THE GIFT OF A LASTING LEGACY

Decades after being gifted to PSEC, Arohiwi Station continues to be a reminder of the difference one family's generosity can make to an entire region.

Red gumboots are not the normal daily garb of Dr Sanja Sajatovic-Majstorovic, who is Chief Executive Officer of Presbyterian Support East Coast.

But at a certain time of the year she dons her colourful footwear and travels an hour inland from Napier and Hastings to an historic tract of land in a north-west valley in the Puketitiri district.

It's a rolling landscape which

resonates of its past – 120 years after its handsome stands of rimu, matai and kahikatea were first milled by Europeans.

If you look closely, there are still vestiges of the tram lines which were used to transport trolleys of timber out of the bush.

Adjacent to the winding road – not far from Sanja's destination of Arohiwi Station – there is a deposit of concrete blocks which once supported the

engine apparatus of a sawmill.

That Puketitiri sawmill operation was established by John Holt, son of Lancashire-born Robert Holt, an enterprising Napier timber merchant who reputedly arrived in Aotearoa with half a crown to his name.

Fable or fiction, Robert Holt's half-crown burgeoned and 157 years after the tall, bearded, cello-playing Englishman stepped ashore in Auckland, the aftermath of his, his son John, and grandson Gordon's success on the land at Puketitiri is being felt in unexpected places.

Tucked in a truck on an early summer day to tour Arohiwi Station, PSEC's CEO is talking about her organisation's gratefulness for a Holt family gift.

"The benefits of the Holt's generosity to those in our community who are in need of help and support is enormous and ongoing," says Sanja.

On the face of it, paddocks, sheep, cattle and pinus radiata in a panoramic

“The benefits of the Holt’s generosity to those in our community who are in need of help and support is enormous and ongoing.”

Puketitiri setting are a world away from a large-scale care organisation based in Havelock North which encircles disadvantaged families and youth, the elderly and palliative care patients with support.

But 38 years ago Robert Holt’s granddaughter established an incredible connection between her family and the Presbyterian Social Service Association Hawke’s Bay and Poverty Bay (Inc.) as it was then known.

A woman of Presbyterian faith with a philanthropic spirit, Laura Mitchell (nee Holt) lost both her husband, Vincent and only child, John.

In 1978, following the restructuring of the Holt farming enterprise at Puketitiri, Laura gifted half her shares in the prime hill country property to PSEC in order to help the organisation respond to the community’s needs.

Thirteen years later when Laura died at the age of 83, she bequeathed her remaining parcel of shares to PSEC – a gesture which gave the organisation a 50 percent shareholding in Arohiwi Station.

Over the years the generosity of the Holt family has allowed PSEC to purchase additional shares in the Puketitiri property, and in 2012 it took full ownership of the asset.

“Laura’s original gift has been the largest ever made to Presbyterian Support in New Zealand – the heritage of the station and its stewardship is amazing. All those involved in Arohiwi Station, at every level, have put in extra effort because of what it means to PSEC and the people we help,” says Sanja.

Putting in extra effort is a natural instinct for farm manager David Evans and his wife Margaret, who have been at the helm of Arohiwi Station since 1992.

“When you are up the top of the farm at our favourite place at the tank at

the top of Knob paddock 650 metres above sea level with 360 degree views of the whole farm and the valley and mountains, you reflect on what a great privilege it is to farm this property for PSEC. It’s a beautiful place. We are working for a cause – the funds generated here go directly to helping people and there’s huge satisfaction in knowing this,” says David.

He says farming at the station is a seven day a week operation.

“When you are here you are totally switched onto it. I like things to be done properly. I’m passionate about what I’m doing and with PSEC involved it makes it that much better – it’s all so worthwhile.”

Opposite: Farm manager, David Evans, at his favourite view point on Arohiwi Station.

Below: Some of the original historical material and photographs of the farm.

PSEC AND AROHIWI STATION

Robert Holt’s grand-daughter, Laura Mitchell (nee Holt), gifted half of Arohiwi Station to PSEC. PSEC was then able to buy further shares, and purchased the entire farm in 2012.

Arohiwi Station Limited (2013) is a \$10 million asset – PSEC is its sole shareholder.

It provides an annual dividend of around \$500,000 which is used to support all PSEC services: Enliven, Family Works, Cranford Hospice and Real People.

Arohiwi Station Limited is administered by four independent directors with a combined portfolio of farming and corporate governance skills.





Sanja in her red wellies visiting the farm.

AROHIWI STATION HISTORY

The Puketitiri district was revered for its exceptional timber – from around 1895 its bush was milled and the timber taken to Napier twice a week by horse-drawn wagon. Demand for timber was high because of housing.

A timber mill established by the Holt family operated on Arohiwi Station from 1906 to 1942.

Farming operations commenced at Arohiwi Station circa 1914.

The station originally comprised a homestead and five cottages.

The buildings, including the woolshed, were built from heart rimu.

The dense virgin podocarp forest which once covered Arohiwi Station and the Puketitiri district is evident today at nearby Ball's Clearing Scenic Reserve.

It's a sentiment shared by recently retired Arohiwi Station farm supervisor Jim Christie, who has had a 26 year involvement with the farm.

"When you know the proceeds of the property will directly benefit the community, it's a scenario which gives you a great deal of pleasure," he says.

He believes for its type and size, Arohiwi Station is one of the best farms in Hawke's Bay, with its results placing it in the top five percent.

"It is very fertile. Land that has been taken out of native bush is always highly productive country – decades ago leaves have provided rich compost for the soil."

For Robert Holt's great granddaughter Janet McCardle (nee Holt) aged 82, and great-grandson David Holt, 80, there are vivid childhood memories of growing up at the Arohiwi homestead (circa 1932) against the backdrop of bustling station life where daily tasks were plentiful and trips to Napier infrequent.

Their late sister Marian – a trained nurse who spent many years working in her profession overseas – returned to Arohiwi Station in the early 80s where she built a house. On her death in 2009 – in accordance with her wishes – all evidence of the dwelling

was removed and the land was deeded back to the station.

"We were independent, curious children who had few restrictions. From the age of eight or nine we went around the sheep on horseback. We had to clean the fowl house, chop the kindling, keep the wood box full and David milked the house cow and helped in the yards," says Janet.

She and David both recall the smouldering stumps of trees as the land was cleared for pasture.

Today those verdant paddocks at Arohiwi Station now inject an annual dividend of around \$500,000 into the coffers at PSEC to assist with the provision of its care services.

Hawke's Bay accountant John Springford – involved with Arohiwi Station from 1980 to 2013 – says the acquisition of a neighbouring 100 hectare block for wintering cattle in 2002 and the purchase of Carter Holt's share in a joint forestry venture on the station have been fruitful decisions.

"The fact is it's a good property, Laura Mitchell's gift was a big windfall and there has been lots of interesting action since. PSEC's decision to acquire the remainder of Arohiwi in 2012 was prudent. It is a well-run ship and it has flourished."



Sheep going in for shearing.

Also flourishing at Arohiwi Station is the heritage garden surrounding the homestead which is tended by green-fingered Margaret, who has also driven the local school bus since she and David moved to Puketitiri.

Back in 1994 David fenced off a 12 hectare stand of native bush on the farm in a bid to regenerate a pocket of the past podocarp forest which covered Arohiwi Station at the turn of the century.

It's a move which has resulted in regenerating bush and increased bird life.

"Recently we had fifteen kererū sitting in the willow tree across the lawn from the house."

For the PSEC team involved with Arohiwi Station, the recent return of kererū – a disperser of large fruits – is perhaps symbolic of how aspects of the past can rejuvenate the future.

The business acumen and generosity of the Holt family at Arohiwi Station over the decades, Laura Mitchell's gift

and the ability of an historic sheep and beef station to cultivate grass roots community care on the East Coast of the North Island 100 years after its farming operations began. "Arohiwi is a beautiful, green, lush, sustainable environment and our gratitude is immense," says Sanja.

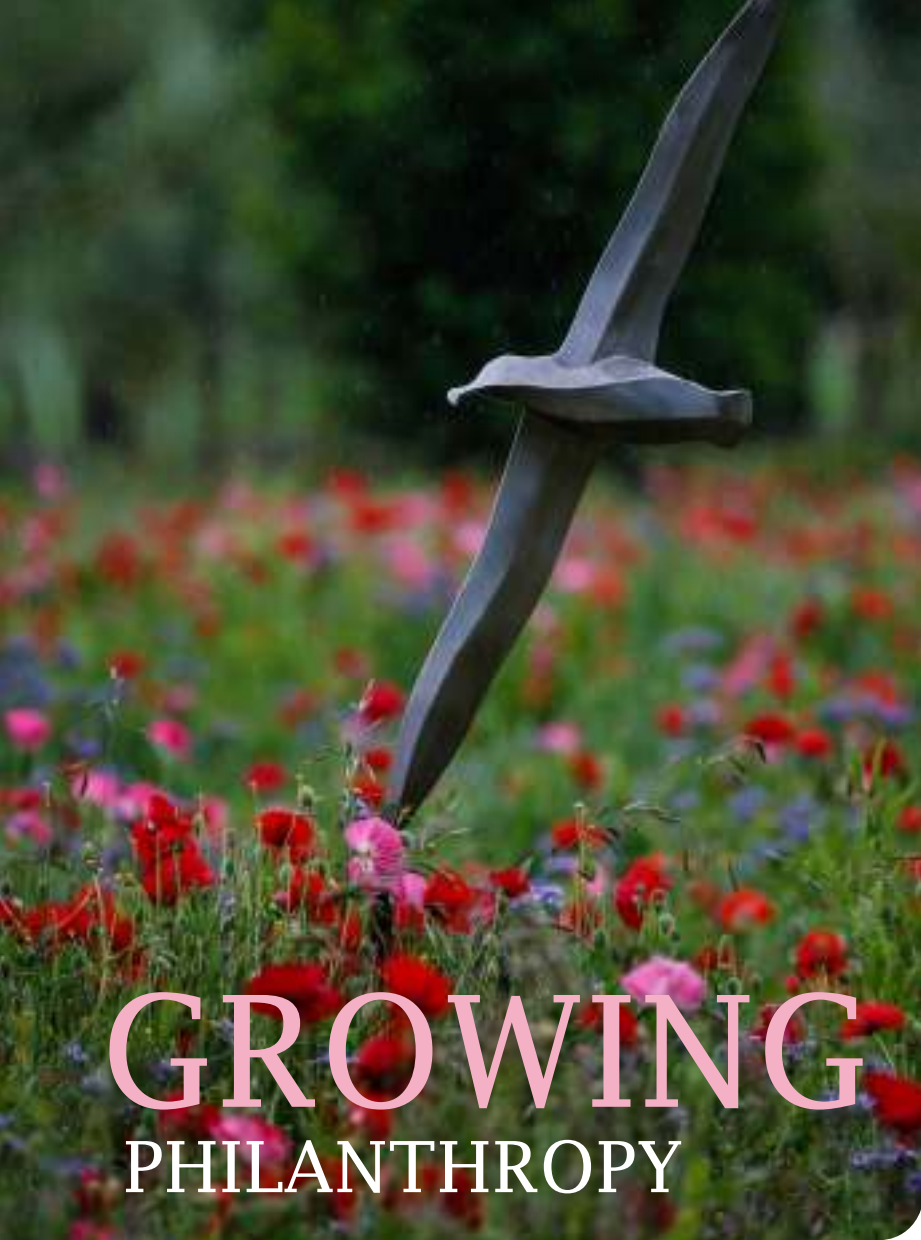
A montage of life on the farm. More to come in our next issue.



"Arohiwi is a beautiful, green, lush, sustainable environment and our gratitude is immense."

AROHIWI STATION AT A GLANCE

- 1000 hectares – flat country, rolling hills, streams, springs and dams.
- 62.5 hectares in forestry.
- Considered 'summer safe'.
- Excellent reliable water system. Fertile free draining pumice ash soil. Annual rainfall 1600 to 2000 mls. Two to three snowfalls a year.
- Stock – 5500 traditional Romney sheep. Lambing percentage has risen to 145 percent. Majority of lambs finished on the farm.
- Angus cattle – 280 cows – an increase of 30 percent in herd size. Calving percentage around 90 percent. Majority of cattle finished on farm – calves through to 20 months.
- Fodder crops – up to 30 hectares for winter feed. Nine hectares of plantain (herb-like and very nutritious) for finishing lambs.
- A new lane system now runs across the station. Paddock numbers have increased from 55 to 85 for better grazing.
- The sheep yards have been rebuilt and covered yards installed.
- David has a full-time shepherd, a part-time tractor driver, casual fencers and a summer season university student. Shearers travel out from town daily when required.



GROWING PHILANTHROPY

A unique outdoor space has brought artists and philanthropists together in support of Hawke's Bay's Cranford Hospice.



The generosity and the creativity of combining a passion and a charitable cause is what has made the Wildflower Sculpture Exhibition such a popular Hawke's Bay event.

Since the inaugural event in 2008, around 15,000 visitors have been welcomed to Round Pond Garden in Hastings to view and purchase works from local and national artists, whose work is exhibited against the backdrop of the exquisitely maintained gardens.

As one of the houses on the Holly Hospice Trail in 2006, Mike and Julie Russell were approached by the committee to hold an event in their garden in association with the Trail.

"We have an interest in and a love for art, and wanted to see how we might use our garden, which is a unique outdoor space, to bring artists together to show work in an entirely different setting to a traditional gallery space," says Julie Russell. "We always wanted the event to grow and evolve over time, which it's continuing to do."

In conjunction with the Hospice Holly Trail, \$151,000 has been donated to Cranford Hospice as a result of these exhibitions.

Of their ongoing support of Cranford Hospice, Julie says: "Cranford plays an incredibly important role in Hawke's Bay, and like most families here, we have seen first-hand what a wonderful job the team does."

"Our passion for supporting an organisation we believe in, is a major driving force behind this event. I think many of our visitors and artists have a similar gratitude for Cranford, which adds an extra layer too."

This year's exhibition will run from 9-13 November 2016.

For more information, visit wildflowersculptureexhibition.co.nz.

Left: Some of the beautiful artwork that has been exhibited in Round Pond Garden as part of the Wildflower Sculpture Exhibition.

PSEC hosted some fantastic fundraisers during 2015 - your support made them much more memorable. Here are a few of the highlights, and a taste of Sparkle16.

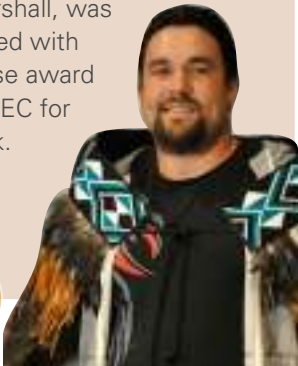
REDEFINE

Redefine served up creativity with a charitable twist! Pop-up shops, creative workshops, demos and children's activities provided superb entertainment, whilst the beautiful repurposed competition entries on display were thoroughly 'oohed' and 'aahed' over.



TAIRAWHITI MEN OF THE YEAR 2015

Men of the Year is hosted by Family Works for the Tauawhi Men's Centre. The event honours men who are positive role models in the community. The main award went to Adrian Collier, one of Tauawhi's first clients, who has been on a journey of positive change for the last five years. Tauawhi Coordinator, Tim Marshall, was presented with a surprise award from PSEC for his work.



p29



SPARKLE15

Nobody knew quite what to expect, but they were promised an evening of absolute luxury. By all accounts, no one walked away disappointed! The food, wine and décor presented the finest of everything Hawke's Bay has to offer, whilst Buckwheat (see above), kept guests thoroughly entertained throughout the evening. Sparkle16 will take place on 21 May at Church Road Winery in support of Enliven. Tickets cost \$220 each, or \$2,200 for a table of 10.

EVENT SPONSORSHIP

Sponsorship of an event is a great way for your business to support PSEC, as well as an opportunity to align your brand with a local organisation that serves your local community. Please contact the PSEC Event Manager (see page 34) to discuss these opportunities. Or, request a Community Fundraiser pack to find out more about organising your own fundraiser for a PSEC service.

Sparkle

21 MAY 2016



DON'T MISS THE MAGIC!

"We are pleased to be able to extend our support with our sponsorship of Sparkle 2016, to be hosted at Church Road Winery with all proceeds going to Enliven. The work that Enliven does in our communities around New Zealand is clearly invaluable and we are pleased that, in some small way, we can give a little back."

- Chris Scott, Church Road Senior Winemaker

"Sparkle 2015 was unanimously voted the best NZ event attended by all in our group.

A super stylish, yet also 'friendly' evening!"

- Sparkle15 attendee

Buy your tickets now!
Eventfinda.co.nz/2016/sparkle/napier





PASSION FOR PSEC

As PSEC's Board Chair, Maitland Manning understands that passion is an essential ingredient to the running of a not-for-profit organisation.

“My passion for this organisation stems from being proud of what PSEC stands for – I whole-heartedly believe that what it aims to achieve is worthwhile. As an organisation based on Christian principles, and a heritage founded in the Presbyterian Church, we are the hands, feet and eyes of Christ. PSEC has taken up the challenge to be an extension of the church and the work that they do, and to do it well and with compassion.

I can't stress how important it is to be credible on the one hand, but genuinely caring on the other. Without credibility, you will not earn the trust of donors and funders, and without compassion, you will not make the necessary impact on those who need it most. Credibility is backed up by actions, and be assured that people don't just listen to your words – they watch to see if you deliver on your promises.

Although I come from a commercial background, I have always been more comfortable serving on not-for-profit boards. Making good business decisions is essential, and being not-for-profit does not mean that we shouldn't be commercially minded.

I believe that we are all given talents to use in our realm of influence. Our current Board has a range of professional skill sets, which combined ensure that our aims and targets are achieved and that our assets and funds are well stewarded. Winning the Westpac Hawke's Bay Chamber of Commerce Supreme and Large Business Awards in 2014 was a confirmation of this.

Going forward into the future, my vision for PSEC is that we will continue to be a strong and vibrant charity, which is vitally aware of the needs of the East Coast community.”

“I whole-heartedly believe that what PSEC aims to achieve is worthwhile.”



“It is humbling to work for PSEC. It is not just a job, but a calling to better yourself and your community. At PSEC, we genuinely care for others, be it our clients or colleagues at work. You feel that you are making a difference for future generations – building a better society for our children. PSEC is known for kindness in action, empathy and compassion.

PSEC has a heritage of caring for the community, from the beginning of the children's home in the 1940s to currently providing our four social services, which we are proud to deliver with professionalism, honesty and transparency.”

Sanja Sajatovic-Majstorovic, CEO

LEADING WITH PASSION

THE PSEC BOARD

STUART SIGNAL

Why do you serve on the PSEC Board?

"I have been very fortunate during my life - with family, health and career. Many people do not have this good fortune and some have absolute misfortune. PSEC is an organisation which strives to assist some of these people to have a better life. I am keen to help facilitate this as part of a dedicated team."



MIKE KONIG

What expertise do you contribute to PSEC?

"I bring strategic direction to PSEC, using my managerial experience gained in international corporates and my own business."



COLLEEN SKUSE

What is your vision for PSEC?

"To see it continue to serve the community in all the aspects that it currently does. I would like to see a decrease in family violence in my area of Tairāwhiti."

RON HALL

What expertise do you contribute to PSEC?

"My background as a corporate manager means that many business principles can be blended nicely with the provision of social services to ensure good and sustainable outcomes."



MELANIE DOUGLAS
 (DEPUTY CHAIR)

What expertise do you contribute to PSEC?

"A background in accountancy and finance allows me to contribute to the financial health of our organisation, the security and returns of our investments and assessing the viability of new projects."

Other PSEC board members:
Peter Barnes,
Frane Rosandich,
David McDonald



A PASSIONATE AMBASSADOR



Barbara Hodgson accepted the role of Patron of PSEC in 2013. She is well known in the Hawke's Bay district, especially for her philanthropic spirit and dedication to the community. As well as her involvement with St Andrew's Presbyterian Church and the Scott Fund Trust, Barbara has been associated with PSEC for more than 25 years. She served on the Board for 17 years, seven as Chair. Barbara's work in the community was initially inspired by her mother, who was involved with the Hillsbrook Children's Home.

"For me to be Patron of PSEC is a great honour. It allows me to still be involved with an organisation that I have great pride in. I personally could not do what the staff do, so it is a privilege for me to be able to support them. It has given me the opportunity to express what I feel the Christian faith is about - caring for people."

Photo: Duncan Brown Photography

Come and meet the Board at our PSEC networking events in 2016. Keep an eye on the PSEC website and Facebook for details.

CHARITY SHOPPING WITH HEART

They're trendy, fun and thrifty, but the best thing about shopping, donating, or volunteering for PSEC's charity shops is that it's such a good cause.

Joll Rd Charity Shop

This shop has been a Havelock North stalwart for more than 40 years. From humble beginnings in Middle Road to the much-loved little pink 'boutique' shop it is today, the goal of raising funds to support those who need them most has remained the same.



1984 - Joll Rd premises was purchased for \$62,000 and opened in June of this year. By this time, more than 130 women had served on the roster and more than \$90,000 had been raised. This was disbursed between local charities and other deserving causes.



1994 - The shop was renovated, and this year the funds raised were distributed to Duart Hospital, Cranford Hospice and Eversley Home.



1975 - PSSA Opportunity Shop was first opened in Middle Road by Mrs Eve Cooper to raise money for Presbyterian Social Services Association. She put out the call for volunteers - 70 women answered!



1991 - 31 volunteers were presented with awards for 10 years of service. Amongst them was Beth Gilmour, who is the oldest living past volunteer, and actually helped Eve Cooper (pictured left) start the shop. Beth is a resident at Mary Doyle and still visits regularly.



2014 - Megan, our current shop manager was employed, and shop fittings were upgraded. The shop is now much brighter and lighter than ever before, and the gardens have been revamped with the help of the Hastings District Council. Income has increased, which helps PSEC to help those in the community who need it most.



PSEC Joll Rd,
14 Joll Road Havelock North,
06 877 5209, Mon-Fri 10am-4pm

Taradale Charity Shop

PSEC's Taradale shop opened in April 2015 opposite Four Square, and has been very well received in the community, especially amongst students - mostly for the trendy, affordable clothing. But for one particular student, volunteering at the shop has sparked a possible career path.

16 year old Rhiannon Tredway has enjoyed volunteering so much that she has decided to do a certificate in retail this year. Our shop manager, Carolyn Pugh, has agreed to help her with her studies.

"I walked past the shop before it opened and I liked the look of it, so mum phoned Carolyn to ask if I could volunteer, as I needed to do some volunteer work for a school paper I was working on," Rhiannon says. "I was quite nervous and worried that I would ask too many questions, but when I got



Above: Rhiannon with shop manager Carolyn and volunteers Diane and Lyn.
Right: The Taradale charity shop.
Below: Rhiannon models a complete outfit of latest arrivals.



there, everyone was so lovely that my nerves went away."

"I have grown more confident since working here. I feel comfortable now about going and talking to customers. It is a great place to work. With Carolyn's help, I hope to study a retail certificate in 2016."

"The best thing is seeing how happy the shop makes the customers. I buy something nearly every week!"

PSEC Taradale,
Corner of Gloucester & White Street,
06 845 0291, Mon-Fri 9.30am-4.30pm



Mosaic client, Megan, volunteering at the shop

MOSAIC CLIENTS GET INVOLVED

Recently some of the Real People @Mosaic clients have become volunteers at the Taradale charity shop.

Says Mosaic client and volunteer, Megan: "I wanted to volunteer to help the ladies at the shop, and to learn more about what they do. This will give me good work experience and help me to practice listening to instructions."

"I feel it is important for us to have the clients that we are raising money

for involved in our shops," says shop manager, Carolyn. "It makes them feel that they belong to the PSEC family by volunteering and taking part in their own fundraising."

"The other volunteers enjoy having them as part of our team, and the Mosaic clients have really supported the shop since we opened."

Read more about PSEC's Real People service on page 20 & 21.



ENLIVEN

WHAT MAKES IT DIFFERENT?

Good question, says Lorna Cowan, PSEC's Social Services General Manager. It's also one that she's more than happy to answer.

“**T**here are many things I can tell you about Enliven. As PSEC's largest service, I whole-heartedly believe that we make a difference to the lives of older people and people with disability who wish to live independently in their own homes. The Enliven Centre on Pakowhai Road encourages social, active lifestyles through interactive day programmes. Throughout the East Coast region, we cared for 523 clients last year, and 95% agreed that the service made a positive difference to their lives.

But faced with a choice of care for yourself or a family member, wouldn't you like to know what really makes Enliven different? I know I would.

Recovery takes a team, and Enliven Home Support is the only service of its kind that offers a whole team to their clients. Aside from support workers who help with practical, every day tasks around the home, the team also includes a dietitian, physiotherapist, occupational therapist, speech therapist and social worker. This team assesses the need and creates a customised plan with the specific client in mind. Ultimately, this ensures that the client is supported to regain and retain independence. The aim is that they will be able to leave our service, in time, with low or no support required.

Equally important is the social aspect (or potential lack thereof) of living independently, and this is

where the Enliven Centre comes in. We are privileged to have a beautiful environment to host our day programmes, and every effort goes into ensuring the holistic wellbeing of our clients. Physical activities, including Tai Chi, focus on core strength and balance, which helps to prevent accidents and serious injuries caused by falls. We have even set up a gym for those who really take their fitness seriously! Clients are encouraged to challenge themselves, and it is incredibly rewarding to see some of the outstanding results.

Senior Chef classes educate people as to their changing nutritional needs, and helps them to adapt their diets accordingly, while art classes have ignited a creativity that many of our clients didn't know they possessed! Each activity has a social component, and I know that many a friendship has grown over a shared meal or group activity.

Ageing, and the variety of challenges that go with it, is something that we will all have to confront at some stage. But it doesn't have to mean a loss of independence. The results achieved by our clients, supported by our team, are enough to convince me of this!”

SOCIAL IS ESSENTIAL FOR HEALTH

According to findings from the 2010 NZ General Social Survey, social isolation and loneliness are associated with a range of health issues, including increased mortality, depression, high blood pressure, and dementia.

Social isolation is a very real problem for older people and people with disabilities, hence the importance of a place where people can come to make friends and participate in physically and mentally stimulating activities.

For some, Enliven day programmes may be their only opportunity to socialise – perhaps the only time they share a meal.

The difference the day programmes make to the wellbeing of Enliven clients cannot be underestimated. Enliven aims to develop and expand on the range of programmes offered, but PSEC will need to raise the funds required.

According to Janice Hawthorne (58) who began attending the Enliven day programmes three years ago, the best thing about Enliven is the opportunity to socialise. She currently visits the Enliven Centre twice a week.

“I’ve made heaps of friends here,” she says. “I really appreciate the socialisation, and I look at life differently now. The staff are really accommodating. I feel alive. I feel like this is my time!”

Although Janice suffers with osteoporosis and asthma, she has found that she actually enjoys walking. Recently, she took part in the Enliven Centre’s walking challenge, coming second in the ‘race’ to walk one kilometre.

“I couldn’t believe it!” she laughs. “Since starting at Enliven, I feel far more settled in myself. I feel like I’ve found myself in a way.”

Clockwise from top:
Ladies enjoying a wool winding activity;
The Enliven Centre on Pakowhai Road;
Mosaic is a popular pastime for many clients;
Enliven day programmes are a great opportunity to socialise.



Did you know?

- Enliven Home Support is funded by the Hawke’s Bay District Health Board, but even if you don’t qualify for funding, Enliven can work out a ‘private payers’ rate.
- You don’t have to be a Home Support client to attend our Enliven Centre.
- Enliven provides day programmes for 100 clients per week.
- For as little as \$150, you could help with the transport costs of 15 visits to the Enliven Centre, or sponsor a shared meal for a group of clients. For more ways to help, please visit the PSEC website.



REDEFINE

CREATIVITY GETS A CHARITABLE TWIST

If creativity, a good day out with the family, a great vibe and charity retail therapy could be summed up in a word, it would be Redefine.

The inaugural Redefine competition and event was held at East Pier Hotel in September last year, and was in support of all PSEC services.

A thrill for charity shoppers and crafters alike, the concept of Redefine is simple: purchase an item from a PSEC charity shop and creatively 'redefine' it into something new and unrecognisable from what it was before, according to one of six fun categories. The concept encourages the reuse and recycling of second-hand goods, and also promotes charity shopping as a trendy, socially conscious way to indulge in a bit of retail therapy. Not to mention the year-round bargains and one-of-a-kind treasures waiting to be found!

In the months leading up to the event, the shop managers and volunteers had great fun getting people involved, and creating their own gorgeous window displays.

Come the day of the event, all entries were on display – no doubt, there is some amazing creative talent in the East Coast region! Pop-up charity shops complemented the entry display area, and the creative workshops, stalls, raffles, face-painting and children's activities made the buzz around East Pier tangible!

"The vibe throughout the day was amazing, and the quality of entries was just phenomenal," says PSEC's Fundraising, Communication and Marketing Manager, Shirley Collins. "We were so impressed – as were the judges, who kept commenting on the creativity and ingenuity. I wish the people who donated these items to the charity shops in the first place could see what they

looked like once 'redefined' – they wouldn't have recognised them!"

The judges had the unenviable task of choosing just one winner in each category, as well as an overall Redefine winner. It was clear from the enthusiasm of the entrants, and the 500 visitors who attended, that the challenge posed by Redefine had been well accepted. People began to glean ideas and inspiration for the 2016 event.

"We are so happy with how this event was received by the local community," Shirley adds. "As a result, we are excited to announce that Redefine 2016 will be a national event, with charity shops from across the country being invited to participate. So far, the interest has been great!"

Redefine 2016 will be taking place on 20 August 2016 at the Havelock North Function Centre. Have a look at the back cover of this magazine for more details and how you can get involved.

"The vibe throughout the day was amazing, and the quality of entries was just phenomenal."





BUY



DESIGN



WIN PRIZES!

▲ The overall winning entry of the day was also the recipient of the People's Choice Award – and you can see why! Carla Allen redefined a very ordinary chest of drawers into an amazing (and functional!) work of art.

The winners of the children's Hat Trick category model their beautiful creations. ▶



▲ The entries on display, surrounded by the pop-up charity shops, made for a creative feast for the eyes (not to mention the retail therapy!)



▲ This beautiful Fairy House had the children (and adults!) enthralled throughout the day. Winner of the Miniatures category, Minuette La Montague, spared no detail – there's even a little outhouse, with a tiny toilet roll measuring only 10mm!





LIVING WITH DISABILITY

*Rowan resident, Cheryl Devonshire,
shares her journey of Multiple Sclerosis.*

I was diagnosed with Multiple Sclerosis (MS) when I was 31 years old. I knew something was wrong when I was pregnant with my first child. My fingers and toes were numb and I experienced extreme fatigue. My father quietly accessed a book from the library on MS, as he thought this is what I might be suffering from. When I read it I could not argue – I recognised all the symptoms in my day to day life. At first it was a relief to know what it was, but that did not last.

Not everyone around me accepted the level of fatigue I experienced, and felt there must be something else wrong. On reflection, this was the beginning of their denial of my MS. I was suffering

post natal depression at the time the doctors were confirming my diagnosis. It was finally confirmed with a lumbar puncture and an MRI scan. By then my daughter was a toddler – this was 20 years ago.

My journey was pretty challenging; a slow progressive loss of ability, but with full awareness of what was happening and the potential of what was to come. It was not only a physical challenge, but an emotional journey of continuous grieving and ongoing loss. I was very busy as a mother, and in the early days I did not get any significant help with the emotional challenge. I did not want my daughter to be an only child, so when she was four I had another baby, a

boy. Looking back, there was very little time for me to come to terms with MS. But this has been my struggle in the last four to five years. The grief can be immense at times.

By the time my eldest child was ten years old, I walked with a stick. Before long I had progressed to using a walker, and eventually I needed a wheelchair and could no longer manage at home. I moved into residential care three years ago and I now reside at Rowan.

My life has changed completely and what I find most challenging is the increasing dependency due to the things I cannot do. I still try to do as much as I can for myself. It's hard to ask for help. Some people are helpful because they ask me if I need help. That is so good. I don't want people to do for me what I can do for myself, but when someone can clearly see that I cannot do it myself, an offer of help really does help me. I can always say no, but asking for help is hard for me – I can be my own worst enemy.

I have developed some new attributes through my MS. My patience has grown and my tolerance to things has developed. With MS I have found I have had to change how I operate and be more open. That has been hard for me. I am a private person.

I try to allow the immense grief to flow more readily these days and I try not fight MS, because I can't. It would not work."

"True empathy is when you can see my world view. No labels, no judgments. Just more understanding of who I am as a person."

A CREATIVE COMMUNITY PARTNERSHIP

Real People @Mosaic offers vocational programmes for people with disability.

Art is an important aspect of community interaction, and thanks to the Taradale Pottery Club, one of the programmes that clients have access to is clay pottery classes.

“A while back, we made the decision to get more involved in the community,” says Club member and tutor Karen Greenslade. “Our partnership with Mosaic means that we bring more people into our club, promote clay art, and also increase our service to our community.”

“The Mosaic clients are really enthusiastic and committed. As a club, we get a lot out of it as well. It is really encouraging to see people overcome through the medium of art.”



Read more about how Mosaic enables people with disability to become actively involved in their communities **in the next issue of PSEC Magazine.**



“OUR CLIENTS INSPIRE US”

Says Diana MacDonald – Service Manager of Real People @Rowan.

After working both clinically and as a senior manager in District Health Boards, Diana ventured into self employment as a Management Consultant in 2003, until taking up the role of Service Manager at Rowan in June 2015.

“As a residential service for under 65 year olds with a disability, there is nothing quite like Rowan. The philosophy that this is our clients’ home, and we are their guests invited in to support their independence, is something that I genuinely believe in,” Diana says.

“The demands to care for and coordinate the individual needs of 22 residents may be high, but our clients are inspiring. On a daily basis they prevail over their own challenges, they are resolute and strong in spirit and they strive to maintain or better their current level of autonomy. Some days as staff we are the teachers supporting them; other days we are the learners as we stop and reflect or change how we are doing things. It is a wonderful partnership between the staff and residents.”



HOW THE UNEXPECTED CAN LEAD TO DEBT

Steve and Jo are an imaginary couple, but their situation is typical of many families. The couple receives a minimum wage for a combined total of 30 hours a week. They have two children, and qualify for Working for Families tax credits, which covers basic expenses, like rent.

Then disaster strikes...

\$ Their youngest child has two bad asthma attacks. Two trips in the ambulance – that's \$176.

Borrow money from friend for medical fees.

Can't afford power bill – get extension (phew!)

Only \$25 a week left for food, power, bus fares and phone.

Child has another asthma attack. They borrow money from neighbour for doctor visit.

Power is cut off. Reconnection cost is \$65.

Get loan at 10% interest per week plus admin fee. Debt blows out to \$2,000.

Steve starts drinking heavily to cope with stress.

Jo gets a job that pays more, but has to work late shifts. Children are left alone after school.

Steve and Jo have a huge argument, Steve hits her and storms out.

Jo takes children to live with her cousin. Cousin's house is cold, damp and already overcrowded. Jo's child's asthma gets worse.

\$\$\$

You can see from this story how quickly things can escalate out of control, taking you into the red.

Adapted from the booklet 'Justice in Action', produced by PresCare – a joint initiative between Presbyterian Support and the Presbyterian Church of Aotearoa New Zealand.



Children in poor communities are three times more likely to end up in hospital

Photo: NZ Listener, Hagen Hopkins (photographer)

THE EFFECTS OF POVERTY ON ON HEALTH

Children's Commissioner and Hawke's Bay paediatrician, Dr Russell Wills, explains the negative effects of poverty and abuse on children's health.

"Hawke's Bay has one of the poorest populations of children in the country. At the DHB, we see a very high rate of pre-school admissions for children who have respiratory, skin and gut infections.

We have seen a massive growth in behavioural problems and developmental delay in children. Often this is a result of young, poorly supported parents, commonly with a low level of education, addictions and mental health issues, such as depression, which can be brought on by the stress of living in poverty.

The most common symptoms of neglect (a form of abuse) that we see are delayed development and behavioural problems.

Other symptoms are bad teeth, head lice, scabies and poor growth, which present late. We also see chronic illness, such as eczema and asthma, being poorly managed.

Subtle signs of abuse vary, according to the child's age. An infant or a toddler

may regress and become quiet, or may be irritable and cry a lot. Preschool children may become quiet, withdrawn and play less. Learning will suffer in school-age children, and they will often act out the violent behaviour. Teenagers will bottle up their feelings, become depressed and anxious, and engage in risky sexual behaviour or drug and alcohol abuse.

The good news is that we are becoming more skilled in working with families who are suspicious of authority, and who are wary of being blamed and judged by society. It has been a privilege and a joy to work together with our colleagues in the NGO sector, such as those from Family Works.

These people are experts in putting shattered lives back together. After all, there's only so much you can do with a script pad! Working with our NGO colleagues ensures better outcomes for all families. We feel supported and more effective in our roles, and it is very encouraging to see lives transformed."

YOUR JOURNEY TO PHILANTHROPY

Start your journey to philanthropy in 2016 by taking up this challenge to complete at least six of the suggestions on this page.

This is a great opportunity for schools, businesses and individuals to get involved in the East Coast community by helping PSEC.

Buy a Guardian Angel pendant for someone special (see page 25)

Advertise in the next issue of PSEC magazine, or submit an article

14

13

Get hands-on – Pick one of our services and find out what you can do to help on-site. It could be mowing the lawn at the Enliven Centre or providing afternoon tea for Real People clients

12

Spring clean and donate goods to the PSEC shops (see page 14)

11

Sign up to volunteer at a street appeal – contact the PSEC Volunteer Manager

10

Enter Redefine and/or attend on the day (see back cover for details)

9

Volunteer to help out at an event – contact the PSEC Volunteer Manager

8

Buy a ticket to Sparkle16, or tell 10 people (see page 11)

7

Volunteer at a PSEC charity shop for a day, or a minimum of three hours a week – contact the PSEC Volunteer Manager

6

Make a one-off donation to PSEC – use the form inserted into this magazine or donate online

5

4

Share your time – pay a visit to an elderly neighbour or run an errand for a friend in need

3

Organise your own fundraiser for a PSEC service – contact the PSEC Event Manager

2

Sponsor an event by donating cash or prizes – contact the PSEC Event Manager

1

Like PSEC on Facebook and 'like', share and comment on posts

Record your journey by taking photos or writing a paragraph about each challenge, download the Journey to Philanthropy Form from the PSEC website, and submit it to journey@psec.co.nz. We will share your story on our Facebook page, and possibly feature you in a future issue of this magazine.

See page 34 for managers' contact details

YOU DON'T NEED WINGS TO BE A

GUARDIAN ANGEL

Many people want to help make a difference in their local area. The good news is, you can!

With nearly 9,000 New Zealand children per year born at risk of abuse or exposure to family violence, the statistics are shocking. The important work that Family Works does in the Hawke's Bay and Gisborne communities is absolutely essential – not only to help fix the problem, but to prevent it in the first place.

"Many of the families we see are overwhelmed with the complexity and stress of the obstacles they face – whether that's financial hardship, poor housing, alcohol and drug use, or mental health issues. We know that these things can create huge stress for families, which can spill over into family violence," says Family Works Service Manager for Hawke's Bay, Pam McCann.

To know that the problem is being addressed by social workers is great, but they need help to be able to continue the vital work that they do. The service is free to clients, but due to demand, there is a shortfall between allocated funding and actual operating costs.

Many people want to help make a difference in their local area. The good news is, you can.

Guardian Angel is a Presbyterian Support appeal for people to donate to help the children in their local communities who suffer the effects of family violence.

With any amount given to this campaign – regular or one-off – donors can be assured that the money they give will help local children in their local area.

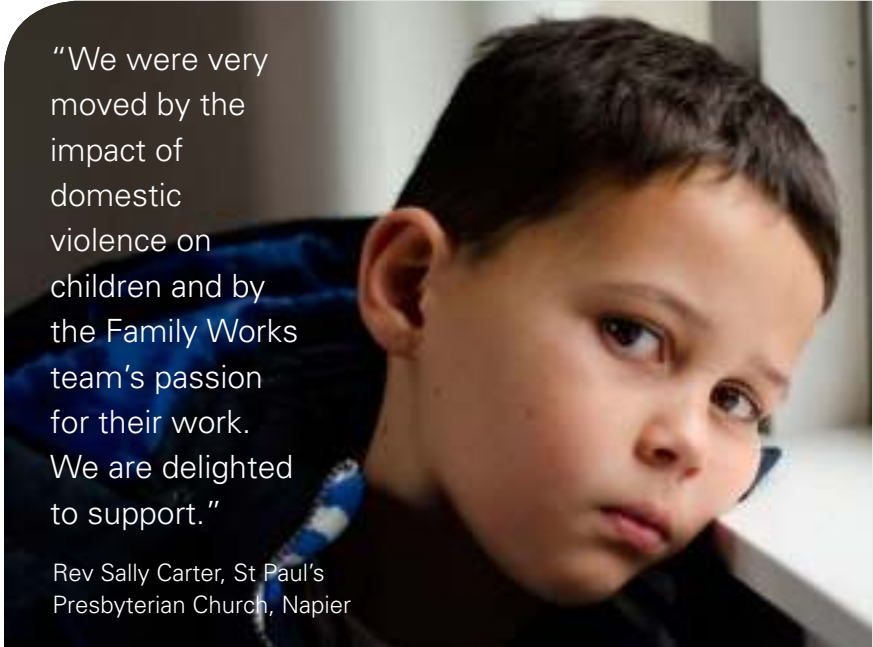
Over the past year, PSEC has visited several parishes to speak about the Family Works Guardian Angel campaign. Thank you to the parishes for being so welcoming, and a very special thank you to the congregations who have collectively pledged to become Guardian Angels, as well as many individuals. You really are making a difference to the lives of children in our community!

Anyone can be a Guardian Angel. Visit the PSEC website to find out more.



"I believe positive changes are taking place in families through what PSEC is doing. St John's will, as able, remain committed to supporting the Guardian Angel campaign, so that this vital work continues."

Rev Paul Loveday,
St John's Presbyterian
Church, Hastings



"We were very moved by the impact of domestic violence on children and by the Family Works team's passion for their work. We are delighted to support."

Rev Sally Carter, St Paul's
Presbyterian Church, Napier

SOCIAL WORKERS

GUARDIAN ANGELS ON THE GROUND

One of our Family Works social workers talks about their role and their belief that change is possible.

For reasons of privacy our family Works social worker will remain anonymous

“As Family Works social workers, we receive referrals from Child, Youth and Family (CYF), the police, medical professionals, or families themselves.

At the first visit, we gather info on the family, and set up a contract and a plan as to how they will be supported.

The hardest part of this job is getting families to engage and initially acknowledge that they need our support. But it is so rewarding to see the look on their faces when they realise that they can make a change and be OK with that.

Personally, I am very upfront and transparent with my families. I tell them what I'm going to do, and if the situation escalates to the point that the police need to be involved, I tell them when I've called the police. If I really feel that a child's life is in danger, I am obligated to make a notice of concern to CYF with the support of our practice leader.

Families can be under our care for up to 12 months, but most families are with us for eight to nine months. This is usually when they feel that they no longer need our support, or that they have enough tools to cope and are in a better space. The difference is that they now believe they can change.

Most people stick with this change. Most of the time, what they need is for

the social worker to acknowledge that they were dealing with life the only way they knew how to. Parents are often caught up in survival mode, and this causes desperate behaviour. We give them constructive parenting and relationship tools with which to cope in difficult situations.

I have not come across one mum or dad that doesn't want better for their children. All of them have the ability to succeed if they really want to.

My belief that these families can make a change is what keeps me going in my work. As a social worker, you have to have the belief that change is possible – otherwise you're in the wrong job.”



SHOW YOUR SUPPORT

Gerard Smith, Director of Glisten jewellers in Napier, has donated his time and expertise to design this beautiful luxury silver pendant in support of the Guardian Angel campaign.

Proceeds from the sale of this pendant will go to support children affected by family violence in the East Coast area. Wearing it is almost like donning your guardian angel 'wings', and a sign that you are not only aware of the problem, but doing your bit to make a difference!

Please visit the PSEC website to purchase, or email editor@psec.org.nz.

WHAT TO DO IF YOU SUSPECT FAMILY VIOLENCE:

- Call the police anonymously
- Call Child, Youth and Family on 0508 FAMILY (0508 326 459)
- If you have a relationship with the person/child you think is being abused, it may be as simple as asking them if they're OK. It may be all someone needs to break their silence. If you still suspect something is wrong, consider making a call to the numbers above.



THE GREAT DEBATE

A recent campaign by artist and activist Alessandro Palombo, using photo-shopped images of celebrities, went viral on social media last year, prompting debate – even amongst PSEC staff! Should provocative images of abuse using celebrities be used to create awareness?

NO

Pam McCann - Family Works
Hawke's Bay Service Manager

“Is making up celebrities with bruises and false blood the best way to bring about social and attitudinal change to violence? I think it is hypocrisy at its worst, and emasculates the real victims of violence, their journey and their recovery.

No woman or child is immune from violence and messaging to the wider public using celebrities in an anti-violence campaign serves only to glamourise the violence. The celebrity is acting out a role that real people victimised by violence live every day. Real people don't need make up.

We need hard-hitting messages of encouragement, strength, resilience and support. We need messages of support from those who have walked the journey from intimidation and fear to resilience. We need messages from perpetrators of violence who have overcome their demons and are no longer violent. We need to know how people can change, who supports them to change, is the change sustainable, and most importantly, where they can find the support they need as victims and perpetrators to make these changes.

Victims and perpetrators are part of the solution to this epidemic, not celebrities.

Although I feel strongly about this, I understand the importance of bringing attention to problems such as family violence, and that we need to raise funds to support our work. I don't like it, but I do see how diverse approaches to marketing can be used to achieve our goals.”

YES

Shirley Collins - PSEC's Fundraising,
Communication & Marketing Manager

“Did this picture of Emma Watson grab your attention? Of course it did. The other thing it did was to show that no one, not even a celebrity, is untouchable.

Marketing experts suggest that we are bombarded with between 300-700 marketing and advertising messages every day. With people's attention constantly distracted, we need to cut through the clutter to get important messages across.

As a fundraiser, this can be really frustrating. We have low marketing budgets with which to raise awareness of important needs within our local community.

This campaign attracted worldwide attention for very little cost (other than a few hours photo-shopping) yet it is the most successful 'viral' social media campaign to date.

Our first difficulty as fundraisers is to get people's attention long enough to consider our cause. Without that attention, we will be unsuccessful in raising much-needed funds. This campaign highlighted that domestic violence knows no social boundaries, and that it is also a global issue.

I also applaud the 'break your silence' message, as victims need to be encouraged to take action.

I agree that domestic violence should not be glamorised, but without attention, worthwhile causes such as Family Works just do not get enough donations to help more local families. Therefore, I believe in some cases, 'shock' marketing works.”

What do YOU think? Send your comments to editor@psec.org.nz.

Photo: Facebook Alessandro Palombo



KEEP MOVING

Maintaining health in your senior years

A significant part of retaining independence and reducing the need for assisted living in later years is a healthy lifestyle which includes physical activity, a healthy, balanced diet and mental stimulation. It's never too late to make changes that can be immensely beneficial.

Personal trainer Lance Marsh has a special interest in working with older adults, and runs fitness classes two to three days a week with clients at the Enliven Centre. With everything from chairs, balls, hula hoops and even a ladder, Lance works out activities to suit a wide range of abilities.

"It's important to do new activities and new movements, as this fires up new brain cells, so I make sure that there is lots of variety in their exercise," he says. "I work predominantly on fall prevention and strength training. Being strong and having good balance, which prevents falls and injuries, is more important at this age than cardio vascular training."

"Everyone wants to be able to do every day functions like putting on their socks or brushing their hair," says Enliven Centre Manager Rebekah Charlton. "Our physical activity sessions are about maintaining or improving function, strength and balance, whilst enjoying a good laugh and social interaction."

"Many older people didn't value exercise when they were younger, and only now understand the benefit of keeping active."

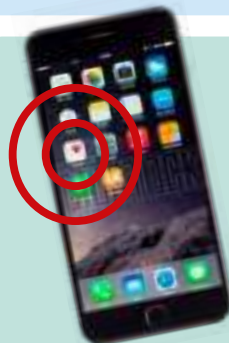
"Structured workouts target a specific goal," Lance adds. "I see a huge difference in the clients' follow-up assessments after three to four months - we're talking up to a 35-40% improvement each time for those who really put in effort."

Food for thought

The Senior Chef programme at the Enliven Centre offers cooking classes for older people who want to improve their skills.

Each class gives clients the opportunity to prepare a meal in pairs and share it with the group.

To find out more, please call the Enliven Centre on 06 844 1751.



Your phone could save your life!

iPhone owners can record their medical information in case of emergency.

Go to the health app (free with your iPhone), click on 'Medical ID' and enter your details.

There is an Android alternative called 'ICE' (in case of emergency) that is free to download. Health professionals are aware of this app.

3 tips for improved balance:

- 1 Vary your base of support**
When standing, the wider your legs are apart, the easier it is to balance. You can improve your balance while exercising by gradually bringing your legs closer together as you do standing biceps curls, shoulder raises, or other upper body moves.
- 2 Try it on one leg**
Try doing some of the moves above on a single leg. Start by lifting one heel (keeping your toes on the floor). As you get better, lift that foot off the ground completely. Be sure to alternate legs.
- 3 Close your eyes**
Try standing still with your eyes closed. As you become more confident narrow your base of support and do some single leg balances. Have a support handy!



Service Manager for Gisborne, Alica Richardson-Marr

A PLACE OF HOPE

It's the first place in New Zealand to see the sun, and many see this as symbolic of the potential and hope that resides in the Gisborne region.

Gisborne is a close-knit community, but not one without its challenges. Despite the beauty of the region, poverty is a very real issue – one that is a major factor in the prevalence of family violence.

These are challenges that the Family Works team faces on a daily basis. But for them, the results of the work they do are well worth it.

Having grown up in the area, newly appointed Service Manager, Alica Richardson-Marr, is passionate about the wellbeing of local families. “My vision for Family Works is to continue to build our engagement with families,” she says. “At Family Works, we aim to identify the needs of the families in our community and provide holistic care, especially for vulnerable family members such as children.”

“I am enormously proud of the Family Works team’s results. The social workers, counsellors, parenting tutors, carers, programme coordinators and support staff are committed to strengthening our community. They work with strength, commitment and compassion. They give children a voice and provide parents and caregivers with opportunities to learn positive ways of providing stable and safe home environments to nurture their children. They walk alongside children and families, and provide encouragement to seek help in order to improve their circumstances and build a life they are proud to take ownership of.”

“It is also important that we build relationships with other services within our area – this motivates and promotes change, and helps to ensure that change is sustainable over time.”

Aside from social work and counselling services, Family Works also facilitates HIPPY (Home Interaction Programme for Parents and Youngsters), a home-based school preparation programme for children aged 3-5 years, as well as the Incredible Years Parenting Programme for parents of children aged 3-8 years.

“As part of our service, the Tauawhi Men’s Centre provides a safe place where men can go for counselling, advice and support,” Alica adds.

“The Tauawhi Men’s Centre provides one on one, couple’s and group counselling for men, non-violence programmes, parenting programmes, general social work support, advocacy and advice and youth social work,” says Tauawhi Men’s Centre Coordinator, Tim Marshall. “Our approach is respectful, accessible and non-judgemental towards the men who come in, and we believe that this is why we are trusted in the community.”

Tim emphasises that the rewards are worth it.

“Seeing positive change in men is the motivating factor in our work and we honour those men who are able to come out of dysfunctional family backgrounds that have influenced their own negative behaviours and make positive changes for themselves and their whanau.”

Tauawhi Men’s Centre is the hub of a collective group of men who positively influence behaviour that reduces violence and other negative factors in the community.

Below: The Tauawhi team (Tim pictured centre front) joining in with the national ‘It’s Not OK’ campaign.



MEN OF THE YEAR



Every year, Family Works hosts the Tairāwhiti Men of the Year celebration. Now in its fifth year, Men of the Year honours local men who are positive role models in the community.

The event celebrates men doing positive things and provides an opportunity for those people close to them to publicly acknowledge their efforts.

For potential sponsors, it is an opportunity to support our services, and be involved with

ENLIVEN DAY PROGRAMMES IN GISBORNE

PSEC also runs an Enliven day programme in Gisborne. The programme offers a range of activities for older people.

Volunteer Azure Hyde has been facilitating this programme for the last six months. Formerly a secondary school teacher for 16 years, Azure is now studying to be a social worker.

“Older people are the focus of my studies,” says Azure. “Working with the Enliven clients has given me great insight into how older people think, as well as their different levels of ability. But personally, volunteering here has given me a sense of usefulness and service.”

“I really enjoy the interaction – not as a volunteer, but as a person. I look forward to seeing them each week – they are a lovely group of people.”

Azure says that the diversity of the programme really benefits the clients. From word puzzles, to exercise classes, bingo and quizzes, the activities stimulate and energise the clients.

“Regular guest speakers cover topics relevant to their age. We’ve had a podiatrist, physio and dietitian. All activities are interactive and give lots of variety – which is really what clients want.”

an enjoyable evening which promotes positive community messaging.

Tairāwhiti Men of the Year will take place in June 2016. If you would like to attend, or if your business would like to sponsor this event, please email events@psec.org.nz.

Left: Tim receiving a surprise award from PSEC for his work.



CELEBRATING OUR HERITAGE

2016 marks PSEC's 70th year of serving the people in our East Coast communities.

To celebrate our heritage, PSEC held an elegant garden party birthday celebration on 6 March at the Enliven Centre. Guests enjoyed a champagne high tea, to the backdrop of beautiful surroundings and a classical string trio. Amongst other historical photos and documentation, photography of PSEC's first service, the Hillsbrook Children's Home, was on display, giving the afternoon a strong sense of PSEC's heritage and history of service and compassion.

From 1947 to 1988, PSEC ran the Hillsbrook Children's Home (photos left). During this time Hillsbrook was a stable, caring home environment to more than 500 children.

To be kept up to date with PSEC's annual heritage celebrations, please like our Facebook page or sign up for newsletters on the PSEC website.



Presbyterian Support
East Coast

"Our heritage is one of active, compassionate service to this beautiful region and our journey has been one of hope and unity. There is nothing like getting involved in a cause that really speaks to your heart."

Maitland Manning,
PSEC Board Chair



CELEBRATE WITH US

LIVING & GIVING BACK SINCE 1946





WHAT WILL BE YOUR LEGACY?

Whether or not you consider yourself a philanthropist in your lifetime, the values that you stand for now can make a lasting difference long after you're gone.

A little known way of making a permanent statement of your values is through your Will. Bequests care for the needs of surviving family members and friends. Alongside the distribution of assets and personal items to loved ones, a Will that includes a charitable bequest shows the values that guided a person during their lifetime. However, half of New Zealanders do not have a current Will. Writing a Will is not expensive or time consuming, so it appears that personal inertia rather than cost is the main barrier for many people. In the case of an unexpected death, this can place a huge burden on surviving family members. Estate disbursements can be held up, and even reduced, through the legal process it takes to resolve issues. In some instances, money or a treasured personal item can wind up not being received by the intended recipient. There is certainly a sense of relief that comes with sorting out affairs that could potentially burden your family. It is also greatly reassuring for families to know that their relative's wishes have been fulfilled. Bequests are always special to charities

There is certainly a sense of relief that comes with sorting out your affairs.

because they reflect a considered decision to support the vision and work of the charity. Your solicitor would be your first port of call if you are considering leaving some of your estate to a charitable cause.

Your decision to support a charity can leave a lasting legacy for generations to come.

If you don't have a Will...

...Your estate will be divided up according to the Administration Act:

- Your spouse or partner gets your personal chattels, the first \$155,000 of the estate and one-third of the rest. The other two-thirds go to your children.
- If you have no children, your partner gets the personal chattels, the first \$155,000 and two-thirds of the rest. Your parents get the other third. Your partner gets the lot if your parents are deceased.
- If you have children but no partner, the entire estate is left to the children equally.
- If you have no partner or children, your parents inherit.
- If your parents are deceased, the entire estate is left to blood relatives or to the Crown if no relatives exist.

(Source: consumer.org.nz/articles/wills)

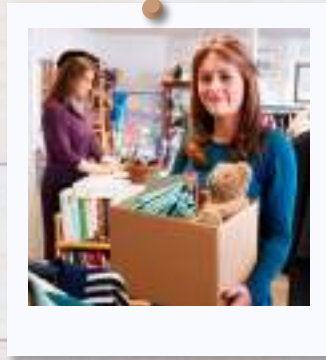
WHAT'S YOUR GIVING STYLE?

Everyone has their own style of giving, and it can be helpful to identify yours. Tick as many statements that apply to you and see which best describes you, or are you more than one? **Let us know your results.**



FINANCIAL GIVER

- I usually give at street appeals, or when asked, even if it's a small amount.
- I don't have a lot of free time, but I have the means to give financially.
- I am likely to respond to a direct mail with a donation, and I may consider a bequest.
- Payroll giving appeals to me. Donations to charity should be part of one's budget if possible.



TIME & SKILLS GIVER

- Rather than give money, I prefer to give of my time, energy and skills.
- I love meeting new people, especially for a good cause.
- I am quite organised and would be good at running my own event for charity.
- I have some spare time to give.



SOCIAL GIVER

- I am active on social media, and will promote a cause I feel strongly about.
- I am a great networker, and encourage others to get involved in causes I am interested in.
- I like to openly show that I support a cause.
- If there's a charitable event to participate in, I'm there – and I'll bring my friends!

SUPPORT GIVER

- I am fiercely loyal to the charities I support, and find out as much about them as I can, so I can promote their cause.
- I am comfortable challenging others to give if they can.
- I sign up for all newsletters and follow my favourite charities on social media.
- I shop at and donate to charity shops as much as possible – great cause AND great bargains!

ENTREPRENEURIAL GIVER

- I would love the opportunity to associate my business with a charitable cause.
- I would like to provide my staff with the opportunity to give back to the community.
- I want to be a role model for my staff and my community.
- I am very open to being approached for charity sponsorship and support.



*"We make a living by what we get.
We make a life by what we give."*

Winston Churchill

THE FUTURE OF PALLIATIVE CARE

Many people believe death and dying have become institutionalised, however, the public health approach to palliative care is gaining momentum globally.

Based on the work of Australian sociologist Allan Kellehear, this approach is essentially a social model that recognises the important contribution that communities can make to end of life care. Since dying has been the domain of health care professionals for so long, communities have become disempowered. This model promotes death as a normal part of life.

Although specialist palliative care is – and should remain – a vital service, this movement acknowledges the power of enabling ordinary people to give and find meaning in doing ordinary things for others.

Adopting such an approach to palliative care means equipping communities with skills and confidence to care for their own. Community development, education and participation are key concepts. Much of the work around it focuses on identifying, equipping and mobilising existing resources.

This movement acknowledges the power of enabling ordinary people to give and find meaning in doing ordinary things for others.

Many examples exist internationally. In the UK, the movement is at least seven years old, and has been called ‘Compassionate Communities’. The ‘Good Neighbours’ scheme at St Joseph’s Hospice in London equips volunteers to provide companionship and support to socially isolated people in their communities. It is envisioned that this scheme will be completely community-led in a few years’ time.

Another example exists in Kerala, India, where the community has mobilised neighbourhood networks to provide holistic palliative care to their own. In Australia, this approach is well-established and is upheld in several strategic policy documents related to palliative care.



Ideas for adopting a public health approach to palliative care in the East Coast region

- Acknowledge death as part of life, talk about it, and incorporate death awareness and education at public events and places
- Support the bereaved by acknowledging that grief is normal, and loss is for a life-time
- Share resources rather than ‘reinventing the wheel’
- Empower carers by giving them confidence through education
- Empower communities by training volunteers as good neighbours
- Engage with community leaders (business, schools, governments) to create death supporting policies and environments

A recent Australian population study found:

- 33% of their representative sample had experienced the death of someone close to them within the last five years.
- Almost 25% of these people were involved in hands-on care of the dying person. The majority were not immediate family, but neighbours, friends, colleagues and extended family.

Source: Burns et al. (2013)

HOW YOU CAN HELP

PSEC provides \$17 million worth of social services to the East Coast region each year. Although some government funding is received, PSEC is responsible for raising the \$3.2 million shortfall to ensure that these services remain free to the people who need them most.

A big thanks from PSEC to all our current supporters.

DONATE

Make a one-off donation online, by mail, or respond to one of our appeals.

Make a regular donation by direct debit or automatic payment.

Become a Family Works Guardian Angel to help children at risk in your area.

Leave a gift in your Will – a legacy that will benefit your community for years to come.

Donate goods to our PSEC Charity shops in Taradale and Joll Road, or our Cranford Hospice shops in Napier, Hastings and Waipukurau.

For a chat about donations, setting up regular giving or making a bequest, contact the PSEC Philanthropy Manager.

GET INVOLVED

Invite PSEC to speak to your business or community group.

Pledge an annual company donation.

Give employees the option of payroll giving.

Sponsor a fundraising event.

Offer your time, services and experience, or donate prizes.

Organise staff volunteer days to help at our charity shops, services or events.

Promote your business in our next magazine.

Host your own fundraising event for PSEC or a specific service. PSEC will provide you with a community fundraising pack and support you along the way.

Have a chat with our PSEC Event Manager.

VOLUNTEER

Volunteer your time at one of our PSEC or Cranford Hospice charity shops.

Volunteer at PSEC fundraising events.

Help with client/patient support at one of our services.

Have a chat with our PSEC Volunteer Manager to help decide which of our volunteering opportunities is right for you.

Please sign up for newsletters, visit the PSEC website and follow us on Facebook ('like' and 'share' our posts!) to keep up to date with our latest news and events.

PSEC CONTACTS

PSEC Event Manager	Pam Joyce	06 877 8193 x 716	events@psec.org.nz
PSEC Philanthropy Manager	Sylvie Gibbins	06 877 8193 x 724	philanthropy@psec.org.nz
PSEC Volunteer Manager	Nicola Pentelow	06 877 8193 x 704	volunteer@psec.org.nz

Website: www.psec.org.nz Facebook: Presbyterian Support East Coast



Presbyterian Support
East Coast

OUR SERVICES AT A GLANCE



Presbyterian Support East Coast has four services, each of which aims to meet the needs of a specific sector of our community.

ENLIVEN

Enliven enables older people and people with disability to live independently at home by providing home support and day programmes at the Enliven Centre. Enliven Restorative Home Support provides clients with a team of experts that support clients in their journey to independence, whilst the Enliven Centre is a nurturing environment that encourages physical, mental and social wellbeing. Day programmes are also available in Gisborne.



FAMILY WORKS

Family Works provides solution-focussed services to vulnerable children, young people and their families, especially those suffering the effects of family violence. Clients can access counselling, social work services, and parenting and educational programmes. There are offices in Hawke's Bay and Gisborne. The Gisborne office operates the Tauawhi Men's Centre, which is a safe place for men to go for support, advice and counselling.



CRANFORD HOSPICE

Cranford Hospice provides specialist palliative care to the people of the Hawke's Bay region. Care is offered both at the hospice in Hastings and in patients' homes. Cranford Hospice works alongside other health professionals, such as general practitioners, district nurses, and the palliative care team at Hawke's Bay Hospital.



REAL PEOPLE

Real People assists people living with physical and neurological disability to live as independently as possible. As well as Rowan, a residential care facility for 22 people, Real People also provides day programmes which encourage active involvement in the Hawke's Bay community. Most people know the iconic Mosaic building in Taradale, and this is where a wealth of vocational learning and empowerment takes place.





Redefine

love your op shop

1. ENTER NOW!

Get your creative juices flowing with Redefine!
Buy an item from a participating charity shop and repurpose it in one of six fun categories.

Great cash prizes up for grabs!



2.

GET INVOLVED!

Do you want your charity shop involved in Redefine?
Contact us now to find out more!

CATEGORIES

- **Miniatures** – Create a design to fit into a miniature world
- **Surprise Us** – Completely change an item from its original purpose
- **Shabby Chic** – Refurbish an interior item
- **Rework It** – Transform a piece of clothing
- **Animal Magic** – Create an item for a furry friend... Collars, beds, clothes – the list is endless!
- **Hat Trick** – Create an astonishing hat! Children's category with two age groups (9 & under, 10-14 years)

Entries close: 30 June 2016

See page 18 for more on last year's event!

3. BUY TICKETS NOW – ONLY \$10!

Redefine 2016 will be a fantastic day out for the whole family, with a range of activities for everyone, including pop-up charity shops, workshops, demos, raffles and more!

Date:

**Saturday 20 August 2016,
10am-4pm**

Venue:

**Havelock North Function Centre,
Hawke's Bay**



1. Enter: Get your entry form from redefine.net.nz or any PSEC charity shop

2. Get involved: Contact the Event Manager on 06 877 8193 x 716 or events@psec.org.nz

3. Buy tickets: Visit eventfinda.co.nz



Presbyterian Support
East Coast