

# PSEC

## MAGAZINE

### MAKING A DIFFERENCE TOGETHER



**Blues Breakers**  
How Enliven tackles loneliness

**Ten years of brotherhood**  
Tauawhi's celebration

**Meet the SWiS team**  
working in schools

AUTUMN 2021 | FREE



**Presbyterian Support**  
East Coast





Ka-Keriana Tihema  
HIPPIY mum  
Hawke's Bay

Enliven Community  
Strength & Balance  
class in Taradale

# PSEC

## MAGAZINE

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#### **Presbyterian Support East Coast**

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Te Matakite:

E nanaiore ana te pito mata o ngā hāpori.

Te Kawenga:

Me māia, me kumanu te arahanga i te panoni pāpori.

Ngā Whanonga pono:

Kia ngākau aroha, kia auaha te tuku ratonga ki ngā hapori.

Our vision:

Communities reaching their potential.

Our mission:

Lead social change with courage and care.

Our values:

Service to communities with compassion and innovation.



Mary Wills

# THE POWER OF CONNECTION & MOVEMENT

Last year I attended the Porangahau Day Programme's 10th birthday party. Its name, Porangahau Connect, was chosen by members of the group. Coordinator Kim Steffert's commitment to the local community and a vision for keeping people connected and supported has seen the programme flourish.

It was especially pleasing to see the wide variety of friends, supporters and agencies who have been involved from the beginning and are still part of Porangahau Connect. This story of community network-building is also true for Tauawhi Men's Centre in Gisborne, featured on pages 6-7.

Connecting with neighbours and the vulnerable in our communities can make a huge difference in reducing loneliness and isolation. Connections

motivate people to better manage their health issues and challenges in their lives.

PSEC has a proud 75-year history of responding to local needs. This means listening to feedback from the community about what is important.

We are committed to delivering services with compassion and innovation. Enliven's Pakowhai Road, Takapau and Sally's Place Day Programmes have been trying new ways to deliver services. Sometimes this includes a phone check in, home visits, delivery of food parcels or coordinating transport — all based on client and whānau feedback.

A popular component of Enliven Day Programmes is exercise. Falls are not a normal part of ageing. By getting moving and improving our strength we can all live stronger for longer.

I encourage you to reach out to build connections in your community; think about taking the time to talk to an older person you don't know. That way we will notice when people are not managing.

We all want to live as independently in our own homes for as long as possible, and building connections can make that happen.



enliven  
2020

COMMUNITY GROUP  
STRENGTH & BALANCE:  
HAWKE'S BAY AND TAIRĀWHITI

20,523

ATTENDANCES DURING THE YEAR AT

73 WEEKLY CLASSES  
OFFERED BY ENLIVEN'S  
NETWORK OF  
23 ACCREDITED  
PROVIDERS

ENLIVEN DAY PROGRAMMES:  
HASTINGS, HAVELOCK NORTH,  
TAKAPAU, PORANGAHAU, WAIPAWA  
(IN DEVELOPMENT: WAIPUKURAU)

307 REGULAR  
ATTENDEES AT  
ENLIVEN DAY  
PROGRAMMES

3,000+

HOURS OF ACTIVITY AND COMPANIONSHIP  
OFFERED ACROSS HAWKE'S BAY AND CHB

# ENLIVEN: BLUES BREAKERS

**Bill Lynch, 66, lives in a sunny council unit in Napier now.**

It's clean and cosy, not far from a small shopping centre. He's surrounded by the things he loves, including his treasured guitar. Due to paralysis down his left side, he can't play it anymore, but music is still central in his life. Bill, once a "blues guitarist, boxer and bullrider" is today watching Eric Clapton open the Crossroads Guitar Festival on DVD – and turning it up loud.

Bill had a stroke in his mid-40s and ended up in a rest home. He was by

many years the youngest resident there. Lonely and frustrated, he lost confidence in his ability to live independently.

Two organisations helped Bill 'rehab' back into an independent life. The first was Emerge Aotearoa, which organised Bill's exit from the rest home and into temporary accommodation.

The second was Enliven, which stepped in with its trademark wraparound service. Bill started to receive visits from a physiotherapist, an occupational therapist, a dietitian, his daily Enliven support worker and

Enliven's social worker, Lana Doyle. He laughs when Lana remarks at his patience when faced with this stream of visitors.

"Bill has done things a little differently. We normally work with people who may eventually move into residential care; he's done it the other way around," says Lana.

Lana has been working with Bill for a year. She organised for him to move from his first emergency accommodation, a motel, into a hostel before a council flat became available.

**"When it comes to loneliness and isolation, the key is the story of that person. What's important to them? What spins their wheels?"**

*- Lana Doyle*

*Enliven Social Worker*

"His goal is now to stay out of residential care, to live independently. In the rest home everything was done for him, so our objective is now to build his capabilities."

The holistic approach of Enliven draws from Te Whare Tapa Whā, the model of the four dimensions of wellbeing developed by Sir Mason Durie in the 80s. The four dimensions are physical, emotional, spiritual and social.

In practical terms this may include a physiotherapist and occupational therapist helping Bill improve his mobility while Lana works with him to strengthen and grow his social connections and confidence in his own financial management. All contribute to Bill creating his own independence.

"Enliven is a restorative service. We're partners working on a project," says Lana. "My approach as a social worker, and Enliven's approach, concentrates on the inherent strengths of individuals as we work together towards recovery and empowerment."



*Lana with Bill at his home in Napier*





Bill Lynch with his beloved guitar

Lana and Bill are talking about updates to his eco-map today.

This is a diagram of the people in Bill's world – some links are tenuous, some strengthening, a couple new. Bill reports that he has reconnected with an old friend. Recently he has become more involved with a local church. His social connections are slowly but surely expanding.

Along with new connections come new challenges.

Transport is one, as Bill is unable to drive. Lana is looking into viable taxi options that will save him money; her work includes negotiating practicalities like this.

"When it comes to loneliness and isolation, the key is the story of that person. What's important to them? What spins their wheels?

This means there is no 'one size fits all' social work solution. What may work for one person may not suit somebody else.

"Bill is creating his own independence and networks in the way that suits his life. His idea of success could be quite different from yours."

Finding those things, making those connections together, solving the practical challenges to make it work, that's what really makes a difference." Bill agrees.

"Without the support of Enliven I wouldn't be where I am today. I'm a happy man."

*enliven*

To donate to Enliven's vital work:

**0800 002 953**

To find out more about Enliven Intensive Home Support Services:

**06 281 2534**

If you'd like to know more about joining the Enliven Key Support team, please contact

[careers@psec.org.nz](mailto:careers@psec.org.nz)



# Ethel & Bethel

## Bingo

### Babes



Friday May 14th 2021

Cheval Room, Hawke's Bay Racecourse

Doors open 7pm

Save the date for a night of entertainment, frivolity and fundraising for Enliven with Ethel and Bethel the Bingo Babes.

It will be a hilarious and unforgettable evening packed with prizes, auctions and of course — bingo! Don't delay, get your tickets from Eventfinda today:

[tinyurl.com/PSECbingonight](https://tinyurl.com/PSECbingonight)

Tickets just \$35+b/f

All proceeds from this event will stay in our community and support Enliven Services.



# TEN YEARS OF BROTHERHOOD

TAUAWHI MEN'S CENTRE  
10 YEAR ANNIVERSARY



Main: Jenny and Tom Witana (obscured) with their son Wiremu  
L to R: Tim Marshall, Tricia Walsh and moko Manaia, Vic Tamati





## Wiremu Witana started on a journey with Tauawhi in 2011.

In November 2020 he was honoured as Tauawhi 2020 Man of the Year.

Wiremu was one of Tauawhi Men's Centre's first clients. He was reminded of his own grandfather by the straight-up approach of counsellor Tangi Hepi.

Wiremu is now employed fulltime as a kaimahi for Safe Man Safe Family with the Whānau Resilience Project.

"Tauawhi is my brotherhood."

Tauawhi Men's Centre hosted a double celebration at the end of 2020, marking both its 10-year birthday as well as the COVID-postponed Tauawhi Men of the Year award. The event packed out the wharehau at Te Wananga o Aotearoa Whirikoka campus.

The Tauawhi team had been practising waiata for the event to perform as the 'Tauawhi Tenors', but were jokingly renamed the 'B Flats' by MC Walter "Wiz" Walsh.

In a moving ceremony, Wiremu acknowledged his mother and father Jenny and Tom Witana (pictured left) and received a ceremonial korowai, gifted to Tauawhi each year by Maree Cotter.

The 10th birthday of Tauawhi was a milestone Coordinator Tim Marshall did not foresee.

"When we started we didn't know if we

would get past six months, so to get to 10 years is pretty amazing," Tim said.

The Tauawhi Men's Centre opened on the 2nd of July 2010 to provide a 'one stop shop' specifically for men, who are often reluctant to ask for help.

Over the past 10 years many hundreds of men and their whānau have been helped by Tauawhi.

Tim has been part of Tauawhi since it began. He was presented with a tewhatewha carved by Simon Llardelli in recognition of his much valued contribution over the years. This secret addition to the programme had been organised behind the scenes by the Tauawhi team.

"It was humbling for me," said Tim. "But I receive it on behalf of all those who have contributed to Tauawhi and also for my family who have supported me over the past ten years to do what I do."

He says the 10 year milestone is a reset of sorts. "I feel we have gone some way to our vision of creating a community of caring men. There is still more work to do."

Stuff filmed the event for their web series *Breaking Silence*.

Read the Tauawhi 10 Year Review online:

[psec.org.nz/tauawhi](https://psec.org.nz/tauawhi)

## The Tauawhi Kaupapa

**The vision of Tauawhi is to create a community of caring men.**

- Men need to be part of the solution to family violence.
- To support men to change their behaviour we need to take an ecological perspective, including personal, relationship, family, community and social influences.
- Men who use violence have almost always learned dysfunctional behaviours as children or youths.
- Māori have suffered dispossession and cultural loss due to colonialism and continue to experience structural racism.
- All men are affected by pressure to be "hard", deny their emotions and not ask for help.

- Violent men can become safe men, but this requires time. It's a journey, not a quick fix.
- Men of all ages need positive masculine role models. The most effective role models are men who have been in the same position but who have achieved positive change.

### A culturally safe, mana-enhancing space

The large majority of Tauawhi clients are Māori. Tauawhi has always aimed to bring to life the values of Te Tiriti o Waitangi in its work and interactions with clients.

**Want to know more? Contact Tauawhi on**

**0800 120 072**





Patrick Sherratt started donating to Enliven for one simple reason: “I wanted to show my gratitude to a service that cares for people I care about.”

Patrick is an education specialist based in Havelock North. He’s also on the Board of the Eastern Screen Alliance, set up to provide local infrastructure and advice to filmmakers from around the world.

Over thirty years ago it was Patrick’s interest in film and photography that led him to Hallett Associates, a family business in Taradale where he trained as a professional photographer. Patrick, then only 19, was coping with a difficult family situation and Susan and Peter Hallett provided a caring and stable environment during the working week.

When Peter later died, Sue moved into a retirement village in Hastings. Patrick and his wife, Leigh Kiddle, continued to visit

her. During those visits Sue often spoke about Enliven, and how she appreciated the Enliven Support Workers who would check in on her, take her shopping or attend to her personal care. Their daily arrival helped to stave off the loneliness that so often comes with living alone.

After Sue also passed away, Patrick decided to make a regular financial donation to Enliven as an ongoing thank-you to the service that had looked after her in her home.

Patrick says: “I would like to encourage people to discover the kind of happiness you achieve by giving. It doesn’t have to be financial – simply giving of time, just being there – can be enough for elderly people to feel valued and supported.

“Now more than ever we all need connection. Reach out to an older person; look for opportunities to support them. Give them faith in our shared humanity.”

## TAIRĀWHITI SOCIAL SERVICES MANAGER CAROLINE THOMPSON

Caroline Thompson, Ngāti Porou, Te Whānau-ā-Apanui, took up the role of PSEC’s Tairāwhiti Social Services Manager in January. She now leads a committed team of 25 staff across Family Works, Tauawhi Men’s Centre and Enliven.

Caroline was born in Gisborne and grew up in Wellington, returning to her hapu in Tokomaru Bay in 1991. There she was employed part-time by Ngāti Porou Hauora and was supported by the Board — made up of local kaumatua — to study towards a business management degree at Te Wānanga o Raukawa. This qualification paved the way for over twenty years of management roles in the health

and disability sector. “For Māori, our negative health statistics are more than just numbers. They represent the struggles of real people and whānau.”

In 2018 Caroline and her family moved to Hawke’s Bay and she took up the role of Enliven Service Coordinator. This quickly grew to a larger role, that of Service Delivery Manager, leading a team of more than 70 staff supporting older people to remain in their homes.

Now Caroline has returned home.

“I always knew I’d return to Tairāwhiti,” says Caroline. “This new role is more than just a job — all my experience has led me to this place, and this is where I’m meant to be.”





# Charity shops making change

Good for you, the community and the planet



*PSEC shop managers at a recent event to thank our volunteers. L to R: Kathleen, Amanda and Ruth.*

When you visit PSEC's three charity shops in Hawke's Bay you'll discover they each have a distinct style, much like the friendly managers who run them.

**Kathleen** manages the Napier shop which accepts and sells furniture, electrical and household goods and clothing. The PSEC truck picks up furniture for free, so give Kathleen a call on the Napier number below if you're moving, downsizing or Marie Kondo-style tidying.

**Amanda** manages the Havelock North shop in Joll Rd. Its reputation for good-quality clothing at great prices has spread throughout Hawke's Bay so turnover is brisk and you can be sure of always finding something fresh.

At the Taradale shop, **Ruth** the vintage-lover and her team offer an eclectic mix of clothing, bric-a-brac and small household and electrical goods.

Giving back to the community through PSEC's work is at the heart of all three shops.

Kathleen, Amanda and Ruth are supported by around 120 volunteers, all passionate about helping Enliven and

Family Works support local children and families in crisis. Sustainability is also key. Charity shopping is a great zero waste fashion alternative; it's environmentally friendly as well as cost-effective. Recycling and repurposing reduces landfill waste and CO2 emissions.

We couldn't do what we do without our volunteers, and we'd love you to be part of PSEC's vital work.

If you're new to the area, feeling lonely or simply want to widen your social circle, volunteering is a fun way to meet people from all backgrounds while making a genuine difference.

If you're a student or between jobs, volunteering adds great skills to your CV.

No matter what motivates you to join the team, we'll look forward to welcoming you to our next volunteers' event!



To find out more, drop into a shop, give us a call or email us:

✉ [volunteer@psec.org.nz](mailto:volunteer@psec.org.nz)



(06) 834 4392  
(Napier)

(06) 877 5209  
(Havelock North)

(06) 845 0291  
(Taradale)

*Some PSEC volunteers and staff L to R: Hannah, LeeAnne, Denise*





# GOOD DAYS AND

**W**hat defines a good day? A child smiling when they haven't smiled for months."

"Seeing a child overjoyed when they've been given a pair of shoes, and after they dutifully hand back the 'try-on' socks, told that they can keep those as well."

"Establishing a strong and genuine connection to whānau so you have their trust, so they open their door to you."

**In 2020  
SWiS supported**



**156**



**Children and  
their whānau**



The SWiS (Social Workers in Schools) team at PSEC, or SWiSSies as they're often known, are a tight, supportive team.

The Government contracts PSEC to provide nine fulltime SWiS in the region working in partnership with school staff. They're spread thinly across Hawke's Bay schools, and demand for their services is high.

Scheduling an hour-long photo session for this issue of the PSEC magazine was an exercise in logistics, but today the room is filled with energy and affection as the team reunite.

"The closeness of the team, our support of each other – it's one of the huge positives in this job," says Lynair Bergman, Clinical Team Leader.

The team work with children who may be referred to them by the school or by other agencies, but their work is not confined to the school setting. It usually — necessarily — extends to the wider whānau.

Kate Medlicott is the Principal at Ebbett

Park School in Hastings, where SWiS Suzanne van der Gouw is based.

"There are three vital connectors — the school, the whānau, and the SWiSSie," says Kate. "The key is everyone working alongside, working with each other rather than working for."

The nationwide SWiS initiative was originally set up as an early intervention and prevention service with SWiS providing much-needed lower level support, but the reality is they're now more often providing crisis support. Demand has never been higher, but the system is overstretched and under-resourced, and services to which the team could theoretically refer these kids, mental health for example, are at capacity themselves.

"The thing is, we don't want principals to hold back from referring kids to us because they're aware of our workload. We want to know about every child that needs SWiS," says Lynair.

"Hawke's Bay has high rates of family violence and drug use. The cost of



# ND GUMBOOTS



housing is an absolutely huge issue. Transience is another; kids lose roughly a term's progress every time they change schools, and we see that happen a lot."

Kate agrees: "Our kids' lives are far more challenging than they've ever been."

One simple step for moving forward with a family is relieving practical pressures; providing food parcels, shoes, jackets, lunchboxes, even beds.

"We had one boy who gave his bed to his baby sister and slept on a tarp on the floor. We were able to find him a second-hand bed, something that seems a basic need to us but can be a huge challenge to a family in poverty."

How does a family end up unable to afford a bed for a child? There's never just one issue. When a SWiS meets with a family about their child, they work together to unpack the situation. The parents may have lost their jobs. This may result in mental health problems, which can lead to drug and alcohol misuse, possibly violence. The

child becomes a small distress beacon signalling their home situation at school every day, and SWiSsies, working with principals and teachers, look out for and respond to those signs.

"For some kids – the high-risk kids – school might represent the 30 hours a week when they are safe."

Lynair recalls one little boy asking her if she had any shoes, so she asked to look at his. They were gumboots with the back heels cut out so his growing feet could fit. He got new shoes that day.

"Yes, there are big challenges, but we wouldn't be doing this work if we weren't passionate about it," she says.

"It starts with the kids, of course. Spending time with them, non-judgmental time one-on-one when they won't get into trouble, when they can tell us anything they like and it's OK. Notching up steps towards a goal we've set with them and their whānau, looking back together and seeing how far we've come.

"Being there for the kids. Being there

for their family. As a team, always being here for each other and our families.

That's the stuff you can't put value on."

## Become a Family Works Guardian Angel

*Be a vital part of our work with local at-risk children and families by becoming a Family Works Guardian Angel.*

As one of our Angels, you'll make a monthly contribution of your choice to Family Works and receive updates on how we put your donation to good use in the community.

To find out more:

✉ [angel@psec.org.nz](mailto:angel@psec.org.nz)

🔗 [psec.org.nz/guardian-angel](https://psec.org.nz/guardian-angel)

Donate today, or tick the Family Works Guardian Angel box on the enclosed donation form to find out more about regular giving.



# SUPPORTING FAMILIES AND CHILDREN



**Pam McCann**  
Family Works Hawke's Bay  
Service Manager

**06 876 2156**  
FamilyWorksHB@psec.org.nz

- **Tweens and Teens (11-16 yrs)**
- **HIPPY: (3-4yrs)** *Preparing for school together*
- **Te Haerenga Hou**
- **Tamariki Taonga**
- **Incredible Years**
- **Building Awesome Whānau (0-10 yrs)**



- Hawke's Bay
- Hawke's Bay and Tairāwhiti
- Tairāwhiti

*Hawke's Bay and Tairāwhiti*



**Caroline Thompson**  
Tairāwhiti Social  
Services Manager

**06 868 1399**  
FamilyWorksGis@psec.org.nz

- **Tauawhi Men's Centre** *Counselling, group work, social work, parenting courses and non-violence programmes for men and their whānau*



**06 868 8278**  
Tauawhi.admin@psec.org.nz

*You don't need an initial referral to access these PSEC programmes and services—you can contact us directly.*

## LIVING WELL WITH DISABILITIES

### ENLIVEN DISABILITY SERVICES

- **Living My Life (ACC)**
- **Very High Needs Support**
- **Transition from School**
- **Private one-on-one support**
- **Pathway Mapping and Support**
- **Circle Facilitation**

Call for an appointment:

**06 844 4636**

EnlivenDisability@psec.org.nz



**enliven**

**Andrew Wordsworth**  
Enliven Disability  
Service Manager

## INDEPENDENCE FOR OLDER PEOPLE

### ENLIVEN DAY PROGRAMMES

- **Group activities**
- **Companionship and outings**
- **Strength & Balance and • Tai Chi**

Pakowhai Rd, Hastings  
Sally's Place, Havelock North  
Waipawa      Waipukurau (In development)  
Takapau      Porangahau  
Gisborne **06 868 8278**

**06 281 2534**

Enliven@psec.org.nz



**enliven**

**Richard Nathan**  
Enliven Older People  
Service Manager

**enliven**



**Presbyterian Support**  
East Coast

