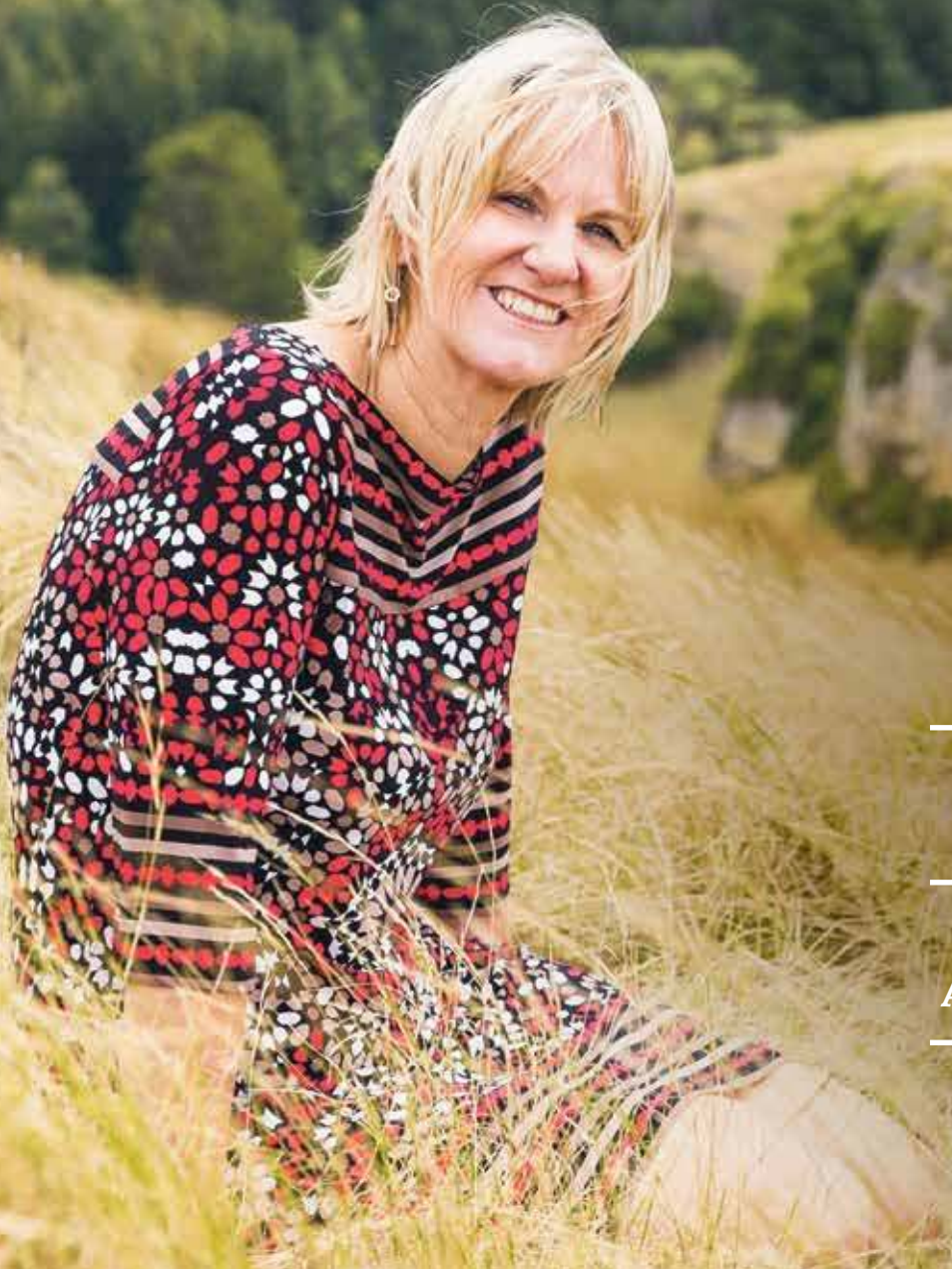

PSEC

Issue No. 2 • AUTUMN 2018 • \$5



Family Works

*Working to prevent family violence
and poverty on the East Coast*

Enliven

Enabling good lives

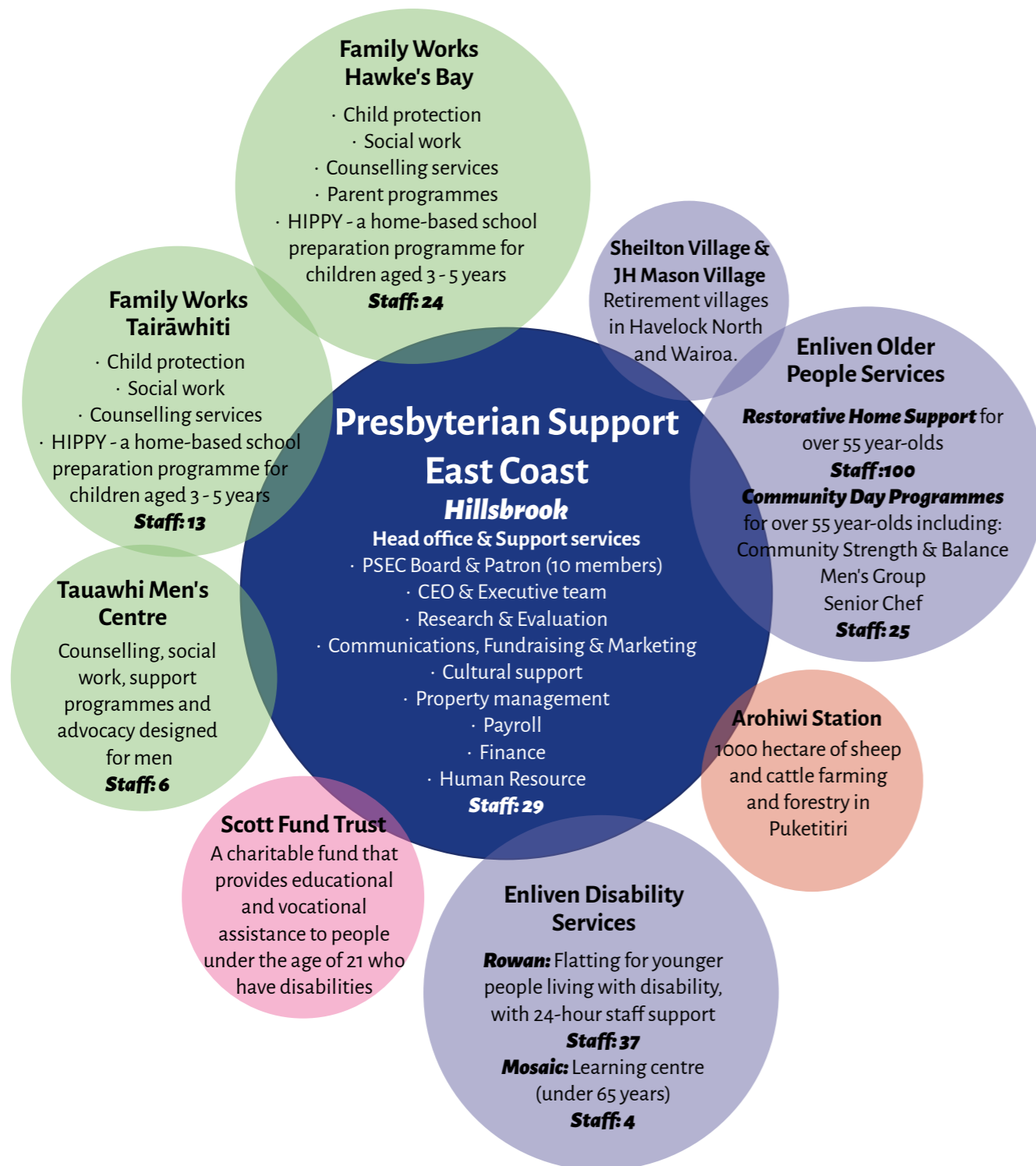
Barb Lucas

A lifetime connection with PSEC



Presbyterian Support
East Coast

Presbyterian Support East Coast *organisation at a glance*



LETTER FROM THE EDITOR



It is with immense pride that I introduce you to the second issue of PSEC, the magazine of Presbyterian Support East Coast (PSEC).

A common theme that has shone through during the production of this magazine is "people". PSEC really is about the people. Each year the organisation raises approximately \$1.3 million to give families and children subjected to hardship hope for a better life; older people independence to remain at home in their later years; and empower people with disabilities to live a happy and fulfilling life.

Then there are the PSEC people behind the scenes. The many passionate board members, social workers, support workers, nurses, coordinators, volunteers – the list goes on – who work tirelessly around the clock ensuring our communities' needs are met. Their sincere compassion and drive to make a positive difference is admirable.

The production of this magazine was no exception. The people who put their hands up to lend their expertise and time has been both humbling and extremely helpful. It has certainly been a team effort. Thank you!

I hope you enjoy reading about PSEC and learning more about our services, our people and the impact they're having on the local communities of the East Coast. PSEC's vision is to have healthy, inclusive local communities and we can only do that with your support.

Monique Jeffares EDITOR

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ROGER MORRISON is the PSEC Trust Manager, having joined the organisation after 16 years in the trustee industry.

HELENA NINOW is a freelance writer and stay-at-home mum of three who vaguely remembers a more glamorous life as a magazine editor, but wouldn't have it no other way!

CHARLOTTE M'CULLOUGH is a marketing guru and mother of three residing in Australia. She kindly donated her time and expertise to this magazine from across the ditch.



CONTENTS

- 05 Word from the Top
- 06 A Lifetime Connection
- 09 Family Works
- 11 Tauawhi Men's Centre
- 12 Charity Shops Ideal for Designer Diet
- 14 Charity Shops
- 15 PSEC Volunteers
- 17 Enliven Older People Services
- 20 Mary Wills - PSEC Services Manager
- 22 Fast Five with the Board and Patron
- 24 Rowan: The Story of a Home
- 26 Mosaic - Creative Learning Space
- 28 PSEC Timeline
- 30 Arohiwi Station
- 33 Community Fundraising and Events
- 34 Weird and Wonderful Wills
- 35 What's your Wealth Worth?

WORD FROM THE TOP



Presbyterian Support East Coast (PSEC) has a long and proud tradition of delivering social services to people on the East Coast, from social work, counselling, disability care and support for older people.

This magazine is intended to introduce our organisation and give you more information about the work that our professional staff do and are so passionate about.

It also serves as a reminder that many people have left a lasting legacy, which is woven into the fabric of our organisation and continues to be acknowledged and celebrated through the benefits that our clients receive every day.

Enjoy reading your magazine and supporting the good work of PSEC.

Sanja Majstorovic CEO



Presbyterian Support East Coast (PSEC) was established as a social arm of the Presbyterian Church in 1946. It started with Hillsbrook Children's Home and then developed over the years to meet the needs of the community.

We are trying to be the eyes, ears, hands and heart of Christ out in our communities. We do the work we are charged to do by caring for people in situations not of their making. The people who are ill-equipped to endure the social ills they face daily – violent family members, lack of nourishing food, cold homes, no love or affection shown. Sadly these people can be our next door neighbour or our children's school friends.

Whether they are one day old or 100 years old, PSEC has to work to protect clients fighting their own World War III just to survive these modern day issues.

Our vision is for healthy, inclusive, caring communities and while some government funding is received, PSEC is responsible for raising at least a \$1.3 million shortfall annually to ensure assistance remains free for the people who need it most.

I am proud of PSEC, our strong heritage, our people, including our board members, and what we stand for. I am equally confident in our abilities to move with the times and be at the forefront of protecting communities on the East Coast.

We need your help in whatever way you are able to give; it may be as a volunteer, a Family Works Guardian Angel, a donor, someone who leaves a bequest to Presbyterian Support East Coast in your Will, or your prayers for the success of the work we do.

Thanks and many blessings.

Maitland Manning CHAIRMAN

A LIFETIME CONNECTION

Barb Lucas' story is one of triumph over tragedy. With faith and support from PSEC, Barb is living proof that one can overcome trauma to live a full and content life.

THE YEAR WAS 1962.

The air was hot, the smoke thick. Three-year-old Barb Lucas was pulled from her sleep and through the bedroom window as flames engulfed her Waipukurau family home. The sound of fire engines drowned out the panicked screams.

Her next memory was being driven down a long gravel driveway and walking into a big old house, 'Hillsbrook' – a children's home in Havelock North run by Presbyterian Support East Coast.

Barb and her three siblings were taken to Hillsbrook because their mother, a single parent suffering from enduring mental illness, could no longer take care of them. The fire, Barb says, was the last straw.

"When I look back at my time at Hillsbrook it is with fond memories," Barb says.

"It is a time when I experienced a sense of belonging. The matrons were good people – they treated us with respect.

"I attended Te Mata Kindergarten and Te Mata Primary School and every Friday the Pastor from St Columbus Parish would pick us up and drive us back to Hillsbrook for lunch. I loved driving in his car – we would sing all our favourite songs as we drove along.

"After school we were allowed to swim at the Havelock swimming pools and play in the playground. I remember the big bomber war plane, swings and those big long slides.

"Back at Hillsbrook we had grounds to play and explore the biggest sandpit and a lovely play house, swings and pets. I loved feeding the guinea pigs and enjoyed working in the kitchen. I learnt to bake by helping the cook.

"My most favourite times were Friday nights when a lady would come in to play the piano and we would all sit in the front parlour singing our lungs out. Church gave me a sense of belonging.

"During the school holidays we went on trips with families from the Church Parish, and I can remember lovely long days at the beach – swimming in the sea, building sand castles and eating fish and chips."

MOVING HOME

Despite these happy times and regular visits from her mum in the weekends, Barb stopped talking – she became mute. She internalised her feelings and past trauma that divided her family.

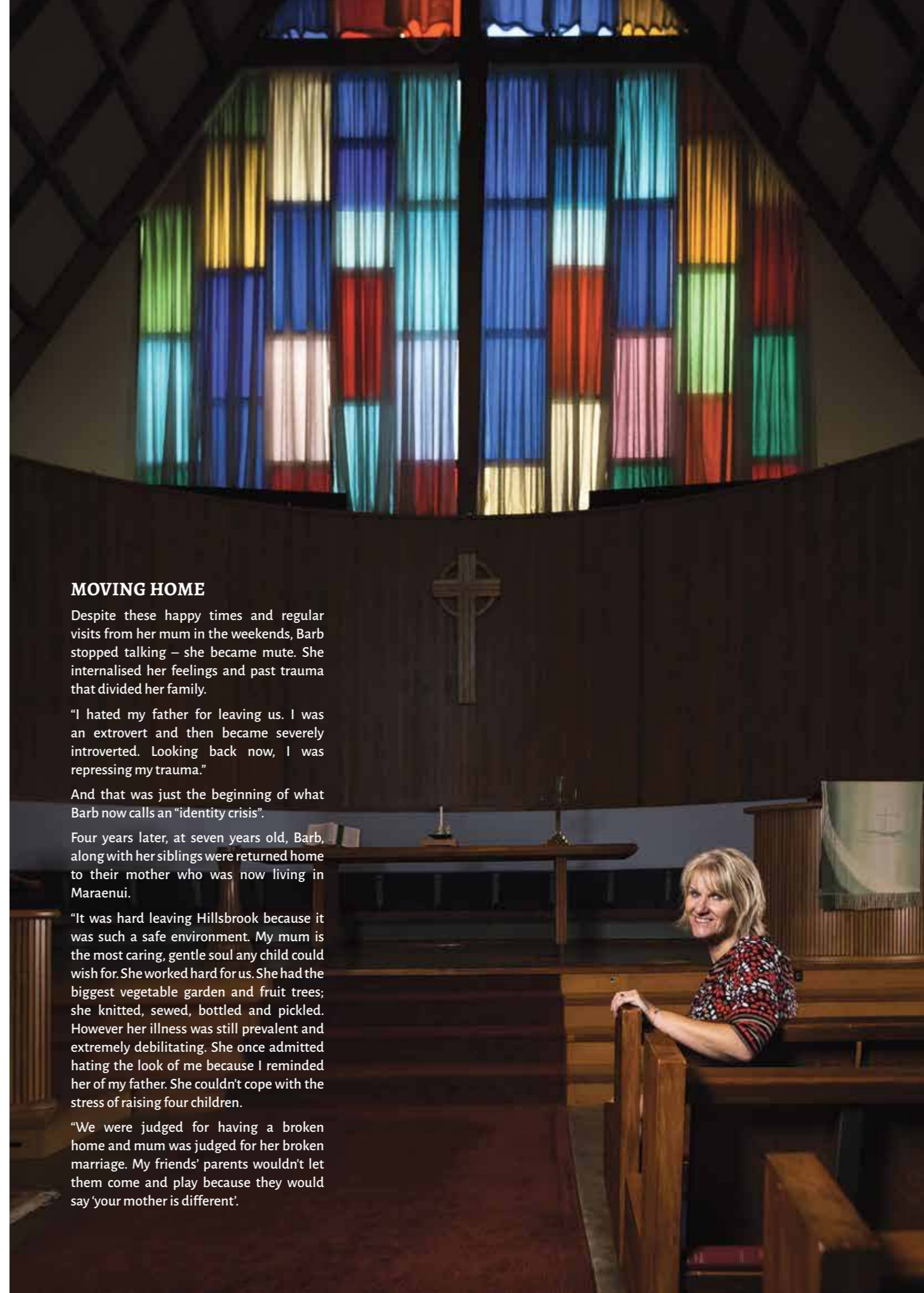
"I hated my father for leaving us. I was an extrovert and then became severely introverted. Looking back now, I was repressing my trauma."

And that was just the beginning of what Barb now calls an "identity crisis".

Four years later, at seven years old, Barb, along with her siblings were returned home to their mother who was now living in Maraenui.

"It was hard leaving Hillsbrook because it was such a safe environment. My mum is the most caring, gentle soul any child could wish for. She worked hard for us. She had the biggest vegetable garden and fruit trees; she knitted, sewed, bottled and pickled. However her illness was still prevalent and extremely debilitating. She once admitted hating the look of me because I reminded her of my father. She couldn't cope with the stress of raising four children.

"We were judged for having a broken home and mum was judged for her broken marriage. My friends' parents wouldn't let them come and play because they would say 'your mother is different'.



“Life wasn't easy. I was teased, bullied, rejected and I felt an overwhelming sense of sadness and isolation. I missed the love and support we had in the Hillsbrook community.

“I loved reading and at home I would read to escape the loneliness. When my two older siblings were teenagers, they were placed in foster care and my world fell apart again. My role changed as I was now the eldest child and took on the role of cooking, household duties and cleaning when mum was unwell.”

Barb rebelled. She eventually married but struggled with adult relationships and the true meaning of intimacy. At 25 years old suicide felt like her only option.

During these dark times, Barb drew on the faith and knowledge she was taught at Hillsbrook attending St Columbus Sunday School.

“I was broken. I was an adult with a broken child's spirit crying out for help. One day, when I was contemplating taking my life, I begged God to help me. I said 'Lord, if you really do exist, please show me a way through this'. And he did.

“As my understanding and knowledge of God grew, healing started and the dark clouds of depression lifted.”

GIVING BACK

Today, Barb is married with three adult children, two grandchildren and is a qualified Registered Social Worker. For the past 17 years she has worked for social work services in Gisborne, Hastings and Napier, as a frontline statutory social worker for Oranga Tamariki and now a Clinical Team Leader at PSEC's Family Works Hawke's Bay.

“Today's children face much tougher times than I did. We live in a time where there is so much stress. We face an ever increasing epidemic of children with 'adverse childhood trauma', a myriad of mental health conditions, such as foetal alcohol syndrome, conduct disorder, post-traumatic stress disorder and attachment disorder to name a few.

“In comparison to my childhood, today's problems are compounded through a



“We were judged for having a broken home and mum was judged for her broken marriage. My friends' parents wouldn't let them come and play because they would say 'your mother is different'.”

change in the way we, as a society, deal with these problems. We no longer have places like Hillsbrook to provide safe and secure homes, but rather expect incapable parents to improve without help to raise their children safely and securely.

“Our communities are pushed to the limits to provide adequate housing for these vulnerable children and as a result we now see a generation of youth with a sense of loss, no hope or direction. This is not what childhood is supposed to be.

“I am proud to work for PSEC, a faith based organisation making a difference to these peoples' lives. The consistent nurturing care and love I received from Hillsbrook and the adjoining community played a major role in my healing and it is humbling to be able to give back. My journey with PSEC has gone 'full circle'.

“The word says, 'He will bless all that the righteous do'.

“God cares for all children in our community. He knows the hopes, dreams and plans he has for them all and he charges us all to play a role in making certain all children have the best possible circumstances in which to grow. 'Without vision, the people perish'.

“Thank you PSEC, for having the vision all those years ago to open Hillsbrook Children's Home, as I most certainly would have perished. Long may the PSEC vision continue.”



FAMILY WORKS

Social Workers in Schools (SWiS) Service

Behind the facade of sparkling ocean, green pastures, bustling CBDs and myriad of cafes and culture, our region is home to children who have been abused and neglected. These children have been forced to grow up far ahead of their time and are suffering immensely.

Staff of PSEC's Family Works Hawke's Bay and Tairāwhiti are determined and dedicated to changing the vicious cycle of family violence, child abuse and neglect, by empowering children and their families through social work and counselling services.

Family Works Hawke's Bay, based in Hastings, specialises in the care and protection of children and young people aged 0-17 years, along with their families. Among the range of options and programmes provided, the Social Workers in Schools (SWiS) service is at the forefront.

SWiS is a school-based community social work service. Social workers work with children, their families and schools to help protect children, develop plans to improve their safety, wellbeing and educational outcomes.

Working alongside schools means that principals can make a referral to a social worker when they are concerned about children's safety and wellbeing. It is important for schools to identify issues early and to speak to parents and seek consent to make a referral to a SWiS.

Family Works Hawke's Bay employs 10 SWiS social workers, who work in 30, decile 1-3 schools, from Hastings to Porongahau. The social workers can cover up to four schools every week, which equates to an extremely challenging workload.

Children are referred to the SWiS service by schools, paediatricians, public health nurses, Ministry of Children/Oranga Tamariki, and self-referral from the whanau and children/young people.

Family Works Hawke's Bay Manager, Pam McCann, says the SWiS social workers work with a range of issues from anxiety, anger, attachment, poor prosocial skills and low self-esteem resulting from neglect, harm and witnessing family violence.

"SWiS social workers can work one-to-one with children as well as in groups. Their main role is to work with whanau to support them towards safe parenting and to create change where needed.

"We measure success by the change in the child's behaviours as reported by the child, parent and teacher. We also measure the changes in the whanau situation through their self report. In addition we continue to seek feedback from other agencies involved with the child and their family."

Despite daunting workloads, Pam says the positive feedback and successes of the children that SWiS work with, is what gives the social workers motivation to continue their tireless work.

The following story shows a typical process that a family might go through when working with a SWiS social worker:

Many children find it difficult to talk about the violence in their family. Fortunately for one boy (whom we will call Thomas to protect his identity), his mother was worried about him and asked a Family Works social worker at school for help.

It took four private sessions with the social worker before Thomas could talk about his Dad, and another three sessions before the social worker had the whole story about the abuse the family had suffered when Thomas's father was living with them.

Although his father no longer lived at home, Thomas loved him very much, and worried about him. The social worker helped Thomas to describe the future he wanted for his family by using a specialised drawing technique for children who find it difficult to talk.

When she saw how important it was for Thomas to see his father, she set up a meeting for them at his school. With her help, Thomas showed his drawings to his father about the future he wanted. The drawings showed a family with the father clearly prominent.

This was a pivotal moment that started the whole family on a long journey of recovery. The social worker referred the father to a family violence specialist and engaged other services to support Thomas' mother and sisters.



Some of the organising team and guest speakers at A Call To Men Be the Change Hui in Moeraki. Pictured back L to R are guest speakers, Rob Thomson (White Ribbon Dunedin), Ken Clearwater (Male Survivors of Sexual Abuse Trust), Phil Paikea and Vic Tamati (It's Not OK Champions). Front L-R are hui facilitator Merv Aoake (Jigsaw Queenstown), organiser, Helen Algar (Safer Waitaki) and Tim Marshall (Tauawhi Mens Centre).

"Our approach is to work alongside the men so we are better able to understand what is going on with them and to make their own decisions for the future. We are here for them, no matter what their problems or issues are, we have built strong trust and that is hugely valuable."

- Tim Marshall, Tauawhai Men's Centre Co-ordinator says.

Tauawhi Men's Centre - a service of Family Works Tairāwhiti

In less than a decade – seven years to be precise – the Tauawhi Men's Centre, a service of Family Works Tairāwhiti, has supported over 2000 men through its free counselling, social work and group programmes.

The Gisborne Herald interviewed Tauawhi Men's Centre co-ordinator, Tim Marshall in December 2017, about the service's impact on reducing the high rates of family violence callouts in the Tairāwhiti region.

In what was a comprehensive article, Tim talks about the service, how it started and what it hoped to achieve.

Opening its doors above the then Family Works Tairāwhiti Op Shop in Gisborne on 2nd July 2010, the Centre has gone on to deservedly earn a nationwide reputation for its hands-on approach to making a difference to the lives of men and their families.

"Our message to the new Government, including the Ministers of Corrections, Justice and Social Development, would be that if they invested in us even a tenth of the \$100,000 the Government spends keeping someone in jail for a year, for each person, I am sure we could achieve more beneficial long-term, sustainable change for the men and their whanau," Tim tells the Gisborne Herald.

"From a return for investment perspective, the money it spends on prison just does not make sense. We could probably have twice as many people working here and still have work to do."

It is that passion and vision from Tim and his team that has been critical to the success of the programmes run by Tauawhi. That commitment is infectious and has been picked up by various foundations and NGOs who have been keen to become involved.

National organisations such as the Todd Foundation and Tindall Foundation together with local supporters like the Sunrise Foundation have all contributed financially to ensure that the Tauawhi team are able to meet the demand for its services.

The Todd Foundation was an early supporter of Tauawhi and was so impressed by what Tim and his team were trying to achieve, that in 2015 they committed to a five-year funding plan.

The level of security provided by this commitment has allowed Tauawhi Men's Centre to go from strength to strength.

"Our approach is to work alongside the men so we are better able to understand what is going on with them and to make their own decisions for the future. We are here for them, no matter what their problems or issues are, we have built strong trust and that is hugely valuable," Tim says.

NB: Todd Foundation recently announced that they will no longer run open application rounds and will instead look to identify, develop and support co-ordinated community responses to achieve systematic change. They will initially focus on exploring "equitable opportunities for children and families", which will mean engaging with communities on collective funding approaches.

CHARITY SHOPS IDEAL FOR DESIGNER DIET

Former Women's Weekly Editor, Fiona Fraser, shares her trials and tribulations of shopping solely at charity shops for 12 months – all because of a “designer diet” vow.

IT ALL STARTED WITH A LEATHER JACKET.

Not just any ancient, smelly leather jacket with ripped lining and someone else's used hanky jammed in the pocket, but a fabulous, black, buttery-soft, Italian leather jacket, all zips intact, from renowned international fashion label Marni.

It was almost as if Anna Wintour (or at least Peta Mathias - probably New Zealand's biggest Marni fanatic) was there with me in the op shop, whispering in my ear, “Don't even try it on. Just bloody buy it before someone else does!”

So I did. I scampered to the till, parted with my \$15 and took my brilliant score home, where I discovered two things: 1) The jacket was definitely too small, and 2) It had a patch of bad fading across the back.

But neither of those things really mattered because by then, the thrill of the chase and the pleasure of the purchase were still fresh in my mind and by the end of that week, I'd started a new social media venture, called Polyester and Tweed, with my good friend Robyn.

Both long-time fashion fans (and serial over-spenders) we committed to one whole year of op-shopping. No new clothes allowed (except for undies and sportswear). We could also buy two pairs of new shoes throughout our 365-day experiment – mainly because shoes are pretty much essential, and feet can really suffer if they're stuffed into footwear that has been well worn by another human.

My friends were amazed. I'm a former women's magazine editor, and it's no exaggeration to say that in a previous life, I had spent countless hours and many thousands of dollars with some of New Zealand's best designers. If I had an event, I would ring the very kind Tanya Carlson, or the gorgeous women at Andrea Moore, and borrow something extraordinary. Nine times out of 10, I'd buy it afterwards, because I just LOVE clothes. Always have.

My husband, however, was delighted. “More timber for the DIY projects,” he was probably thinking. “And a leaf blower would be nice. Hell, maybe a ride-on mower if she makes it through the year!”



So, what do you need to op-shop successfully? The answer is time. Op-shops are treasure troves for people with an hour or two spare but no good for a ten-minute browse. Use these tips to hunt out your next amazing op shop score.

1. Know your fabrics. I love silk, cotton, merino and cashmere and can pretty much identify them all by touch. But if you're not sure, don't be afraid to check the care labels inside clothing and familiarise yourself with the fabric.
2. Ignore the size labels. A size 16 in 1950 is a size 12 today. Try things on to be certain. And speaking of size, don't ignore the plus-size racks, even if you're small. Items can be altered to fit, and sometimes gems end up in the wrong place by accident, just waiting to be found by a keen shopper.
3. Look out for half price or fill-a-bag days for clothing at almost criminally low prices.
4. Op shops are the perfect place to stock up on basic household items like teaspoons (is it just me or do teaspoons grow legs and leave the house on a regular basis?), lidded plastic containers for freezing leftovers and rarely used essentials like rolling pins or waffle irons.
5. Lastly, always be kind to the volunteers in your local op shop. They work hard, and do it for love, not money. Spend time saying hello, or commending them on the window display that week. They are the oil in the machine, and love receiving your love!

You can read about Fiona's op-shopping adventures and see some of her finds at www.facebook.com/polyester.and.tweed

So – spoiler alert - I didn't make it. Quite. After eight whole months of spending nothing but small change on my outfits for work, play, and leisure, a store in Los Angeles was my undoing. I'd walked past a dozen times already, admiring the pretty 50s-esque sundresses in the window, and then – in a rush one afternoon – I spied the sign that said “Anthropologie is open 24 hours.” TWENTY FOUR HOURS! That very night, I cruised in at 11pm – just to look, of course - and came out at midnight with four new frocks.

“It doesn't count,” said my friends reassuringly. “You were overseas. Polyester and Tweed is a commitment to op-shops in New Zealand.”

But it didn't feel right. I'd broken my own promise. My resolve stiffened again once back on Kiwi soil, but the buzz had all but disappeared.

Never mind. With just a number of weeks to go until the 12 months is up, I've had some wild successes in the op shops of Hawke's Bay. Presbyterian Support East Coast stores feature in all of my almost fortnightly dash around Havelock North, Taradale and into Napier. Some of the spoils of my labour have been especially good at these outlets – a French Connection wool and cashmere

cardigan that I can't wait to bring out next winter, a fire-engine red cable knit jumper from Zara, a wonderful midnight blue velvet jacket. (If any of these items are sounding familiar to you, dear reader, can I please take the opportunity to say thank you so much for your very kind donation!)

But it's not just clothes that I find on my missions. I've bought the most delightful gold-rimmed champagne flutes, vintage cake forks, and earthenware espresso cups. I've found brilliant clothes for my 10-year-old – little-worn sports shorts, a fabulous Star Wars t-shirt he never wants to take off, and a near-new wetsuit!

And the op shop is perfect for those moments when your child, or grandchild, “decides” that they're going to be an astronaut, an actor, or a chef when they grow up. I've picked up old spectacles for dress-up days, a white gentleman's short sleeved business shirt that is now my boy's “lab coat” for performing science experiments, as well as plenty of wigs and waistcoats.

Not to mention the Famous Five novels, beautiful oak chair that now sits in our guest room, and my entire outfit for the Tremains Art Deco Festival.

Shop, donate or volunteer
at our PSEC Charity Retail
Shops, in Taradale, Napier
and Havelock North.
We need your donations!

Let your pre-loved items help support Presbyterian Support East Coast (PSEC) local social services.

We would love quality items - clothing, shoes, jewellery, hats, belts, handbags, household linen, furniture, bric-a-brac and vintage items. Please drop off donations at our stores during opening hours or arrange for furniture to be collected.

We're also looking for volunteers to join our retail teams. Are you able to volunteer at any of our shops a few hours a week? If so, we'd love to hear from you. Email volunteer@psec.org.nz or phone 877 8193.



NAPIER

47 Carlyle Street

Open: Monday to Friday

9.30am - 4.30pm

Saturday 9.30am - 1pm

Phone: 06 834 4392



TARADALE

Corner Gloucester
& White Streets

Open: Monday to Friday

9.30am - 4.30pm

Saturday 9.30am - 1pm

Phone: 06 845 0291



HAVELOCK NORTH

14 Joll Road

Open: Monday to Friday

9.30am - 4.30pm

Saturday 9.30am - 1pm

Phone: 06 877 5209

VARIETY SPICE OF LIFE FOR VOLUNTEERS

A labour of love... and lacquer



Bernard Hough



Kathie Hands and Carolyn Veen

Forget a creative streak, Carolyn Veen is one complete creative being, working her artistic magic as a volunteer at our Napier Charity Shop, in Carlyle Street.

A former journalist, art tutor and painter, Carolyn joined PSEC as a volunteer three years ago upon retirement and has been key to driving the furniture restoration component at the store ever since.

Furniture items are donated to PSEC charity stores, and while many are still usable, their upholstery or paint work is somewhat less desirable. Thankfully, Carolyn and "partner in crime", Kathie Hands, see the potential in these items and set about their work, turning the items from shabby to chic!

"Finding old or worn-out furniture and other things to upcycle is always an exciting challenge," Carolyn says. "Making it beautiful and saving it from being dumped!"

"The creative part is often driven by the item itself, it may just want some funky fabric and a dollop of chalk paint, but the ultimate challenge is to use what you have on hand and that's what makes it interesting and unique."

"I just love having a paintbrush in my hand, an idea in my head and being surrounded

by such a neat team of artistic and talented people."

One of Carolyn's most unusual and successful furniture up-cycling projects was an old dining room table she found in the middle of a farm paddock.

"I just spotted it amongst the long grass. I went and asked the farm owner if I could have it, and of course he was happy for me to take it of his hands – or paddock in that case. It just needed a sand down and polish and then, voila, it came up beautifully."

Displayed in the front window of the Napier store, the table sold promptly for several hundred dollars! With all proceeds going directly back into PSEC services; Family Works, Enliven Older People Services and Enliven Disability Services. It was a win-win for all involved.

For Carolyn, the best thing about voluntary work is the freedom; doing what she loves without salary expectations.

"Not only is volunteering very rewarding, it's a great way to socialise with like-minded,

positive people while you're working. We always have a good laugh.

"The variety of work is refreshing," Carolyn says.

MANY HANDS MAKE LIGHT WORK

People volunteer at PSEC for various reasons. Some do it to ease back into the work force, gain work experience, socialise and meet new people and also lend their experience and expertise where they know it is much needed.

For Bernard Hough, it was the latter that drew him to volunteering.

A former civil engineering construction company manager, working throughout New Zealand, the Pacific Islands and Hong Kong, Bernard says he wanted to keep busy after retiring and found a way of doing that – and giving back to the community at the same time – with volunteering.

"Despite being retired I still feel I have skills to offer. Volunteering gives me the opportunity to do that. I can be picking up items from donors to be sold in the shop one minute, and be out the back in the Napier store with a paint brush in my hand the next!

"We meet all sorts of people while volunteering and there are so many opportunities to get involved with various projects and fundraising initiatives."

Bernard's advice to people wanting to volunteer is "just do it".

"Just because you don't get paid, it's still a position of great responsibility and you need to be reliable and committed. Communicate well and help out your fellow volunteers because many hands really do make light work!"



VOLUNTEERING LEADS TO EMPLOYMENT OPPORTUNITY

Passionate, driven and dedicated to PSEC's vision of healthy, inclusive local communities, Dale Simi is the epitome of a PSEC volunteer.

When an accident in 2016 left Dale with multiple fractures in her back and unable to return to work as an Emergency Medical Dispatcher, she found herself volunteering at PSEC as part of a work trial proposal with Workplace Recovery.

Dale hit the ground running helping the PSEC marketing team plan the 2017 "PSEC Celebration", an elegant garden party for around 80 guests. She learnt new computer systems, helped with ticketing and sales, attracted auction items and contributed to overall event management plus went above and beyond by volunteering on the day – even convincing her partner, son and friend to volunteer too!

When her work trial came to an end she quickly put her hand up to volunteer for a new project, our black-tie event, "Sparkle" held at Trinity Hill Winery with 150 guests. She spent over 240 hours volunteering for this event, running errands, printing, liaising with business owners for auction items, obtaining donated goods and services and leaving a positive impression of PSEC everywhere she went.

"I was only supposed to stay for six weeks but I really enjoyed the job, the people and what it was that PSEC was trying to do and was able to achieve," Dale says.

"Sparkle and then Tairāwhiti Man of the Year event were two events that really opened my eyes. They were a real pleasure to be a part of.

PSEC Volunteer Manager, Ngaia Richardson, says fundraising campaigns and events like Sparkle don't just happen by themselves and volunteers are a vital part of the organisation.

"Dale, and every other PSEC volunteer, enable us to raise awareness and much needed funds for our services, Family Works and Enliven. Their willingness to go above and beyond is truly humbling."

In less than a year Dale racked up an impressive 300 volunteer hours, which led to her – not surprisingly – being selected as a finalist in the 2017 HB Volunteer Awards. And of course, soon after a stint as a temporary paid member of the Fundraising, Communications and Marketing team, assisting with further events, she was snapped up by Enliven Older People Services to become a paid permanent employee as a Key Support Worker.

"The training, support and variety we get makes this job really great," Dale says.

"Knowing everything we do for our clients is helping them maintain independence in their own homes is very rewarding."

Dale is proof that volunteering not only makes a world of difference to the organisation you volunteer for, but it can also be reciprocated by making a world of difference to the volunteer. Not only do you get fulfilment from "giving back" to a community in desperate need, but it can open doors you never dreamed of.



ENLIVEN OLDER PEOPLE SERVICES

At Enliven Older People Services our goal is to keep people over 65 years old in the comfort of their own homes for as long as we can.

We support older people to maximise their independence and keep them involved in their local community through various programmes, day respite, therapeutic support and socialisation opportunities.

Manager of Enliven Older People Services, Debbie Bakkerus, says her team of registered nurses, allied health professionals and community support workers work with clients to lead the life they choose.

"We work in conjunction with the Hawke's Bay District Health Board to provide home support and day respite for older adults living with dementia, disability or chronic health conditions," Debbie says.



“We are unique in that our team of experts include a dietician, physiotherapist, occupational therapist, speech therapist, and social worker.”

Left: Enliven exercise instructor, Liz Tubby, guides Morris through a neck stretch.

Right: The Enliven Centre in Pakowhai Road.

During the 2016-17 financial year Enliven supported 300 people to remain in their own homes and in their community.

Feedback received includes:

- Please keep up the good work. It has helped me and my wife to enjoy our lives to the full.
- Thank you for your continued support so I can stay in my own home.
- You guys are amazing. You are looking after Dad in all aspects of his well-being. Thank you so much!
- I speak for all the family in saying how much we appreciate your care and support in allowing Mum to stay in her own home/familiar environment.

DAY PROGRAMMES

Set in beautiful, rural Pakowhai, the Enliven Centre complements the restorative home support services by delivering day programmes, which include activities and social opportunities to keep clients stimulated and active.

Clients are encouraged to remain as independent as possible and challenge themselves during the Strength and Balance classes. Afterwards they are treated to a tasty, nutritious two-course lunch made fresh by the in-house chef each day.

“A sense of belonging is vital at any age, as is a fun, interactive social environment and we are proud to offer both,” Debbie says.

“Because many Enliven clients live alone, or are often alone at home, it is always exciting to see them becoming more confident, positive, and independent. Health challenges do not seem as daunting when they can be shared with others in the same situation.”

Enliven client, Morris Ellis, is a fine example of what can be achieved at the Enliven Centre.

A former consulting engineer, Morris moved to Hawke's Bay from Auckland, to be nearer his family.

“As soon as I got to Hawke's Bay, I realised my licence needed renewing; but my doctor wouldn't renew it,” Morris says.

Instead, Morris was sent to a specialist. Dementia was diagnosed and he was no longer able to drive.

“I was already part-warned that it was coming.

“I remember in Auckland when I was driving to the supermarket, I would pull over and wonder where I was going. I was forgetting things and leaving elements turned on.”

The dementia diagnosis was difficult for Morris to accept at first.

“Younger people can't understand what it would be like to have your brain not work for you anymore.

“I really needed to go to some place for older people who have loss of brain function,” said Morris.

Someone suggested Morris contact the Enliven Centre to see if there were spaces



available and fortunately, there were. Morris now comes to the Enliven Centre every Monday and Wednesday.

“Most people don't get exercise as they get older. When I lived in Auckland I would sometimes walk along the side of the river to get exercise. One time when I was walking home and it started to rain, I realised I couldn't run. I wasn't fit anymore.

“By the time I got down here, I was desperately in need of exercise. There were advantages in coming here because there were exercises, well-run by people who knew what they were doing with regard to your muscles,” Morris says.

Because people age differently, the Enliven Centre works with each client's own challenges, aspirations and goals.

Last year, the Enliven team started a group for dementia clients based on the Spark of Life philosophy. When they realised the afternoon activities weren't meeting the needs of men living with dementia, a conversation group was set up just for them. Morris is pleased to be a part of this group.

“It's nice being with guys; being able to

laugh over the fact that you've forgotten things, and with guys who know what you are going through. It's a bit like a men's club because the people I mostly talk to here have got the same problem. They have all accepted they are losing their brain function, and that it is just something you've got to learn to live with. But you can try and slow down the process by doing things that are good for you. I am happy to come every time because there is still a lot I am happy to talk about that has filled my life.”

With help from Enliven, Morris is living every moment of his later years as positively as he can.

COMMUNITY GROUP STRENGTH AND BALANCE CLASSES

Did you know people over 65 have a one in three chance of falling, and between 10 and 20 percent of these falls result in an injury such as a hip fracture, hospitalisation or loss of independence? For people aged 80 and over, the risk of falling increases to one in two!

Falling over is not a normal part of the ageing process. In fact, many falls are preventable, and here at Enliven our aim is

to help you stay on your feet and living the life you want to live.

Enliven is appointed by ACC as the lead agency for the Live Stronger for Longer campaign on the East Coast, and we can assist you to find an effective and safe Strength and Balance class to help you build the strength you need to stay on your feet.

“There are a variety of different classes available to suit people's abilities and needs,” Enliven Community Services Manager, Rebekah Charlton says.

“Because we approve the providers, we ensure they are friendly and welcoming and follow safe programmes so there is no need to feel intimidated.”

Would you like to know more about Approved Community Strength and Balance classes in Hawke's Bay?

If so, contact us on 281 2534 or email enliven@psec.org.nz

THERE'S SOMETHING ABOUT MARY



It's a warm sunny day and Mary Wills' Hillsbrook office is scented by a big bunch of blooming lilies – a gift from another member of the Presbyterian Support East Coast (PSEC) team.

That's the difference about working at PSEC, Mary says.
 "It's all about the people. They phone to say, 'How are you?' They take the time out to do that," Mary says.
 "That sort of care is really important here."

"We've got really good services and very strong managers. My goal is to extend those services, to meet the needs of our population. There's a high demand so I'd like to see us expand to meet those demands."

Mary joined PSEC in 2017 as General Manager of Social Services, following her role as Head of Hawke's Bay District Health Board (HBDHB) Strategic Services.

Prior to that, Mary worked in the aged care and disability sector, developing new health and social services to support the growing number of older people who are going to be living in our community with chronic conditions.

During her career she has been a pioneer for change in the social services offered in our community, and her leadership was recognised with the 'Outstanding Contribution to Improving Health in Hawke's Bay' award at the Hawke's Bay Health Awards 2017.

The move to PSEC was a long-term goal for Mary, as she'd always wanted to work for a non-government organisation. Her youngest son was in his last year of high school and nearly off to university so the time was right.

Mary's passion to continue to improve PSEC services is evident. She says she's inspired by PSEC's strengths and vision for the future.

"We've got really good services and very strong managers. My goal is to extend those services to meet the needs of our population. There's a high demand so

I'd like to see us expand to meet those demands.

"Good staff management and development is also important to me. I want to make sure we have a capable work force who can do the complex stuff when working with clients."

And the best part of her role?

"You get to see the direct impact that the services have; the independence a person gains when they have the right assistance, the changes a mother can make for her children with the right support. You're close to the clients and their families. There are a lot of celebrations. It's wonderful."

FROM THE DEEP SOUTH TO THE EAST COAST

Mary hails from the deep south – Invercargill. As a teen she set out to follow in her father's footsteps to become an accountant, but changed direction in her first year of university when she became inspired by her health economics lecturer.

It was also at university that Mary met her future husband, HBDHB paediatrician and former Children's Commissioner, Russell Wills. The pair pursued their careers overseas before moving to the Bay to be near Russell's parents.

"We had our children grow up just next to Grandma and Grandad. It was lovely."

While their two boys are now grown up and at university, Mary and Russell still live on the same land, where Russell spends his one day off a week planting native trees.

"He's an active relaxer, so in his free time he plants trees with his Dad, and we have wood pigeons, tui and quails.

"I, on the other hand, have enrolled to do a Te Reo course at EIT, so that will take up my spare time for a while. I've always wanted to do it so this year's the year!"



Left: Mary at home with husband, Russell.

Fast Five with our Board & Patron

We asked our Board and Patron five quick-fire (slightly random) questions. Their answers may surprise you.



MAITLAND MANNING
Chairman

1. What values do you bring to the Board? Commercial and Governance experience and a long involvement with the Hawke's Bay/Gisborne Presbytery
2. What are your hobbies? Reading, sport and fishing.
3. If you could have dinner with anyone (alive or dead), who would it be? My father.
4. Favourite Music: Classical.
5. Favourite food: Thai.



KERRY MARSHALL
Patron

1. What are your hobbies?
Reading, puzzles and playing bagpipes in a pipe band.
2. If you could have dinner with anyone (alive or dead), who would it be?
Richie McCaw. Not only is he an inspirational person, he plays the bagpipes!
3. Your favourite saying:
We must have someone to love, something to do and something to look forward to.
4. Why did you choose to be part of PSEC?
I was interested in being involved in an organisation that has Christian values as its focus – trying to help those less well off in our society.
5. What is your vision for the future of PSEC?
That it can make a difference to the lives of people in New Zealand but especially those here on the East Coast.



COLLEEN SKUSE
Board Member



1. Why did you choose to be on the PSEC Board?
I believe very strongly in the work that PSEC is doing and I wanted the Tairāwhiti region (Gisborne) to continue to have representation from this area at Board level.
2. What values do you bring to the Board? Christian values, communication skills and a desire to continue to build relationships with stakeholders.
3. What is your vision for the future of PSEC? To diversify enough to enable us to continue to serve our people into the future.
4. If you could have dinner with anyone (alive or dead), who would it be? John F. Kennedy.
5. Your favourite saying: If its meant to be, it will be.



TOBIAS TAYLOR
Board Member

1. Why did you choose to be on the PSEC Board?
I was interested in a values (faith) based not for profit organisation to apply my business acumen to. I have always been aware at a vanilla level of the PSEC services and have always been impressed by their core ethos over and above any profile desire. I love Hawke's Bay and I consider myself very lucky I can work from here in the profession I'm in. It's a little give back to the region from me.

2. What are your hobbies? I surf. I have very heavy business commitments that require me to travel, so between making up time with my family, I get out as often as I can. There is nothing better for clearing the mind.
3. If you could have dinner with anyone (alive or dead), who would it be?
My Nanna. I was half raised by her and I would love to tell her about my family. She would be so proud.
4. Your favourite saying:
You learn more with your mouth shut.
5. Pick one:
 - Summer or Winter
 - Sweet or Savoury
 - Tea or Coffee
 - Night owl or morning person
 - (whatever gets me the most sleep
 - Eat In or Dine Out

1. What is your vision for the future of PSEC? That it will be successful at its mission statement. That it will respond creatively, flexibly and ethically to the needs of its community base. That it will take care of its staff's wellbeing and ensure a working environment that facilitates best practice.
2. What are your hobbies? Music, motorbikes, drone flying and beekeeping.
3. If you could have dinner with anyone (alive or dead), who would it be?
Impossible to answer. Too many to choose. But if I had to choose probably my younger self at a critical juncture of my life.



FRANE ROSANDICH
Board Member

4. Your favourite saying: Similar to a "happy wife-happy life". "The wife is always right – even when she is not!"
5. What is your favourite meal/food? True Italian spaghetti.



DAVID McDONALD
Board Member

1. Why did you choose to be on the PSEC Board? I see it as a way of giving back, along with other spare time community work. I also have a strong Presbyterian background, which makes PSEC especially relevant for me.
2. What values do you bring to the Board?
A belief that our society must try to assist its less fortunate members
3. What is your vision for the future of PSEC? As an organisation which tries to fill the gaps and service unmet needs.
4. What are your hobbies? Mostly voluntary activities and plenty of reading.
5. Your favourite saying: "Glücklich ist wer gewiss was nicht mehr zu ändern ist" by Die Fledermaus.
"Happy is he who forgets what cannot change".



STUART SIGNAL
Board Member

1. Why did you choose to be on the PSEC Board? I was approached to assist on the audit committee initially. From this perspective, the organisation seemed to be serious about its objectives and governance standards. I could empathise with the objectives so took the opportunity to join the Board when invited.
2. What values do you bring to the Board?
Honesty and integrity, financial acumen and a sense of humour.
3. What is your vision for the future of PSEC? I want it to be an organisation that demonstrably makes a difference. I am particularly interested in the child end of the spectrum as these are our future.
4. If you could have dinner with anyone (alive or dead), who would it be?
Winston Churchill.
5. Your favourite saying? Where there's a will there's a way.



ALISON PRINS
Board Member

1. Why did you choose to be on the PSEC Board? PSEC has a great track record of making a difference in our communities.
2. What values do you bring to the Board?
Courage, honesty and a desire to make New Zealand a better place to live for everyone.
3. What is your vision for the future of PSEC?
To remain relevant and valued by the communities we serve so we can continue to make a difference into the future.
4. What are your hobbies? Bodyboarding and swimming.
5. If you could have dinner with anyone (alive or dead), who would it be?
Winston Churchill.



JULIE BALL
Board Member

1. Why did you choose to be on PSEC Board?
PSEC purpose and values plus the specific services provided by PSEC, and the recognised quality of these services supported my decision.
2. What is your vision for the future of PSEC?
A recognised and respected provider of social services that seeks partnerships to support social change.
3. What are your hobbies? Reading and activities to support fitness especially cycling.
4. If you could have dinner with anyone who would it be? Barack Obama.
5. Your favourite saying?
Life is not a practice run – live it.



ROWAN: THE STORY OF A HOME

A generous bequest from Ada Rowan to Presbyterian Support East Coast (PSEC) in the 1980's has resulted in not only a one-of-a-kind home for people with disabilities, but also a supportive and loving community that fosters the independence and aspirations of this close-knit "family".

In 1980, it became apparent that there was an increasing need in Hawke's Bay for accommodation for people with physical disability. For this purpose, alterations were made to the nurses' home at Atawhai Rest Home (then owned by PSEC) in Taradale, a facility that had steadily become less utilised since the late 1970s.

Ada Rowan's generous bequest to PSEC allowed not only the necessary changes to be done to the house, but an alternative to 'institutionalised' living.

Rowan House, named after its benefactor, was opened on 3 September 1983. The initial building had amenities to provide housing for eight residents. Between 1986 and 2004 this rose to 12 beds and the house was fully occupied by people with a wide range of disabilities.

In 2004, a further two four-bedroom cottages were added to the property, allowing those who required less assistance to live more independently but still get the support they needed.

A massive \$2.3 million fundraising effort saw a beautifully re-developed site for 22 people open in August 2010. Not only does the building meet the mobility needs of the residents, but each resident – or flatter as they like to be known – has their own room, with shared social and dining space – just as any flatmates would.

More than 30 years since it opened, the ethos of Rowan has not changed. The flatters are encouraged to live as independently as they are able, whilst receiving support from each other and over 40 full and part-time staff, who provide 24-hour care.

Conditions such as multiple sclerosis, spina bifida, cerebral palsy, brain injuries and intellectual disability – and their secondary conditions and complications – do mean that a high level of medical care is required.

While many other facilities cater for mostly intellectual disability

only, about 80 percent of Rowan's residents have a physical disability. There is a robust multi-disciplinary support team, including an onsite registered nurse, and the DHB provides specialist services such as district nurses, occupational therapist, physiotherapist and speech and language therapists with a visiting podiatrist from private practice.

Mental health and behaviour support services may also be accessed, as well as health promotion services through Rowan's partnership with Te Kupenga Hauora. There is a very committed team of technicians that support flatter equipment and work closely alongside occupational therapists to enable and support ongoing independence.

But, according to Diana MacDonald a former Manager at Rowan, it is the strong focus on being a 'family/ whanau' that makes Rowan a home.

"Most of the flatters' families are very involved, and there are some very close friendships within the houses," Diana says.

"Many flatters have known each other for a long time and some of the younger residents have gone through school together.

"As staff, we maintain that we are 'guests' in their home – and that is a privilege for us," Diana adds.

Being on Gloucester Street, in the heart of Taradale, means that the residents are able to be active participants in their local community. Choice and independence are high priorities, and each flatter is encouraged to discuss their individual goals with a vocational support worker and put a plan in place to realise those aspirations.

With the help of both specialist training and mainstream providers, flatters are able to study, access general community groups and facilities, and work towards physical and fitness goals at a gym with one-on-one personal trainers.

"As a group, the flatters do things that any group of friends would do," says Diana.

"We help them to organise outings to the movies and shops... they are very well-known to the Taradale community.

"They arrange their own programme of activities at the house, such as family barbeques, and fun activities around St Patrick's Day and Art Deco for example. They also hold a monthly flatters' meeting."

The need for residential disability services is immense, both locally and nationally. At the moment, the alternative to a facility like Rowan is placing disabled people under the age of 65 in residential aged care.

"While the care there is good, it is obviously not age-appropriate. We could fill another Rowan tomorrow. That's why we have a strategy around growth. We have a strategic development group with five flatters on the group alongside a family member led by a PSEC executive team member, with the goal to grow PSEC's disability services.

There have been various changes and building modifications over the years, with more surely to come in the future. But it is Rowan's people – beginning with Ada Rowan, and still to this day being passionately moulded by residents, staff, family members and PSEC – that continue to put the heart into this home.

A ROWAN LOVE STORY...

2012 proved Rowan's commitment to people with disabilities living full lives as independently as physically possible when another cottage was built on the property to house flatter, Duncan Pollock and his new wife, Anne-Marie Sykes, whom he met in 2008.

Duncan, who was born with spina bifida and is confined to a wheelchair, stated that his life had changed "dramatically for the better" since moving to Rowan in 2006.

Between PSEC and Duncan's family, the money was raised and the cottage was completed in November 2012. The cottage includes another single separate one-bedroom flat that currently houses a single man whose daughter visits and stays regularly with him.

"Our own piece of paradise," Duncan was quoted as saying.



MOSAIC

A creative learning space



Mention the Mosaic building, in Gloucester Street, Taradale, and most people will say “Yes! I know the place!”

Mosaic was created by its students, local artists and Mosaic Hapu (community) in 2005 and while it has become a significant community landmark in its own right, what goes on behind the scenes is equally as impressive.

Mosaic is home to an innovative support service offered by Enliven Disability Services that works alongside young people under 65 living with disability.

Leighann Coleman from Mosaic, says the aim is to empower students by offering

choice, building confidence and skills.

Mosaic programmes have a strong creative emphasis. Students can develop existing and new skills in structured group courses or as individuals with the opportunity to exhibit their work.

The programmes are student-driven and include courses in painting, drawing, printmaking and mixed media work, mosaic, clay and craft groups, jewellery making, Maori art, bone carving and wood work.

Leighann says community participation is also integrated into their daily programmes.

“Students can choose a variety of vocational

and leisure activities, such as voluntary work, sporting activities, library visits, walking and social groups etc., that will support them to have the life that they choose.”

Mosaic offers ACE (Adult and Community Education) to students with different abilities in the areas of numeracy, literacy and computer literacy. Literacy is embedded throughout the Mosaic programme as appropriate, supporting students to improve their written and oral literacy.

STUDENT FEEDBACK:

I feel more confident and more independent

Knowing I can come to Mosaic to see friends and do something new and enjoyable motivates me to get out of bed in the morning.

For more information please phone 06 844 4636, email mosaic@psec.org.nz or call in to 429a Gloucester Street, Taradale between 9am and 3pm weekdays.

A PERSONAL MASTERPIECE

“Art is my life and my life is art.” – Yoko Ono



Like his artwork, Eddie Budd is his own intricate masterpiece, details always evolving.

When he started at Mosaic as a student, his art was abstract and intuitive – “there was no technique or theory,” he says.

These days, Eddie is an art tutor and his work is technical and crafted, a true reflection of his development and recovery during his 14-year tenure at Mosaic.

Needing structure and routine due to a psychosocial disorder, Eddie signed up for art classes at Mosaic in 2004.

“I read about Mosaic in the newspaper one day,” Eddie says.

“There were no real opportunities for such good art tutoring back then so I took the chance and came three to four days a week. Routine was important for me back then. “I had an exhibition quite early in my time here and I sold everything. I got off to a very good start.”

Eddie’s art continued to progress and he went on to do two more hugely successful solo exhibitions along with group exhibitions with Mosaic students too.

“I couldn’t concentrate very well when I first started. By the end of the morning I would be quite tired, but this place has helped a lot. It was good to have a place to focus on doing stuff. It’s had a huge impact on my life.”

With more motivation and drive, Eddie transitioned from student to volunteer in 2014 and then from volunteer to paid employee two years later. He now takes a class of 12 students twice a week, teaching acrylic painting and drawing.

“We all have a good time – it’s a nice atmosphere. Seeing the enjoyment the students get out of it is really rewarding,” Eddie says.

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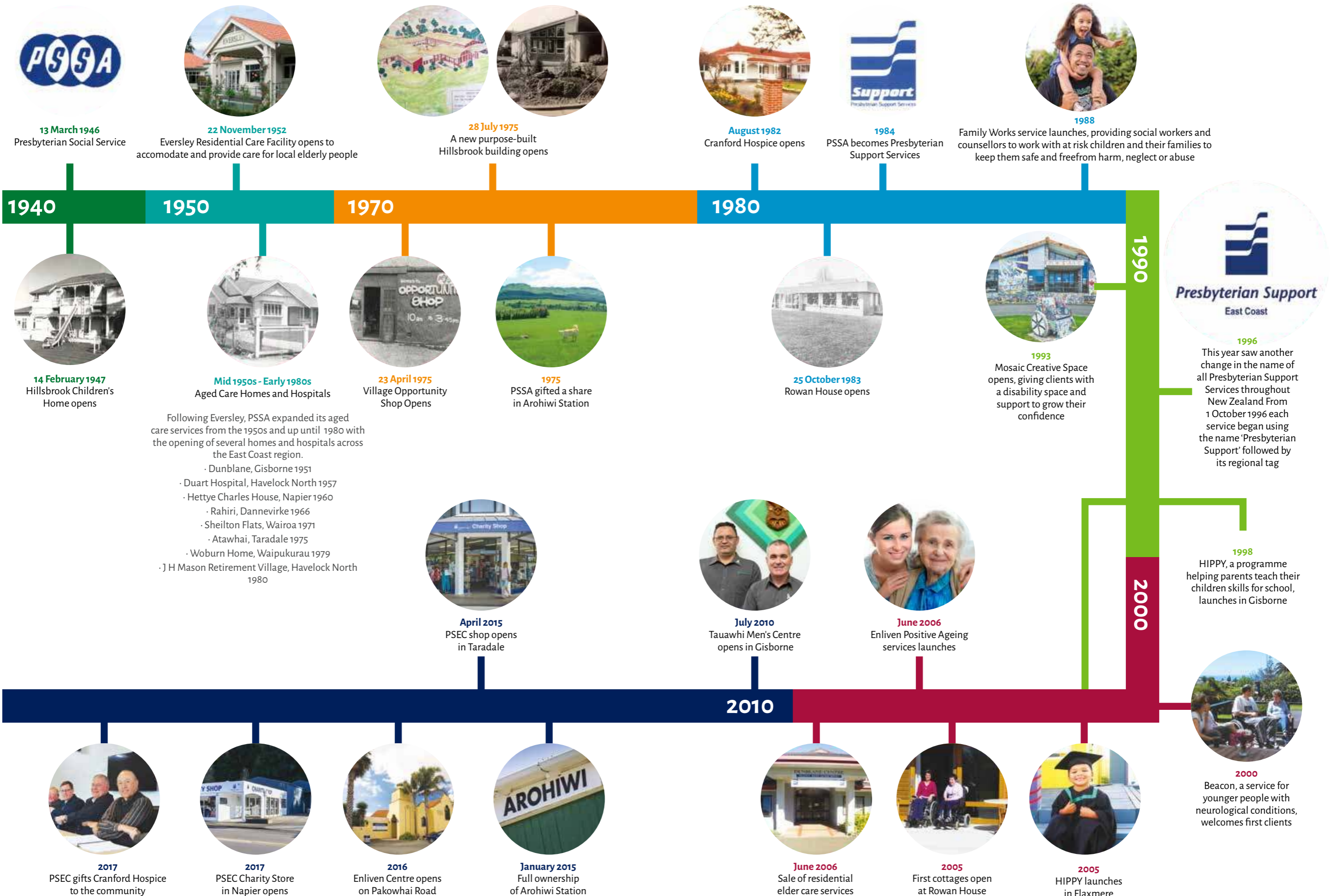
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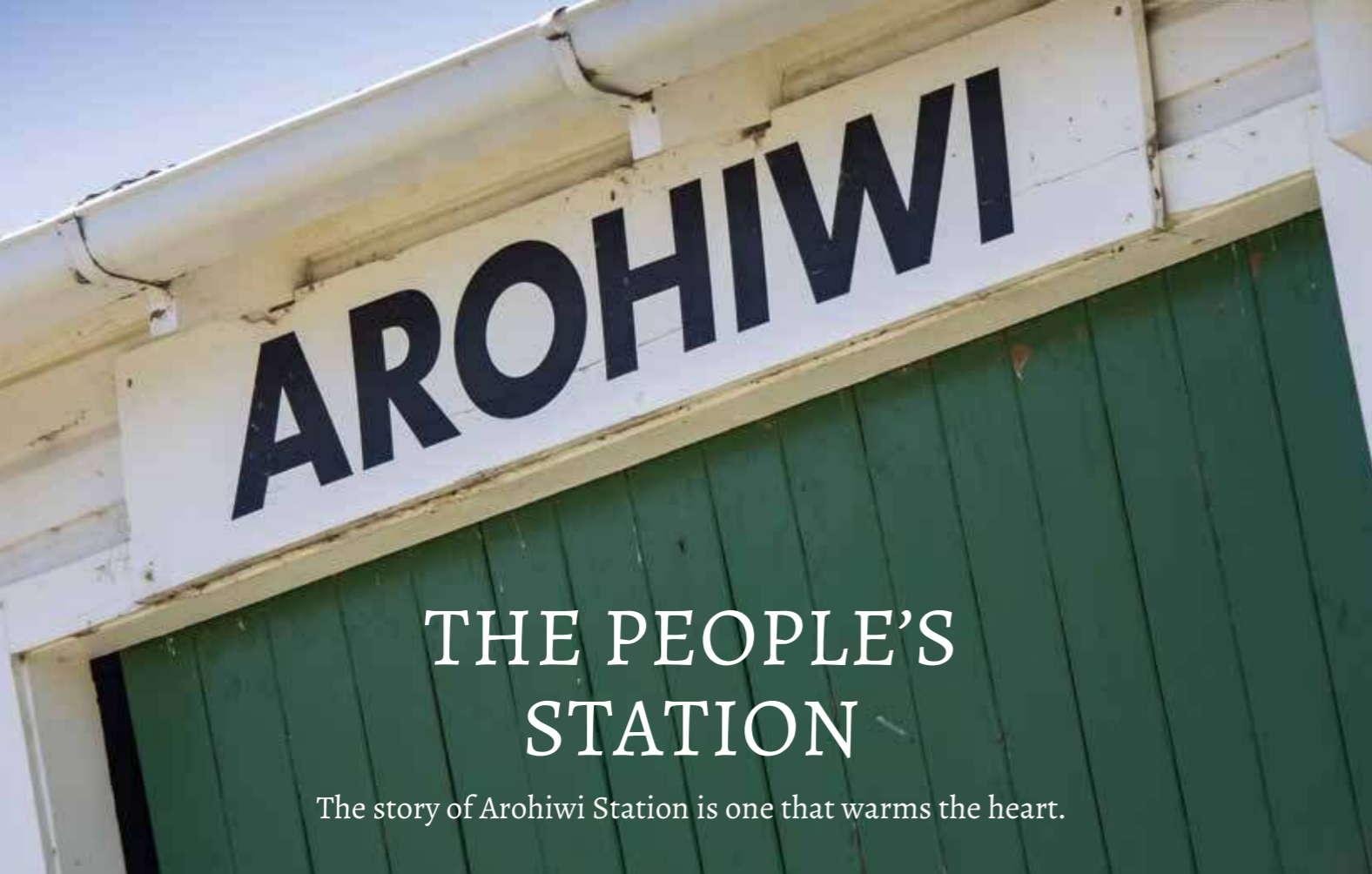
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History of Presbyterian Support East Coast





THE PEOPLE'S STATION

The story of Arohiwi Station is one that warms the heart.



THE PEOPLE

- Arohiwi Station Limited is administered by a board of four independent directors. The current Board consists of:-
- Peter Tod is the Chairperson of the Board. A Central Hawke's Bay farmer, Peter is a past winner of the Hawke's Bay Farmer of the Year.
- Marie Burgess is the former Chairperson and also a longstanding former PSEC board member. She has been involved with Arohiwi over many years, which benefits from her farming background.
- Peter Barnes is PSEC's elected representative to the Arohiwi Station Ltd board. He has been on the PSEC Board since 2008 and is a former practicing chartered accountant.
- Sandra Faulkner and her family run a farming business in Gisborne. Her Wairakaia Partnership farming business won the Supreme Award at the 2014 East Coast Farm Environment Awards.

The generosity and foresight of the Holt family has impacted hundreds of people in need through Presbyterian Support East Coast's (PSEC) services and in turn, through its stewardship of Arohiwi, PSEC not only has the responsibility of protecting this legacy for generations to come, it also has unwittingly become the catalyst of being a "constant" in an ever-changing rural community.

Puketitiri mirrors many small rural localities throughout New Zealand which have evolved to a point that they look and feel significantly different to what life was like only 25 years ago and beyond.

Memories of a community where life revolved around school and gatherings at the local hall, familiar faces from established families and understanding the historical ties to the land are just that – memories.

Puketitiri is symptomatic of changes with modern farming practices reducing the need for labour, improved roading making travel less onerous, families seeking supplementary off-farm income, rural school closures/mergers and farming dynasties being curtailed as younger generations opt for alternative career paths.

In amongst those changes, the gifting of part of Arohiwi Station in 1975 to PSEC has provided the Puketitiri community a romantic link to the past through the back-story of the Holt name that will be kept in perpetuity.

Arohiwi Station's connectivity to Puketitiri goes back to around 1895 when John Holt took up part of the property for timber milling purposes. This is around the time when Puketitiri was developing as a community with the predominately rimu, matai and kahikatea trees being actively milled in the district.

Puketitiri School traces its origin back to 1896. Farming operations at Arohiwi are thought to have commenced around 1914. The property was added to over the years with a further 800 hectares (approx.) added in 1952 from a purchase from the Brownlie family of All Black fame.

The PSEC involvement with Arohiwi Station almost may not have happened as the property was put up for sale by auction in December 1974. However, the 1819.51 ha. property failed to sell and was divided between Holt family interests, which was the trigger for the series of transactions that has resulted in Arohiwi being what it is now.

Arohiwi also leases the 18.50 ha. of land known as Hutchinsons Domain. When not being grazed by stock, the Domain is used as a golf course and for other local events, which at times included dog trials.

John Holt's granddaughter, Janet McCardle, has colourful memories of her time in Puketitiri and how Arohiwi was immersed in the local folklore. Janet remembers a time when the farm employed a ploughman, who would turn the soil with a team of draught horses. She takes delight in seeing the original traction engine from Holts Mill being rolled out every year at the Hawkes Bay A&P Show.

The farm also at one stage had three airstrips used by the top-dressing planes. Janet was also able to point out the generator shed in an old photo of the farm as electricity lines didn't reach Puketitiri until 1955.

When Janet attended Puketitiri School in the late 1930s there was a roll of 61, being the product of timber mill, farm and farm worker families populating the district. Fast forward to 2007 and that roll had fallen to five, which prompted the school to close at the end of that year. An article in the NZ Herald around that time carried a photo of the remaining pupils and in a poignant reminder of the past, two of the children had the surname Holt.

In an article published in the New Zealand Weekly News in 1969, a writer had travelled to Puketitiri to engage the local community as it prepared for Christmas festivities, eloquently stating "...one knows instinctively that here are people of the land, people who love the land, who treasure it, who husband it, all with the one desire to improve their heritage and to pass it on, enriched by their tenure". To comprehend that emotional bond to the land that the Holt family has unselfishly entrusted to PSEC, is to understand the truly special nature of this legacy.

DID YOU KNOW?

- PSEC is the sole shareholder of Arohiwi Station Limited.
- The dividend from the farm supports PSEC's social services, which care for children, disabled and elderly.
- The Station comprises 962.7 hectares, with a further 77 hectares of leased land.
- Arohiwi has a flock of approx. 5,500 pure bred Romney ewes.
- Lambing percentage at Arohiwi continues to rise and was 140% for the 2016/2017 financial year.
- Arohiwi carries approx. 280 predominately Angus breeding cattle.
- Arohiwi is at an altitude of between 460 and 750 metres above sea level.
- As a supplementary winter feed for the stock, swedes and kale are grown at Arohiwi.
- David Evans has been Arohiwi's Station Manager since 1992. David is responsible for the hands-on development of the farming operation and is the link between management and the board. On the farm, David is supported by his wife, Margaret, and the rest of the management team. Off the farm, he is supported by Regan Loach of Brown Webb Richardson accountants and Farm Consultant, John Cannon.

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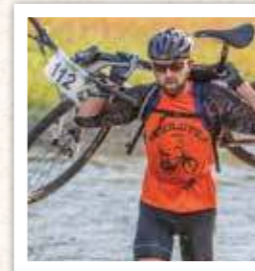


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COMMUNITY FUNDRAISING & EVENTS



**FROM ONE FAMILY
TO ANOTHER:
COMMUNITY
FUNDRAISING
AT ITS BEST**

No matter how tired and sore Bruce Richardson finds himself doing the Quarter Iron Maori event in November, he knows it's nowhere near as hard as some families are doing it, living with violence and poverty.

That's why he's looking for sponsors and supporters as he takes on the Olympic-distance triathlon event in Napier. Bruce has a young family himself and is motivated to raise money for Family Works to help Hawke's Bay's most vulnerable children and families.

"I want families in Hawke's Bay and Gisborne to experience the good times, love and happiness I experience with my family," Bruce says.

"The Family Works counsellors and social workers do amazing work with the vulnerable children and families in our communities and if I can help a few more of them get the help they so desperately need then it would make me a happy man."

Bruce says he particularly likes the Iron Maori event because it's open to everyone, of all fitness levels, and he is

inspired by seeing so many people "get off the couch and simply give it a go".

And that's exactly what he did four years ago. Overweight at 118kgs and living on a diet of fried food, sugary sweets and fizzy drink, he decided to tackle the iconic New Zealand adventure race, Coast to Coast after he saw it on the news one night. He committed to a strict training programme and dramatically changed his diet and the rest, they say, is history.

Bruce is now a fully-converted triathlete. Weighing in at a lean 78kg, he dedicates himself to training multiple times a week and places in most of his races. His highlight was competing in the Coast to Coast in 2017 in a tandem team where he placed second.

If you, your organisation or business would like to support Bruce in his raising funds for Family Works, please contact Ngaia Richardson on volunteer@psec.org.nz or phone 877 8193.

COMMUNITY FUNDRAISING

Community fundraising is where an individual, like Bruce, or group outside of Presbyterian Support East Coast decides to hold an event that raises money for PSEC and/or its services. Sometimes this is an event where PSEC receives all the proceeds (less expenses) and in other cases PSEC is the beneficiary of the door charge or a percentage of the profits from the event. Please get in touch to discuss your idea for an event. We can help with ideas too!

PSEC EVENTS

PSEC hosts fundraising events every year. Here's a hint at what to expect in 2018. If you'd like to be a part of any of these events, please contact our Marketing team on 06 877 8193

SPARKLE



Join us for the finest of Hawke's Bay food, wine and entertainment at Sparkle PSEC's black-tie fundraising dinner.

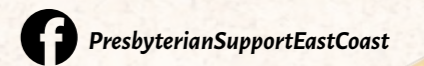
TAIRĀWHITI MEN OF THE YEAR AWARDS AND CHARITY DINNER

The 2018 Tairāwhiti Men of the Year Awards and Charity Dinner is a celebration and acknowledgement of the great men in our Gisborne community.

PSEC CELEBRATION

PSEC has been providing vital services since 1946 and each year we celebrate with an elegant garden party recognising PSEC's unique history at the Enliven Centre, in Pakowhai.

**KEEP AN EYE ON THE PSEC
FACEBOOK PAGE FOR MORE
DETAILS ON THESE EVENTS!**





Renaissance satirist Rabelais was concise in his Will:
“I have no available property, I owe a great deal; the rest I give to the poor.”

WEIRD & WONDERFUL WILLS

Wills are renowned for raising eyebrows and causing a stir for centuries. These are some of the most unusual instructions that have been found in Wills around the world:

CAT LADY

A lady who left her house to her cat, also wished for her funeral to be held on a clear summer's day. Unfortunately, on the 'clear summer day' of the funeral while the cat was sunning itself on the driveway, it was run over by the hearse.

GIVING TO STRANGERS

In 1919, the Will of an unnamed New York man included instructions to sell his 71 pairs of trousers by auction, with no bidder able to receive more than one pair. The successful bidders later discovered a fabric purse in the trousers with ten 100 dollar bills.

IS IT A SCAM?

Portuguese bachelor, Luis Carlos de Noronha Cabral da Camara, was so determined the State would not benefit from his estate that he bequeathed it to complete strangers. Thirteen years before his death, Luis randomly chose 70 names from the Lisbon telephone book in front of two witnesses at a registry office. Beneficiaries received letters about their good fortune after his death in 2001. Many thought it was a scam.

THE GREAT STORK DERBY

Toronto lawyer and bachelor, Charles Miller, was a prankster who left the undistributed portion of his estate to the Toronto woman who produced the most babies in the 10 years following his death. There were many contenders in the depression-torn city. The Will was unsuccessfully contested through to the Supreme Court, and in 1936, the \$750,000, estate (\$13.3m at today's value) was finally split between four women who each had nine children.

WILLING POETRY

Isaac Cooke from Surrey wrote his Will as a rhyming poem. One section reads: "To Alice Cooke my loving wife, for her to keep or use. Without reserve throughout her life, however she may choose."

GIFTS OF LOVE

US comedian Jack Benny wooed his future wife Mary Livingstone by anonymously sending her a long-stemmed red rose every day. The couple started dating and soon married. Throughout their 47 years together, Mary received a rose every day. When rose

deliveries continued after Jack died in 1972, Mary discovered that Jack's Will provided for a red rose to be delivered to her every day for the remainder of her life. She lived a further eight years.

A cautionary note however; any unusual requirements in a Will still need to comply with current laws.

A legal advisor can ensure the instructions in a Will are clear, legal and less likely to be contested after death.

Did you know your Will can also be a statement of your values? Your Will makes a perpetual statement about you because it shows the people and things you most value, including your favourite causes or charities. While a charitable bequest need not be large to be helpful to a cause, it will be a permanent statement of what you care about.

Philanthropy Manager Sylvie Gibbins is always interested to talk with anyone considering a bequest to PSEC. Please email her on philanthropy@psec.org.nz or phone 877 8193.

Wealth

Noun: A plentiful supply of a desirable thing.

Synonyms: abundance, plethora, treasury, plenitude, amplitude, bounty.

WHAT'S YOUR WEALTH REALLY WORTH?

Have you ever considered yourself a wealthy person? When one understands what wealth really is, you might be surprised to know that you are very wealthy indeed.

So what is wealth? The Oxford Dictionary describes it simply like this:

Usually when we talk about wealth, we assume abundant money or material possessions, but when we understand that wealth is simply an abundant supply of something good, then chances are we all have great wealth in some shape or form, and from our abundance we can help others.

But (and there is a big but) we can only give away something we have to begin with. So it's useful to identify what wealth we have in our own lives, and also how much more its worth when we share it with others.



Take the quick quiz to work out what wealth you have in your life right now (you may have more than one). Do you have plentiful:

TIME: I have spare time in my life which I could use to help others

SKILLS: I have specific and unique skills that I could offer to help others

RELATIONAL: I have a number of social connections that I could use to benefit others

EMOTIONAL: I have an empathetic personality to emotionally support others

ENTREPRENEURIAL: I have lots of great ideas that I could use to help others

FINANCIAL: I have money or goods that I could donate to help others

OTHER: I have another useful resource in my life right now to help others

Now let's look at what our wealth is really worth, by looking at our personal legacy...

Our legacy comes from sharing our wealth in our own lifetime and beyond, and it's what we do with what we have that really matters. Our legacy is often an invisible, intangible thing that we have the opportunity to create now, and pass on to the next generation. It's our invisible legacies such as our kind acts, wisdom and talents that have the most profound power in the lives of others, and will become what we are known for.

There's an ancient proverb that describes this beautifully ~ 'Give a man a fish, feed him for a day, but teach a man to fish and feed him for a lifetime.' The most valuable legacy was not the fish, which would feed the man once, but the knowledge of fishing which would feed the man forever.

If we realise that the wealth or abundance we have is there so we can bless others, and receive the joy of giving, perhaps we might view our giving very differently. 'It's more blessed to give than to receive.' Acts 20:35

Now that you know you are wealthy, and your wealth is worth a lot more when you give it away, why not use it to help others and experience the joy of giving today?

You can partner with Presbyterian Support East Coast and the work we do by helping many people in our region. Check out the giving section of our website to find out how you can use your wealth to create a lasting legacy.

OUR SERVICES

Presbyterian Support East Coast delivers \$12 million worth of vital social services through the East Coast region, with the help of over 220 staff and 400 volunteers.

Visit psec.org.nz for more information.

Enliven Older People Services

Supported older people in the community through services to 661 clients

Received **258** new clients into the services

99% of Restorative Home Support clients reported they were satisfied with services

100% of key support workers qualified at NZQA Level 2 or higher

98% of Enliven Centre clients agreed that the day programmes help them to feel socially connected and part of the community

97% of clients agreed that the service made a positive difference to their life

34% of Restorative Home Support clients discharged were fully independent or required lower level services

"I am sure that I would have found it very difficult to stay at home after hospital had it not been for Enliven giving me support. I will be forever grateful for their help and interest in my progress to being more independent!"

– Enliven Home Support



Enliven Disability Services

Provided supported accommodation, vocational learning and community participation for 82 people with disabilities

99% of Enliven Disability Services clients reported they were satisfied with services

94% stated they were encouraged to be as independent as possible

98% of Enliven Disability Services clients agreed that these services are making a positive difference to their life

94% of Enliven Disability Services clients felt supported to make their own choices

94% of Enliven Disability Services clients felt socially connected and part of the community

"I'm getting more confident but it takes time. People are encouraging and friendly."

"We are lucky to have a place like this."



Family Works East Coast

Provided social services and programmes for 2154 clients

Received **1520** new clients

87% of clients reported they were satisfied with services

96% of clients were satisfied with their relationship with their worker

91% of clients report that the service helped them learn useful new skills and strategies

90% of clients report that the service helped them meet their goals

89% of clients felt better prepared for the future

"It's helped me to come to terms with what happened, made me focus on the positive." (Adult)

"I learnt that I am better than people think I am. I can be who ever I want to and I am the one to pull me up when things get hard. I am my own Pou! I enjoyed someone believing in me." (Child)

