

PSEC

MAGAZINE

MAKING A DIFFERENCE TOGETHER



SUMMER 2022 | FREE

Place to call home
Enliven Disability

New beginnings
in Tairāwhiti

Joy of camaraderie

Sky's no limit
Art of learning



Presbyterian Support
East Coast





Enliven Older People team
supporting 'Wig Wednesday'



Opening of new offices
at Family Works Tairāwhiti



PSEC MAGAZINE

MAKING A DIFFERENCE TOGETHER

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Presbyterian Support East Coast

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Te Matakite

E nanaio ana te pito mata o ngā hāpori.

Te Kawenga

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

Ngā Whanonga Pono

Kaitiakitanga | Whanaungatanga |
Kotahitanga

Vision

Communities reaching their potential.

Mission

Lead social change with courage and care.

Values

Guardianship | Connections | Unity

PSEC CEO

Sanja Majstorović

LEADING CHANGE WITH COURAGE AND CARE

You can achieve anything! was a comment made by one of our students. What a joy it is to be able to see people find passion and purpose at our Taradale community-led creative art space and life skill education centre for younger disabled people.

We are excited by the new direction confirmed in our Strategic Plan 2030 to expand disability services while we continue to support children and their whānau, and older people.

The reward for work well done is the opportunity to do more. This is the case with our new Enliven Disability service, Middle Road in Havelock North. By partnering with other agencies, we have managed to pilot a new model of support for younger disabled people. For older people living alone, and children and families in vulnerable

situations, our dedicated team continue to provide a safe, supportive connection to the community.

It is a privilege to serve over 1,800 children, families, disabled people, and older people, and in a small way be part of improving their life journeys. We have supported our East Coast community since 1946, we are people helping people, but our aspirations will only be possible with community support. You are an important part of PSEC, whether you are a donor, a volunteer, a staff member, or a business supporter. It is with your support that we can help our community reach their potential.

We all share the same vision of social change for our East Coast community.

Let's make a difference together!



Majstorović
Sanja Majstorović
CEO, PSEC



FAMILY WORKS EAST COAST

1,298
PEOPLE SUPPORTED

601 SUPPORTED BY
CASEWORK AND
COUNSELLING

93%
CASEWORK AND COUNSELLING CLIENTS AGREED
SERVICE HELPED THEM MEET THEIR GOALS
(OUT OF 166 CLIENTS WHO GAVE FEEDBACK)

CHILDREN AND FAMILIES
NEED YOUR SUPPORT TODAY

\$100

PROVIDES COUNSELLING
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OF LASTING CHANGE
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OR CALL 0800 002 953
WITH CARD DETAILS

ENLIVEN: A PLACE TO CALL HOME

Imagine not belonging anywhere?

Enliven, a PSEC service, and Kāinga Ora – Homes and Communities have teamed up to address the housing shortage for younger people with physical disabilities in Hawke's Bay. Brendan and Julia's home is at Middle Road, Enliven's newest location in Havelock North. "A lot of younger people with disabilities are in old folks' homes because there's nowhere else for them to go," says Brendan, "it's ridiculous, younger people don't want to hang with old people and be treated like old people."

Brendan only stopped driving a few years ago, so despite being married for 15 years, this is the first time Julia and Brendan have lived in a house like Middle Road. "When Julia and I first met we were both still walking, not in

the chairs, and going about our daily lives. We have always had our own places." Brendan reveals that his ideal living arrangement would have three or four two-bedroom apartments along with a common building for support workers. Brendan is a draughtsman and has an adjustable workstation in their living room and office space for when he is working on CAD house plans or when Julia would like to video call family.

Enliven Middle Road is a place to call home. The partnership between PSEC and Kāinga Ora at Middle Road has added one more choice for those with physical disabilities, but more are needed. PSEC is constantly searching for suitable properties.

The Middle Road home is a significant

step in the right direction. "People with disabilities are suffering greatly in the housing crisis, and many are living in frankly inadequate accommodations," says Andrew Wordsworth, Enliven Disability Service Manager.

Enliven staff are on-site at Middle Road to support flatters with daily tasks and empower them to do as much for themselves as possible. A year after the home's opening, Team Leader Claire Beard says, "It feels like we are starting to settle more and more each day and can now focus on the things that really need to have attention." The team also includes a registered nurse, volunteers, and support workers. Staff are proud to be able to advocate during health appointments and are enjoying seeing the flatters' confidence and health literacy improve, "People are people, and it doesn't take long before you stop seeing the disability."

"A lot of younger people with disabilities are in old folks' homes because there's nowhere else for them to go."

PSEC has experience in providing and managing accessible homes in Hawke's Bay. Rowan House in Taradale opened in 1983. Like Middle Road, Rowan's intention was to promote adult choice that benefits people's daily lives. According to one of the 22 Rowan flatters responding to a PSEC satisfaction survey, "We are so lucky to have a home like this, there should be more Rowans out there."

Despite this progress, society still has a long way to go. "People make assumptions because you're in a wheelchair! It's very frustrating," one flatter shares. People feel alienated and are subjected to unjustified public responses when perceptions are skewed, partly due to a lack of



Andrew Wordsworth, Enliven Disability Service Manager, with Henry, a Rowan flatter who is very much part of the Taradale community and the person featured on the cover of this issue

Brendan and Julia Hope,
living at Middle Road



in Taradale or Havelock North.

A simple smile or nod of recognition can go a long way towards making people feel appreciated, noticed, and included in the community. Imagine having to travel through the entire village to reach a location that is only metres from you due to an impassable pathway. As a local business, consider how your premises can become more widely accessible. One flatter cautioned, "A step at the top of the ramp is not truly accessible for a wheelchair." Another flatter said patiently, "My personal space is also my wheelchair. You wouldn't walk up behind someone and push them so please don't do that to me - don't think I need help and push. If there is one key lesson to remember, it is this: if you're unsure, just ask!"

Thank you to our supporters, most recently to **Harcourts Foundation** for funding a power generator for the Middle Road home.

If your business would like to support locals by partnering with PSEC, meet up with Debbie to learn more, email magazine@psec.org.nz or call 06 877 8193.

Claire Beard,
Team Leader,
Middle Road



exposure and understanding. "It just needs to be better," adds Brendan, "A big component that makes people feel disabled is not being able to interact with the world or their community. My disability isn't who I am, it's what I've got." **Say hello if you spot our flatters**

enliven

To donate to Enliven's vital work:
0800 002 953

Find out about Disability Services:
06 844 4636

To find out about joining our Disability team, please email:
careers@psec.org.nz

There are so many ways you can help, to find out more about volunteering with our Disability team, please email:

volunteer@psec.org.nz




Thank you Harcourts Foundation!

Kaine Wilson and James Cooper with Sanja Majstorović, PSEC CEO, Andrew Wordsworth, Enliven Disability Service Manager, and Debbie Bakkerus, PSEC Head of Marketing

NEW BEGINNINGS IN TAIRĀWHITI

OPENING OF NEW OFFICES FOR
TAIRĀWHITI SOCIAL SERVICES





Our new office for Family Works Tairāwhiti, Te Whare o te Pā Harakeke, opened at 64 Customhouse Street during the Matariki season and it was a fitting celebration for new beginnings. Guests and staff mingled in the bright Gisborne sunshine and joined in waiata before entering the new space for both our team and our clients. The new Waharoa entrance embraces all whānau who enter the service, no matter who you are, you are welcome to come and kōrero with the team. Tāwera and Henare Tahuri are the artists who created the Waharoa and 'Tū Tangata' which previously resided at 141 Bright Street for around ten years. They lovingly dismantled the artwork to recreate and fit in the new office. Above the doorway a moko kauae worn by wāhine, acknowledges the role of wāhine as whare tāngata from where all life comes from, the house of life. The centre line of the moko kauae depicts the manawa or the heart line and our commitment to embracing connections through aroha, kindness and compassion which guides our mahi. As you enter the doors into the whare you are greeted by 'Tū Tangata' encouraging and empowering whānau to stand tall and be proud. The artwork symbolises services that embrace and wrap around our whānau and recognises the unique nature of our Tairāwhiti community.

We are grateful for staff whose commitment, contribution, and dedication make a daily difference in many lives from Wairoa to Pōtaka.

Family Works aims to support and empower families and whānau to be safe, secure, and well, and live to their potential. The whānau-focused services are free and include social work, counselling, parenting and relationship support, safety programmes, youth work and Awhi Mai, Awhi Atu supporting Nannies and Koro raising mokopuna.

Strong families build strong communities

Without your support we could not serve the people of the East Coast region who need your help most. If you would like to support children and families and gift them lasting change then visit psec.org.nz to donate online or call 0800 002 953 with your card details.

psec.org.nz/family-works-tairāwhiti

06 868 1399

Main: New Waharoa entrance. L to R: Caroline Thompson, Tairāwhiti Social Services Manager, with PSEC Board member, Rebekah Dinwoodie. Tangiwai Te Puni enters the building during the office opening



Become a Family Works Guardian Angel

Be part of a solution-based approach. A regular gift can make a lasting difference to restore children's lives by rebuilding families.

As a guardian angel you'll make a regular contribution of your choice to Family Works and receive updates on how your donation changes lives.

guardianangel@psec.org.nz
psec.org.nz/guardian-angel
0800 002 953





Colleen Skuse knows the important work Family Works delivers to the local community, helping tamariki and whānau that are meeting challenges daily. Driven by her own values to help others where there is need, Colleen did not hesitate to support the cause by becoming a Family Works Guardian Angel and making regular donations. Colleen says that if you want to help locals who are less fortunate then you should consider becoming a Family Works Guardian Angel.

Colleen has been more than just a donor for PSEC. She recently retired as a PSEC Board member after 10 ½ years loyal service. As the Tairāwhiti representative on the PSEC Board, Colleen proudly represented a region that she holds close to her heart. That dedication was acknowledged with Colleen being made a PSEC Life Member at the 2022 Annual

General Meeting. At that meeting, Colleen spoke warmly of her time on the Board. She was proud of seeing the increase in numbers of female members on the PSEC Board during her time. Colleen also praised the development of the farming operation at Arohiwi Station and shared her dream of seeing a farm cadetship become a reality in the future. Colleen's approach to life is best summed up by the Winston Churchill quote that she closed with in her recent retirement from the PSEC Board speech – **"We make a living by what we get: but we make a life by what we give."**

**To become a Guardian Angel:
Call 0800 002 953
guardianangel@psec.org.nz
psec.org.nz/guardian-angel**

VOLUNTEER | DENISE BRADLEY

Denise, a nurse with experience from Bermuda to Australia, started volunteering with PSEC around three years ago. Denise helps to move items between the PSEC charity shops and the Enliven Centre, adding "My car is always full of stuff!" Denise supports the ReTreads woodwork and painting, "I just love the Men's Group; there isn't a bad word spoken, and they are all so friendly and supportive of each other. You never know what they're going to come out with!" Denise grins.

Denise has noticed that people volunteer for similar reasons, the wonderful company, the profound sense of fulfilment they experience when serving, and most are searching for opportunities to engage with their communities.

Denise started volunteering at the PSEC charity shops before deciding to put her nursing experience to good use at Enliven Older People. She understands how important it is to remain fit and strong to prevent falls. "I've had a lot out of my life; I've travelled a lot; I've done a lot; and I just like to give a little bit back." Denise encourages those considering volunteering to try it, she says, "People are lonely in their homes and volunteering gives you a sense of achievement, it is good for everyone, it is beneficial all round."

**To find out about becoming a volunteer:
volunteer@psec.org.nz
psec.org.nz/volunteers**



Joy of camaraderie

There's nothing worn out about the ReTreads



To donate \$80 to transport older people to programmes visit psec.org.nz or call 0800 002 953

The ReTreads meet twice a week at the Enliven Centre on Pakowhai Road. It is a laugh a minute. This group of older men still living at home join in an exercise class and enjoy afternoon tea and a delicious two-course meal. The highlight of their visit is the various woodworking projects they craft throughout the year. This year, the guys tried their hand at fundraising too. They lovingly crafted red ANZAC poppies to raise \$750 for the RSA Taradale. They produce Christmas toys for vulnerable families and work on a variety of other projects like the little coffins made for families who had lost a baby. This deeply compassionate group felt compelled to give little ones and their families a dignified way to honour a lost life.

A visit to the ReTreads is comparable to watching five blockbusters back-to-back. The eclectic bunch have decades worth of experiences, skills, and community service to offer. The ReTreads are not at all worn out; instead, they are a hive of activity. In the past, one man worked as a boat builder, and another as a police officer who shook the Duke of Edinburgh's hand! These men, who have hung up their paid job hats, are doing it all over again, differently. They are using their expertise and energy to give back.

Our New Zealand population is ageing, and the number of older people who are not living well is rising. Older Kiwis face social and economic issues. By promoting healthy ageing and improving access to services people can enter their later years strong and steady and with meaningful choice. Enliven Community Day Programmes operate from two locations, JH Mason Village Hall in Havelock North, and Enliven Centre on Pakowhai Road. Day programmes emphasise participation and connection, maintaining people's mental and physical health as well as their social connections.

Programmes promote fun and learning while decreasing loneliness. Older people who need your help to access free services can become isolated and reclusive. We want older people to feel appreciated and to continue living a motivated and socially involved life in our community.



To find out more about our Older People Day Programmes:

 enliven@psec.org.nz

 06 281 2534



THE SKY'S

Jessie's love of space and the universe served as the inspiration for a project that is teaching him new dimensions at Mosaic, a community-based art space and life-skill education centre for younger disabled people. In the past, chances for individualised art education were less common. Some disabled people had poor educational experiences or were excluded. Twenty years ago, Leighann Coleman, a tutor who is now the Mosaic Programme Coordinator, recognised that students needed more than the art therapy they had access to. They wanted to learn.

Leighann is an established mixed-media artist with a strong resume that encompasses both commercial and exhibition work. Leighann encourages young people to access the arts at Mosaic, allowing them to fully express themselves through the artistic mediums of their choice rather than creating art for them. Leighann supports each person's growth and exploration of who they are, what they are passionate about, and who they want to be, along with the team

of professional staff, volunteers, and specialised tutors and the student's whānau.

"You can achieve anything!"
- Student

At Mosaic, we emphasise originality. Students get access to the arts in ways that suit their needs, passions, and aspirations, and they embark on this journey with a personalised art plan to support their objectives. Giving students the freedom to make their own decisions boosts their self-esteem, skill set, social networks, and ability to play a valued part in our community. Jessie's space and universe project will teach him new abilities, so he gains confidence in his art creation. "We focus on individual and group settings, and if someone wants to undertake individual exploration, since it's their interest, then we will try our best to support that," adds Leighann. A variety of people attend the creative space, "We are adapting to work with individuals and their styles, and to what student's

ask us for. We are supporting to develop that and giving opportunities to exhibit work if a student wants to," says Leighann.

Beyond only encouraging creative expression, students report benefits of social and personal achievement. They make friends, interact, and boost their confidence in settings like the library and shops.

"I always learn something new every day I come to Mosaic."
- Student

Some students have been under Leighann's tutelage for a considerable amount of time. "Mark is a good artist; I've known him for over twenty years; he's focused," Leighann remarks. Art is often done in a social setting and many participate because they enjoy the company, "The students are accepting of each other outside of the art," notes Leighann and her tender guidance for the Sgraffito group activity supports this, "Every single person at this table

Students at Mosaic Creative Space learning about Sgraffito

13,720

ON-SITE STUDENT HOURS 2022

S NO LIMIT

is going to do it differently, that's what I love about this group, you're unique and supportive of each other's work," she says. It is obvious that this is about more than just learning various art mediums, techniques, and genres; it is also about realising your potential. Italian for scratched, Sgraffito is a visual art technique. Another layer covers a preliminary surface, and when you scratch this top layer, a pattern or shape appears from beneath. The group is currently working on 'The Big Reveal.' At Enliven, we want to help students go deeper inside themselves to discover what they want the overall picture of their lives to look like, underneath the surface. Leighann clarified that the reason they are doing Sgraffito is because everyone has inquired about how to work with acrylic and oil, "Art helps people to tell stories, most students have a story around their work and express themselves with own art styles."

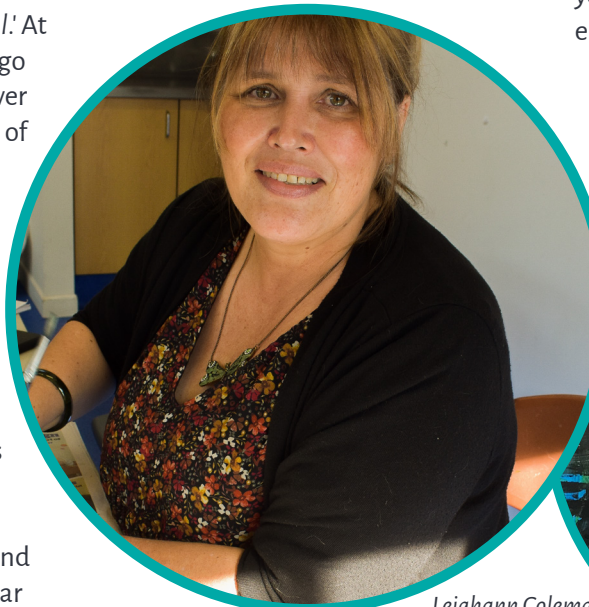
We appreciate all our supporters and are encouraged that we have similar

goals for social change. Although Mosaic was already moving towards becoming a creative environment when Leighann started working there years ago, "Due to finances and other issues it was hard." We would like to express our gratitude to Manatū Taonga - Ministry for Culture and Heritage for supporting our disability community services and enabling art instruction at this level. Thanks to their support, "We've been fortunate to have this

funding now so we can start just focusing on that aspect and re-establishing and rebuilding the creative space programmes."

Have you considered helping others? Volunteers to provide community support are needed. By sharing your talent or interest (whether creative or not), simply meeting up for coffee, or learning how to lead great adventures, you can contribute. To find out more email volunteer@psec.org.nz

A space and universe artwork project



Leighann Coleman,
Mosaic Programme
Coordinator



WE ALL SHARE THE SAME VISION OF SOCIAL CHANGE ON THE EAST COAST FOR



DISABLED PEOPLE

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enliven



OLDER PEOPLE

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