

# PSEC

MAGAZINE

PEOPLE HELPING PEOPLE

NGĀ TĀNGATA  
E ĀWHINA ANA  
I NGĀ TĀNGATA



SUMMER 2023 | FREE



**My life, my journey**  
Enliven Disability

**Whispering of hope**  
Family Works Angel

**Reimagining life**  
Enliven Older People

**Meet Nick and Vicki**  
PSEC people

**Love builds a home**  
Rowan House



Presbyterian Support  
East Coast



Enliven Disability students' bone carving blessing.  
Mosaic Creative Space - Pukurau.



*Artwork unveiling  
- Huranga toi.  
PSEC's Head  
Office, Hillsbrook  
- Manga Puke.  
Artist is Darryl  
Leigh Thompson  
who was born in  
Maraenui, Napier.  
Read more on our  
website.*

*Matariki kōrero  
and shared  
lunch at PSEC's  
Head Office.*



# PSEC

## MAGAZINE

# MAKING A DIFFERENCE TOGETHER

- 3 **Welcome from**  
Sanja Majstorović, CEO
- 4 **My life, my journey**  
Enliven Disability
- 6 **Whispering of hope**  
Family Works Angel
- 8 **Community Day Programmes**  
Enliven Older People
- 9 **Meet PSEC People**  
Nick, Taradale Volunteer  
Vicki, Flatter
- 11 **Love builds a home**  
Rowan House, Enliven Disability
- 12 **It's easy to support locals**  
Two easy ways for you to help

**Presbyterian Support East Coast**  
87 Te Mata Road  
Havelock North 4130  
**06 877 8193**  
[magazine@psec.org.nz](mailto:magazine@psec.org.nz)

ISSN: 2463 4956 (Print) 2463 4964 (Online)

Te Matakite  
E nanaiore ana te pito mata o ngā hāpori.  
Te Kawenga  
Me māia, me kumanu te arahanga i te  
panoni pāpori.  
Ngā Whanonga Pono  
Kaitiakitanga | Whanaungatanga |  
Kotahitanga

Vision  
Communities reaching their potential.  
Mission  
Lead social change with courage and care.  
Values  
Guardianship | Connections | Unity



## Sanja Majstorović

# Leading social change

WITH COURAGE AND CARE

Our PSEC value, *Kaitiakitanga* – Guardianship, refers to our responsibility to protect the natural world and to protect the rights and interests of people in our communities. We watch over the work entrusted to us carefully.

How do we know that every person we serve benefits from our support? We measure outcomes for each individual, we ask how they feel about our services and staff, and identify areas for improvement. We advocate for community and are not afraid to speak up. We advise local Councils and other agencies about what matters most to the people we support: children, older people, younger disabled people, and families in crisis.

PSEC is conscious about delivering services in a sustainable way. We account for the money we receive, and we invest our capital to

improve the quality and number of services in addition to those funded by the government. Although investing our financial resources takes courage, we are confident in our ability to lead social change. The cost of the flood damage at Enliven Disability's Rowan House for example was \$1 million of which some was covered by insurance, but we must fundraise for the rest. The Rowan House flatters are looking forward to returning home and you can read about how you can continue to help on page five.

We are a passionate, skilled, and a caring team working together towards one goal – serving local people. There are many ways that you can work with us to support your community.

**If you share our passion to improve the lives of locals, please contact us to find out how you can get involved.**



*Majstorović*  
Sanja Majstorović  
CEO, PSEC



PRESBYTERIAN SUPPORT  
EAST COAST 2022/23

**1,700+**  
people supported

**\$14M+**  
cost of services provided

**212**  
staff

**100**  
volunteers

It's easy to support locals.  
Donate here.



Visit [psec.org.nz](https://psec.org.nz)  
Call 0800 002 953



ENLIVEN DISABILITY

# My life, MY JOURNEY

The focus of disability support in New Zealand has shifted from exclusion from the community to citizenship and self-determination. Services are becoming more person-directed. Our goal at Enliven Disability is to support individuals on their own chosen path. Every person has the right to a good life and the choice of what their journey through life looks like. Since every person has a unique life, every person needs a different form of support. During the last two years, we have created a waka analogy that visually represents everything we do.

The image's outer shape is a reference to the vessel or waka which holds the kaupapa and unique journey for each tangata whaikaha (disabled person). The central spiral references the disabled person, and the top koru represents their untapped potential and the journey ahead together. All of us have people that support us through life. The side cut-out shapes are all those that assist a person on their journey, the rowers or paddlers in their waka, and the collaborative approach and leadership qualities needed to paddle together in unison. The bottom koru spiral shape symbolises the steadfastness of the navigator of the waka who keeps the waka on course and coordinates the paddlers to ensure the waka is going in the right direction. This could represent Enliven Disability who in some instances brings and holds together the different supports ensuring each is doing their part. Enliven Disability makes sure the journey is going in the right direction which is towards the person's full potential. Across our residential and community services we may play that role, or at other times we may be a supporting paddler for a person. Our role depends on each individual and their chosen support.

Our regular waka hui meetings are led by the person and include all the people supporting in their waka. This approach has changed a previously disjointed process to a person-directed experience where the person and their whānau can feel more engaged and clearly understand their role, as well as the role of other paddlers in a person's journey.

The hoe artwork, featured on the cover of this magazine, is a tangible representation of our service philosophy. It is a contemporary stylised paddle fashioned from the Widdringtonia Whytei or African Cypress native to Malawi which was vulnerable to a storm and from a location close to the artists' home. Like these endangered but hardy species of wood, tāngata whaikaha (disabled people), are symbols of strength and resilience. The artwork handle head is a representation of our tāngata whaikaha as rangatira kaiurungi, the true owners and leaders of their own journeys through life.

Left is artists Henare and Tāwera Tahuri with the hoe - paddle artwork created for Enliven Disability. Below left and on the cover is Andrew Wordsworth (Service Manager).





**“I believe in the right that all people have to live a good life and the contribution each person has to make in the world.**

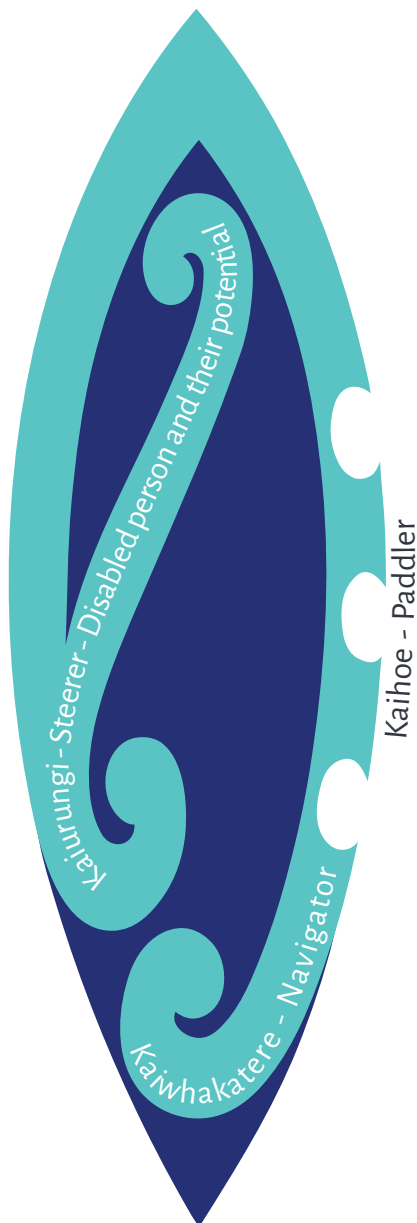
**PSEC shares this belief.”**

*Andrew Wordsworth,  
Enliven Disability Service Manager*



Below is the image created by artist Tāwera Tahuri to represent the work of Enliven Disability.

Below right is Enliven Disability's leadership team: Andrew Wordsworth (Service Manager), Ali Shapland (Community Services Operations Manager), Kai Jugo (Residential Services Operations Manager), and Estelle Bence (Clinical and Quality Manager).



## **The top priority right now is the upgrade at Rowan House**

### **We need \$300,000**

Four bedrooms are being improved to help flatters reach their potential at home. Upgrades include a new kitchen, bathroom, and laundry. We cannot do this work alone. We need your support to raise over three hundred thousand to finish these rooms. If you can help, please consider donating.

### **THANK YOU FOR YOUR SUPPORT.**

To donate visit  
**[psec.org.nz/appeal](https://psec.org.nz/appeal)**

or call

**0800 002 953**

or bank transfer\*

**03 0658 0005676 06**

\*Please use reference 'Rowan' and email [donations@psec.org.nz](mailto:donations@psec.org.nz) for a tax receipt.





IT'S EASY TO SUPPORT LOCALS

# You are a whispering of **HOPE**

Why do we fundraise? This year, we must tackle a PSEC service cost gap by raising well over \$1 million. Yes, the government does provide us with some funding, about 70% of the \$14 million cost of services we provide. We aim to provide services that lead to change for the people we support, so we do more while keeping our services free for those who need them most.

As a donor, you immediately help locals. This could be a child, a family, whānau, an older or disabled person. Your donation gives people free support right now. For example, our Family Works Angels are committed regular donors who have an overwhelming passion for families and children. These are donors that believe that all Kiwi kids are worthy of support as they courageously face obstacles.

Bailey\* is inspiring and showed great courage to our Family Works team. Despite coming from a loving family, Bailey stopped speaking and developed selective mutism following a traumatic event that happened outside the home. Family Works use a trauma-informed approach. Within weeks, Bailey was able to start speaking again under the guidance of our Family Works counsellor, who walked the family through a trauma recovery process. Although Bailey's trauma resulted from a single event, it had a significant impact because it led to mutism. However, children who experience continuous stress have a lengthier healing period. All trauma and especially frequent trauma have an impact on learning, relationships, the brain, general development, and health. It is comparable to living in a war zone. A struggling child feels threatened all the time, according to a Family Works counsellor. "It's rewarding to see positive change in others. Children often discover their needs during the healing process and start doing these things for themselves in the long run. People are far more resilient than we realise. There is much hope for healing and recovery with the right approach."

You can help children like Bailey get professional and caring support that we have seen bring about

positive change. We have passionate leaders in all our services, including Family Works, and an invested Board who believe whole-heartedly in our vision to see communities reaching their potential. It's easy for you to support locals by giving to a trusted local organisation.

Becoming a regular donor is one of the many safe and verified ways to support. We've modernised methods for giving; for example, we can visit you in Hastings or Napier with an EFTPOS terminal if you are missing cheques. Please give us a call to make sure this is a PSEC person and not a scam, just for your own protection. You can support our annual fundraiser event, or if you'd like to make an online donation, visit our website, or give over the phone by calling 0800 002 953.

*\*Personal details changed to protect privacy.*

*Pictured below is the Fundraising, Communication and Marketing team. Front left to right is Jennie Crawley, Helen Haw, Roger Morrison. Back left to right is Head of Marketing, Debbie Bakkerus with Leeann Sherratt and Carla Hyland at our annual fundraising event. Please join us at our next fundraising event. Visit [psec.org.nz](http://psec.org.nz) to learn more.*







---

## It's easy to become a Family Works Angel

### *GIVE REGULARLY*

Is your heart for East Coast kids? As a regular donor you are right there when families need support to recover from trauma and challenges. Your donations provide free support while people restore their lives. Be a whisper of hope. Let our local children and families know they are truly worthy, start your regular donation today.

**Call 0800 002 953**

**Visit [familyworksangel.org.nz](http://familyworksangel.org.nz)**





# REIMAGINING LIFE

enliven

## OLDER PEOPLE COMMUNITY DAY PROGRAMMES



Enliven Havelock North reimagines community day programmes with a fresh approach. We offer morning tea and lunch, accredited falls prevention exercise classes, and a variety of engaging activities on Tuesdays, Wednesdays, and Thursdays. Located at JH Mason Village on Durham Drive, our cozy hall setting allows for smaller group interactions and focused attention to specific needs.

Our expert team is revolutionising the experience by introducing modern daily activities into routines. Instead of prescribed activities, input from our older people shapes what we do. Recent movie weeks featured classics voted by older people, "The Sound of Music" and "Grease," with savoury snack boxes instead of our normal lunch, replicating the cinema experience before and after our exercise class. It was a hit!

Our day programmes provide an opportunity for older people to engage in meaningful activities with a supportive group that fits their schedule. We aim to bring genuine joy to people's lives and empower older people with choices.

Some older people join us for the exercises and activities. Others visit to socialise while their carers enjoy a respite, knowing their loved ones are safe, supported, and having fun.

The closure of the flood damaged Enliven Centre on Pākōwhai Road has led to more programmes at Enliven Havelock North. Napier residents who had nothing on for a while following Cyclone Gabrielle, have found a welcoming home at Enliven Havelock North, settling in well and enjoying themselves.

### **We have space for more older people to join in the Havelock North fun!**

To find out more about community day programmes for you or your family, ask your GP about Enliven Older People services, call a Needs Assessment Service Coordinator (NASC) directly on 06 834 1871, or have a chat with our Enliven Older People team on freephone 0800 436 548.

**It's easy to support local older people!  
Donate online at [psec.org.nz](https://psec.org.nz) or call 0800 002 953.**



# PSEC *people*



## NICK BURN | VOLUNTEER

Nick, a remarkable volunteer in his early twenties, has been a familiar face to Ruth, the Taradale PSEC Charity Shop Manager, since high school. Originally a customer searching for jeans for himself and his twin brother, Nick now dedicates his Wednesdays to volunteering at the shop. His motivation? "Volunteering gets me out of the house because I wanted something to do; I'm looking for a job," he explains. Nick's role varies from serving customers and bagging their purchases to sorting clothes by season and cleaning toys.

Nick is a valuable and enthusiastic worker. He engages each customer with bright conversation and loves knick-knacks, particularly animal ornaments. When he's not volunteering, Nick can be found at home, doing household chores, having friends over, or occasionally feeding the ducks. "Nick is a delight to have around," says Ruth, "there is always a lot of laughter when he is at the shop and even though Nick is challenged daily with disability he does not let it stop him from getting out there and making a difference in his community."

**If you'd like to volunteer, email [volunteer@psec.org.nz](mailto:volunteer@psec.org.nz) or visit the Taradale shop, corner of Gloucester and White Street. Visit on a Wednesday to say hi to Nick!**

## VICKI JONES | FLATTER

"I really enjoy living at Rowan," says Vicki who has been a flatter at Enliven Disability's Rowan House in Taradale for 31 years, "it's nice and peaceful and I have lots of friends here." Vicki lives in her own space which is separate to the 12-bed main house. At the moment, Vicki is enjoying researching, "I like being on the computer and looking up all sorts of topics; PSEC is one of them, and funny topics, but mainly I read up about IT." Outside of Rowan, Vicki's interests include walking, computers, spending money at the 123 Plus shop, and having coffees out with her parents.

Before Vicki moved to her home in Taradale she was staying in a building that used to be a nursing home for older people. This is a story that is not uncommon for many of our flatters who used to live in unsuitable older people places before meeting Enliven Disability. At Rowan House, younger disabled people can steer their own journey through life and enjoy being surrounded by people similar in age.

**To learn more about Enliven Disability, or to donate to support local disabled people, visit [psec.org.nz](http://psec.org.nz)**







# PARK UPGRADES & NEW FACILITIES ENSURE ACCESS FOR ALL



Cornwall Park is one of Hastings city's most popular and attractive green spaces, and now its natural and built features can be enjoyed by even more members of the community.

In May this year a new playground specifically for children with mobility, sensory and hearing impairments, alongside the upgraded former tea kiosk building and a Changing Places bathroom, were officially opened.

Hastings District Council Public Spaces Planning Manager Rachel Stuart said it was important to create spaces that are accessible for as many community members as possible.

"We talked to carers and the Safer Hastings Disability Reference Group about what the needs were, and this helped inform the design of the playground that features swings, a carousel, musical chimes and a vehicle springer with a ramp, all directly accessible from wheelchairs; and introduced us to Changing Places bathrooms."

A first for Hawke's Bay and only the sixth such bathroom in New Zealand, the facility is a roomy 12 square metres and includes a wall-mounted hoist, height adjustable change table, privacy screen, showering facility and a toilet set away from the wall.

Access to the room is restricted to registered users to prevent people who don't need, or might damage it, from entering.



New Zealand's Changing Places founder Jenn Hooper said these bathrooms were tried and tested to ensure they fit the needs of users.

"If a room has been used three times in a month that's a win – that's three times users have been able to be cared for in a safe and dignified way.

"It gives people confidence to leave their houses just knowing one of these facilities is available."

The playground and bathroom are already getting the thumbs up from users.

Awhina Hollis-English is the parent of a child with complex needs and also a staff member at Fairhaven Specialist School in Taradale.

She said the Changing Places bathroom was life-changing.

"As a mother, it allows us the freedom to spend the day in Hastings and enjoy activities, such as the wonderful playground at Cornwall Park with friends and family without having to travel home for toileting needs.

"As a staff member of Fairhaven Specialist School this makes a difference for our students in opening up learning opportunities in the community."

Information on how to become a Changing Places member can be found at [www.changingplaces.org.nz/become-a-member](http://www.changingplaces.org.nz/become-a-member)





# LOVE BUILDS A HOME

In New Zealand, the concept of "home" has evolved for disabled people. Enliven Disability provides person-directed residential support. We believe in everyone's ability to make their own choices and define their own journey through life.

Home is more than bricks and mortar; it's a deeply personal place. A good example of this is Aroha the "queen flatter," who has found her home at Rowan House in Taradale. Aroha lives with her parents, Duncan and Anne-Marie Pollock, who have lived at Rowan House for 17 and 11 years respectively. Duncan and Anne-Marie care for Aroha as any pet owner would, ensuring her health and well-being and booking her into the cattery when they go away.

Life at Rowan House for Aroha is one of feline adventures. She roams outdoors during the day and sleeps inside at night, favouring the kitchen window over a specially installed cat door. She also easily navigates the accessible automatic sliding door. Although she once caused concern by missing her 8pm curfew, Duncan reassured Anne-Marie to not give up hope and Aroha was found safe the next morning.

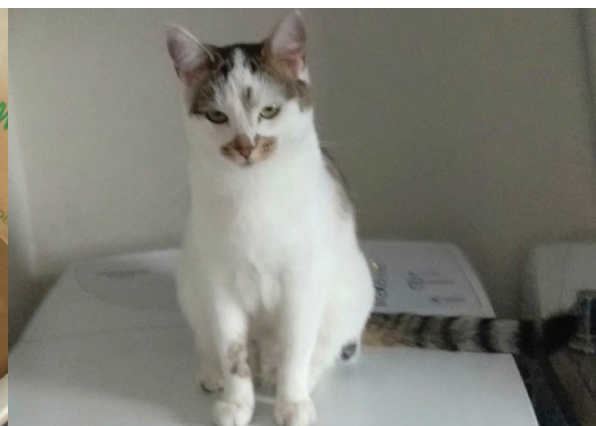
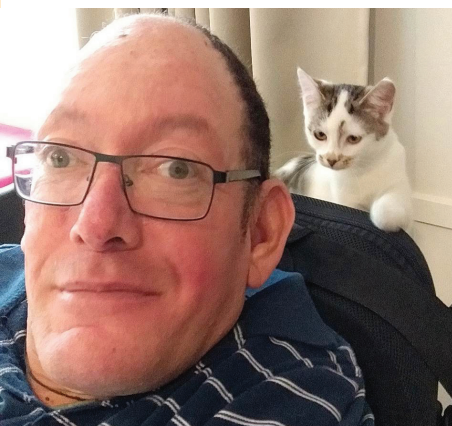
Aroha is a sociable cat, visiting the main house next door, occasionally showing off her mouse-catching

skills, and earning a reputation as a friendly and well-liked flatter. Aroha has a courageous spirit which was evident during the Cyclone Gabrielle emergency evacuation when she travelled with her mum in a jeep to the fire station and was later reunited with the full family. Despite the ongoing flood damage reinstatement work at Rowan House, Aroha remains unfazed, showcasing her resilience and strong sense of belonging to this community.

Aroha was discovered abandoned at a nearby rubbish dump and has found a loving home with the Pollocks, who cannot have children. She is more than a pet; she's a cherished member of their family and brings immeasurable joy and comfort to her proud mum and dad.

The story of Aroha highlights the significance of "home", whether human or feline. It underscores the power of love, companionship, and resilience in creating a true sense of belonging. At Enliven Disability, we celebrate these heartwarming and diverse stories and believe that everyone deserves a place they can truly call home.

**It's easy to support locals! To learn more about Enliven Disability, or donate, visit [psec.org.nz](https://psec.org.nz)**





# EAST COAST SOCIAL SERVICES SINCE 1946



*enliven*

DISABLED PEOPLE



*enliven*

OLDER PEOPLE



FamilyWorks

CHILDREN AND FAMILIES

It's easy to support locals. Donate here.



Call 0800 002 953

Visit [psec.org.nz](http://psec.org.nz)



Presbyterian Support  
East Coast