

## Volunteer Spotlight: Foster Parents are one of a kind

Heather and Pita Petelo became foster parents for Family Works in September 2016 and haven't looked back since.

The Petelo's are a young couple with energy for caring for children. Pita is of Tokelauan descent and grew up in Wellington. Heather is Canadian, grew up in British Columbia and studied at Simon Fraser University in Vancouver becoming a teacher majoring in science.

Heather met Pita while working in Tokelau. The couple are now settled in Invercargill where Heather works at Southland Boys High School and Pita at McGlynn Homes.

Since 2016 they have fostered a number of children through Family Works and have formed a special relationship with each of their foster children. The Petelo's offer children a calm loving home environment where they can settle. There are plenty of games to stimulate their developing brains along with an energetic dog to run around with at the Paetelo's place. Over the years Heather and Pita have nurtured children who are behind in their education and they have encouraged them to enjoy things like books and reading.

Heather and Pita like to be involved in the community so any children they had with them were lucky as they have given opportunities to experience an array of activities and adventures that they otherwise may not have. Both Pita and Heather have calm, nurturing and kind personalities that have allowed them to connect with foster children coming into their home and they have enjoyed watching the children begin to blossom in their care. Some of the children they have fostered over the years have had some difficult behaviours but Heather and Pita nurtured the children with firm boundaries, consequences and lots of fun and activities.

Heather and Pita said they have both enjoyed having the children in their home,

although they may not always see the full impact they have had, as the children have moved on.

At Family Works we know that for the children, their time with the Petelo's has made a difference in their lives. Heather talked about seeing a boy they fostered, at school and he approached her. She could see he was trying to figure out who she was and she said they briefly spoke but what stood out to her the most was how polite and caring he was, which made Heather proud.

Heather and Pita gave the children they fostered an insight into the possibilities they could reach in life if they pursued their goals. They encouraged the children in learning in a fun and active way that brought out the ability they children did not know they possessed.

Heather and Pita have now retired as Foster Parents and we will miss having them as part of our Family Works team but they know that we will welcome them back to fostering in the future.

If you would like to know more about becoming a Foster Parent please contact our Foster Care Coordinator **Nicola Bode** on 03 211 8226.



Heather and Pita who have been foster parents since September 2016.



Presbyterian Support  
Southland

Our Services

enliven

Family Works

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✉ Please sign up to our e-newsletter by emailing our Marketing Assistant Liam Poole at [liam.poole@pss.org.nz](mailto:liam.poole@pss.org.nz)

# Health and Safety specialist brings her expertise to PSS

PeopleMatters

Janine Cruickshank is no stranger to working in health and safety, but while it is a familiar path, her new role at Presbyterian Support Southland (PSS) is one that she is relishing.

Janine is the new Health and Safety Coordinator with Presbyterian Support. It is a new role within the organisation, which makes it even more exciting, she believes.

The role involves overseeing the organisational's health and safety manual, and hazard and risk register, but it goes further than that too – it's about managing the wellbeing of staff and residents, and ensuring that people are happy, healthy, and safe at work, so that they can go home to live their best lives there as well.

Having been in the role less than two months, her main priority at the moment has been meeting staff, becoming familiar with each of the sites the organisation is responsible for, and learning more about how each team works together.

She is also working alongside Enliven's Quality Manager and Infection Control staff member, in the midst of the Covid-19 pandemic, to ensure all protocols and procedures are in place to keep staff and residents safe.

She is no stranger to working in the health and safety space – she comes to PSS from Emergency Management Southland, where she worked mostly with councils and organisations on business continuity, and prior to that worked in Human Resources at Southland Disability Enterprises.

She has plans to implement a range of well-being focused activities and initiatives in the coming months.

**“I will be advocating the importance of health and safety in the workplace and for everyone to have this at the forefront of their minds, ensuring everyone who comes to work goes home healthy and safe”.**

Her goal is to have an organisation that fully embraces the concept of workplace wellbeing, has high staff engagement in health and safety, and recognises the importance of working together and supporting each other.

Feedback so far has been hugely positive, with staff valuing the role she is able to play in feeding any of their concerns up through to management and board level.

“With any large organisation communication is key and I would like to see everyone working together to create a happy, safe, healthy, work place.”



PSS new Health and Safety specialist  
Janine Cruickshank.

## What our residents and families are saying

To all the wonderful staff at Vickery. We wish to let you know how grateful and appreciative we were for the loving and kind care you gave to Mum. You made her last months happier than they could have been. All our thanks, from her daughters.

I have a grandchild who is a buddy which has been so positive for my child. Thank you all who put yourselves forward for this

Can't fault the care at Resthaven, it is exceptional.

Last week I sat with Mum - I would like to thank you all so much for your loving care of Mum. I was blown away by the care and the dignity she was given. You are all amazing. I will miss Mum terribly but after 96 3/4 years, she was ready to go. And yes she wasn't in a hurry.

Buddy is such an awesome programme and a great way to make a difference in a child's life.

I need to pass on from a family member who's loved one was in your Dementia Unit, they were very impressed with the care that their family receive. It is so nice to come into the Dementia unit and have everyone looking so nice and calm.

Great job, to all involved. You have blessed others much.

I'm grateful for the comprehensive and professional parenting strategies and skills this programme has provided for my family. That's what everyone needs but yet has been ignored by the modern education system. Highly recommended! (Family Start)

# Gratitude Corner

This edition we would like to extend our gratitude to the family members of one of our Vickery Court residents who have donated money that has allowed us to purchase two brand new coffee machines for our residents, their families and staff at Vickery Court.

The new coffee machines have been set up at for everyone to enjoy while the leftover donation money has gone towards some new artwork that has brightened up the Vickery Court lounge.

Thank you to our very generous extended family members for our new coffee machines and decor have been a hit with our staff, residents and their visiting family members.

**#makingadifferencetogether**



## Getting to Know PSS staff



### Meet... Julie Tippet

#### How long have you worked for PSS:

Coming up to five years.

#### Overview of role:

I support families with a range of parenting challenges, and with adult issues that impact parenting. I have a lot of conversations about behaviour management strategies, managing anxiety, and challenging the status quo. This year I am also adding facilitation of the Incredible Years Parenting Program to my role.

#### What's the number one thing you love most about your job?

When families try something new and experience small successes. It is such a privilege to see someone's personal growth.

#### What do you enjoy outside of work?

My daughter and I are very involved with XO Church and attend lots of activities with our church family. I also enjoy singing and playing the ukulele. I'm not sure I enjoy gardening, but I definitely like the gardens more when they are tidy.

#### What's the one thing you can't live without?

Music.

## We are looking for Big Buddies to join our Buddy Programme!

The programme contributes to the emotional and social wellbeing of children by matching them with carefully selected and trained adult volunteers in a well-supported mentoring relationship.

We are looking for Big Buddy's in Invercargill, Gore and Wakatipu.

To sign up or to find out more, visit: <https://pss.org.nz/family-works>



# Bringing Southland together for a special Christmas



While Christmas for many people is a time of joy, happiness, being with family, eating plenty of good food, and celebrating, for others it is a time of stress, loneliness, or struggle.

But the Southland community is a generous one, and by working together we can help ease some of that stress, bring smiles to faces, and create a Christmas people can remember and cherish.

Take a look below at some of the ways we, with the help of the Southland community, were able to make Christmas a bit more magical for hundreds of families and vulnerable people last year.



## Kiwi Christmas Books

For many children, a book is one of the staple Christmas gifts. But for some families, who are working hard to put food on the table and keep bills paid, extras, like books, are luxuries that aren't on offer at Christmas. Which is why we were so hugely grateful to receive 650 brand new books, donated by the Kiwi Christmas Books.



Here's what Pam, from Kiwi Christmas Books, had to say about why they got involved.

"In 2019 my daughter Sonya Wilson came up with the idea of Kiwi Christmas Books and launched this charity in Auckland. It was so successful she decided to call on friends and family in other parts of New Zealand to support this cause and spread it nationwide. I became involved because I loved the idea of children who have more challenging lives than others getting something new at Christmas and what better than the smell of a new book? My daughter also initiated the charity with the idea of supporting New Zealand authors and I thought that was great. This is why we encourage people to donate books written by New Zealanders.

I have been involved with Family Works in the past through my work in ECE and also as part of the Buddy programme. I knew what a great job they do and

how many families they work with each year. I couldn't think of a more worthy organisation to receive the books."



Kiwi Christmas Books

outstanding support of the Southland community.

One of those businesses was NZME, who came on board as a partner and sponsored radio advertising for the appeal. They also had a Christmas tree at their office where they encouraged the public to donate to, and even brought Southland Real Estate on board to support.

Here's what the team from NZME had to say about why they got involved:

"NZME- The Hits, in partnership with Southland Real Estate were excited to be a part of being able to help families have a special Christmas.

## Christmas Gift Appeal

The Southland community also showed its true colours in the amazing support received for the annual Christmas Appeal. This appeal, which aims to help provide gifts to families needing a bit of extra support, received the largest response to date from the community.

Businesses from throughout Southland, along with individuals from all walks of life, dug deep and provided gifts. One family donated 20 New World food hampers and through the appeal 550 children in Southland had their Santa Sacks filled with gifts. This would not have happened if not for the



Christmas Gifts from the The Rotary Club of Invercargill

"Everyone knows that anybody's life can change in the blink of an eye and the certainty that we know and often take for granted is no longer there.

"Presbyterian Support Southland do so much in our community that we wanted to assist them as much as we could at a time that can be challenging for many families and be a part of children waking up on Christmas morning to experience the delight and joy they all deserve."



Christmas gifts donated for Southland families

So on behalf of our families, our residents, and our staff, we thank you Southland for recognising the true meaning of the season and again going above and beyond to help make Christmas a magical occasion.

## Christmas Hampers



For years Family Works has been supplying Christmas hampers to families they are working with, as a way to lessen the load they are facing.

However, in 2020, the Covid-19 pandemic meant the team had to approach these hampers a bit differently, as the usual means of supplying the bulk of grocery items for the hampers was no longer an option.

This is where the Southland Community came in.



Family Works reached out to the community to ask for help. And the response was astounding. It was truly humbling to see the community get in and support each other, to ensure Christmas was a beautiful and enjoyable occasion for as many people as possible.

Take a look at what our hamper coordinator Kate has to say about who helped and how well it was received.

"I am happy to say that this year was our best year yet as everything provided in the hampers was fully donated from the business community.

With Paul Woods Fire Protection supplying 50 frozen chickens, GWD

providing all the canned fruit (a lot came from one persons lucky sweepstake win in the Melbourne cup) to cash donated by various companies to the eggs given free of charge from Craig's Poultry in Herbert (North Otago) to our donations from Focus Technology (fresh fruit and vegetables via Plaza Supervalue) Anchor (Fonterra), Quality Bakers and Asaleo providing sanitary items to Malloch McLean coming on board with volunteers to help pack our hampers.

We received some wonderful feedback from families who received this assistance:

"Thank you for the hand up over the Christmas period. It was gratefully received and appreciated".

**"Thank you so much for the hamper. I can't thank you enough for it at this time. 2020 really hasn't been my year and I have found the struggle more difficult than I thought I could handle, but with the support and help I've got through.**

We also received some heartwarming feedback from one of our Family Works team members about their experience giving out a hamper:

"Today I took out a few wee gifts and a hamper for a family who have really struggled this year, mostly because of medical issues and the resulting stress these cause. When I got there, Mum

stood there and cried. She explained that it was so unexpected that she just didn't know what to say, she was so overwhelmed by the kindness of a stranger that she couldn't stop crying, she admitted that it was probably the only gift she and her husband would receive as they were all so focused on the needs of the children within their family this year. For the first time in a long time I saw pure hope in this mum's eyes, she had a bounce in her step and a smile on her face and this is all down to the person who made a small donation

I just want to thank you for allowing me to experience today what Christmas is all about.



Malloch McClean volunteered to pack our Christmas Hampers

Thank you so much to everyone involved in helping make this happen for Southland families in need.



## More Christmas highlights



# Resident Focus

## Sheila Baytopp: A life in review

When Sheila Baytopp talks about dance her eyes glaze over, and a dreamy, far away expression crosses her face.

It's an expression of love, of passion, of times gone by, but times that are remembered with fondness.

Sheila, who is now 91, is a member of the PSS Enliven family, having lived at Walmsley House until last year when she moved to live closer to her son in Christchurch.

But like many residents at care homes, Sheila has a story that is as impressive as it is inspiring.

A dancer from a young age, Sheila was born and raised in England, where her passion for dance and theatre developed.

The opportunity of starting a career in dance came at age 17, when she joined a ballet company, however she soon discovered ballet wasn't for her, and instead moved into musical theatre.

"Which I loved. It's just a world of its own."

It was a lifestyle and a career that has taken her all over the world.

At a 21st birthday party she attended, Sean Connery was also there, a lowly chorus boy in a production at the time. But it was just all part of the life for Sheila.

"You live in a different world and it's lovely."

Friends made while performing in productions stayed friends, and you learned to not say goodbye, just "ok, see you next time."

"I was very very lucky. I more or less went from one production to another. It was very hard work. When you joined a new company, you had two weeks to learn everything."

Rehearsals usually started at 10am, but often continued until 1 or 2am.

One of her best career decisions came when she took up an opportunity to work on a production in Africa.

"I just loved Africa and I wanted to see more of it."

When her contract with the production ended, she took the time to travel around the continent, and there met her first husband. They married in Nairobi and had their first son there.

But life back in England beckoned, and she returned, and had a second son, leaving the theatre completely to focus on her family.

She moved to New Zealand with her second husband about 20 years ago, after visiting on holiday.

"I've been very happy here."



Sheila Baytopp

**"I have had a wonderful life. I've always made the best of it. Life is for living and that's what you must do."**

Despite not having been on the stage for decades, music remains a major part of Sheila's life.

"I love going to concerts, I can't live without music."

"I like things like Beethoven but also modern theatre music."

And even after all these years, and thoroughly enjoying the life she has led, she still misses the theatre.

With a twinkle in her eye, she remembers.

"I think I will always miss it."

## *Southern Steel Walking Netball*

Our residents had a fantastic time a few weeks ago by taking the court and playing some Walking Netball with the Southern Steel. We followed this up with a delicious hearty lunch at Peacehaven in Anderson Hall before the team had to get back to their training.

Thank you to the Steel for setting up an awesome game for us, the smiles on our resident's faces were worth every minute.

"For one thing, it's fast, and at my age, it's a bit of a challenge, but enjoyable."

Bruce Greaney

"It was very good, I enjoyed it."

Glenda Bigwood

"I could only say two words – great fun. I never thought I would be doing this again at my age."

Alison Tapp

"This was my first time playing netball. I enjoyed the company, I enjoy getting out to any of these things."

Brian Elder





# COMMUNITY CONNECTIONS



During the Burt Munro event back in February our residents at Peacehaven got to get amongst some of the action!!



PSS Central Office staff came together in January to recognise Little Heart Day and collecting donations for HeartKids.



January was a very special month for our Vickery Court resident Ivy who celebrated her 102th birthday!!! Congratulations Ivy.



Our Big and Little Buddy pair Robyn and Victor have recently been on an exciting adventure at Skyline Queenstown where they had fun lugging!



Santa dropped by and made a surprise visit to our residents at Resthaven who were thrilled to meet not one but two Santas.



Our Vickery Court team getting into the St Paddy's day spirit!

## Group Parenting Programme Dates 2021

There are spots now available for our group parenting programmes, covering a wide range of topics including parenting skills, support/information and strategies.

Our Parenting Services are FREE of charge

Wednesday 12th of May | Wednesday 4th of August | Wednesday 20th of October

Visit <https://pss.org.nz/family-works> to sign up or learn more



# Would you like to make a difference together for another 100 years?

Over the past year we worked alongside and supported 3,594 people in Southland both young and old.

There are many ways in which you can help support our work. Your gift or time will help vulnerable children, families/whanau and older people feel that they are safe, strong and connected.

## Donations

Financial support, however small or large, is always appreciated. It can be tagged specifically or used generically to benefit Southlanders.

## Bequests

Bequests have a major impact on our services and facilities. Their value is immense and hugely appreciated. Without this form of support, our organisation would not be able to have the positive impact it does.

## Volunteering

If you can spend a few hours or spend time on a regular basis, this can have a huge impact for you, and for people that need someone to simply spend a little time to help them. There are a huge range of ways to volunteer within PSS and we greatly appreciate those who are able to offer their time to help.

If you'd like to help in any way, we would **love** to hear from you.

Give us a call on	03 211 8200
Come and see us at	183 Spey Street, Invercargill
Drop us a note to	PO Box 314, Invercargill, 9840
Email us at	enquiry@pss.org.nz
Visit our website	www.pss.org.nz

WE HOPE YOU HAD A SAFE AND HAPPY EASTER HOLIDAY

Thank you for your support so far this year



## Saying Goodbye to Cheques

Banks have started phasing out cheques and by the 1st of July 2021, our bank (Bank of New Zealand) will not be accepting these.

**We value your ongoing support and will still accept donations made by cheque as long as the banks will allow us to.**

**Whether you can offer monetary support, your time, goods and/or services, we appreciate every bit of support.** It really makes a big difference in your community for hundreds of Southlanders.

**We accept internet banking transfer, Credit Card Payments and Automatic payments.**

### Internet banking

Our bank account number is **0209241 0545924 00 50 (BNZ)**

Please add name and service area you would like the donation to go to.

### Credit card donation

Please visit our website **www.pss.org.nz** to process your credit card donation.

### Cash/Eftpos

Please visit our **Central Office site on Spey Street** or any of our **Enliven care homes** to make a cash or Eftpos donation.

### Automatic payment

For an automatic payment information and further assistance please call us on **03 211 8252**

If you are having trouble deciding how to donate please contact our Marketing, Communications and Fundraising Manager on **03 211 8252** to discuss options that suit you.

 **All donations are retained within the Southland region**



## Keep up to date

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-  Family Works Southland
-  Presbyterian Support Southland

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