

Volunteer Spotlight: Big Buddy makes a positive difference

The Family Works Buddy Programme is a service that 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.

Deb Lupton who volunteers as a Big Buddy in Wakatipu has been matched with Little Buddy Jade for 3 years. Over this time the match has been very beneficial for both parties. Jade's mother Rebecca feels Jade has grown into a more mature and kind teenager because of their partnership, which has allowed him to develop his self-esteem and social skills and the ability to listen to others. This has allowed for Jade to settle in well at high school. Rebecca believes that having Deb around has created a positive effect on Jade and their family as a whole. Rebecca has been so happy with Deb and the Buddy Programme that she often tells others about the benefits of having a Big and Little Buddy friendship.

Jade and Deb's pairing has recently come to an end due to Jade doing well as a Year 10 student at high school, however, despite the partnership ending both Jade and Deb are keen to keep in close contact with each other.

"Spending time with Jade has been beneficial for me, especially as I miss my many nieces and nephews in the UK. I think it's useful to be an adult ear for a younger person and to be able to support them through telling personal life experience stories"



(left to right) Big Buddy Deb Lupton with Little Buddy Jade at iFLY in Queenstown

Jade's Mum Rebecca couldn't agree more.

"Jade loved spending his time doing various activities with Deb – as he learned writing and social skills and in particular loved his walks and chats around the lake. Jade said he hopes for more Little Buddy's to be matched with more Big Buddy's like Deb in the future." explains Rebecca.

Deb has also credited Arrowtown School and Jade's strong support system at home as invaluable as she mentions that "the time I spent with Jade complimented a good structure at home."

If you would like to make a difference to a young person's life like Deb, please visit our website below:

<https://pss.org.nz/family-works>



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Resthaven's veteran cook reflects on over 20 years of service

PeopleMatters

Margaret McDermott is passionate about two things. Food and family.

So taking on a job cooking for residents at Enliven's Resthaven care home in Gore was the perfect fit.

Margaret has been the main face in the kitchen at Resthaven for more than 20 years.

A Southland girl born and bred, she has always enjoyed cooking, but her only foray into large scale cooking was when she was involved in fundraising activities for her children when they were younger.

When the family moved to Eastern Southland and she didn't know anyone, she wondered how she could become involved in her new community and chanced upon the job at Resthaven Village.

"I thought I could use it to meet people."

And meet people she certainly did. She jokes that her family has grown from three children to 50, as every day she prepares

morning teas, lunches, and dinners for the residents.

She likens the food to the kind she made for her own children – on the day this interview happened she had prepared pikelets for morning tea, sausages and gravy for lunch, and was about to start on soup and quiche for dinner.

There was apple crumble and custard for dessert at lunch and jelly and ice cream for those who wanted it after dinner.

Menus are created by a dietitian to ensure the residents' nutrition is balanced and from there Margaret and the kitchen team work hard to make sure meals are hearty and tasty.

"It's just like cooking for my family, it's just a bigger family now."

And a large family it is – seven kilograms of potatoes are peeled each day just for mashed potatoes!

While she doesn't have huge involvement with the individual residents, she loves working with her kitchen team.



Margaret McDermott has been Resthaven's cook for over 20 years

"We have a great team in the kitchen."

"I get on really well with all of them."

Over the years Margaret has thoroughly enjoyed her time working at Resthaven Village.

"It's been a lot of fun."

What our residents and families are saying

We moved our parents out of the Care Home they were in and into Peacehaven. It was the best decision we ever made. Dad (Jim) is no longer in his room all the time and he gets himself in a lot more activities. He has made little cabins etc out of boxes and stones, he has never been crafty in the past. Peacehaven has such a homely feeling, and the staff are wonderful.

Thanks very much for all the work you and the staff are doing looking after Jim and the others there. Emma and I appreciate it very much.

Awesome mahi!

I just wanted to say how thankful we are to have our mum, Helen, in the care of you and your team. I am aware of the issues that mum brings, and I was genuinely in awe last Saturday, when I visited, to see the staff at work. The patience, warmth, understanding and the care they showed left me in no doubt that mum is being looked after by some truly wonderful people. It is an impressive environment and team.

I attended the funeral of John Pannett yesterday (his daughter is a friend of mine) and just wanted to share that during the service the family made many positive comments about the wonderful care John received during his time at Vickery Court. They even shared some funny stories about his cheekiness with the nursing staff – sounds like he was a real character. But they could not have been more sincere in their thanks for all the care he received so just thought you would like to know.

Thank you to the wonderful staff at Vickery for their care of Ann and her family.

The strategies provided and after care services enable long term success.

There was clear explanation of things – Family Works are very approachable.

Gratitude Corner

This edition we would like to extend our gratitude to the team at Ascension Church who have donated 50 frozen cooked meals for our Family Works families.

The frozen meals have gone out to families in Invercargill who are struggling to make ends meet during these cold winter months that we are currently experiencing.

Thank you to the very generous members of Ascension Church who have gone to all the effort to prepare and cook these very delicious and hearty meals for our families. Your kindness has meant so much to the families we support.

#makingadifferencetogether



(left to right) PSS Marketing Assistant Liam Poole, Family/Whanau Worker Shona Cook and Programme Support/ Administrator Sharon Wishart) receiving the frozen meals.

Getting to Know PSS staff



Meet... Gillian Saich

How long have you worked for PSS:

I started working for PSS in February 2018. I took a little break in the middle to go dairy farming and came back in March 2021.

Overview of role:

My role as the Invercargill SupportLink Coordinator is to assist members of our elderly community who still live in their own homes. I recruit volunteers who help with getting our clients to the shops or to appointments or who just need a little extra social support. I also organise a monthly coffee group with members of our community, we get together and have a good chat either over lunch or a cup of tea and scones.

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

I get to meet and talk to the most amazing people in our community with extraordinary

stories and amazing fortitude, they inspire me every day to try and do more. I also get to see how lonely some elderly members of our community are and try to help them as much as I can. I also work very closely with other agencies, so together we can assist as many people as possible. I am very grateful for the support I receive from PSS Enliven without whom I could not reach as many people in our community.

What do you enjoy outside of work?

I love my garden. I try and grow most of my vegetables and I love growing flowers. I have a extensive rose and dahlia collection, so I try to spend as much time as I can in the garden. I also love cows, so whenever I can I will spend time on a friends farm with the girls.

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

My Dogs. I have a 4 year old Staffie and a 9 year old Minature Dobberman Pincher!

Family Works Foster Care

Family Works provides foster care for children and young people (0-17 years) for a planned period of time when parents/caregivers or extended family members are not able to look after them.

Are you interested in becoming a Foster Parent? WE NEED YOU!

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

ANZAC Feature: Sam's Malayan Holiday

PeopleMatters

Sam Harvey was just 21 when he and his mates decided to join the army to help the New Zealand effort in the Malayan Emergency.

Now 85 and living in a unit at Enliven's Peacehaven Village, Sam was a fresh-faced Cromwell boy when he and his mates had the - by his own admission, slightly optimistic - idea of heading to Malaya for an adventure.

"We thought it might be a good holiday."

Turns out, Sam was the only one of his mates to actually go to Malaya.

But it's a decision he's never regretted.

A keen bush man, the idea of being out in the jungle appealed to the young Sam. He doesn't remember feeling scared as his company searched the terrain for four week stints at a time.

But the Malayan jungle was a far cry from the bush he was used to in Central Otago.

"You'd get soaking wet, then the next day would be hot and sunny. We didn't carry spare clothes then, but when the sun came out we'd be dry in half an hour."

Then there was the wildlife. Monkeys, elephants, even tigers roamed the jungle, adding to the dangers the men faced.

"One day there'd been an ambush and we dug in, then about two o'clock in the morning there was a racket and we think 'what's that?'"

Preparing to face a hoard of guerillas, the men were surprised to instead come face to face with a herd of elephants.

"We told them if they stampede, they're gone."

The elephants, and the men, survived.

He spent 280 days in the bush in the first of his three years serving in the army and while he remembers the camaraderie with the other 30 or so men in his company fondly, he remembers the weeks that they were off on leave even more fondly.

"When we came out of the bush we got two weeks leave...The most important thing was the bar. The first week you'd remember, the last week you wouldn't."

He returned to New Zealand in 1961, arriving right at Christmas. But instead of being able to celebrate his homecoming and the impending festive season, he was instead confined to bed, having contracted Malaria.

"I was sick for weeks."

Fortunately there were no ongoing health impacts of the "jungle fever".

On Sunday Sam, like hundreds of other veterans around Southland, will attend an Anzac Day service.

He has been attending services for years, and this year will attend the service at Peacehaven.

It is an emotional time, as veterans remember their experiences, the friends they served with, and those they lost.

One of the men in his company lost his life in Malaya, and there have been others that have died since returning home.

Every two months the Southland Malayan veterans gather for dinner. It's a chance to chat, to laugh, to remember.

"Some of them are hard cases. Some of them are younger than me."

And while memories of some things have faded in the past 60 years, Sam is sure of one thing.

"I have no regrets about going. I'd go again tomorrow."



Sam Harvey showcasing his official symbols of his service

Lest we forget



Experiences and memories shared during Anzac services at Enliven

Anzac Day was a special occasion at PSS Enliven's care homes in Invercargill and Gore, as residents gathered to commemorate and share experiences.

Services were held at Peacehaven Village, Vickery Court, Resthaven Village in Gore, and, for the first time, at Walmsley House in Invercargill.

Enliven Supported Living and Community Services Manager Karl Lamb officiated at the three Invercargill services and said all were well attended, not only by residents, but also family members of residents, and staff.

Each service included common aspects, such as the playing of the Last Post and Reveille, the reading of The Ode, and singing the national anthem, but each also had their own special elements, he said.

At Vickery Court, staff were piped in, while the activities team had also arranged for a letter from the Prime Minister and Governor General to be read to those attending the service.

At Peacehaven, Invercargill SupportLink Coordinator Gillian Saich shared her experiences about her time with the South African military, and also spoke about her mother-in-law, who served alongside then-Princess Elizabeth in World War II.

“Each service had something unique to it,” Karl said.

What was common among the services, was the keen involvement of our residents who laid wreaths, poppies and also read some well known ANZAC poems.

The John McCrae poem In Flanders Fields, a poignant memoir of what remains after the toll of war, was read at each service, but this year a response poem was also read, Karl said.

That poem, We Shall Keep The Faith, by Moina Michael, and written in 1918, was read out, to honor those left to lie in Flanders Fields.

Having the two poems, one read by a male, and the response by a female resident, had provided a poignant moment in the services.

The high attendance at the services had shown residents who had served in various wars and conflicts that their efforts and sacrifices were valued and would never be forgotten, Karl said.



ANZAC Highlights



Collaboration benefits Colombian families in Southland

PeopleMatters

A collaborative approach to helping Colombian families settle in Invercargill is working well, thanks to the efforts of PSS Family Works and the Red Cross teams.

Invercargill has been a refugee settlement area for Colombian families since the end of 2017.

The settlement service contract is currently held by the Red Cross who started the programme in early 2018.

Family Works Director Judith McInerney said Family Works was working with the Red Cross to help families that needed extra support.

Among the support offered was a parenting programme run in conjunction with the Red Cross.

“We are keen to assist Colombian migrant families as we are with all families in our community, but we also understand our local Colombian families have unique needs and issues that are, in addition to the needs of our Southland families as they come from situations that are concerning and have resulted in them becoming refugees.”

Barriers such as language and understanding, and cultural safety, needed to be taken into account when supporting migrant families, and there were also issues such as childcare and transport, that many families experience generally in Southland, she said.

“To overcome the barriers, we worked in collaboration with Red Cross who supported the parents with the practical issues of being at the sessions and assisted our staff and the families with interpreting language and meaning and overall cultural safety.”

Family Works and Red Cross staff met with the families before the sessions commenced to discuss what they needed to have covered in the sessions.

Feedback from the families was fantastic, Judith said.

“They said the sessions were very good, very interesting, (included) a lot of learning and knowledge. They learnt parenting skills they didn’t know, and they loved the way the sessions were delivered.”

While the sessions had been a new approach for the Family Works facilitators, because of the translation requirements, there had been fantastic engagement and contributions from all of the parents, she said.

“There was a buzz in the room when the parents were asked to talk to each other during certain activities, indicating a great group process that was quite dynamic,” facilitators Helen Goatley and Margaret Whittington said.

A big thanks had to go to Red Cross staff as this mahi could not have been done without them, Judith said.



Our local Colombian families had a positive response to the collaboration

“We could not have done this without them – a great piece of collaboration between our agencies.”

Family Works hoped to continue offering the programme to the local Colombian families the Red Cross was working with, and would be exploring funding options to do so, Judith said.

Feedback from the Red Cross was also positive.

“The participants really enjoyed the course; they have found this to be one of the more beneficial courses. The information has been helpful, and they liked the way it was presented. They would be really interested in attending more parenting sessions in the future.”

Emergency preparedness at the forefront for Enliven

A new emergency preparedness initiative has been rolled out at all PSS Enliven care homes. The Resident 'Grab-bags' was an idea put forward by the team at Resthaven Village after seeing a need during the February 2020 Gore floods.

The idea of the 'Grab-bag' is for our residents to have a convenient overnight bag on standby in case of emergency or evacuation, so they can quickly organise and store items such as:

- medical documentation
- 2 days worth of clothing
- medication

Each bag has a tag or checklist for residents and staff to check and tick-off to ensure all critical items are packed. The bags have been designed to be the one and only bag residents will need to take with them during an evacuation or emergency event.

Well done to the team at Resthaven for raising this awesome initiative!!



Our Peacehaven resident Peter looking sharp holding onto one of the bags.



COMMUNITY CONNECTIONS



Our Walmsley House residents and staff had a special farewell for our previous Manager Jeni de Jesus who brought her wee son Kean in to meet the residents and staff.



In May our team at Central Office and Family Works took part in Pink Shirt day. We dressed up in Pink to make our stand against bullying by celebrating diversity and promoting kindness and inclusiveness in the workplace.



On the 29th of March our Walmsley House residents and staff held a private blessing for our dearly missed friend Raymond Horn. As a tribute and way of letting go of Raymond's spirit our team performed a karakia and a series of waiata to honour his memory.



In May, five of the Southern Steel players came to visit our Invercargill SupportLink clients, volunteers our village and care home residents at Anderson Hall, Peacehaven for an afternoon tea. It was a great time where our residents got to meet and greet the Steel and share some jokes and laughs.



Our SupportLink members volunteers and village residents really enjoyed getting one on one time with the Southern Steel team.



The Steel were excited to meet the town crier!!

Group Parenting Programme Dates

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

Parenting Programme - Wednesday 4th August and Wednesday 20th of October
Incredible Years Programme - Tuesday 10th August and Wednesday 11th of August

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



Our Services



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 to discuss options that suit you.



All donations are retained within the Southland region

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-  Presbyterian Support Southland

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