

# PSEC

LIVING & GIVING BACK

SUMMER ISSUE  
2016-17



Presbyterian Support  
East Coast

## CELEBRATING OUR HERITAGE: PSEC GARDEN PARTY

In March PSEC celebrated 70 years of history when we hosted an elegant garden party at the Enliven Centre in Pakowhai Road. Guests enjoyed a champagne high tea in beautiful surroundings while listening to a classical string trio. Historical photos of PSEC's first service, the Hillsbrook Children's Home, were on display, providing a strong sense of our heritage and history.

From 1947 to 1988, the Presbyterian Social Services Association (PSSA), as PSEC was then known, ran the Hillsbrook Children's Home, providing a stable, caring home for more than 500 children.

By the time the children's home closed, Presbyterian Support had greatly expanded its social services to include support for older people, families in need, the disabled and the terminally ill. Today PSEC has four services that serve the East Coast community, with 300 staff and over 1,000 volunteers.

Following the success of our 70th celebration PSEC are planning another garden party on Sunday 5 March 2017. All are welcome! You can purchase tickets now from [www.psec.org.nz/events](http://www.psec.org.nz/events) or visit the Hillsbrook office, 87 Te Mata Road, Havelock North, phone 877 8193

*Below: Guests enjoying the sunny Enliven Centre garden at the PSEC 70th celebration*



## Making a Difference to Positive Ageing Locally for the East Coast

*Enliven, PSEC's largest service, supports over 450 people a year to improve their independence; helping people live at home.*

Enliven's home support is a restorative service: clients set goals for themselves. Enliven also has community day programmes offered throughout the East Coast region which are really popular and offer social activities.

Clients may be recovering from illness or injuries, or require help to get stronger. The support from Enliven can make all the difference to them being able to live safely in their own homes. It takes a multi-disciplinary team of registered nurses, social workers, physiotherapists, occupational therapists, speech and language therapists, and dietitians to deliver the tailored approach Enliven

provides. Enliven is the only service of its kind to offer this support of a whole team.

Enliven Service Manager Debbie Bakkerus says, "Our focus is on people's current abilities, not their current limitations, with a view to supporting them through personalised programmes to reach their personal goals and regain or retain their independence.

The team cultivate social and supportive relationships; this in turn can reduce a client's feeling of isolation and disconnect - some recognised common side effects of ageing. "

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## MOSAIC GETS FRESH NEW SPACE CREATING BETTER ACCESS AND USE BY CLIENTS

In June Mosaic got the go ahead, thanks to the support of the JD Harris and Family Charitable Trust, to refurbish its kitchen and office space. The rooms had become tired and lacked practicality for client use and access.

We reorganised the centre for the refurbishment so Oak Construction could carry out the work over a couple of months, with little disruption for our clients.

The narrow hallway leading to the kitchen and staffroom was removed, to open up the space. New cabinetry, wall and floor coverings replaced the old dated look in the staff room and kitchen, creating a fresh bright feel. The result was fantastic!

There is no more congestion at lunch time with room for people to move around safely and independently. We now use the space for courses, allowing more study areas for students, and have a brand new meeting room and office for staff and visitors.

A big thank you to everyone who helped make this happen from everyone at Mosaic!

*Beside: Mosaic students enjoy the new kitchen*  
*Below: Rowan residents competing in a game of giant jenga*

## THE ROWAN CHALLENGE

Rowan resident, and organiser of the Rowan Cup, Andrew Hodson tells us about the annual challenge that has flatters split into teams and do a variety of challenges each month. "The Rowan Challenge is in its 3rd year, and is a bit of fun for all of us who live at Rowan. Monthly challenges can include giant jenga, flower arranging, cooking and word finds. We source judges from the local community, and competition is fierce! The team that wins the most challenges is the overall winner and we have a big celebration in June. The prize is bragging rights for the year but mainly it's a fun and enjoyable competition we all get to participate in, and it's great to have the support from staff, families and the wider community."



Merv Hartley, who attends our Enliven Day Centre says,

"I reckon I'm at least 5 years younger since coming here. It prolongs life. My doctor asked me why I was looking so agile. I said it was because of Enliven. I was that stiff, my joints were swollen and so sore that I couldn't get out of bed. I couldn't even drive a car because I couldn't see around. I wasn't flexible enough."

*Above: Merv Hartley, participating in an exercise session at the Enliven Day Centre*

*Beside: One of the recognisable blue Enliven cars*

That was until Merv started to come to the Enliven Centre in Pakowhai Road, Hastings and the Enliven team supported him to set a goal of improving his fitness by completing two exercise sessions a week. Merv added an extra goal... he wanted to be able to drive his car again to take his grandchildren to school each day, and take care of them after school.

*"I reckon I'm at least 5 years younger since coming here."*

So Merv threw himself wholeheartedly into the exercises and eight months later Merv is driving his grandchildren to school! "I drive up there in the morning, I take them to school every day, and pick them up after school, and I look after them until their mum comes in from work," Merv says proudly.

Enliven's aim is that clients will be able to leave our service in time, with low or no support required.

For more information call Enliven on 0800 4 ENLIVEN or 06 281 2534



*Sparkle*

*Sparkle is Hawke's Bay's finest black tie charity event taking place on 20 May 2017.*

*This glamorous event is in support of Family Works.*

[www.sparklehawkesbay.co.nz](http://www.sparklehawkesbay.co.nz)

# Family Violence in the East Coast Region Increasing



*Shamefully New Zealand has one of the highest rates of family violence in the developed world.*

Our local team at Family Works see the damage caused by family violence every day - in the school playgrounds, in the broken families they work with, and in the quiet sessions they have with frightened children.

“Many families we see are overwhelmed by the complexity and stress of the obstacles they face, which can spill over into family violence,” says Family Works Service Manager for Hawkes Bay, Pam McCann. “The abuse these children face impacts them as they grow up. In some families violence has been normalised in day to day life and we are seeing more and more inter-generational violence”.

***Last year there were 687 confirmed cases of child abuse and neglect in Hawke’s Bay, 50 more than the previous 4 years***

*(Child, Youth and Family figures)*

Our team at Family Works have years of experience working alongside these families and children. They know how to create trust in families so that they can find the courage to change. They also know which resources and approaches work best for each situation or family member.

It can take months for a family to become independent. But with skilled and patient support they can see their issues and negative behaviour patterns, commit to a plan for change, and work together to create a better life.

Pam states that our experience shows that prevention and early intervention is the key to reducing instances of child abuse, neglect and family violence in the East Coast community. “Children need a stable nurturing environment to grow up in, and by educating and supporting our whanau, as well as helping them to deal with their problems, we can help to heal families now and for the generations to come. Most parents want the very best for their children - but some families just have too many complex issues to solve alone. They need our help.”

Family Works offers social work services in homes and schools, counselling, child and youth programmes, early childhood learning services, and parent education programmes.

Family Works is partially government funded. However the demand means there is a funding shortfall every year, and this is why we fundraise. If you would like to help a local family in need, and keep children in the East Coast region safe please help by donating to Family Works. Any support you give will make a difference, in our local communities.

**FAMILY WORKS EAST COAST PROVIDED SOCIAL SERVICES FOR 1694 CLIENTS LAST YEAR**

**94% OF CLIENTS REPORTED THAT THE SERVICE HELPED THEM LEARN USEFUL NEW SKILLS & STRATEGIES**

## Tairawhiti Men of the Year 2016

In Tairawhiti, the Tauawhi Men’s Centre (which is a service of Family Works) provides counselling, non-violence and parenting programmes, as well as general and youth social work. Tauawhi’s coordinator, Tim Marshall says “Our approach is respectful, accessible and non-judgemental, and we believe that this is why we are trusted in the community. Seeing positive change in men motivates our work. We honour those men who are able to come out of dysfunctional family backgrounds that have influenced their own negative behaviours, and make positive changes for themselves and their whānau. The vision for the centre is to create a community of caring men. “



*Above: Tairawhiti Men of the Year 2016 recipients*

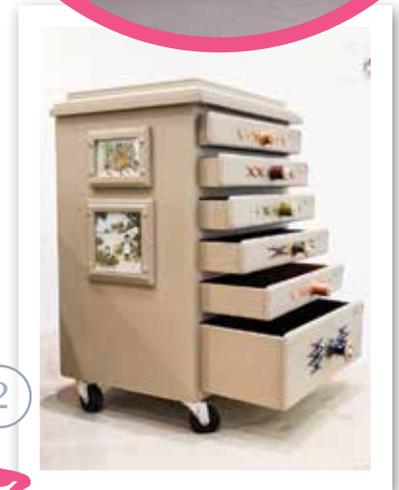
Every year Tauawhi Men’s Centre hosts the Tairawhiti Men of the Year Awards, a celebration to honour the great men in the Tairawhiti community. The event acknowledges men from all walks of life who contribute positively to the community, commonly they are mentors or role models who inspire and support positive change in others. They value children and whānau, and invest time and energy into helping others. The stories behind the recipients are really inspiring; the extraordinary work they do daily goes on quietly. All deserve the title of ‘Tairawhiti Man of the Year’ and these awards go a little way in acknowledging and thanking them for everything they do for their community.

## REDEFINE: A GREAT DAY OUT WITH A CREATIVE TWIST!

Redefine - love your op shop took place in August at the Havelock North Function Centre. The event aimed to promote creativity through purchasing Op shop items and repurposing them to create something new, fresh and ultimately unrecognisable from what it was before.

Attendees were treated to some wonderfully creative Redefine competition entry displays, as well as pop up shops outlining the room with beautiful displays of their own, fun and creative workshops, 'redefining' demonstrations, face-painting and activities for the children. The buzz was tangible and feedback was very positive.

Keep an eye on our website or like our Facebook page [facebook.com/redefineloveyouropshop](https://facebook.com/redefineloveyouropshop) for details of next year's event.



1. PSEC's charity shop managers with colourful pop up shop at Redefine  
2. Carla Allen's 'Stitching Station' before and after – the Shabby Chic category and Redefine 2016 overall winner

### OPEN MORNINGS

PSEC coffee mornings allow anyone to drop in to find out more about our PSEC services, meet our people and share a tea or coffee.

All mornings run between 10.30am and 11.30am. Just turn up on the day!

#### ENLIVEN CENTRE

2087 Pakowhai Road (Taradale end)  
844 1751  
18 January  
15 February  
15 March

#### ENLIVEN HOME SUPPORT

87 Te Mata Road, Havelock North  
0800 4 ENLIVEN or 06 281 2534  
25 January  
22 February  
22 March

#### FAMILY WORKS

Cnr Lyndon Road & Warren Street  
Hastings, 876 2156  
9 February  
9 March

#### REAL PEOPLE MOSAIC

429 Gloucester Street, Taradale  
844 4636  
13 February

#### REAL PEOPLE ROWAN

429A Gloucester Street, Taradale  
844 6139  
1 March

## HOW YOU CAN HELP

PSEC needs to fundraise to keep our services free of charge to those who need them most.

Your donations and time enable us to do this. There are so many ways you or your company can help.

### 1 DONATE

- Financially and help us make up the shortfall for the services that are not government funded
- Your goods to our PSEC charity shops in Taradale and Havelock North
- Your time at an event, a service or in one of our shops

### 2 GET INFORMED AND ADVOCATE

- Attend annual meetings, presentations and service functions
- Sign up for newsletters
- Visit our website [www.psec.org.nz](http://www.psec.org.nz) to learn more
- Follow us on Facebook and 'like' and 'share' our posts

### 3 GET INVOLVED

- Host your own fundraising event for PSEC
- Invite PSEC to speak to your business
- Pledge an annual company donation
- Give employees the option of payroll giving
- Sponsor a fundraising event
- Offer your time and experience, or donate prizes
- Organise staff volunteer days to help at our charity shops, services or events
- Promote your business in our PSEC magazine

## WE'D LOVE TO HEAR FROM YOU:

For more information about our services and how you can get involved to help your community please get in touch.

Email: [editor@psec.org.nz](mailto:editor@psec.org.nz) Tel: 06 877 8193 Post: 87 Te Mata Road, PO Box 8119, Havelock North 4157

 Presbyterian Support East Coast [Website: www.psec.org.nz](http://www.psec.org.nz)