
PSEEC

Presbyterian Support East Coast

Issue No. 3 • 2019

Family Works

Changing the cycle of family violence,
child abuse and neglect

Enliven Older People Services

Maximising independence for older people

Enliven Disability Services

Maximising independence for people
living with disability

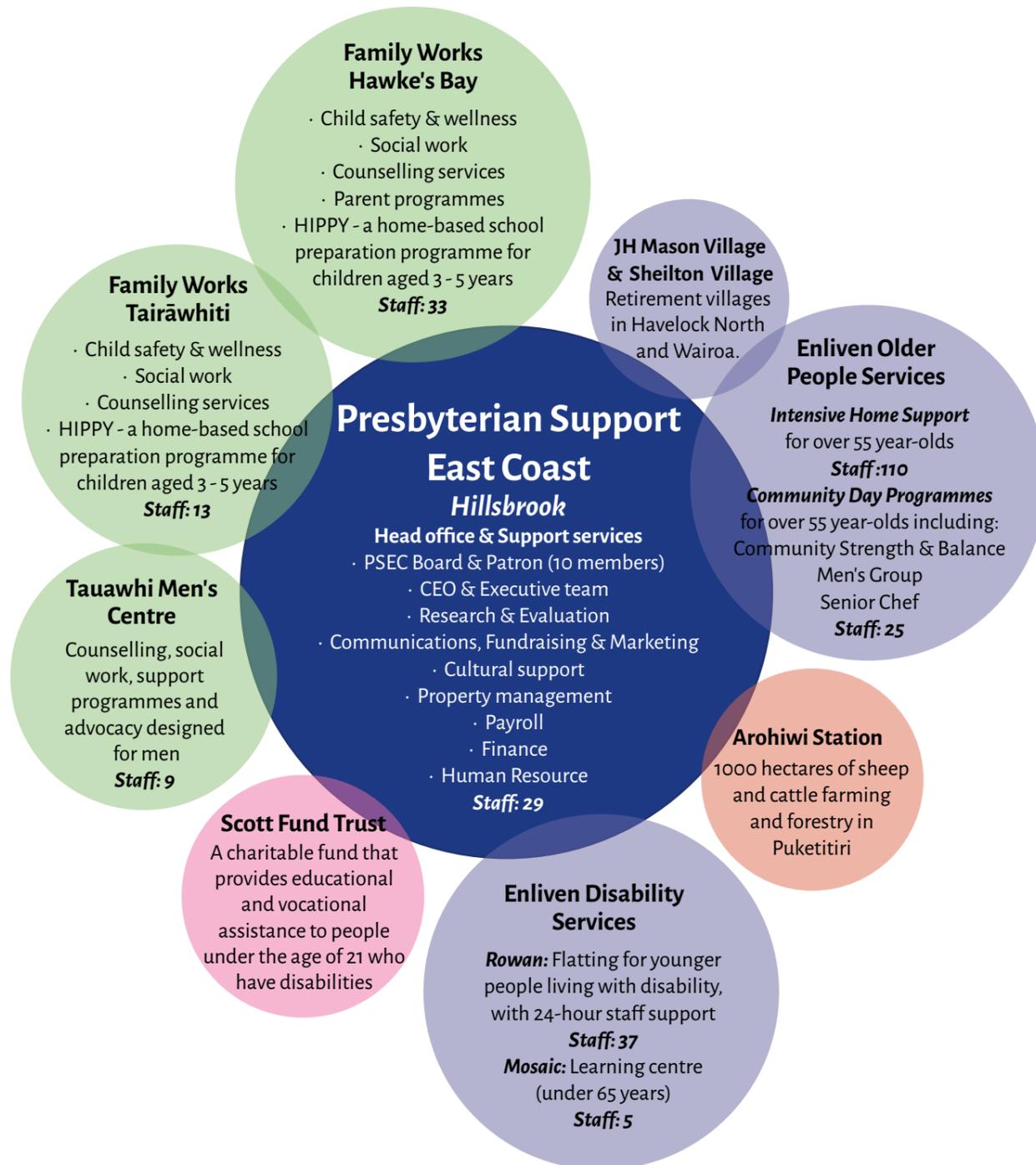
Andrew Wordsworth

Changing lives one dream at a time



Presbyterian Support
East Coast

Presbyterian Support East Coast *organisation at a glance*



LETTER FROM THE EDITOR



Welcome to PSEC 2019, the third annual magazine of Presbyterian Support East Coast, which is, without a doubt, my most favourite project of the year.

In the following pages you will find inspiring and thought-provoking stories about clients, volunteers, staff and board members who have all been affected by or contributed in some special way to Presbyterian Support East Coast (PSEC) services. Their experiences and input have touched me personally and I, along with other contributing writers, feel honoured to be trusted to tell their stories.

I'm grateful to the amazing team who helped pull this magazine together over and above their day-to-day jobs – lending a hand wherever needed. That's the thing about PSEC, whether you're a staff member or a volunteer (or in many cases both) it seems lending a hand to those in need with compassion and kindness is the norm – it's our ethos. We walk the talk.

Special acknowledgement must go to our advertisers whose generous support has enabled this publication to be free of charge to you. Please support these businesses if you can. They do great work in our communities and have been very kind in their contribution to PSEC.

I trust you will enjoy reading about these incredible people and learning more about PSEC services, as much as we enjoyed writing about them.

Monique Jeffares EDITOR

CONTACTS

Editor:

Monique Jeffares - editor@psec.org.nz

Facebook: presbyteriansupporteastcoast

Address: 87 Te Mata Road, Havelock North 4130

Phone: 06 877 8193

Web: www.psec.org.nz

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Contributors to this issue:

CLARE TANTON is an Enliven team member who has loved to write ever since she first learned to spell. During high school she won the Katherine Mansfield BNZ young writers award.

ROGER MORRISON is the PSEC Trust Manager, having joined the organisation after 16 years in the trustee industry.

HELENA NINOW is a freelance writer and stay-at-home mum of three who vaguely remembers a more glamorous life as a magazine editor, but wouldn't have it any other way.

SYLVIE GIBBINS has been PSEC's Philanthropy Manager for two decades! Sylvie is in awe of the talented and caring staff who deliver services to those in need.



WORD FROM THE TOP

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SANJA MAJSTOROVIC - CEO

Presbyterian Support East Coast (PSEC) has a long and proud history spanning seven decades, providing support and valuable services free of charge for children and their families, elderly and people with disabilities in Hawke's Bay and Gisborne. I am proud of the trustworthy and positive influence in our East Coast communities.

Last year alone PSEC helped nearly 3,000 people across all three of our services. Sadly the demand for our services is increasing every year due to many factors, including family violence and an ageing population.

Our organisation simply cannot continue to help people without the support from individuals and businesses in our region who have a strong moral compass and take their social responsibilities seriously. We are grateful to those who already give so freely of their time and donations and we are appreciative of your ongoing generosity. No matter how big or small, if everyone contributed in a small way, together we could make a positive difference in our local community.

I hope you enjoy reading about PSEC's people and services and learning about the impact PSEC has had on our East Coast communities. Ultimately, I hope it inspires you to take action and change a person's life today.



MAITLAND MANNING - CHAIRMAN

In today's busy life we get pulled in all directions – doing things for this, that and the other. Sometimes it is good to stop and look back on time passed to appreciate the good times and reflect on lessons learnt.

The creation of this year's PSEC Magazine has spurred me to reflect on the past few years for Presbyterian Support East Coast (PSEC). It dawned on me that this organisation continues to lead the way in not-for-profit social service delivery.

In 2014 PSEC won the Large Business and Supreme Business awards from the Hawke's Bay Chamber of Commerce; in 2017 Enliven won the Readers Digest Most Trusted Brand National Award in the Aged Care and Retirement Villages category. 2017 also saw PSEC awarded the New Zealand Trust of the Year award from NZ Trustees Association. In 2018 Enliven Intensive Home Support scooped two prestigious Hawke's Bay Health awards – the Commitment to Quality Improvement and Patient Safety Award and the Supreme Award for "Improving Medication Safety with Key Support Workers".

It's Not OK champion, Vic Tamati, was also recognized this year for his dedication to anti-violence with a New Zealand Order of Merit. We are very proud to have Vic as a valued member of our Tauawhi Men's Centre team in Gisborne.

These accolades reflect on the high calibre of our staff, volunteers, CEO and Board who are always doing their utmost to do their best for clients.

It has been a rewarding five years but unfortunately the number of people who require our services is increasing. There are more children and families living with trauma, violence and poverty who need our help. Looking toward the next five years, I'd like to build more meaningful partnerships with influential businesses on the East Coast, so we can continue to make a lasting impact on our communities.



CHANGING THE DISABILITY SECTOR ONE DREAM AT A TIME

Like a genie, Andrew Wordsworth is making dreams come true – one dream at a time.

But before you line up wanting your wishes granted, the Enliven Disability Services Manager is dedicated to the hopes and dreams of his clients at Rowan, a residential service for people under 65 years living with disability and Mosaic, a purpose-built creative space for people with disability. With 22 residents at Rowan and another 60 students at Mosaic, to say he's busy is an understatement.

Since taking up his role at the Taradale-based services 18 months ago, Andrew has listened to his clients, encouraged them to live their best possible life and let go of limiting beliefs.

Take 59-year-old Pete for example. Pete was left severely disabled after an operation gone wrong when he was a teenager. Confined to a wheelchair for many years, he identified during goal setting one day that it had been at least a decade since he had had a relaxing spa – something he always enjoyed doing. Andrew and his staff subsequently made it their mission to assist Pete in having a spa at his local swimming pool complex.

"It required a lot of logistical planning and creative rostering to ensure two staff could accompany him at all times," Andrew says.

"Pete has been for a spa several times now and we are now looking at training volunteers to support him in making this a regular, enjoyable activity in his life."

But why stop at a spa? Like the great Walt Disney said, "All our dreams can come true, if we have the courage to pursue them". So Pete went on to book himself a 10-day cruise around the Fiji Islands.

"Our vocational staff and support workers worked tirelessly to help make this cruise come to fruition. Two staff accompanied him for the duration of the cruise.

"Travel is something that often seems unobtainable for many of our clients. We are passionate about all our clients having opportunities to live a full and adventurous life. With their courage and our passion, what once seemed unobtainable becomes a reality. It is such a privilege to be part of these experiences."

There are many other stories of the work Andrew and his team do to help their clients reach their potential. For example, supporting them to study, making it possible for them to attend family gatherings, weddings and tangis, advocating with them to make our community more accessible and inclusive, and supporting some of them to manage their own finances.

“We assist several people to study. A woman in her early thirties is currently undertaking biblical studies at diploma level, while another flatter has completed studies in Te Reo and we are now supporting him to secure funding for a diploma in life coaching.”

Andrew believes society, in general, has low expectations of people with disabilities and he wants to turn that around.

“It’s not just the government’s responsibility to ensure a good life is obtainable for people with disabilities – we all have a role to play. The resources, companionship, care and commitment required to support a disabled person to live an extraordinary life far supersedes what the government alone can do.

“As a service provider we have to keep asking ourselves, ‘Are we enabling these people to reach their full potential?’

“At Enliven Disability we believe we are all uniquely and wonderfully made, no one of us alike. For our clients to realise their potential in life it is essential that we treat each person as a unique individual. For all our clients we seek to create a positive and aspirational vision for their life, a vision that focuses on their strengths and not their limitations. Everything we do is about supporting and enabling our clients to work towards that vision.”



Pete with Enliven Disability Services Manager, Andrew Wordsworth.

FINDING HIS LIFE PURPOSE

Andrew’s drive to improve service delivery in the disability sector runs deeper than his professional career. It was his personal life experiences that formed his empathetic and caring nature at a very young age.

Born in Auckland, Andrew is the only survivor of triplets. His brother James was still born, and his other brother, Mathew, was born with significant physical and cognitive impairments. He passed away from pneumonia a few months before their 21st birthday.

Andrew’s parents, John and Linda, were Salvation Army Ministers serving in West Auckland for much of his childhood. John was also a police officer, so Andrew grew up knowing “life was tough for so many people in the world”.

“I feel very fortunate that from a young age I was exposed to the realities of life, and the struggles of some of the most vulnerable citizens in our community.

Along with my deep Christian faith it has shaped the values I hold and the life path I have chosen.”

Andrew grew up determined to become a policeman like his dad. However, his dreams were shattered at the age of 16 when he was diagnosed with Type 1 Diabetes.

“I left school in sixth form to do an electrical apprenticeship to bide time until I got into Police College. I was three months into the apprenticeship when I was diagnosed.

“I had to rethink my entire future. I ended up selling cell phones, did a youth worker certificate and drove the Sallies truck, until I decided to be a lawyer when I was 20 years old. I was all set to start law school when Mathew got pneumonia and passed away in Hutt Hospital.”

It was at this life-altering time that Andrew suddenly found his life’s purpose.

“Despite the hopelessness of Mathew’s

situation, it was the nurses who had a profound impact on my brother’s and our whānau’s experience. I realised there was more to being a nurse than taking temperatures and giving meds. It’s about walking with people through their experience of illness and keeping their dignity to the end. It was in this moment that I realised I wanted to become a nurse.”

Andrew went on to do a degree in nursing and ironically, became manager of the ward at Hutt Hospital where Mathew passed away. Andrew’s older sister, Olivia, is also a support worker on that same ward today.

It was Andrew’s experiences as a nurse that spurred his passion to subsequently work in the disability sector.

“At hospital we only saw people when something went bad. There was one disabled patient we had on the ward for 265 days for no reason other than there

was nowhere else for him to go. It was then that I knew my next challenge would be a role in the disability sector.”

Fast forward to today as the Enliven Disability Services Manager, Andrew finds himself still adjusting to the “slower pace of life” in Hawke’s Bay with wife, Jemma, and their three sons. Although, he’s not complaining about the slower pace when it allows him time to renovate their recently purchased home or catch a surf before work or even in between meetings.

“I have always loved the water. I started surfing when I was 13 and immediately fell in love with the adventure and culture of it. Surfing gifts me the solitude and space I need to balance a life filled with the demands of working in a people profession.”

When it comes to Enliven Disability Services, Andrew has big dreams of his own.

“My dream is that disabled people would be afforded all the life roles and experiences an ‘able’ bodied person has in our community. To go to school and partake in further education, to have a job based on their unique skills and passion, to travel, go on a date, be in relationships with others, get married, own a house, have kids, grow old, and when the curtain calls be able to say they have lived life to the full.

We have a lot to do to make this a reality. Housing and employment are key life domains where disabled people currently fare dismally compared to others. With our positive philosophy and innovative mindset I believe we can make a real sustainable difference one person at a time.”



Scott Fund Trust grant recipient, Alice Robinson.

GRANTING A CHILDHOOD

A marine biologist, a ballet dancer and a rubbish truck driver. These are the things five-year-old Alice Robinson wants to be when she grows up.

It resembles most children's line-up of vocational possibilities. Possibilities that to them seem as achievable as the easy ones – like climbing the slide ladder at a playground, or getting up off the floor.

But for Alice, who was born with generalised low muscle tone and very loose ligaments, supposedly 'easy' activities like mounting a kerb, going up stairs, climbing in and out of the car and sitting up straight are far more challenging.

"Alice struggles to 'fire' her muscles much more than other children her age, so she tires very easily," Alice's mum, Meg explains.

Alice's loose ligaments caused hyper-flexibility, making her a bit like a baby giraffe trying to stand for the first time.

"Except that for Alice, it was 'baby giraffe stuff' all the time."

Up until the age of 28 months, Alice used a walking frame along with special orthotic splints and boots to aid her standing and walking. But early in 2018, Alice received a grant from the Scott Fund Trust – a charitable fund set up under the Will of the late David Henry Scott and administered by Presbyterian Support East Coast. The income of this Trust is used to provide educational or vocational assistance to people under 21 who have disabilities and live in the Hawke's Bay and Gisborne regions.

The grant enabled the purchase of a TheraTogs suit for Alice – a specialist orthotic undergarment that can be customised to support and improve postural alignment and stability, movement ability and precision, joint stability and prolonged muscle use.

For Alice, who was three at the time, it meant a new lease on life.

"When she began wearing the suit, Alice's body was still quite crooked, and she didn't have much stability," Meg says. "She couldn't run and unless she was walking around the house, she needed to hold someone's hand for support.

"I noticed an immediate change in Alice. She told me the suit made her feel more confident."

The first time Alice wore her 'Cuddle Suit' to the playground, she climbed straight up the slide ladder unaided – something she had never been able to do before.

"She was so proud," Meg says. "The suit has allowed her to experience many such wins, which makes her want to experiment with other physical tasks and movements. She has achieved things I had never dared hope for!"

There have been other wonderful benefits. Alice's need for pain medication is now minimal. The suit's support of her diaphragm helps her to recover quicker from colds and coughs, which would previously last for months. The support of her pelvis, along with the ability to be more active, has drastically improved her bowel health.

Alice is now walking, running, dancing and even riding with Riding for the Disabled (RDA).

"Alice feels that she is a very capable person," says Meg. "The suit boosted Alice's development in a non-invasive way, so she owns all her physical achievements herself. We are so grateful for the grant from the Scott Fund Trust."

It's as if Alice was granted far more than just funding for a suit.

And that is priceless.

"The suit boosted Alice's development in a non-invasive way, so she owns all her physical achievements herself. We are so grateful for the grant from the Scott Fund Trust."



Alice with her mum, Meg.

LIZ NIETHE

A volunteer extraordinaire



LIZ NIETHE KNOWS A THING OR TWO ABOUT VOLUNTEERING.

While the rest of us would be considering a period of serious rest after major surgery, Liz saw an opportunity to give back to the community. So, following her first hip replacement back in 2011, Liz started volunteering.

With eight weeks of annual leave owing, Liz rolled up her sleeves and fronted up at Riding for the Disabled to volunteer her time. Eight years later Liz can still be found at Riding for the Disabled two days a week, and now also at the Presbyterian Support East Coast (PSEC) Charity Shop in Taradale, where she has been volunteering for the past three years.

Liz's time at the PSEC Charity Shop has seen her develop close friendships with the other ladies that work on Thursday mornings. Liz explains it best when she talks about "having lots of fun" as they work their way through the piles of donations received every day.

"Volunteering enables you to help people less fortunate than yourself, while also giving substance and meaning to your day. You can't get much better than that."

"To give back something to the community is a really good feeling and it's so much fun, but it's also quite exhausting at times!"

Liz is proud of the shop, which she describes as "clean, fresh, nice and light and large enough to be able to walk around without bumping into other people within the store".

"It's very rewarding knowing the profits from the shop go towards supporting Enliven, Family Works, Social Workers in Schools, Mosaic and Rowan – all areas of our community."

The vision of PSEC is specific in wanting communities to reach their potential. It's that sense of community that makes volunteering core to so much of what PSEC is about and exactly why Liz volunteers her time and skills.

"Volunteering enables you to help people less fortunate than yourself while also giving substance and meaning to your day. You can't get much better than that."



IT'S A GIVING THING

As New Zealanders, we can consider ourselves a pretty generous lot compared to the rest of the world.

The UK-based Charities Aid Foundation (CAF) annually releases a report titled 'The World Giving Index', which tracks the scope and nature of giving around the world. Globally speaking, the levels of those who donate money to a charity sit at around 40 percent of the total population.

Of the 144 countries who take part in the survey, New Zealand sits at an impressive fifth world ranking, with 68 percent of population donating money in 2017. New Zealand also ranks fifth for those who volunteer time.

To bring that even closer to home, a report prepared by Philanthropy New Zealand in 2015, stated that as a nation we gave \$2.788 billion to charitable organisations that year. That figure includes gifts made by personal donors, trusts and foundations and businesses. Fifty-five percent of that total figure was made up of personal giving, which totalled \$1.530 billion.

Broken down further, 90 percent of that personal giving was by donations with the remaining 10 percent being bequests (legacies paid through deceased estates). From figures supplied by Internal Affairs, it seems around 40 percent of individuals donate money monthly at an average of about \$40 per month.

While some government funding is received, Presbyterian Support East Coast (PSEC) is responsible for raising \$1.3 million annual shortfall to ensure our services remain free to the people who need them most.

This is where the generosity of our donors here in Hawke's Bay and Gisborne is critical. This support enables Family Works to make a difference assisting children and families affected by family violence, child abuse and neglect; allows Enliven Older People Services to support people over 55 years old in their own homes; and helps Enliven Disability Services empower people with disabilities to live an extraordinary life.

PSEC's supporters are humble. They give without seeking a fanfare of gratitude or public acknowledgement of their generosity. They give in a variety of ways, from volunteering their time and skills, donating to our charity shops and services, to financial donations, either as part of appeals or through regular payments. Equally valuable are the people who kindly leave a gift in their Will to Presbyterian Support East Coast.

No matter how you give to PSEC, every single one of you is enabling our organisation to support people and families in need in the community; something we have been doing for more than 70 years.

NZ as a nation gave \$2.788 billion to charitable organisations

Thank you. Thank you. Thank you.



William and Jeff Parker, of Hurford Parker.

Since 2011, Family Works Guardian Angels have been helping local families in Hawke's Bay and Tairāwhiti turn their life around by donating monthly to Family Works.

Twenty-five years ago, Jeff Parker created an insurance broking service in Hawke's Bay with the late Jim Hurford. Today, Hurford Parker Insurance Brokers Ltd. is a hard-working, energetic company based in Hastings with a strong focus on staff wellness, family values and exceptional client service.

But Hurford Parker is much more than a thriving regional business. As one of Family Works' earliest Guardian Angels, this company has been quietly supporting local families in crisis for the past eight years by sending monthly donations to Family Works, a service of Presbyterian Support East Coast.

This support has been crucial for many vulnerable families in a region that shamefully still has the highest number of family violence incidents in the country for its population size.

"We're passionate about Hawke's Bay and passionate about the future of our business," says Hurford Parker manager, Jeff Parker.



GUARDIAN ANGELS

Changing the community, one family at a time.

"We recognise that we need to do our bit for the wider community, but it has to be a right fit for us. National organisations like to support national charities, but we want to help the local community that we are a part of.

"Supporting local services is paramount and Family Works Guardian Angels is one of the most important ones we contribute to. We know it gets used in Hawke's Bay and know that Presbyterian Support East Coast is a very good organisation too."

Jeff's son William, who also works in the business, believes it comes down to social responsibility – to giving something back.

"There are some serious issues here in Hawke's Bay. Some people are only just surviving. People see little glimpses of the issues but it's easy to turn the other way and ignore it. I came from a safe and loving home, but some people don't have those same foundations and need a helping hand," William says.

"We need everyone to be as well looked after as possible. Each business has a certain budget and we only have so much to give, but many don't give anything. If everybody gave a little bit, I think we can achieve a lot. If we've got a great community – we've got a great region."

CHANGE A LOCAL CHILD'S FUTURE!

Become a Family Works Guardian Angel today

Make a stand against family violence on the East Coast. Become a Family Works Guardian Angel today. Donate regularly so that children in your region can be safer at home.

Find out how by contacting our Philanthropy Manager:

T: 06 877 8193 (x724)
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ENLIVEN OLDER PEOPLE SERVICES

“Follow the wine,” Mary Wills, Presbyterian Support East Coast Social Services General Manager, laughs, referring to New Zealand’s most popular regions for retirees.



She’s right. Hawke’s Bay’s aging population is evident (along with its propensity for producing award winning wine). In Hawke’s Bay, according to the last Census, one in six is over 65, or 17 percent of the local population, compared to 14 percent nationally.

Our sunny region experiences ‘age-selective’ migration, meaning an overall outward migration of those at younger ages, and an inward migration of over 55s. Not only is our aging population growing, but we are living longer, and with that comes more complex needs.

Enliven Older People Services, a division of Presbyterian Support East Coast, supports clients in Hawke’s Bay and Tairāwhiti to age in the comfort of their own homes for as long as possible. The service currently has a client base of approximately 200 intensive home support clients and the same number of Day Programme clients.

With the aged care sector currently facing an increase of older people, along with a changing client demographic, Mary is confident that with Enliven’s proactive approach they can manage future challenges.

“We know there’s going to be more older people and we also know the population is going to be more culturally diverse, so we need to have services that are appropriate for all,” Mary says.

“Our employees need to be able to connect well with people from all walks of life, those from different cultures and with different values. It all comes back to staff – people who connect with people.”



“Sometimes people get used to being on their own. It’s about getting them reconnected with others in the community and the Day Programme does this beautifully.”

Enliven recently added the word ‘intensive’ to its home support title, now ‘Enliven Intensive Home Support,’ reflecting the increasing numbers of clients with high and complex support needs.

“Enliven has always provided services for those who benefit from a restorative approach, including physiotherapy or occupational therapy. Our growing client base now includes those with long term conditions, who might also benefit from that approach but may need other inputs like speech language therapy or dietitian support. We are also supporting more people with stroke, dementia and complex social issues who need more day-to-day support.”

The Enliven Centre, in Pakowhai Road, which offers a number of day programmes, was established in 2016 to address the issue of social isolation in older people.

“Sometimes people get used to being on their own. It’s about getting them reconnected with others in the community and the Day Programme does this beautifully.”

Enliven Older People Services includes intensive home support, day programmes, and Community Group Strength and Balance exercise classes.

Enliven’s strength lies in a firm client-centric focus, and broad multidisciplinary team. Clients and whānau are involved in goal setting, and receive input from the team of nurses, physiotherapists, dietitians, occupational therapists, speech language therapists and a social worker.

Joy, an Enliven Intensive Home Support client, says “I am sure I would have found it very difficult to stay at home had it not been for Enliven giving me support. I will be forever grateful for their help and interest in my progress to being more independent!”

Feedback from grateful clients like this is common at Enliven, which shows first-hand that the service changes people’s lives for the better.

ENLIVEN OLDER PEOPLE SERVICES IN A NUT SHELL

Supporting people over 55 years to remain in their own homes and lead the life they choose.

WE OFFER:

- Intensive home support
- Community day programmes
- Day respite at the Enliven Centre
- Community Strength and Balance classes

If you would like more information about Enliven please phone 06 281 2534 or freephone 0800 436 548 or email enliven@psec.org.nz



From left; Stuart Signal, Bevan Condin, Andrea Stevenson, Roz Scott, Sharlene Bryant, Michelle Valler, Philip Pinckney, Libby O’Sullivan, Dave Sawers



NEW NAME Same great team and same great services

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Hawke’s Bay professional services firm, Staples Rodway, has adopted its international network’s Baker Tilly into its name – marking 30 years affiliation. All seven New Zealand firms will be known as Baker Tilly Staples Rodway.

The Hawke’s Bay office remains an independent member of the network and retains its local ownership with all the same office directors, management, and team members and location on the corner of Hastings Street and Eastbourne

Street in Hastings, now called Baker Tilly House.

Hawke’s Bay director, Philip Pinckney, says until now, New Zealand was one of only a handful countries around the world whose Baker Tilly affiliated firms had not adopted the name.

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Iona College Social Action Group students, Georgia Lawson, Sophie Broome and Kate Manahi.

RAISING A NEW GENERATION OF PHILANTHROPISTS

Philanthropy runs deep in the roots of Iona College.

The very land in Havelock North that the Presbyterian girls' college so proudly sits on, was donated by Mr Hugh Campbell in 1914. Its founding head mistress, Miss Isabel Fraser, donated her services free of charge for five years.

These charitable values are still strong today and have become more prevalent with a flourishing partnership with Presbyterian Support East Coast (PSEC).

Iona College Chaplain and Religious Studies Teacher, Ellie Burge, has fostered the partnership since she began in her role nine years ago.

"Being a Presbyterian-based school, I think it is important to have a strong affiliation with our local Presbyterian Support," Ellie says.

Iona College began donating to PSEC's Family Works service some 20 years ago. Family Works is a child safety, social work and counselling service that aims to address and reduce child abuse, neglect and family violence on the East Coast.

Five years ago, the college, which is the oldest Presbyterian college in New Zealand, further solidified their support by becoming Family Works Guardian Angels, making regular donations every year.

"Not only do we make regular donations to Family Works each year, but we may also take a collection for PSEC at our chapel service. Funds raised from our Christmas carol services go to PSEC too."

Ellie sees it as her responsibility to help her students (approximately 300 of them) to become aware of and grateful for their many talents and opportunities, and encourages them to share these with others in their community. This led to her introducing the Social Action Project for her Year 12 students.

"The idea of the Social Action Project is to get students out into the community and helping people directly through service. I want them to see for themselves how different life is for some people and how they can take action to make a difference.

"I encourage the girls to volunteer at one of PSEC's services (Enliven Disability Services, Enliven Older People Services or Family Works), and do something that will not only make a difference to someone's life, but also change their own perspective on the world at the same time. My wish for them is to see the real world and realise the inequalities, to build empathy and walk alongside those who are in need."

Now in its third year, the Social Action Project has seen students volunteering at Enliven Older People Services, offering companionship to elderly; at Mosaic, donating games to Rowan, and initiating a clothing donation drive for PSEC Charity Shops, as well as volunteering. There have also been projects for Women's Refuge, Tainui Reserve tree planting, sustainable bags, schools and pre-schools, a stationary drive for a school in Fiji, Farm Strong (Rural mental health), Jammies for June and community gardens.

From Iona College Head Girl, Kate Manahi's point of view, her Chaplain has certainly achieved what she set out.



"Being a Presbyterian-based school, I think it is important to have a strong affiliation with our local Presbyterian Support."

Ellie Burge - Iona College Chaplain.

"These projects definitely make me more aware of the struggles in our community," 17-year-old Kate says.

"Here at Iona we are all very lucky to have access to high quality education, facilities, food and shelter but in reality, many New Zealanders don't have access to any of these things. It has motivated me to support and make changes wherever I can to enable everyone to have equal opportunities."

Fellow student, 18-year-old Georgia Lawson, says being a part of the social action projects has opened her eyes to the world and the struggles that many individuals and families face.

"It has motivated me to do more for my wider community and has also helped me to decide on a future in health care," Georgia says.

Iona College Chapel Prefect, Sophie Broome (17 years old) adds that volunteering has enabled her to help people she wouldn't normally have the opportunity to meet.

"I have been part of many fundraising ventures during my time at Iona but raising money (for the services) wasn't the best part," Sophie says.

"Our group got to meet some elderly people through Enliven. Listening to their stories and experiences was a privilege. I think they enjoyed our company too. Feeling like I had made an impact on their lives was very rewarding."

As well as Chaplain and Religious Studies teacher, Ellie sees herself as a 'seed sower'.

"When it comes to the real world, employers can choose from hundreds of highly qualified people, but what makes a person stand out from the rest is volunteering experience, serving others and an awareness of what the real world is like.

"My job is to plant the seed and help the girls realise that one person can make a difference. As the girls mature, I hope they'll look back and think 'Yes, I understand now what Ms Burge meant all those years ago.'"



PSEC CHARITY SHOPS Surprisingly Superb

Scattered throughout Hawke's Bay in Havelock North, Taradale and Napier, Presbyterian Support East Coast (PSEC) charity shops have become community hubs, where people come to not only shop but to meet friendly people and have a chat too.

Thanks to generous donations all of our shops offer quality clothing, books and accessories such as shoes, jewellery, hats, belts, handbags, household linen, bric-a-brac and vintage items.

Our Napier shop specialises in larger household items, such as furniture and electrical appliances, which come safety tagged and tested. We even have a PSEC pick-up truck that will collect furniture and other large donations if you're unable to



deliver yourself; and our very own PSEC-branded reusable bags available to purchase from any of the shops for just \$1. Handy for when you buy more than you intended!

Because of the popularity of our shops, we are always needing more volunteers to help with customer service, sorting donations and restocking shelves. In return, volunteers will benefit from having loads of fun, forming new friendships, gaining new skills (or exercising skills you already have) and that warm fuzzy feeling from making a valuable contribution to your community.

If you're keen to make a difference or would simply like to find out more, please contact our Volunteer Manager on 027 655 3571 or volunteer@psec.org.nz.

"We even have a PSEC pick-up truck that will collect furniture and other large donations..."



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The Enliven Centre in Pakowhai Road, Napier.

ENLIVEN DAY CENTRE

A DAY OUT AT THE ENLIVEN CENTRE

The delicious aroma of fresh baking permeates the air. All around is laughter, chatter and clinking cups.

You could be forgiven for thinking you've walked into one of Hawke's Bay's bustling cafés. This, however, is something very different.

The Enliven Centre is where over 55-year-olds meet five days a week for Enliven's Day Programme (EDP).

Some come for the social interaction – many are home alone otherwise – while some come for the daily Strength and Balance classes to maintain and improve their mobility. Whatever the reason for attending, each client brings their own unique stories, challenges and triumphs.

“We know the Day Programme works,” says Dr Sally Harvey, PSEC's Evaluation and Research Advisor, who recently completed an extensive survey of the programme.

“Clients get a lot out of it. However, it was important we use a validated tool to confirm our observations.”

The survey used the Adult Social Care Outcomes Toolkit (ASCOT), designed to measure aspects of an individual's quality of life, which can be affected by social care. The tool was developed over the space of a decade by the University of Kent in the UK.

Measuring eight domains of clients' lives, including social participation, control over daily life, personal safety and dignity, the survey results were positive.

“The results show that attending EDP adds to clients' quality of life, particularly by meeting needs for social contact and to spend time doing things they value or enjoy.”

- Dr Sally Harvey

“It also showed that EDP takes a lot of stress off carers. It supports informal family carers and adds measurably to their quality of life across all domains surveyed.”



Enliven Day Programme enthusiast, John Doreen.

LEAPS AND BOUNDS

John Doreen rises from the table where he is sitting enjoying a cuppa, and walks by himself to his walker, something he didn't do when he first came to the Enliven Centre.

“I wasn't getting enough exercise at home,” John says. “My mobility wasn't great so I was reliant on my walker.”

Now, since joining the Enliven Day Programme, John “throws his walker in the back of the car” when he goes to town, but usually uses his walking stick instead.

John enjoyed the exercises so much that he took a sheet of exercises home for homework and has been doing them regularly ever since.

Liz Tubby, Enliven Day Programme Coordinator, has enjoyed watching John's progress come on in leaps and bounds.

“His motivation has increased, and he's made new friends,” Liz says.

“His health and mobility have improved, and he's lost weight. To top it off though, he's happier within himself.”

When asked what he most enjoys at the Enliven Centre, John quickly replies, “The companionship and the staff here, they're really good”.

While John is a Day Programme success story, his motivation to stay mobile is not only for himself. Born into a Taradale farming family, John is motivated to spend as much time as possible visiting long standing friends who are not as mobile as he is.

“Even if you go to visit them and stay a short while, it's important to go and say hello and enquire after their health,” he says of the difference connecting with people can make.

John is showing no sign of slowing down and now attends the Day Programme two days a week.



Enliven Day Programme Co-ordinator, Trevor Marsh with Brian, a member of the Re-Treads.

RE-TREADS: RETIRED AND INSPIRED

Every Thursday afternoon, as the Day Programme clients are wrapping up for the day, another group starts to trickle in. One-by-one the group takes place around a table, cups of tea and coffee in hand as they settle in for a catch up. The banter flies quickly, and laughter bounces off the high ceilings.

These are the Re-Treads, Enliven Day Programme's group just for men.

The group came together a couple of years ago and has been thriving ever since.

Trevor Marsh, Day Programme Coordinator, has been there from the inception.

"We got the group together and asked if they wanted something different. The men came up with the name 'Re-Treads',

because they're all retired," he chuckles.

The Re-Treads take part in a number of activities, with the most popular being wood work and physical exercises.

Trevor says the difference between this group and the other day programmes is the relaxed nature.

"I think they feel they can let their hair down a bit. The activities are the real difference. We do more robust exercises with heavier weights. Lance Marsh, the programme's exercise instructor, takes it up a notch and we use boxing gloves so we can spar with each other. The men really enjoy that."

There is also a healthy dose of competition thrown in.

"Lance usually does a quiz along with

exercises, with two teams facing each other, and there are penalties if you get it wrong. It's a lot of fun."

After working up a sweat, the group heads outside.

"The men always have a different project on the go, mosaics or wood work, whichever they want to do. Some come because they enjoy the projects, and some live on their own and just want that contact. This is their day out, so we try to accommodate what they want to do."

The programme brings together a group of men from very different backgrounds, with differing abilities. Men who might not have known each other if it weren't for the Re-Treads, and who work together as a team, make the thriving group what it is.

A NEW LEASE ON LIFE

"I've never been busier!" Denise Bradley, Presbyterian Support East Coast (PSEC) volunteer, says of retirement.

"But I'm busy doing things I want to and that I enjoy."

Her friendly chuckle carries over the gentle hubbub of people chattering as they get ready for the morning's exercise class. She tells the story of how she came to volunteer at the Enliven Centre.

"I'm a great op-shopper," she laughs. "I liked the PSEC charity shop in Napier, so I started volunteering there when I retired."

When PSEC's Volunteer Manager, Ngaia Richardson, told Denise about the Enliven Day Programme she knew she wanted to work there too.

A registered nurse with a wealth of experience working in orthopaedics, Denise knew the statistics on the fall cycle, "they show a significant number of people who suffer a hip fracture will pass away within a year".

She's right. According to ACC, people over 65 years old have a one in three chance of falling. Between 10 and 20 percent of these falls will result in an injury such as a hip fracture, hospitalisation, or death. For those over 80, a hip fracture is associated with a 33 percent chance of entering residential care, and a 20 percent chance of dying within 12 months.

"I remember thinking, 'Wow, wouldn't it be good to be an influence on people before they broke a hip?'"

"It's so rewarding working here," says the busy grandmother of 10.

"These people have so much to offer. I love it! The clients are so interesting, they all have a different story and I love the company."



Enliven Day Centre Volunteer, Denise Bradley.

"I remember thinking, 'Wow, wouldn't it be good to be an influence on people before they broke a hip?'"

ENLIVEN STRENGTH & BALANCE

Falls prevention initiative sees older people getting stronger and living longer

Did you know that people over the age of 65 have a one in three chance of falling? Worse still, between 10 and 20 percent of those falls result in a hip fracture, hospitalisation or even death.

Fortunately, many falls can be easily prevented.



Pat with Enliven exercise provider, Lance Marsh.

LIVING STRONGER AND HAPPIER IN LATER YEARS

Enliven is proud to be the lead agency of a nationwide initiative supporting providers throughout the East Coast to deliver approved Community Group Strength and Balance classes for people over 65 to do just that – build strength and balance to prevent falls.

The initiative, now in its second year, is driven by ACC, the Ministry of Health and Health Quality and Safety Commission (HQSC). The aim is to reduce falls and fractures and support older people to live stronger for longer in their own homes.

To date, Enliven has approved and accredited over 50 classes in Hawke's Bay. From these accredited classes, over 5000 attendances were recorded between January and March 2019 alone.

Research shows if a person over the age of 65 attends two or more approved Strength and Balance Classes a week, along with a few exercises at home, their risk of falling reduces by 29 percent.

Enliven Community Services Coordinator, Kirstin Thompson, says falling over is not a 'normal' part of the ageing process.

"People who have good lower leg and 'core' strength – that's the buttock, thighs, mid-section and back – also have good balance. One of the best and easiest ways to avoid falling is to build your core strength."

While the physical benefits for participants are evident, the positive outcomes go far beyond.

Social isolation and loneliness is a growing concern among older people and has been related to a decline in health and an increase in mortality. As we age, we naturally have a decreasing social network and, along with a decrease in mobility, we tend to find an increase in our elderly population becoming ever more socially isolated.

In a recent Australian study, researchers investigated what motivates older people to engage in physical activity. Social interaction was mentioned by all participants.

Kirstin agrees this is a main reason people join and continue participating in classes.

"It allows them to create new friendships and gain freedom from social isolation."

Take Pat for example, a Strength and Balance class participant. Pat says, "I enjoy the social side. I appreciate it!"

Lance Marsh, an Enliven exercise provider, has seen remarkable changes in Pat since she began.

"Pat was very apprehensive to start with but now has better self-esteem and more confidence."

Enliven, hand-in-hand with approved Exercise Providers, is well on the way to helping over 55s in our region enjoy better balance and mobility, and fewer falls.

Call 0800 436 548 if you would like to become an accredited Strength and Balance exercise provider or join a class.

KEY STATISTICS

- For people aged 80 and over, the risk of falling increases to 1 in 2
- Falls are the most common and costly cause of injury in older people
- Falls cause around 40 percent of ACC claims for people aged between 65 and 69, and around 60 percent of claims for those aged over 85
- Severity of fall-related injury increases with age – an 80-year-old has 15 times the risk of a hip fracture compared with a 65-year-old
- A hip fracture for someone aged 80 or over is associated with a 33 percent chance of entering residential care, and a 20 percent chance of dying within 12 months

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ENLIVEN AT THE LUSK CENTRE

Nestled in the neighbourhood of Te Aute Road, Havelock North, the Lusk Centre looks just like any other home – and that is precisely the point.

The Lusk Centre was established in 1992 to provide a 'home away from home', where older people in Havelock North and the wider community could socialise in a safe and supportive environment.

Its inception is a remarkable story.

Sally Lusk (pictured), described by those who knew her as 'small of stature but feisty and determined', opened the centre at the age of 80, after identifying a need to cater for the many lonely, elderly living on their own in the Havelock North community. She had a vision for a place where people could come along for a cuppa and a chat, a sing-a-long or outing, or just some companionship, easing the burden of social isolation.

Sally, who grew up on a poultry farm in Massachusetts and later moved to New Zealand with her Kiwi husband, was supported by her family in bringing her vision to fruition.

In 1991 she and her family purchased the property at 34 Te Aute Road, then an ordinary family home, and opened the doors to volunteers and members. The centre was then named 'The Lusk Club Home' and flourished as it became a second home for many retirees in the area.

Sally's unique vision has lived on as her legacy, a place where many friendships have blossomed, and hardships shared.

In 2018 the Lusk Centre embarked on a new journey, partnering with Enliven in an alliance to support one another to provide more services to the local community.

The Centre now offers a funded Day Programme, along with many other activities; indoor and outdoor games, outings, entertainment, and, in line with Sally's vision, also functions as a drop-in centre five days a week. If you're passing, pop in for a cuppa and learn more about this remarkable woman and her living legacy.



The Lusk Centre in Havelock North.



Activities in full swing at the Lusk Centre.



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COUNSELLING CHILDREN IN TRAUMA

The wonders of sandtray therapy



A child can freely choose from a range of miniatures and props.

As the region with New Zealand's highest rate of family violence per head of population, it's hard to know which is more disturbing: the large number of local families experiencing violence every day or the long-term damage to the children in these families.

Family Works services are strongly focused on family wellness and child safety is always a high priority. When it comes to children who have experienced or witnessed violence at home, counselling is a specialist area for Family Works in Hawke's Bay where 60 percent of all counselling work is with children.

Children have a wide range of reactions to trauma. They can be anxious, angry, depressed or confused. Fear and guilt may also be present, along with a lack of confidence and social skills. Attachment issues and grief are also common. Some children are just too young or upset to verbalise their experiences. They may not even be aware of their trauma.

Talking does not usually get to the source of a child's trauma – but play can. Children love to play. It is their natural way of expressing themselves and it engages all their senses. Through play, a child can process their experiences and make sense of their world.

Sandtray therapy is a gentle form of play therapy being used by our Family Works services. In Hawke's Bay, it has become a specialist counselling tool for children in trauma. This developing trauma modality is also effective for post-traumatic stress disorder in adults.



Family Works

After six to eight sessions remarkable changes can happen as a child begins to gain more self-mastery and worth.

Therapy for children is usually spread over six to eight sessions and remarkable changes can happen in this time as a child gains a greater sense of safety, security and trust, resulting in increased confidence and self-esteem.

Sessions are undertaken with a counsellor in a creative therapy room. Here a child can freely choose from a range of miniatures and props to create or act out their world on a standing 'sandtray'. The tray is filled with fine white sand that can be easily poured like water through funnels and containers, or it can be used as the land or framework for their story.

The counsellor's role is non-directive and the work is child-led. The counsellor needs to keep the space safe for the child as they witness their play and sometimes reflect back what is being expressed in the play.

A parent may sometimes join their child in the therapy room, giving counsellors an opportunity to 'model' positive ways of interacting with their child. Parents may also learn other parenting skills, like the difference between naughty behaviour and distressed behaviour in their child, which helps them to support the child more effectively.



The child is able to create or act out their world on a standing 'sandtray'.

As children start to feel safer and more secure, they become happier and more relaxed. Their health and sleeping improves, they get on better with their family and make friends more easily. Learning at school also improves.

Children say they love the sandtray. When asked if she was coming back, one little girl simply said, "Yes!"

One of the Family Works Counsellors says she really enjoys seeing the children for who they really are without any barriers.

"What I love the most is that they can relax into who they are and just be themselves," she says.

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HOLISTIC APPROACH HELPS FAMILIES THRIVE AFTER FAMILY VIOLENCE

Imagine being four years old and not knowing when your next meal will be. Worse still, being too scared to ask for food in case your dad had been drinking and hit you so hard you can't sit down. Last week he was annoyed and tried to hit your big brother with a chair, but your mum went in front and took the full blow. You feel scared all the time – and the only safe place you have is under your bed hiding.

It's hard to imagine because it is nightmarish. One wouldn't wish this experience on anyone, let alone an innocent child. Unfortunately, this scenario is real and all too common in New Zealand – and in our East Coast communities. The latest statistics reveal 16,472 reports of substantiated abuse were received by Child Youth and Family (now known as Oranga Tamariki). Substantiated abuse includes emotional, physical and sexual abuse and neglect.

Family Works Tairāwhiti Manager, Alica Richardson-Marr, says sadly tamariki (children) whose every day home environment exposes them to family violence, grow up thinking this type of experience is normal because "they know no different".



"Their parents and caregivers are their role models," Alica says. "They follow their violent childhood role-model's example and potentially grow up to behave just like them or remain a victim in adult relationships – and so the family violence cycle continues."

Children who are victims of family violence and abuse suffer from a myriad of emotional, physical and mental issues, including depression, Post Traumatic Stress Disorder, psychosis and anxiety. They grow up feeling hopeless, powerless, shameful and guilty, and become withdrawn and isolated. Or, at the other end of the spectrum, they demand excessive attention, become aggressive and a bully themselves.

"To change the cycle of family violence, we need to protect our tamariki first and foremost. They are our future generations. Without them, there is no future for anyone."

In 2018, Family Works Tairāwhiti became the only service in Gisborne offering programmes for the entire family affected by violence, from children and other victims to the perpetrators themselves.

Family Works Tairāwhiti provided social services for 1011 clients in the 2017/2018 year. Sixty-seven percent of social work and counselling clients assessed had improved safety for children, and 58 percent had improved care and nurturing for children.

The harakeke (flax) in the Family Works logo signifies the entire family and whānau. The new leaf (rito) at the centre represents our vulnerable tamariki, while the larger leaves on the outside represent the protectors – parents, grandparents and wider

whānau. If you remove the new leaves in the centre of the flax, the rest of the plant dies.

Alica uses the harakeke to describe her team's holistic approach to their services.

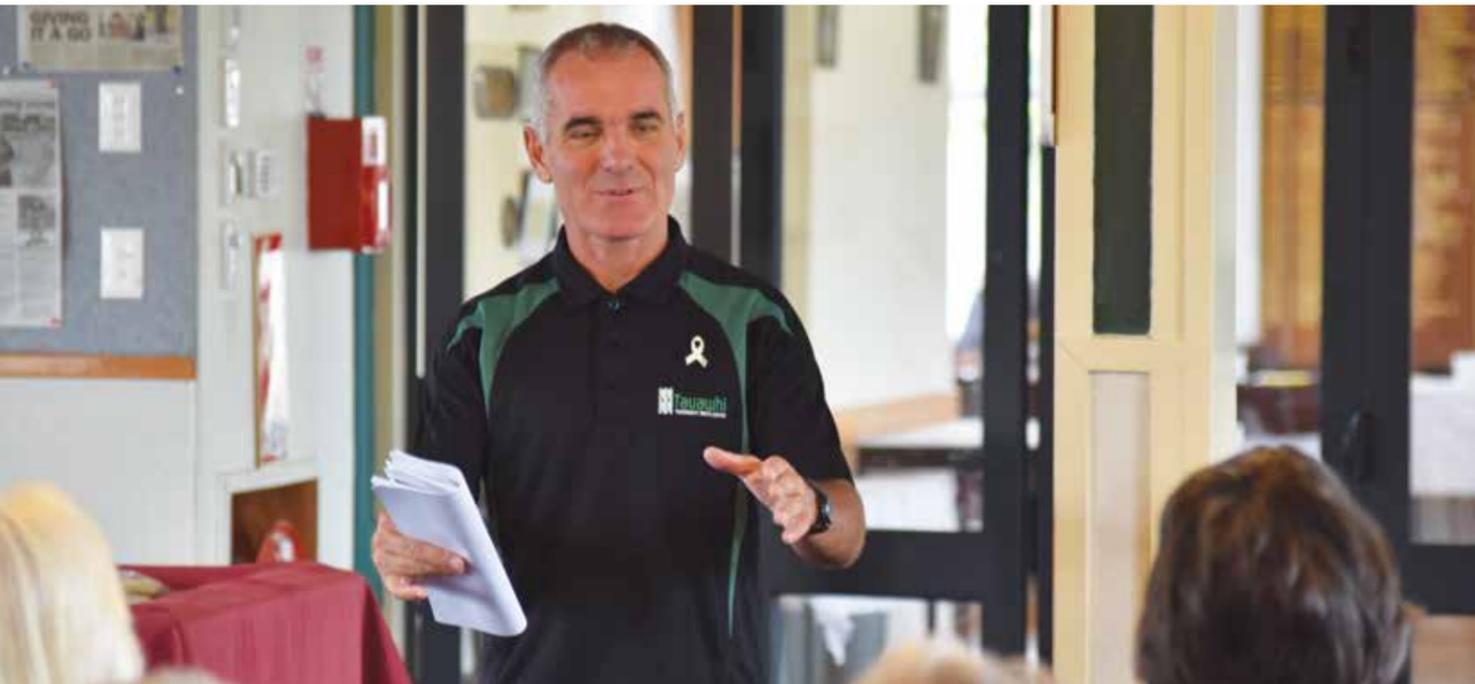
"We ensure the entire whānau receive the help they need to not only survive their future, but to become more resilient and thrive."

FAMILY WORKS SERVICES INCLUDE:

- Social work and advocacy
- Counselling and therapy
- Parenting advice and education
- Mediation and dispute resolution
- Support for people experiencing family violence
- Group programmes and support networks

For more information about Family Works Tairāwhiti, please phone 06 868 1399 or email adminFWgisborne@psec.org.nz

MEN'S CENTRE AIMS TO BUILD COMMUNITY OF CARING MEN



“How many of us do a course or sit a test before getting married or having children?”

Tauawhi Men's Centre Coordinator, Tim Marshall, asks a group of women from the Country Women's Institute where he's been invited to be a guest speaker.

“To get a driver's license you have to sit three compulsory tests. There is no compulsory test to become a parent,” Tim continues.

The women ponder Tim's statement, then nod in agreement.

Tim is passionate about Tauawhi Men's Centre, a service of Family Works Tairāwhiti, and its vision to build a community of caring men. Based in Peel Street, in Gisborne's CBD, the centre provides free specialist counselling, social work, programmes, advocacy and support for men.

Tim says he is often asked to speak at clubs, groups and organisations, locally, nationally and even across the ditch, and while he literally runs from one meeting to another most days, he always obliges, taking the opportunity to spread the 'Safe Man, Safe Family' and 'Its Not OK' anti-violence messages.

“Ofentimes perpetrators of violence are ex-victims themselves,” Tim says sombrely.

“The men we are helping are men who have no idea about loving and caring families because they haven't come from one.”

Tauawhi Men's Centre is all about providing a 'one stop shop' specifically for men who are reluctant to ask for help. Opened in 2010, it is the trusted and chosen provider of non-violence programmes for Department of Corrections clients and Ministry of Justice Protection Order Respondents.

Above: Tauawhi Men's Centre Co-ordinator, Tim Marshall.

“Our philosophy is ‘no matter where you're from, no matter who you are and no matter what the problem is you'll find support here.’”

One of the myriad of programmes offered, 'Building Awesome Matua', supports fathers to have a positive influence and involvement in their children's lives. It intertwines with the 'Building Awesome Whānau' and 'Building Awesome Tamariki' programmes offered by Family Works Tairāwhiti.

“Our philosophy is ‘no matter where you're from, no matter who you are and no matter what the problem is you'll find support here’.

“We have a majority of male staff, including facilitators, for our programmes and courses, which helps break down those initial barriers for men wanting to get help but are intimidated or afraid of being judged. The important thing is that they take that first step to change.”

New Zealand has the worst domestic violence statistics in the developed world. According to AreYouOk.org.nz and New Zealand Family Violence Clearing House, Police report a domestic violence incident in New Zealand every five minutes. Worse still, 76 percent of domestic violence incidents go unreported, in many instances because the offender is a family member.

The latest statistics reveal an average of 13 women, 10 men and nine children are killed each year as a result of family violence.



From working extensively with perpetrators of family violence throughout his career and walking the journey to rehabilitation with them, Tim says the key to improving New Zealand's appalling statistics is educating everyone – offenders and victims – that it's not OK to be violent and abusive, nor accept it.

“We should encourage them to speak up if things are not right and genuinely listen to them when they do.”

Tim states the most important message for perpetrators of family violence is that it is never too late to change.

“It is never too late to change the cycle and become a 'safe man'.”



Meet the PSEC Board

The Presbyterian Support East Coast Board have been appointed by the community and Presbytery to provide strategic direction to our organisation. They are a team of experienced professionals in their respective fields and we are grateful to have their expertise and input.

Always up for a challenge, we asked some of our Board Members the hard questions and their answers didn't disappoint.



Maitland Manning
Chairman

1. **What do you see as the biggest challenges facing the PSEC Board over the next 10 years?**
Lack of Government funding.
2. **What is PSEC's role in dealing with the impact of an aging population?**
Considering provision of facilities for those with dementia and/or allied complaints.
3. **What topic could you spend hours talking about?**
The watering down of the attitude of the churches on the moral issues of today and why so many churches will not be around in 15 years time.



Tobias Taylor

1. **What do you see as the biggest challenges facing the PSEC Board over the next 10 years?**

Ensuring the asset base of PSEC continues to grow in order to support our community in perpetuity.

We see a shifting tide in regards to providers of social services and we see private sector organisations in the market. We must ensure we are strong and remain focused on our core values, but also do not operate like a private sector firm (short term). Therefore, we need to consider our resources in this light. We may not have investors per se, but we do have stakeholders and we need to be here longer than any commercial enterprise. This requires strong asset management acumen and relevance to our community to ensure we attract new capital, be it via partnerships, grants, funding or private injections.

2. **What is PSEC's role in addressing the issue of people with disabilities living in age inappropriate places?**

We have a clear role with Rowan House. We are developing real intellectual property in the space and this provides a visible service to our community. We have to be careful we don't perpetuate "institutions", but we can also be leaders in showing the benefits of specialist care, specialist facilities and wider community engagement, while providing high intensity care.



Continued

3. **What's something from your childhood that will seem strange to future generations?**

Walking in bare feet to school and pinching the odd apple from the orchards around Hastings. Both actions (bare feet and nicking apples) would no doubt be a crime now ... also, the orchard would be prosecuted for the spray that we ate from the pilfered apple.



Colleen Skuse

1. **What do you see as the biggest challenges facing the PSEC Board over the next 10 years?**

Reduction of Government funding.

2. **What is PSEC's role in dealing with the impact of an aging population?**

We are already dealing with this with our programmes for older people to aid keeping elderly in their homes. This includes running exercise and strength and balance programmes.

3. **What topic could you spend hours talking about?**

My overseas adventures plus our Board strategic planning.

Meet the PSEC board continued



Frane Rosandich

1. What is PSEC's role in dealing with the impact of an aging population?

To remain a real effective presence in this arena, which will require real partnerships with our community. Our eldercare services must grow accordingly, responding not only to increasing population but also niches and complexity within that population. Whatever we do has to be sustainable and having a service provision ethos second to none. That never comes cheap.

2. What is PSEC's role in addressing the issue of people with disabilities living in age inappropriate places?

We can't shirk away from our current service areas. Part of our mission statement is social justice. Marginalised groups within our society are always requiring "rights" protection and we are mandated under God to advocate for these people.

3. What's something from your childhood that will seem strange to future generations?

Washing boards and ringers. Home-made preserves. Sunday church and Sunday roasts. No shops open on the weekend. Having to make things from scrap.



Alison Prins

1. What do you see as the biggest challenges facing the PSEC Board over the next 10 years?

Funding and fundraising. Keeping up with technology. Increased need. Workforce development.

2. What is PSEC's role in addressing the issue of people with disabilities living in age inappropriate places?

Our role currently is to maintain Rowan House, which provides support and accommodation for younger people with disabilities in a flatting-type setting. It is important that people with disabilities have a choice in how they live their lives. Sadly, we don't have enough places for those who could choose to live there.

3. What is something from your childhood that will seem strange to future generations?

Riding a bike without a helmet.



**Kerry Marshall
Patron**

1. What do you see as the biggest challenges facing the PSEC Board over the next 10 years?

Succession planning. Having the right people on the Board for the needs of the organisation, with the appropriate knowledge and skills, combined with a commitment to social services that are based on the ethos of our founders.

2. What's something from your childhood that will seem strange to future generations?

Playing in the back yard. Setting off on my bike with friends for the day to explore and arriving home at tea time.

3. What topic could you spend hours talking about?

Bagpipes and pipe bands.



Julie Ball

1. What do you see as the biggest challenges facing the PSEC Board over the next 10 years?

Remaining innovative and adaptable as demographics change.

2. What is PSEC's role in addressing the issue of people with disabilities living in age inappropriate places?

This is a national issue and requires a national response to get any commitment from funders to address. At a local level, PSEC may choose to invest in a solution or seek partners to work with.

3. What topic could you spend hours talking about?

The appalling statistics around child abuse in New Zealand.





AROHIWI STATION

The people's station

Arohiwi winters approximately 650 cattle made up from all age groups of an Angus breeding herd. Sheep wintered are Romney ewes and supporting stock of some 6700, with the aged ewes going to a terminal sire.

An hour inland from Napier and Hastings lies the rolling green hills of Arohiwi Station, a station close to the heart of Presbyterian Support East Coast (PSEC).

Half of the station was gifted to PSEC some 40 years ago by the Late Laura Mitchell (nee Holt), the granddaughter of the original owner, Robert Holt.

Laura, a woman of Presbyterian faith, had established an incredible connection between her family and the Presbyterian Social Service Association Hawke's Bay and Poverty Bay (Inc.) as it was then known.

In 1978, following the restructuring of the Holt farming enterprise at Puketitiri,

We currently commit \$380,000 to PSEC annually, and any other profits are retained in the business for capital expenditure or special dividends to the owners.

Laura, who had by then lost both her husband, Vincent and only child, John, gifted half her shares in the prime hill country property to PSEC in order to help the organisation respond to the community's needs.

Thirteen years later when Laura died at the age of 83, she bequeathed her remaining parcel of shares to PSEC – a gesture which gave the organisation a 50 percent shareholding in Arohiwi Station.

Over the years the generosity of the remaining Holt family has allowed PSEC to purchase additional shares in the Puketitiri property, and in 2012 it took full ownership of the asset.

DID YOU KNOW?

Quick facts about Arohiwi Station

- PSEC is the sole shareholder of Arohiwi Station Limited.
- The dividend from the farm supports PSEC's social services, which care for children and their families, disabled and elderly.
- The Station comprises 962.7 hectares, with a further 77 hectares of leased land. 62.5 hectares in forestry.
- Considered 'summer safe'.
- Excellent reliable water system. Fertile free draining pumice ash soil. Annual rainfall 1600 to 2000mls. Two to three snowfalls a year.
- Arohiwi is at an altitude of between 460 and 750 metres above sea level.
- As a supplementary winter feed for the stock, swedes and kale are grown at Arohiwi.
- David Evans has been Arohiwi's Station Manager since 1992. David is responsible for the hands-on development of the farming operation and is the link between management and the board.
- Arohiwi Station Limited is administered by a board of four independent directors.



We had a quick Q&A session with Arohiwi Station Board Chairman, Peter Tod. Peter is a Central Hawke's Bay farmer and also a past winner of Hawke's Bay Farmer of the Year.

1 CURRENT STOCK STATS

Arohiwi winters approximately 650 cattle made up from all age groups of an Angus breeding herd. Sheep wintered are Romney ewes and supporting stock of some 6700, with the aged ewes going to a terminal sire.

2 ANY FORESTRY?

Arohiwi has 15 planted woodlots comprising 45.6ha which continue to progress towards maturity on their staggered timeframe.

3 HOW MANY STAFF DOES IT TAKE TO RUN AROHIWI STATION ON A DAILY BASIS?

Three fulltime staff are employed as well as a farm consultant.

4 CAN YOU GIVE US AN INSIGHT INTO THE PROFIT AROHIWI STATION MAKES AND HOW MUCH IT PUTS INTO PSEC PER YEAR?

Profit is variable and linked not only to the vagaries of the climate but also the global protein markets. We currently commit \$380,000 to PSEC annually, and any other profits are retained in the business for capital expenditure or special dividends to the owners.

5 DO YOU HAVE ANY PLANS TO ADOPT MORE SUSTAINABLE FARM PRACTICES?

The Board has recently approved expenditure on "carbon profiling" of the property to better understand our impact on climate change. The results from this will tell us whether we have the balance between livestock and forestry correct. To add to this we are waiting for the HBRC to adopt the rules for the catchment Arohiwi sits in, so we

can continue to farm sustainably within the nutrient levels set by them. We have a strong focus on protecting Arohiwi's unique environment – looking after the land and water so it can, in turn, look after our community. Waterway and wetland plantings will continue to be part of this at Arohiwi.

6 WHAT ARE YOUR PLANS FOR THE FUTURE OF AROHIWI STATION?

A lot of Arohiwi's success over the long run can be attributed to the effective management and successful implementation of innovative farm policy that has resulted in the production of high quality, high value livestock. The Board's vision is to continue to farm Arohiwi as a breeding property, be open to the adoption of technology and innovation and endeavour, as opportunities arise, to grow the business which in turn will help grow the social service delivery of PSEC.

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DO YOU:

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- Want to make new friends?

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For more information contact our Volunteer Manager on 027 655 3571 or email volunteer@psec.org.nz

OUR COMMUNITY NEEDS YOU!

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Please donate to Presbyterian Support East Coast today at www.psec.org.nz/donate or email donations@psec.org.nz.



Our Services:



Clearing a property made less daunting

Reducing the stress of clearing unwanted possessions and getting properties tidied up for sale is the mission of Hawke's Bay-based company, DownSize NZ.

Sue McLagan, who runs DownSize NZ with her husband Ant, said assisting people to make a positive transition to a retirement village or a rest home was behind setting up the business. However, Sue advised that when a home is vacated suddenly, this was when the DownSize team was often called in to help.

"When a loved one is unexpectedly moved into care or passes away, these can be really stressful times for everyone. Having to sort out decades worth of accumulated possessions just adds to the pressure," says Sue.

"We often get called in by families, trustees, lawyers



or other agencies to help sort out the contents of the property and to get the home and section tidied up for the next stage."

Sue says clearing unwanted possessions and excess furniture was often the first major barrier people faced

when moving on or preparing a home for sale – and what can take families weeks to sort out can often be achieved in a few days with a clear plan and a dedicated team.

"DownSize NZ assists clients to determine what to keep and how to best dispose

of or rehome items they no longer need," said Sue. "If required, the DownSize team can efficiently manage the whole process including the logistics in line with our client's wishes."

Sue added that DownSize NZ also coordinates tradespeople for home or section maintenance, arranges valuations and professional services and make appointments with real estate agents as needed.

"Our experience means we are able to step in to help our clients through these often-challenging situations. Whatever the situation, our aim is to make the process as simple and as stress-free as possible."

DOWNSIZE NZ CLEARS POSSESSIONS & PREPARES HOMES FOR SALE

- ✓ Sorting possessions and clearing estates
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- ✓ Arranging sale, gifting, transport and storage
- ✓ Document destruction and rubbish removal
- ✓ Tidying up homes and sections for sale

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Find us on  @DownSizeNZ



Leave a gift in your Will and support social services in Hawke's Bay and Gisborne

- It's easier to do than you think
- It won't deprive the ones you love today
- A small gift really can make a big difference
- It will cost you nothing in your lifetime and your kindness will benefit others after you die

PSEC – supporting local people in need since 1946

For more information about leaving a bequest to Presbyterian Support East Coast or one of its services,

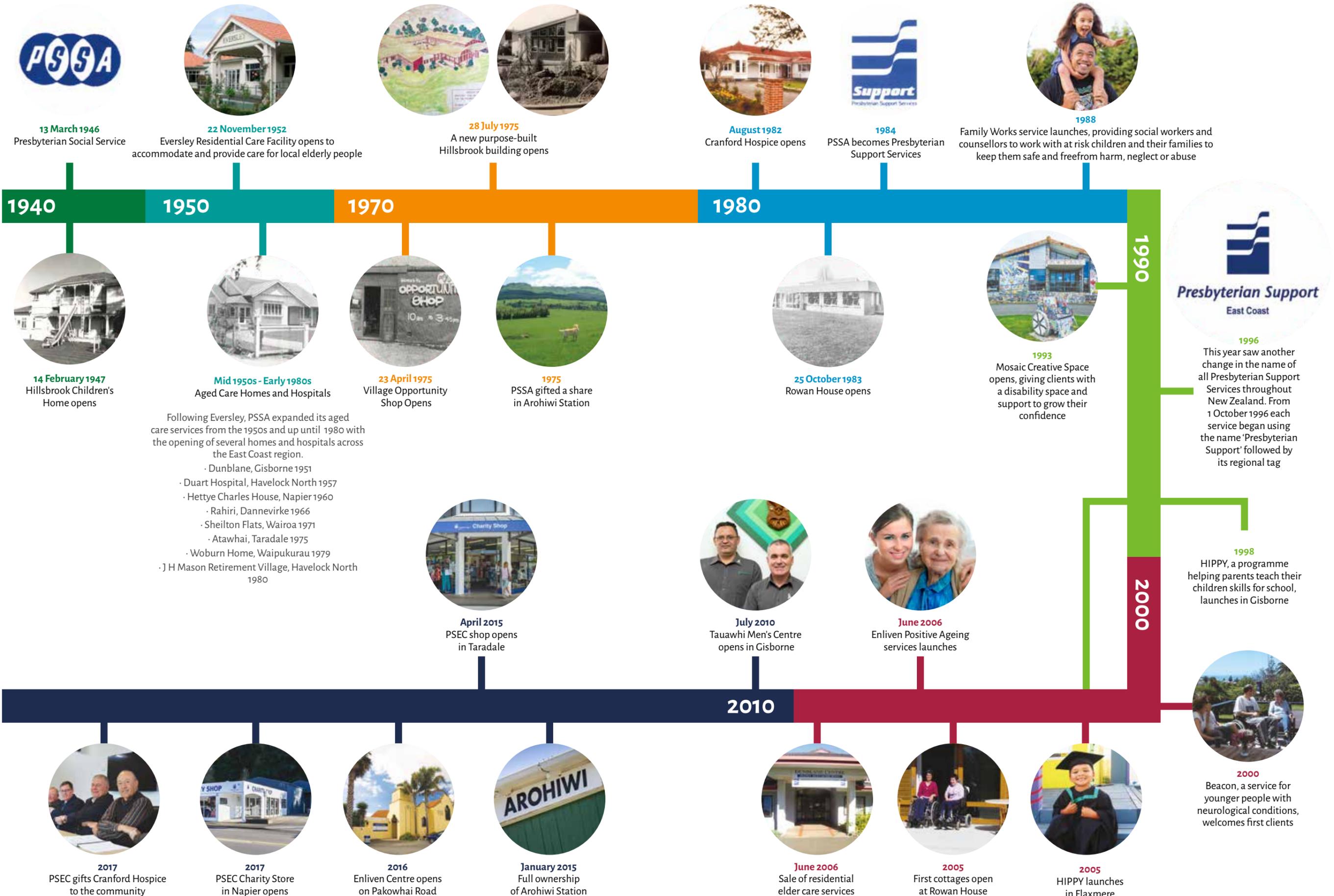
Contact our Philanthropy Manager; Tel: 06 877 8193 (Ext 724) Email: philanthropy@psec.org.nz.



Presbyterian Support
East Coast



History of Presbyterian Support East Coast



OUR SERVICES

Presbyterian Support East Coast delivers \$11 million worth of vital social services throughout the East Coast region, with the help of 220 staff and over 200 volunteers.

Visit psec.org.nz for more information

ENLIVEN OLDER PEOPLE SERVICES



Supported older people in the community through services to 699 clients

96% of Enliven Intensive Home Support clients reported they were satisfied with services

100% of Key Support Workers qualified at NZQA Level 2 or higher; 80% at Level 3 and above

92% of Enliven Centre clients agreed the day programmes help them to feel socially connected and part of the community

96% of clients agreed that the service made a positive difference to their life

36% of Intensive Home Support clients discharged were fully independent or required lower level services

"I cannot suggest anything better. Days are most enjoyable and I have new found friends and activities with wonderful staff." – Enliven Day Centre

"Without a doubt, I would not be able to have the level of independence if I did not have the support!"

– Enliven Intensive Home Support

"Very grateful and satisfied with all the help. Everyone is very encouraging and always very pleasant."

– Enliven Intensive Home Support



ENLIVEN DISABILITY SERVICES MOSAIC AND ROWAN



Provided supported accommodation, vocational learning and community participation for 76 people with disabilities

97% of flatters and students reported they were satisfied with services

97% stated they were encouraged to be as independent as possible

97% of flatters and students agreed that these services are making a positive difference to their life

98% felt supported to make their own choices

93% of flatters and students felt socially connected and part of the community

"I like living here at Rowan"

"I think Rowan is pretty fantastic"

"Mosaic is a great place to be with lots of friends"

"Mosaic has got good courses"

"I feel Mosaic is a good place because it has given me independence"

"We have flatters' meetings and can bring up whatever - different things"



FAMILY WORKS EAST COAST



Provided social services and programmes for 1915 clients

98% clients reported they were satisfied with services

98% of clients were satisfied with their relationship with their worker

95% of clients reported that the service helped them learn useful new skills and strategies

94% of clients reported that the service helped them meet their goals

95% felt better prepared for the future

"Very helpful especially for repairing and maintaining bonds/relationships within families."

"I'm very thankful for the support I was given; it's made me a stronger person."

"The service I got was very helpful for me to be a better father and positive attitude towards being a non-violent person. I am grateful for the service. Thank you."

"I learnt about the spiky ball and if someone passed a mean word or something not nice I learnt not to pass it back". [Child]

