



enliven
Maximising Independence
PRESBYTERIAN SUPPORT NORTHERN

UPDATE

TAKING PLEASURE IN GIVING

Kathy McMeikan was keen to help out in her local community, so the 75-year-old retired school teacher volunteered for the Enliven Day Programme when it opened in her neighbourhood.



With all of her grandchildren in Australia, Kathy has time to play the ukulele and lead sing alongs once a week as part of the four-day-a-week programme of all-day activities for dementia participants.

“Music is amazing. It stimulates people’s memories and they can sing old songs with no trouble,” she says, recalling how one 93-year-old woman could sing all the lyrics to Pokarekare Ana which she had learnt as a child.

Community sing alongs aren’t new to Kathy whose father led sing alongs when she was a child, and Kathy herself has also led them at her mother’s rest home.

“I’m not a professional. You don’t need to be. Empathy and rapport with people are all you I need, and a small skill or hobby you can share.”

Kathy also plays games, leads physical exercises with programme participants and serves them meals.

“I enjoy working here. It’s a warm, relaxed environment, the staff are supportive and they know there are some days when I might not be able to make it.”

Enliven Day Programme Team Leader Eva Tollemache says volunteers help to make the programmes run smoothly and spend great one-on-one time with people.

“They are definitely a valued part of our team.”

NZ NATIONAL VOLUNTEER WEEK IS 18-24 JUNE 2017

DID YOU KNOW?

People who give their time to help others end up feeling happier about themselves and the world. There’s something about the act of helping that sparks happiness. So if you have time to spare, why not give good cheer to older people – and yourself – by volunteering at an Enliven Day Programme.

We’re always thankful for an extra pair of hands to help older people in arts and crafts, gardening, meals, group activities, or outings. You’ll be with a lovely group of people and you’ll feel even better about giving your time more than you think! There are community programmes in Auckland, Waikato, Tauranga, and Whakatane.

INTERESTED?


Sign up at enlivennorthern.org.nz/contact-us

EVERYDAY ENLIVEN IS MAXIMISING INDEPENDENCE FOR MANY PEOPLE ACROSS OUR COMMUNITIES.


Everyday Enliven is helping older people to stay living independently in their own home or be part of a community day programme or conversation cafes to stay in touch and involved in interesting activities; providing rehabilitation support for those recovering from injury; or helping manage life for those living with a disability.

Here's what some of those we are supporting recently had to say...

"Meticulous! Motivates me! Showed me I can travel on a bus with my walker – what freedom! Supportive, quietly encouraging me on my road to independence. She has opened my eyes to life again. Thank you!"



"Outstanding support that has enabled me to remain in my own home and continue to lead an independent lifestyle. Many thanks."



"My support workers are special. I look forward to their arrival at my door. They really do care and I feel comfortable and safe with them. They are definitely maximising my independence which I truly value."

"Through chronic illness I had isolated myself from the outside world, was lonely and depressed. My support worker's visits have helped me gain confidence and to help me feel part of the community again."

"To me my support worker is an absolute treasure. She is always so cheerful, nothing is too much trouble, and her work is excellent so thank you, Enliven, for her. I am so blessed and thankful."

"I couldn't do with Enliven. My support workers' encouragement and practical care give me the energy to get on with living."

If you would like more information about Enliven services or how you can support us please visit
www.enlivennorthern.org.nz

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