

At Enliven we believe that if you want to live a healthier, happier life then you need:

- * Social inclusion and community
- * People you love who love you
- * The ability to make good decisions yourself
- * Practical support when, how and where you need it most

No matter what your age.

About us

Presbyterian Support is a charity, providing social services for families, youth, children and older people in Christchurch, Mid and North Canterbury, West Coast, Nelson and Marlborough.

To support our work you can make a donation at psuppersouth.org.nz/donate.

If you would like information about becoming a volunteer, please call 0800 477 874 or visit www.psuppersouth.org.nz/volunteer.

Supporting older people to
have fun and a sense of purpose.

Contact us

For more information about our services please contact our Enliven Manager, Vicki Lucas:

P: 0800 477 874 or 03 261 2890

E: vickil@psusi.org.nz

Our locations

Riccarton

P: 03 266 1335

E: richkke@psusi.org.nz

Linwood

P: 03 389 1728

E: linhkke@psusi.org.nz

Rangiora

P: 03 261 2888

E: enliven@psusi.org.nz

www.enlivenuppersouth.org.nz



Making a difference
together



Positive Ageing Services Selwyn, North Canterbury and Christchurch



enliven
PRESBYTERIAN SUPPORT
UPPER SOUTH ISLAND

EN007_0923



enliven

Enliven Day Programmes

Enliven day programmes give older people an enjoyable day out in the company of their peers. They are hosted by qualified, caring staff in a safe, warm and friendly environment.

Tōtara Club: For socially isolated older people (Riccarton and Rangiora).

Harakeke Club: For older people with cognitive impairment and memory loss (Riccarton and Linwood).

HomeShare: Small groups held in private homes by trained hosts (North Canterbury, Christchurch and Selwyn).



Other Enliven Services

Social Work

Advocating with clients for reviews of services including benefits and housing (East Christchurch).

Kaiāwhina

Support for kaumātua/elders to participate in the community and access services.

Elder Care Canterbury

Facilitation of several groups where the community works together to integrate and improve health services for the wellbeing of older people.

Falls Prevention

Assists safe, independent living by avoiding falls and improving strength and balance through home-based facilitated individual exercise programmes (North Canterbury).

East Christchurch Older Person's Service

This service is for kaumātua/older people who live in the East Christchurch suburbs, providing advocacy, whānau/family support and psychology.



Get Involved

Volunteer

Our work would not be possible without the dedicated volunteers who contribute in roles such as:

- * Day programme volunteers
- * Social visitors to people in their homes (North Canterbury)
- * Drivers (North Canterbury)
- * Minivans assistants (non-driving)

Donate

Our Enliven services rely on the generosity of donors. To help us meet the needs of older people please consider donating at www.psuppersouth.org.nz/donate.

