

# KĀTI HUIRAPA RUNAKA KI PUKETERAKI

COVID– 19 Special

MARCH 2020

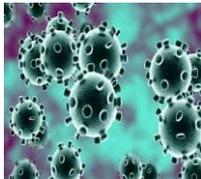
FACEBOOK: [WWW.FACEBOOK.COM/KATIHIRAPA/](http://WWW.FACEBOOK.COM/KATIHIRAPA/)

WEBSITE: [WWW.PUKETERAKI.NZ](http://WWW.PUKETERAKI.NZ)

## Top stories in this Panui



Message from Chairman



COVID– 19 Your health and Key sites and numbers



Update from Whai Rawa - Covid-19 response ongoing market fluctuations



Runaka updates

## Message from Matapura Ellison



This e panui is aimed at helping you stay safe and well while the country battles COVID-19.

At this time, we are all working from home so we can only send out electronic copies as we are unable to print and send via the mail to those whānau that don't have access to a computer. While we will try to ring those whom we know don't have the internet I ask that you also check on whānau that you know maybe in this position.

For most of us, we have not had to do anything like this, and everyone's life is being disrupted by it, but it is necessary to stop the spread of the virus and protect people.

So please stay at home, follow the health advice – and, most importantly, take care of yourself.

At this time, it is even more important that you keep in touch with whānau and friends. In this e- panui we have listed important contact numbers for Kati Huirapa Runaka. If you need help, just ask and we will do everything we can to support you and or your whānau.

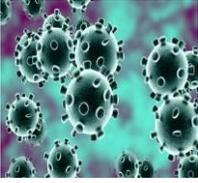
I encourage you to keep doing the usual things you enjoy at home and don't forget to go outside for a walk or tend to your garden as long as you adhere to the guidelines – stay at least two metres away from other people.

My thanks go out to those whānau who are working in essential services. Your mahi is very much appreciated and I ask that you also take care of yourself."

Matapura Ellison  
Chairperson

# COVID– 19

## Your Health.



If you develop symptoms of COVID-19 like a cough, fever, shortness of breath, sneezing or a runny nose, call your GP (doctor) or the COVID-19 Healthline **0800 358 5453**

For other health issues, call your doctor or Healthline (for free) on **0800 358 5453**.

If you cannot get through and are severely unwell, for example having trouble breathing, contact emergency services (dial 111)

## Keep up to date.

### □ The COVID-19 website

You can find out all the most recent information at the special website:

[covid19.govt.nz](https://covid19.govt.nz)

A lot of work is underway to help you through this difficult time, so keep an eye out for more details coming soon.

The COVID-19 website is updated daily.

### □ Updates from Te Rōpū Whakakaupapa Urutā and Southern Health Service

<http://www.uruta.maori.nz/>

The website is updated at 2pm daily so please check in regularly.

[All information is developed under an expert Maori Health Advisory team of doctors and other health experts and complies with Govt recommendations].

### □ Southern Health Services

Important updates about Southern Health services can be found on the Southern Health website: <https://www.southernhealth.nz/>

Click on: News and publications then click on 'Daily Media Updates'

### □ General Practitioners

Currently, GPs will have less face-to-face visits with people. If you need to see your GP they will try to use a phone call or other ways to talk with you.

Check the Southern Health website daily for updates about Health Services and visitor restrictions specific to each hospital.

## COVID- 19 Scientific hand-washing advice to avoid infection



Microbiologist Siouxsie Wiles, from University of Auckland's medical department, shows the best technique for preventing the spread of germs.

She says the main things to keep in mind are:

- Get plenty of lather on your hands
- Wash all over your hands, including the backs of your hands and up on your up on your wrists
- Wash for 20 seconds - enough time to sing 'Happy Birthday' twice
- Dry your hands thoroughly to avoid picking up new germs

She says washing for 20 seconds is good and 30 seconds is even better but washing for too much longer can be a bad idea as this will crack the skin, raising risk of infection further.

During a regular flu season or when facing the threat of an outbreak of another airborne virus or infection, it is important to wash and dry hands before eating or handling food, after using the toilet, after coughing, sneezing, blowing your nose or wiping children's noses or after caring for sick people.

See Diagram below



# Update from Whai Rawa - Covid-19 response to ongoing market fluctuations



If you didn't see the recent email from Whai Rawa this is a quick update .

“We know that you will also be worried about the recent downs and ups in the financial markets which have been heavily impacted by the Covid-19 pandemic. Our regulator, the Financial Markets Authority (“FMA”) has urged investors to exercise caution before switching Funds or withdrawing investments at this time - unless there is an immediate need to do so (for example, settling the purchase of a house). This is because switching or withdrawing investments at times of market fluctuations forces the sale of investments at lower prices and gives up the prospect of potential market gains when the investments start to recover.

In addition, the FMA has warned New Zealanders to be vigilant of financial scams and cold calls at this time as individuals may try and take advantage of the current market situation and your worries about your investment(s).

## **Still have pātai?**

Whānau, we are here to help with any pātai/questions you might have , and we have more information available online at [www.whairawa.com/covid-19](http://www.whairawa.com/covid-19). Please reach out to us if you have any concerns and we will do our best to help.”

You can contact us via:

Tel 0800 WHAI RAWA (0800 942 472) or +64 3 366 4344

Email [whairawa@ngaitahu.iwi.nz](mailto:whairawa@ngaitahu.iwi.nz)

Facebook [@whairawa](https://www.facebook.com/whairawa)

As we're experiencing high levels of calls, we recommend you email us first and we'll prioritise coming back to you as soon as we can.

# Runaka Updates

## He Korowai Whanau update provided by Lyn Carter



The Komiti has been busy phoning around our kaumatua to ensure all are safe and sound and ensuring they have support.

If you have yet to be contacted please let us know so that we can ensure you get the support, you need during this time.

The Runaka Office is closed for the lock-down period, but you can phone the Runaka Manager, Suzanne Ellison (0274345168), or you can email John/Runaka Office Admin in the usual way for any assistance ([admin@puketeraki.nz](mailto:admin@puketeraki.nz))

**Tumai Ora** in Waikouaiti is still operating albeit from a reduced capacity at home. They will continue to help with WINZ and so forth. A full update of their current services and all contact details are on the Facebook page – see below and contact details:

Facebook link <https://www.facebook.com/Tumai-Ora-Whanau-Services321808938016832>

‘There’s lots of information and fun things for kids to do during lockdown. Keep an eye on their website for updates

Contacts

Maria Russell – [0272966955](tel:0272966955)

Awhina Akurangi – [027 9585499](tel:0279585499)

## Office and Marae Closure

The Kati Huirapa Runaka ki Puketeraki Office is now closed, however, the staff are continuing to work from home. We can be contacted by email - [admin@puketeraki.nz](mailto:admin@puketeraki.nz) or through [Facebook @ katihuirapa](#) .

### Marae

The Marae will be closed for all hui and gatherings until further notice. We will inform you of any change to the closure of the marae.

## Suzanne Ellison



No rest for the Manager. Suzanne Is going into the office to work on most days so you can reach her by email: [manager@puketeraki.nz](mailto:manager@puketeraki.nz) ,ringing the office on (03) 465 7300 or her cell phone [0274 130 436](tel:0274130436) . She is leading our COVID Team, which is made up of Admin Staff, members of the Executive and relevant Runaka komiti’s members. They are tasked with keeping staff and members updated on developments and maintaining our service.

## Administration Team: John and Georgina



Both are now working from home. They can only be contacted by email and are trying to carry on as normal with a few limitations such as:

- Unable to print or scan as they don’t have access to these.
- Unable to mail out documents
- Unable to process orders such as MEA

They have connected us to Zoom so this now enables the runaka to connect with members, staff and the runaka komiti’s.

### Aroha Ellison



Aroha is currently supporting the office team with office tasks and local members whom she is supplying them with vegetables and homemade vegetable soup.



### Jo Silich

Jo is also working from home. Her life remains much the same making sure the runaka keeps paying its bills and processing all things financial.

She is also checking all the COVID-19 official websites several times a day and updating management on any changes.

### Missy Parata



New to the team, but she is working hard calling our kaumatua who would like regular calls. Missy is providing them with a bit of humour mixed in with a conversation to check that they are ok, and is providing support when needed.

Each day she is answering emails and providing Facebook updates. We are getting a lot of messages on our Facebook page so keep these coming.

### Waiariki Parata-Taiapa



Waiariki is also working from home and is taking this opportunity to work on getting all the history documents sorted and hopefully writing up a shortened version.

### Kaumātua Recipes

On our website under the Wellbeing Tab you will find a number Kaumātua Recipes for you to all try—enjoy

[Computer Support for members and Kaumātua:](#)

We are looking for a computer savvy member who would be able to help members and Kaumātua who are experiencing technical issues or just want to set up their new computer. If you can help email [admin@puketeraki.nz](mailto:admin@puketeraki.nz)

The Lockdown /restriction has limited our ability in some areas as follows:

- Print e-panui etc as we are unable to connect to the printer. This makes communication to those whanau that don't have email or access to a Computer an issue so we will be contacting by telephone.
- Undertake all maintenance work such as mowing, general maintenance and planting at the mara.
- Undertake our contractual obligations – Tree planting, LEOTC
- Undertake our obligations under the various MOU's we have.
- Fulfil MEA orders or operate Karitane Maori tours
- Limit our participation on the various komiti, boards that members attend or sit on.

*Please share this Newsletter with others, especially those that do not use the internet. If they live nearby, print it out and pop it in their letterbox. You can even read it out to them over the phone*

## Key telephone numbers

COVID-19 Healthline [0800 358 5453](tel:08003585453)

For general health issues, phone your doctor.

For emergencies dial [111](tel:111).

Elder Abuse Helpline [0800 32 668 65](tel:08003266865)

If you are unable to find what you need online, and are not sure who to contact for help, call the free government helpline on [0800 779 997](tel:0800779997) or on [0800 22 66 57](tel:0800226657) (8am– 1am, 7 days a week).

### Office Contact Details

121 Grimness St, Karitane

C/- PDC, Karitane 9440

Phone [\(03\) 465 7300](tel:034657300)

[admin@puketeraki.nz](mailto:admin@puketeraki.nz)

