

KIA ORA | HELLO | NĪ HĀO | BULA | NAMASTE | TALOFA | MĀLŌ E LELEI | KAMUSTA

In an emergency situation you are not on your own, you're with your community.

Many neighbours at this time are experiencing hardship due to financial stress, unemployment, self-isolation, uncertainty about the future, have ongoing health concerns, or mourning the loss of a loved one. Or, they may be lonely or anxious at this time. This may even describe your situation. This resource is a list of useful contacts and numbers for those who need it. You can keep the list for yourself or pass it on to others.

COVID-19

COVID-19 Healthline: 0800 358 5453 (or call your own GP) for medical advice or if you are concerned you might have COVID-19 symptoms.

General Healthline number: 0800 611 116 for any other health concerns. Available 24/7, 7 days a week.

FOOD BANKS/FOOD PARCELS (NORTH SHORE)

St Josephs Church Takapuna: 021 0886 7844

Holy Trinity Church Devonport: 021 857 997

City Impact Church/Community Impact East Coast Bays: 09 477 0300 (or form online at www.cityimpactchurch.com/care/)

The Salvation Army Albany Bays: 09 478 7567

The Salvation Army Glenfield: 09 441 2554

Good Works Trust: Online form at www.gwt.org.nz/work

Work and Income: Call 0800 559 009 for assistance.

CAB (Citizens Advice Bureau): Call 0800 367 222 for assistance.

GROCERY DELIVERY

SVA (Student Volunteer Army Grocery Delivery Service): 09 801 2122. 9am–4pm (Mon–Sat) or go online to www.shop.sva.org.nz

Age Concern: 0800 652 105

Devonport Self-Isolation Support Group: Jacki Fortune, 021 515 532 (Devonport only).

Connect Church Devonport: William Neale, 021 105 3842 (Devonport only).

Devonport Methodist Church: Nicola Teague Grundy, 021 274 1957 (Devonport only).

WELLBEING

Need to talk? Anxious? Stressed? Free call or text 1737 to speak to a trained counsellor. Available 24/7.

Lifeline: 0800 543 354 for 24/7 confidential counselling and support or text 'help' to 4357.

Age Concern: 0800 652 105

Netsafe: Text 'Netsafe' to 4282 or call 0508 638 723 (Mon–Sun) for free help, advice and support with online bullying, harassment and abuse.

Youthline: 0800 376 633 or free text 234. Counselling for young people.

Family violence information line: 0800 456 450

Alcohol and Drug Helpline: 0800 787 797

Gambling Helpline: 0800 654 655

FINANCES

Work and Income: Online or call 0800 559 009, 7am–6pm (Mon–Fri) or Saturdays 8am–1pm.

NEIGHBOURHOOD CONNECTIONS

If you can get online, you may like to join **Neighbourly** (www.neighbourly.co.nz). This is a private neighbourhood website designed just for you and your neighbours.

If you are sick, or can't leave home to buy food or essential supplies, you can ask family, whānau, friends or neighbours to drop off goods and groceries for you.

Try food delivery such as supermarket home delivery, food parcels, frozen pre-prepared meals, subscription food boxes or any other whole-food delivery service.

For subscription food boxes go to: **My Food Bag** or **Hello Fresh**.

For supermarket delivery go to: **Countdown** OR **New World**.

You can also use your supermarket's click and collect service, and ask a local friend, family member or neighbour to drop off groceries for you.

Exhausted all other avenues? To contact your local Civil Defence and Emergency Management (CDEM) group (Auckland Emergency Management), call Auckland Council 09 301 0101 or 0800 22 22 00.

If you have surplus resources, consider checking with local food banks to see if they are in need of any extra resources you have.

You can also use the **COVID-19 financial support** tool on the Unite Against COVID-19 website to see what support is available to you.

Start or join a **Neighbourhood Support** group. Register your interest with your local coordinator. Your coordinator will help connect you with your neighbours and safely manage all contact information. They will also keep you up-to-date with useful tips, support and free resources to help you be safe and connected. Call 0800 463 444.

MORE LOCAL FOOD PROVIDERS

Birkdale Beach Haven Community Project Inc 09 483 9942

Mahu Vision Community Trust (Warkworth) 09 425 8861

Salt Trust Silverdale info@salttrust.org.nz

Te Puna Hauora O Te Raki Paewhenua (Northcote) 09 489 3049

Good Works Trust North Shore gwt.org.nz

Loaves & Fishes – The Wellsford Foodbank 021 0908 9333

To find out more ways you can help your community prepare for emergencies, visit resilientaucklandnorth.org.nz or email madison@ancad.org.nz

ancad.org.nz