

Karamea Chronicle

In touch with our Community

Monday, 6 April 2020

Covid-19 Special Edition

FREE

4 Karamea Four Square - Covid-19 Update

Hello Karamea community, we at the Four Square hope you are adjusting to the big changes of the Covid-19 four week lockdown period. Just a reminder, if you have any concerns about the new restrictions, please head over to the Ministry of Health website for comprehensive information <https://www.health.govt.nz/.../dis.../covid-19-novel-coronavirus>.

We want to limit the number of people entering the store, so please wait to be waved in from staff, and please ensure customers and staff maintain the recommended physical distance of at least 2.0m apart.

Remember the key protocols:

- Please wait to be admitted
- Hand sanitizer MUST be applied on entry
- Please bring your reusable bags
- Please pack your groceries yourself

And a new one:

- Please do not bring children to the store during the emergency period. Our children are a treasure but right now we all need to be vigilant in our fight against the coronavirus. Children will not be admitted, so please leave them at home with someone in your bubble to look after them.

Keeping strictly to these measures ensures a safe environment to you to shop, and us to work in.

We have a delivery service during the lockdown period but please understand that we need to limit that to those who genuinely need it. To arrange a delivery, give us a call at 7826 701.

We're also happy to pack your groceries and meet you at the door if you would like, again please ring ahead to arrange.

Thanks Karamea!

Juliette, Jason and the rest of the shop staff



Monday 8:30am - 5pm
Tuesday 8:30am - 10am & 11:30am - 5pm
Wednesday 8:30am - 5pm
Thursday 8:30am - 5pm
Friday 8:30am - 10am & 11:30am - 5pm
Saturday 9am - 3pm
Sunday 9am - 3pm

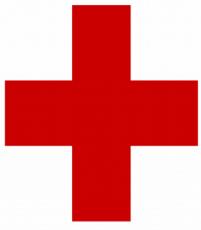

Easter 2020
Weekend Trading

GOOD FRIDAY – CLOSED
SATURDAY – OPEN
EASTER SUNDAY – CLOSED
EASTER MONDAY – OPEN



To comply with NZ Trading Laws, there will be some restrictions on goods available and opening hours over the Easter Break.





The Karamea Health Centre is Open



As directed by the Government during the Lockdown period our focus is on urgent health needs and protection. Thus the following changes to the service are in place:

- All non-urgent face-to-face contact is postponed until further notice.
- Please phone the clinic on 03 7826 710 for any health concerns. You will be assessed over the phone and where possible managed without the need to come in e.g. repeat prescriptions.
- If you do need to come in, only one person at a time will be in the clinic, so you may be asked to wait outside or in your car, until we can see you. Please observe the recommended 2 metre distancing at all times while waiting.
- Doctor consults will continue, but may be via video link.
- Flu vaccinations in the over 65 years and vulnerable are a priority. Vaccinations for all others will be available for everyone when new supplies arrive.
- Emergency health care will continue as usual, please dial 111.
- COVID-19. If you develop a new cough, sore throat, fever or difficulty breathing, please phone the clinic as above or Health Line **0800 358 5453** for advice.
- Weekend urgent clinics will continue on Saturday/Sunday from 2pm to 4pm, please call the nurse on 027 404 4958 before coming down.

We thank you for your understanding and patience.

NB:

If you find the phones are busy or the network is overloaded, please keep trying and leave a message, we will get to back as soon as we can.

We are continuing to provide 3 monthly scripts however we've been advised the pharmacy will supply your medication for one month at a time, in order to assist everyone without delays.



**Stay safe,
Karamea Health Team**



Note from the Mayor – Karamea Chronicle 6 April 2020

I offer my support and re-assurance to the Karamea community at this extraordinary time of national emergency. We are into our second week of level 4 lockdown and as a community Buller is doing pretty well. Thank you to those that are working to maintain essential services, your efforts are so important. Those that have been self-isolating, well done so far, it's important we don't become complacent in our efforts to minimise the spread of Covid-19 as to do so may prolong the lockdown measures.

The Buller Emergency Operations Centre (EOC) has been busy getting set up to handle any escalation of the emergency. If you need assistance in obtaining household goods such as medication, food, home heating, clothing etc and have no family or friends able to assist, phone 03 900 9329 7am-7pm and the team will respond. Myself and the EOC team are in contact with your local Civil Defence Co-ordinator who provides us with "eyes" on the ground in your community. There is reliable information on www.covid19.govt.nz on how to keep yourself and the community safe, the government financial package and advice for mental health support. It's also worth following the Buller District Council and Buller Civil Defence Facebook pages for regular updates. Please don't hesitate to reach out if you feel you need to, there is a whole community here to respond.

It is important to remember that Covid-19 won't be with us forever, with that in mind BDC have submitted a significant "jobs" package of economic development opportunities to central government. The quality of our application has been recognised at the highest level and is being well supported by MP Damien O'Connor and NZ First List MP Mark Patterson, both of whom I have been in contact with. There is a separate package of infrastructure related projects that is being finalised as well. It is important we keep an eye on the long term strategy despite being very involved in the immediate Covid-19 response. Our aim is to have projects and a plan to deliver them ready to provide job opportunities for those needing to re-deploy from redundant roles post lock-down.

BDC staff are mostly working from home and are maintaining essential services, this is working well and we will be in good shape to return to business as usual when able. I am in regular contact with councillors via video conference and will be conducting our first official meeting using this method for Finance and Audit on 22 April.

Feel free to contact me anytime or via your local councillor Rosalie Sampson - we are here to help. Take care and stay safe.



Mayor Jamie Cleine

| Email jamie.cleine@bdc.govt.nz

New Cell Towers Operational at Kongahu and Little Wanganui

By Gill Evans, Community Engagement Manager, Rural Connectivity Group

I am writing to let you know that the cell sites at Little Wanganui and Kongahu are now operational.

We've been able to get agreement from all MNO's (Spark, Vodafone and 2Degrees) that this is exceptional situation in which we all find ourselves the site can be lived ahead of schedule.

When I wrote to you a while ago I spoke of the site being a 4G HD (VoLTE) site. Basically the MNO's have moved away from 3G calling and are using 4G data calling - 4G calling delivers a better quality of service.

To gain access to the services on offer from the MNO's and how you can understand if your devices are VoLTE capable/ how to enable VoLTE on your devices is to either head to your

service providers website (below links) or call your provider (again details below).

Spark customers can contact customer services on 123 or online at <https://www.spark.co.nz/help/mobile/understand/volte/>.

Please note that **Skinny** phones are not yet capable of 4G voice calling and are not expected to be enabled for another few months.

2Degrees customers can contact customer services on 0800 022 022 or online at <https://www.2degreesmobile.co.nz/help-and-support/broadband-and-landline/broadband/rural-broadband/>.

Vodafone customers can contact customer services on 0800 800 021 or online at http://help.vodafone.co.nz/app/answers/detail/a_id/30264.

Stay indoors, stay safe and please do get back to me with any questions you might have on gill.evans@thercg.nz.

Confused about social distancing? Use this decision tree.



WESTPORT NEWS

Our local independent newspaper since 1871

The News has been a voice for its community since the early 1870s. We're family owned and proud to be one of New Zealand's few remaining independent newspapers. We're produced, printed and published in Westport, daily Monday to Friday.

COVID-19 UPDATE

As a service to our community we've decided our online paper will remain FREE during the Covid-19 lockdown.



Go to <https://www.wpn.co.nz/>

If you're a paid subscriber don't worry, we will refund you. If you know someone who enjoys The News, but isn't online, why not offer to read them our stories over the phone?

Let's get through this together...

Kia kaha!

Council is still functioning, just in a different way.

Our offices in Westport and Reefton are closed, and staff are working remotely. The best way to get hold of us is by email, info@bdc.govt.nz. If you don't have access to email please call us on 0800 807 239.

We have re-directed our focus and some of our staff onto essential services which the public rely on – drinking water, waste management, sewage and effluent disposal, and emergency management.

Urgent and emergency situations will be dealt with as per normal service standards where possible. Non-urgent matters may take longer to respond to than normal and we apologise for the inconvenience.

Our website contains a lot of information about the services we provide, and answers a number of frequently asked questions. Our Facebook page is also regularly updated.

You are not alone, we are in this together and we will get through. Reach out, stay safe and be kind. Up to date information is available on the Buller District Council Facebook page.

Useful contact and information during this time:

www.covid19.govt.nz

COVID-19 Healthline 0800 358 5453

Free Government Helpline 0800 779 997

Ministry of Health - <https://www.health.govt.nz/>

Mental Health Foundation Mental wellbeing- <https://www.mentalhealth.org.nz/get-help/covid-19/>

Financial relief and support from the government is available for affected businesses.

Contact Development West Coast if you want help to put your application in –

www.dwc.org.nz

Covid-19 Household Goods and Services assistance number – 03 900 9329

Are you in need of support with any these essential items or services?

- *Food shops – due to being classed as “high risk” (e.g. Over the age of 70, pre-existing health issues, symptoms of a cold or disabled)*
- *Ordering food or groceries online.*
- *Clothing or bedding for warmth for your home.*
- *Essential cooking or food storage appliances (Oven, fridge, freezer)*
- *Prescription medicine.*
- *Home heating (wood, coal, gas).*

We can help, contact your local Civil Defence team West Coast wide on 03 900 9329. This phone number will operate 7 days a week from 7.00am to 7.00pm



Karamea Landfill

Is OPEN Wednesday,
Friday & Sunday 9am to
1pm (except Public Holidays)

Names and addresses
taken for Buller District
Council to invoice you



Availability during COVID-19 Lockdown

All of our staff are working from home as of Thursday 26-March and will be available for remote support, trouble-shooting and advice from 9am-5pm Mon-Fri.

Call 03 789 5239, email support@itatwork.co.nz or raise a support ticket here: <https://www.itatwork.co.nz/services/ticket/>

As we have been remotely supporting companies across NZ for many years, this is something our staff are extremely experienced at and prepared for.

We may have the ability to safely receive equipment (Laptops/Printers/Desktops etc) for repair – but this **must** be arranged beforehand.

While our Retail Store is closed, some IT distribution channels remain open and we have the ability to continue to supply goods and can take payment via Credit/Debit card – or by Internet Banking. Again, this can only be done via phone or email as our store will **not** be opening.

My staff and client's safety are our number one priority and we appreciate the support shown to us over the past few difficult days.

The weeks ahead will be challenging but, I believe, will leave us in a much better position than carrying on as normal.

Until this is over, please look after yourselves and, if possible, try and help those around you in any way you safely can...

Brent Oldham

MITRE 10

Essential items can now be purchased
from Martin's Mitre10 Westport.

Our store doors will remain CLOSED, but we will take phone orders on 03 789 7879 from 10am to midday Monday April 6, Wednesday April 8 and Thursday April 9.

You can also email your order to martin@mitre10.co.nz anytime from now.

You will require a credit or debit card. You cannot charge your purchase to your account.

If emailing, please include your phone number. Do not include your card details.

Most products will be limited to two per customer.

We will deliver free within town limits. A freight charge will apply elsewhere. There must be no contact between the delivery driver and the customer. The order will be left where the customer instructs.

Deliveries may take 3-5 days if you live outside Westport.

We will have minimum staff working, so please be patient if your call isn't answered immediately.

Products deemed essential include: heating - all electric heating, electric blankets, wood, coal etc (excludes solid fuel fires and heat pumps); batteries, light bulbs, plumbing fittings, smoke alarms, safes, children's safety items, vacuum cleaners and accessories, slow cookers, damp control, gumboots, personal safety gear, gap sealants and silicones, indoor cleaning chemicals, tarpaulins and covers, electric switches and outlets, gloves and hand safety, pliers, screwdrivers, hammers, barrel bolts and privacy bolts, padlocks.

Please see our website for further details

www.mitre10.co.nz



BULLER

Influenza Vaccination

The Ministry of Health is recommending that people who are most at risk get their Influenza vaccination. Influenza immunisation is FREE for people who are in the "high priority" group which include:

- Pregnant
- Aged 65 years or older
- Healthcare workers
- Aged under 65 years with diabetes, most heart or lung conditions and some other illnesses (see the chart on the website below)
- Children aged 4 years or under who have had a stay in hospital

Please visit your GP's website or email them first to check when the next flu vaccination appointment is available. For more information visit: <https://www.fightflu.co.nz/>



New Zealand
POLICE
Nga Pirihimana O Aotearoa

Karamea Police Covid-19 Report

By Constable Alan Kees, Karamea

As everyone is aware this Covid 19 Pandemic is very trying times for everyone. More so for essential services and the emergency services. The Government has set out new rules for us to follow during the period of the lockdown.

These rules you may think are not necessarily for your safety but they are for the safety of the vulnerable. From overseas death rates, there are a lot of vulnerable people. The purpose of slowing down the advance is to keep beds in hospitals from being flooded allowing the vulnerable to get the care they need when they need it. It also means reducing accident rates taking up beds in hospitals. Although you may not agree with the rules, the more you abide by them the less time this lockdown period in its current state will last.

Over the past week the main breaches of the lockdown rules are people out driving to go somewhere for exercise or just driving followed by people fishing then surfing.

All of these activities over the weekend have been clearly stated in the law as activities that are not deemed essential and could result in persons who persist in carrying on being charged.

So as hard as it might be not to be able to carry out your favourite past time it has been made law for the current period for the benefit of people as a whole and not necessarily for the individual. It is only for a short time in the scheme of things however long that time will be and then everyone should be able to go back to doing their recreational activities as before.

So prior to being selfish and doing your thing, think "how will my actions impact on other people? What if I currently have Covid-19 would people coming to my assistance be in danger, could I be in danger from them? Do people get into trouble doing what I'm going to do? If the answer is yes (which it is) don't do it in the first place.

That action will go a long way to seeing these unprecedented times coming to an end sooner rather than later.

The long and short is don't put yourself or others in danger follow the intention of the law and don't look for a gap because if you do find one it will only get plugged as has already happened.

Find something constructive to do at home and be kind to others something that going on Facebook and pointing fingers at individuals is not doing.

If you wish to point the finger at people breaching the rules call me, put a message through on the police 105 website or the 105 Phone line.

Covid-19 Business Update

By Development West Coast - Media Release 2 April 2020

As we enter our second week of lockdown, many of us are adjusting to the new normal of working remotely, while others have been unable to work in any capacity.

Based on insights from Infometrics and Stats NZ, we are speculating that out of our 16,263 strong workforce, 8,149 Coasters are still working in some form - either working remotely or as 'essential workers'.

This means under lockdown around half of our workforce is currently unable to work in any capacity. The worst hit sectors are Accommodation and Food services with a possible 1,767 people currently unable to work, Construction: 1,452, Manufacturing: 925 and Retail trade: 769.

For many Coast businesses this inability to operate is having a dramatic toll - not just on their business but on their wellbeing.

At DWC, our staff are busy working with local businesses through their current needs and exploring how we can more directly support businesses through this difficult time. We are also working on strategies and projects to get the Coast economy back on its feet once the lockdown is lifted.

In other news, the West Coast will be receiving Provincial Growth Fund (PGF) support of \$2.08m to run a Te Ara Mahi project - 'The West Coast Regional Employment Scheme' which will be run with support from the Ministry of Social Development (MSD). The government recognises the need for continued support for the region and the Provincial Development Unit has been instrumental in getting this project across the line.

This will be an employment and training programme targeted at skill shortage areas across the Coast. The programme will fit West Coast businesses seeking to create new positions with specific training tailored to jobs, as well as the upskilling of existing employees to new positions. Under the scheme businesses will be able to apply for subsidies to help create new jobs and take on additional workers.

Another project we are working on, in conjunction with MSD and other regional development agencies, is setting up a regional employment hub to facilitate getting available workers into much-needed employment once the lockdown is lifted.

Our tourism team is also hard at work formulating a domestic tourism campaign for when travel restrictions are lifted. There is also a large piece of work to be carried out looking at the future of tourism on the West Coast and how we can adjust to a very different visitor profile in the future.

We need to ensure our economy is in the best possible position to get up and running once the lockdown is removed.

As the COVID-19 situation is constantly evolving, so too is the Government's response to businesses. There are a number of Government support packages aimed at addressing short-term cashflow needs, with further support packages potentially in the pipeline.

Applications are now open for the Government's [Business Finance Guarantee Scheme](#) for small and medium-sized businesses. And a [new leave scheme for essential workers](#) will be available from Monday.

Please let us know what you are experiencing so we can continue to advocate to Government on your behalf.

This is a very challenging time for many in our business community, but I want to reassure you the team at DWC is here to support you and advocate for you. If you need any help, don't hesitate to reach out.

Our contact details remain the same: Ph: 0800 768 0140
Email: info@dwc.org.nz

Buller Vets Ltd

Business as Usual with Precautions

Please ring us first for all services; our front doors will be locked

Westport 03 789 7934

Companion Animals

Purchases

You must ring to order any products. If we have the product in stock we will tell you and you will drive to the back of the clinic to pick up your order. All invoices have our bank number on them; we would appreciate internet banking for payment. If this is not possible please inform us. If we have to order the product, we will ring when it arrives. **Karamea Express can deliver your parcel from us to you, 5 days a week.**

Consults/Surgeries

We will no longer be doing house calls

Please phone first, confirm your mobile number. The receptionist will either give you an appointment time or get a vet to ring you first. If you have any Covid-19 symptoms, **let us know.**

Drive around the back of the clinic at the time of your appointment with your pet. You will NOT be able to stay with your pet. You will be required to leave your pet through the gate in the back carport. Dogs must be on a lead, cats (some small dogs) in a cage. A staff member will be in the area. For a consult, you will wait in your car and the vet will ring to talk to you about your pet. When the consult is finished, your pet will be returned to where you dropped it off with your invoice.

For Surgery, a consent form will be waiting for you to fill in when you drop off your pet. You will be rung when your pet is ready to be picked up.

Production Animals

Business as usual with physical distancing.

Appointments

Please inform us if any of your staff have Covid-19 symptoms. If they have, we will assess the risk and have an individual plan for your call. We will be implementing physical distancing for all jobs, as much as the job will allow. Only have as many staff members present that is required to do the job. It is important that both our staff and your staff stay healthy.

Purchasing

Ring us with your order for any products. If we have the product in stock, we will tell you and you can pick up your order from the back of the clinic. If we have to order the product, we will ring when it arrives.

Forwarded orders would be appreciated to help with our stock purchasing. All suppliers have said they have stock with the majority of product already in the country; however expect freight delays. We cannot supply forward orders straight away, but we will be happy to supply sooner than they are required.

We strive to keep you and your pet Healthy

The team at Buller Vets

Online Form now Available for Expressions of Interest to Work in the Health system

By Canterbury District Health Board - Media Release 4 April 2020

Canterbury and West Coast DHBs have made it easy for people to submit an expression of interest if they are not already employed by the DHBs but want to put their hand up and contribute to the COVID-19 response.

This has been set up to provide support to both the Canterbury and the West Coast Health systems.

“We’ve already received lots of offers of help from people who are willing to support our health system and now we’re actively inviting people to submit their interest through an online form to ensure any offers are captured in one place,” says Chief People Officer Michael Frampton.

“Whether you’re a clinician, student, or someone who just wants to help out in some way, we invite you to go online and submit your information and we’ll be in touch with relevant opportunities when they come up.”

When people go to register online, they can apply by selecting the form that best suits their qualifications and experience from the following options:

- **Clinical support roles** – for example, doctors, registered nurses, allied health, health care assistants, students and so on

Canterbury

District Health Board

Te Poari Hauora o Waitaha



West Coast District Health Board
Te Poari Hauora a Rohe o Tai Poutini

- **Non-clinical support roles** – for example, cleaners, administrators, human resources professionals, information technology workers, hospitality staff, or anyone who just wants to help out.

“We’d like to hear from anyone who wants to help out and we encourage people to let their friends, families, whānau and networks know about this opportunity as well,” he said.

The form is available to complete on the <https://cdhb.carecentre.net.nz/Job/Expression-of-Interest-Clinical-and-Non-Clinical-Roles-COVID-19/Canterbury/17068>, and is for expressions of interest for both Canterbury and West Coast DHBs.

“Once someone has submitted their interest, we’ll get in touch if we have a short, fixed-term role available based on their skills and the DHBs’ needs. Appropriate training and oversight will be provided to ensure safe practice,” Michael Frampton said.



Government's \$6.25b Business Finance Guarantee Scheme

The Government, in partnership with retail banks, is implementing a \$6.25 billion Business Finance Guarantee Scheme for small and medium-sized businesses provides. This scheme will provide short-term credit to cushion the financial distress for our businesses.

The package will include a six-month principal and interest payment holiday for mortgage holders and SME customers whose incomes have been affected by COVID-19.

The scheme will include a limit of \$500,000 per loan and will apply to businesses with a turnover of between \$250,000 and \$80 million per annum. The loans will be for a maximum of three years and expected to be provided by the banks at competitive, transparent rates.

Contact your bank for more details.

Read more: www.beehive.govt.nz

Tasman Agriculture Rural Ltd

Local business supporting local communities

During the Covid-19 lockdown period our store at the Info Centre will be open each Wednesday from 10am to 12pm.

If you would like to ring ahead to place an order please call our office 03 732 3042 or Glen Atkin on 027 589 5558

For all urgent matters please contact Caroline Langford on 027 782 6657



Essential Businesses Update

BULLER

Businesses who have registered to sell essential, non-food items with the Ministry of Business, Innovation and Employment can do so.

All stores selling these essential items must adhere to strict guidelines to avoid the spread of COVID-19.

This includes limiting sales to items that keep people warm, replace key household appliances, or maintain people's health, e.g. blankets, heaters, kitchenware and appliances, whiteware, computer equipment, and mobile phones.

Stores that can sell essential items online are Noel Leeming, The Warehouse, Harvey Norman, Briscoes and Farmers.

If you need to order, do so responsibly, only purchasing items that are absolutely necessary to help your household safely isolate, stay connected to work, or study from home while we all unite against COVID-19.

4

Karamea Four Square will be supplying BDC Refuse Bags while the Info Centre is closed during the lockdown period

- ◆ \$30 for a 5 pack
- ◆ \$6 per single bag



COVID-19 Business Assistance

As the situation with COVID-19 develops, we're committed to helping keep our business community informed and provide support where possible.

If you need any assistance or clarification on how to access support, or would like to talk with one of DWC's Capability and Growth Advisors, we are here to help.

Contact Development West Coast on:

Ph: 0800 768 0140

Email: info@dwc.org.nz



Te Ohu Whakawhanake o Te Tai Poutini

ISOLATION WELLBEING DAILY TO-DO LIST:

ESSENTIAL TASKS: SHOWER MEDICATION _____

CLEAN ONE THING/SPACE:

TEND SOMETHING GROWING: PLANT CHILD _____

BE MINDFULLY PRESENT TO...

A SOUND OR SONG:

A SENSORY FEELING:

SOMETHING YOU SEE:

A SPIRITUAL PRACTICE:

REACH OUT TO A HUMAN BEYOND YOUR HOME

DO ONE THING TO GET YOUR HEART RATE UP

& DO ONE THING YOU'LL BE GLAD YOU DID LATER

@LINDSAYBRAMANE

We can now confirm that Farmlands has been identified as an essential service so we are open for business and will be able to service and supply during the COVID-19 Alert Level 4.

The way we deliver this service needs to immediately change and adapt to the situation and we need you to work with us in changing our behaviours for how we do business together.

What this means for you?

Our stores will be open.

We do need you to call or email your order in first please. You can do this via any of the options below.

Service	Primary Contact	Secondary Contact
Branch (incl. Bulk Nutrition)	Local branch via email	Local branch via phone
Managed Accounts	TFO/TA via email	TFO/TA via mobile
Fuel	info@farmlands.co.nz	0800 666 626
Fertiliser	Local branch via email	0800 200 600

Once you have placed your order, the following process will apply

1. Our store staff will advise availability of product
2. We will agree a suitable time to collect your order from the designated collection points at the store
3. This will be a contactless collection process, allowing you to get the critical inputs you need but ensuring we are all following best practice to keep us all safe
4. Your order will be charged to your Farmlands Card/Account as we cannot accept cash sales. Non-shareholders can purchase supplies via credit card.

Please note that if we don't answer your call or email immediately please be patient, we will get back to you as soon as we can.

Our Technical team will still be on the road.

We will need to establish some protocols around how they visit you. We will communicate these to you as soon as we can.



Support our Cafes and Restaurants

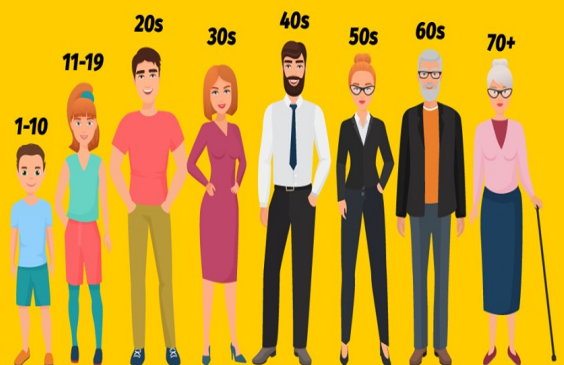
[SOS Café](#), a nationwide website, has been set up to pay it forward to our local hospitality businesses by buying vouchers online in the hope of keeping them afloat once the lockdown has been lifted.

Through the website people can buy vouchers or gift cards for their favourite local cafes and restaurants, which can be redeemed at a later date, 'when this is all over'.

West Coast cafes, restaurants and food carts can register their business for free online.

www.soscfe.nz

**Anyone can get it.
Stay home. Save lives.**





New Zealand Post 

NZ Postal Agency / Karamea Hardware 2002

The New Zealand Post is an essential service so mail will be delivered Monday to Friday.

The Karamea Hardware shop is however CLOSED, but between 3pm and 4pm Monday to Friday those who have received a ticket in their mail box to collect a parcel can do by using the following procedure:

- Ensure you are 2 metres apart from others
- Tap on the front door where I will then scan your parcel
- I will place your parcel on the side door landing
- I will then ask you to go collect your parcel from the side door landing

You can contact Sandy on 027 4033 533
(please leave a message if I'm unavailable)

Stay safe everyone and thank you Sandy & Tony



KARAMEA EXPRESS

Karamea Express is classed as an essential service for post and freight deliveries.

We are busy helping the Karamea Community receive items that are essential goods only. This includes pharmacy parcels from Buller Pharmacy.

Our rural mail and freight deliveries will be Monday to Friday.

Please contact us on 027 288 6118 and we ask that you do not go to our depot during the lockdown period we will arrange all deliveries etc via phone.

Stay safe everyone,
The Higgs Family



CONCERNED ABOUT SOMEONE THAT ISN'T FOLLOWING ALERT LEVEL 4 EMERGENCY RULES?

FILL OUT AN ONLINE FORM TO CONTACT POLICE

<https://www.police.govt.nz/105support> 

If in doubt, **act like you have COVID-19**



Stay Home, Save Lives.

Employer COVID-19 Support



Te Ohu Whakawhanake o Te Tai Poutini

Wage subsidies

If eligible, **employers** would be paid \$585.80 per week for full-time staff and \$350 for part-time. They will be paid in a **lump sum**.

The support will be available for **12 weeks**. Businesses must have taken active steps to mitigate the impact of COVID-19.

You must make the best efforts to retain employees and pay them a **minimum of 80%** of their normal income for the subsidised period.

<https://www.workandincome.govt.nz/products/a-z-benefits/covid-19-support.html#null>

Remember to read the [criteria](#) and [declaration information](#) carefully and contact us if you have any questions on Ph: 0800 768 0140 Email: info@dwc.org.nz.

Sign up to our community website Karamea.nz to receive ad-free email updates from Civil Defence, community news and contribute to conversations.

Karamea.nz
our community website



GETTING THROUGH TOGETHER
WHĀIA E TĀTOU TE PĀE TAWHITI

The Great Lockdown Self-Care Bingo Challenge

Credit @Emma_Sherie



Take care of yourself during the next 4 weeks and complete the self-care bingo challenge.

Complete a line a day/ the entire grid. It is completely up to you! Challenge your family and your friends.

Come up with your own bingo challenge and share it with others.

TOOK A SHOWER	GOT DRESSED	CAUGHT UP WITH FRIENDS ONLINE / VIA THE PHONE	READ FOR AN HOUR	SAID SOMETHING KIND TO SOMEONE
TRIED A NEW RECIPE	WAVED AND SMILED TO SOMEONE	LISTENED TO SOMETHING INTERESTING	WATCHED SOMETHING THAT MADE ME LAUGH	ASKED SOMEONE IF THEY WERE OK. ONLINE / VIA THE PHONE
WENT FOR A WALK AROUND THE BLOCK	DRANK WATER	MADE A HEALTHY MEAL	TOOK A SOCIAL MEDIA BREAK	TREATED MYSELF
LISTENED TO SOME MUSIC	GOT 8 HOURS OF SLEEP	TOOK STEPS TO TAME NEGATIVE THOUGHTS	HUGGED SOMEONE / OR A TREE IF YOU LIVE ALONE	PRACTISED DEEP BREATHING FOR 10 MINUTES
WROTE DOWN TEN THINGS I AM GRATEFUL FOR	SPENT TIME WITH NATURE	DECLUTTERED A SPACE	PRACTISED A SKILL I'VE BEEN WANTING TO IMPROVE	PLAYED A GAME ONLINE / AN OLD SCHOOL CARD GAME

Looking after mental health and wellbeing during COVID-19

COVID-19 is changing our daily lives. It's important to look after our wellbeing and the wellbeing of our whānau and community as we get through this – together.

It's a tense time for most of us. COVID-19 is scary, and it's rapidly changing the way we work, socialise, travel, access healthcare, exercise, shop and live. We know many people are feeling anxious, stressed, worried and scared. It's time to work out how we're going to look after our own wellbeing and the wellbeing of our whānau and community as we get through this – together.

You can free call or text 1737 at any time to speak with a trained counsellor – it's free and confidential.

The number one message we want New Zealanders to hear is this: we will get through this if we work together. Connecting with people who make you feel safe and loved is the most important thing you can do to look after your mental health and the mental health of people around you. Self-isolation or staying at home makes this difficult, but not impossible. We're going to have to get creative.

We also know that things are really tough right now for some people who live with mental illness. Stress and anxiety can make things worse. While we don't have all the answers, know we're sending you love and strength and our wellbeing tips below are designed to work for you however you're feeling right now. Our FAQ on our website answers some of the questions we've been receiving.

We'll be updating our website as often as we can with new information, resources and material. We're also active on Facebook, Instagram and Twitter, where we'll be sharing ways to support wellbeing and asking you to share the things that are helping you get through. We hope you'll join us. He waka eke noa – we're all in this together.

Nga mihi nui,
The Mental Health Foundation of New Zealand

www.mentalhealth.org.nz/covid-19

Photo by Simon Williams, authenticas.org





BULLER

Whether the weather be fine or whether the weather be wet the American Museum of Natural History website has loads of activities and fascinating stuff for kids.

Whatever they are passionate about there's bound to be something here to wow them.

Archaeology, anthropology, astronomy. marine biology, physics anyone?

<https://www.amnh.org/explore/ology>



BULLER

Write your name in Egyptian Hieroglyphs

Ever wondered what your name looks like written in Egyptian hieroglyphs? Here's an activity for those over eight years old. Give it a go and let us know what your name would look like in hieroglyphs.

Go to the weblink of the Royal Ontario Museum in Canada.

<https://www.rom.on.ca/.../le.../activities/classroom/hieroglyphs>



Easter



Directions: The words are hidden vertically and horizontally.

C	S	P	P	E	E	P	S	G	H	U	N	T	
H	R	S	E	A	R	C	H	I	C	O	P	Y	
O	A	U	R	P	O	B	S	P	A	R	A	D	E
C	B	N	C	A	N	D	Y	I	N	K	Y	A	R
O	U	D	E	C	O	R	A	T	E	D	I	F	A
L	N	A	P	H	U	N	B	W	S	U	N	F	B
A	F	Y	A	I	S	E	A	S	T	E	R	O	B
T	U	I	R	C	P	A	S	E	F	G	E	D	I
E	N	E	G	K	T	U	K	Y	I	G	G	I	T
O	S	P	R	I	N	G	E	G	N	S	M	L	
B	U	N	N	Y	X	K	T	Z	D	B	A		



Word Box:

Easter	Sunday	search
Spring	parade	hunt
chocolate	bunny	find
decorated	rabbit	candy
daffodil	chick	eggs
basket	peeps	fun