



Fruitvale COVID message



We are at
level 4, August 26@11am

@SIOUXSIEW @XTOTL thespinoff.co.nz

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Kia Ora Koutou,

Have you ever noticed where bubbles on bubbles grow into a bubble constellation. I guess we have many instances of that. I had a zoom chat with my daughters and enjoyed a half hour of catch-up and fun. This is I guess, an e-Bubble. My wife visited her grandmother's retirement village where they were able to give her a meal and share a virtual hug. (This was all outdoors and chaperoned)Natasha Kuri(A fruitvale Parent) shared a photo with me (below) of another safe way to bubble constellate. The fence of her home now has a chalk mural created by a number of families who were all given a chance to add to the mural when others had finished. (Through a lot of communication I would suspect)She hoped that they would be adding to this again today. A great way to grow connection safely. All had their own chalk from their own homes and all are constantly reminded now of the very close connection they have. As I have said "bubble", will be a word synonymous with COVID for a good time into the future. Please protect your bubbles. They are our saving and our strength. Together in our bubbledomes or bubble constellations we are stronger. Remember to scan.



Thanks again to Jacqui, Maria and Paul for distributing Wednesday the devices to those families that needed them.

Further information about Alert Level 4 can be found on the [COVID-19.govt.nz website](https://www.covid-19.govt.nz).

Distance Learning: Alert Level 4

- Curriculum teaching and learning resources (with guidance for parents) can be found online [here for English-medium](#) and [here for Māori-medium](#)
- Home Learning TV can be [accessed on demand here](#) or via the TVNZ App on a device

(mobile phone, smart tv or tablet)

- Mauri Reo, Mauri Ora can be accessed on demand from Māori TV for [primary-aged tamariki](#) and here for [secondary school rangatahi](#).

Growing resilience can be a positive side of this current crisis. Resilience is grown when we can hear and talk about the positive inside the worrisome or the anxious feelings. Understanding that, this too will pass, and will pass much more easily and fruitfully if we work together to make the journey enjoyable and look out for each other. On the other side we can talk about what was boring, frightening and gild the memories with the fun we created together, or the goals we achieved together. I have a Whats APP chat with 15 cousins from around the world. Family history, current events in their countries, humorous memes and family photos are all shared constantly and will be a memory for the times ahead, post COVID... Be WARM Hearted it's good for you and everyone around you.



If there is anything I can help you with please let me know.

Maa te kimi ka kite

Maa te kite, ka mohio,

Maa te mohio ka maarama

Seek and discover, discover and know, know and become enlightened.

Nga mihi nui....

Donal Ph/text.. 0211296483

See below for an updated list of services you can call on should you need to.

Support services that remain open:

- Women's Refuge 0800REFUGE or 0800 733 843
- Shine 0508 744 633
- Alcohol and Drug Helpline 0800 787 797
- Oranga Tamariki call centre 0508FAMILY
- CADS 0800 367 222
- Narcotics Anonymous 0800 628 632
- Alcoholics Anonymous 0800 229 6757
- Lifeline 0800 543 354 or free text 4357
- Youthline 0800 376 633 or free text 234
- Samaritans 0800 726 666
- Outline (LGBT) 0800 688 5463
- Depression Helpline 0800 111 757
- Suicide Prevention Helpline 0508 828 865
- The Fono West (Social Services) 09 837 1780
- Counselling Free Call or Text 1737
- Healthline for COVID-19 health advice: 0800 358 5453

Work and Income services centres are closed. However, you can apply for assistance via [MyMSD](#) or phone the contact centre on 0800 559 009.

If you need some assistance with food these food banks may be able to help. Call first for instructions of how they are operating to ensure physical distancing:

- Auckland City Mission (City) 09 303 9200
- Salvation Army (Henderson) 09 837 4471
- Vinnies Auckland (Newton) 09 815 6122 or 0800 6800
- Hope Centre (New Lynn) 02108048436
- Vision West (Glen Eden) 09 818 0716 – Mon, Wed, Fri only

If you're in Auckland, [the Auckland Emergency Management website](#) may be useful.

If you know someone who needs financial assistance, please tell him/her to call the free government helpline 0800 779 997 (8am–1am, seven days a week).

If you know someone is feeling anxious, frustrated or needs a listening ear, they can call or text 1737 to talk with a trained counsellor. It is free 24 hours a day, seven days a week.

Access to food and essential items

Everyone needs food and essential items (such as medicine) through all COVID-19 Alert Levels. We encourage you to let your communities know they don't need to go without.

[Here's a fact sheet](#) with information about the many ways of getting food and other essential items to you:

- food delivery
- what to do if you can't get food delivered
- staying safe when getting food delivered
- financial help to buy food
- foodbanks

[Information about food provision and distribution for providers.](#)

How to spot bad information

There is another very helpful article by [Dr Siouxsie Wiles and Toby Morris in The Spinoff](#) regarding misinformation and disinformation.

Their red flags for how to spot bad information are particularly well-summarised. Bad information will:

- downplay COVID-19 and the pandemic
- focus on survival rate
- ignore long COVID
- emphasise individual freedom
- try to sell you something
- push simple cures/treatments
- make you feel fearful or angry.

“Good information put out to help you make an informed choice won't make you feel scared or angry. It'll make you feel empowered.”

Information hub for Pasifika parents and families

Kia orana, Noa'ia, Talofa lava, Mauri, Mālō e lelei, Tālofa, Ni Sa Bula Vinaka, Fakaalofa lahi atua and Mālō ni, we've created an online info hub for Pasifika parents, families and communities to support learning during Alert Level 4. [You can find the information hub here.](#)

There are helpful updates on how COVID-19 impacts education and links to learning resources including:

- Quick and easy: [Home Learning TV](#)
- Alert Level 4 friendly: [Learning from Home online](#)
- Pacific specific: [Dual-language resources](#)

We'd encourage you to check the info hub page regularly – we'll be updating it daily.