



Unite  
against  
COVID-19

8 MARCH 2020

Keeping Cambridge blanketed with love and support, one crochet square at a time

## Introducing Jenni Dacomb

Hi folks, my family and I have been residents in Cambridge for five years, having moved from South Africa seven years ago. and becoming New Zealand Citizens in 2019!

I am so honoured to be the Community Engagement Officer for Neighbourhood Support, Cambridge. Honoured, because I personally know how many fantastic people are currently working to ensure the safety and support of our residents during this unique time in our lives

The majority of my working life has been in marketing and environmental roles, however I always had a desire to work in the Not-For-Profit environment. I jumped at the chance to work at Cambridge Community House for two years in the role of Administrator and Fundraising Co-ordinator and was the Violence Free Waipa Co-ordinator for a portion of that time.

My new role enables me to engage with people from all walks of life in our lovely community. I look forward to expanding our Neighbourhood Support Group as we grow a stronger, more resilient Cambridge in the months ahead of us.

Please encourage your neighbours and friends to register at [www.safercambridge.co.nz](http://www.safercambridge.co.nz)

I would like to acknowledge Judi Smythe and Hannah Glover (previous engagement officers) for their commitment and passion to their roles before me.

Their foundations have left me with a strong base on which to work forward. I have a strong, supportive Board behind me and my role also intertwines with our wonderful volunteer Road Patrollers, whom I salute for their dedication in protecting our neighbourhood by being our extra eyes and ears.

A special shout out to **Thinus from CompuHub** for setting me up with a laptop at the 11th hour before lockdown and for ongoing IT support.

**Warm regards and please STAY HOME this Easter.**

Jenni Dacomb



## Welcome to you all

In this newsletter we hope you find useful information during this unprecedented time in our lives.

We appreciate that there are a lot of people in our community who are feeling vulnerable at the moment, and we're here to help in any way we can.

This newsletter will have important information - i.e. around how to keep yourself

safe, contact phone numbers, but also some practical tips - i.e. how to download zoom onto your computer so you can catch up with your family, to exercises you can do in the comfort of your own lounge. **Please read on...**



## Volunteer Buddies

People in need are being connected with buddies in our community through the Civil Defence.

**Volunteer buddies can assist with getting food, transport, accompany you to doctor, hospital or other essential appointments, social and financial support.**

Residents who call for a buddy are assessed for their needs and distributed to local Welfare teams nearby. The local teams then follow up to match the person with a volunteer buddy. Volunteer buddies follow strict guidelines provided by the Ministry of Health to reduce the spread of COVID-19 including maintaining physical distance, regular handwashing and other self-care instructions.

**Buddies are required to wear an authorisation badge at all times and hold their authorisation letter with the**

**name of the badge holder.**

They are sourced from recognised support agencies with vetting procedures in place including local Rotary clubs, Neighbourhood support, Citizen's Advice Bureaus, and community houses.

**To request assistance, please phone 0800 800 405 between 7am and 7pm or email [info@safercambridge.co.nz](mailto:info@safercambridge.co.nz)**

“**PLEASE don't be too proud to ask for help if you are in need, we have support at hand.**”



Email: [info@safercambridge.co.nz](mailto:info@safercambridge.co.nz) | [www.safercambridge.co.nz](http://www.safercambridge.co.nz)

## Neighbourhood Support Good Neighbour Awards



Nominate someone today:  
[neighbourhoodsupport.co.nz](http://neighbourhoodsupport.co.nz)

# Enter the Good Neighbour Awards

**Know of a standout neighbour who is making a difference on your street or in your community?**

Neighbourhood Support has launched the Good Neighbour Awards! We decided that it would be a positive way to promote the message of neighbours helping each other and also recognise the acts of support and kindness we have seen over the past week or so.

**Nominations are open to all residents of New Zealand who currently reside in the country during lockdown.**

Each week we'll choose our favourite nomination as our Good Neighbour of the week. Both the nominator and nominee will each receive a \$50 Prezzy Card and plenty of virtual high-fives, our small way of saying thanks for making our neighbourhoods a better place to live.

**Nominations are now open and will be running every week until lockdown ends.**

People are invited to submit a nomination by 7pm on Sunday to be considered for that week's award.

Winners will be announced on our website and on our Facebook, Twitter, and Instagram on Tuesdays starting on 14 April.

It is easy to nominate someone. Just go to our website below, fill in the nomination form and hit 'Submit' - it's that easy! Best of luck everyone.

[www.neighbourhoodsupport.co.nz/good-neighbour-awards](http://www.neighbourhoodsupport.co.nz/good-neighbour-awards)

## Holiday Homes and baches a no-go



**Residents living in the Western Waikato area are being strongly urged not to travel to their baches, second homes or holiday homes, even if they're located within the same district.**

Western Waikato Emergency Operating Centre Controller Dave Simes is becoming increasingly worried about locals travelling to their holiday homes and effectively breaking their bubble.

"There is a pattern emerging throughout the Waikato region where holiday hot spots are swelling in population. This is extremely concerning as there are so many consequences that could eventuate because of this," he says.

"Not only does it increase the risk of transmission of Covid-19, it adds extra strain to the community's resources and essential services, and it can also provoke unwanted and unnecessary negative behaviour from passionate locals who just want to keep their community safe.

"We must do what our Government is asking and staying home is the best way we can all help stop the spread of Covid-19. Staying home will save lives."

Alert Level 4 means you can only have in-person contact with the people in your household (also referred to as your bubble). You cannot have contact with any other people outside your household.

Moves should only occur in extreme circumstances and extra care must be taken not to violate any Alert Level 4 rules. You should minimise trips outside your home, and stay at home as much as possible.

As long as you're not unwell or have not recently returned from overseas, you can leave your house to:

- access essential services, such as buying groceries, or going to a bank or pharmacy.
- go for a walk, or exercise - stick to your local area
- go to work if you are an essential worker
- visit or stay at another residence in your household group.

If you do leave your house, you must keep a two metre distance from other people at all times. Police will be monitoring people and asking questions of people who are out and about during the Alert Level 4 lockdown to check what they are doing.

“

**We all have a part to play in breaking the transmission of this virus. There are some great tips on the [covid19.govt.nz](http://covid19.govt.nz) website about what you can do over this lockdown period, such as exercising and accessing essentials like food and medicine but please remember to stay local,"**  
**says Mr Simes.**





## Stay/get fit while staying at home

Being in 'lockdown' can be tough, and there are some rules around what we can and can't do outside of our home in regard to fitness.

We CAN walk to our local park and keep our 2 metres distance from other people, we CAN ride our

bikes, however not on BMX tracks, in forests, or anywhere there is the potential to injure yourself, or

we CAN workout in the comfort of our own living rooms - in our jimmy jammies if we want. Here's a couple of ideas to keep the mind and body exercised.

### Mostly seated & gentle: At home exercise videos

Style	Length	By, where	Notes	Link
Sit n Be Fit	30mins	Dionne, home	Seated, includes standing balance work	<a href="https://youtu.be/2yt4v3VjtaU">https://youtu.be/2yt4v3VjtaU</a>
Chair Yoga	60mins	Kasha, home	Yoga including strength & balance, gentle	<a href="https://youtu.be/r3-S4lBuQ1A">https://youtu.be/r3-S4lBuQ1A</a>
Sit n Be Fit	45mins	Steph, Huntly	Mostly seated & standing options	<a href="https://youtu.be/6fVdUhuDaOE">https://youtu.be/6fVdUhuDaOE</a>
Strong & Stable	43mins	Steph, Huntly	Standing or seated options – both demonstrated	<a href="https://youtu.be/K3OX84hQbMI">https://youtu.be/K3OX84hQbMI</a>
Sit n Be Fit	21mins	Steph, Sport Waikato	General fitness sit or stand	<a href="https://youtu.be/gr_rDxkvLbo">https://youtu.be/gr_rDxkvLbo</a>
Sit n Be Fit	12mins	Steph, Sport Waikato	General fitness sit or stand	<a href="https://youtu.be/kko8fMZ212Y">https://youtu.be/kko8fMZ212Y</a>
Challenge	5mins	Kasha, home	Learn sit to stand exercise & do 30sec challenge	<a href="https://youtu.be/ggXWv1mZd8k">https://youtu.be/ggXWv1mZd8k</a>

Style	Length	By, where	Notes	Link
Upright n Active	31mins	Dionne, home	Standing cardio sequences to music	<a href="https://youtu.be/U7Y12D9KA0I">https://youtu.be/U7Y12D9KA0I</a>
Strong & Stable	23mins	Steph & cat, home	Standing warm up, cardio, strength & balance	<a href="https://youtu.be/PyTdna8OMA0">https://youtu.be/PyTdna8OMA0</a>
Strong & Stable	43mins	Steph, Huntly	Standing or seated options – both demonstrated	<a href="https://youtu.be/K3OX84hQbMI">https://youtu.be/K3OX84hQbMI</a>
Challenge	5mins	Kasha, home	Learn sit to stand exercise & do 30sec challenge	<a href="https://youtu.be/ggXWv1mZd8k">https://youtu.be/ggXWv1mZd8k</a>

### Exercise guidelines – it's important to keep moving and to keep moving with care

- **Work at your own level** – most videos you can choose to sit or stand. For balance exercises have a chair, table, wall or something sturdy nearby for support.
- **To make things easier:** take the arms out, lower your knees / make movements smaller, rest when you need.
- **To make things harder:** use your arms, lift your knees, do more repetitions, add some oomph!
- **Don't take risks** – sit down, rest or stop when you need. Don't carry on if it causes you pain.
- **Try to do something every day** – but not all the videos at once

YOU  
ARE  
STRONGER  
→ than you ←  
THINK

Thanks to Dionne, Kash, Steph and cat  
for these wonderful exercises.

## Flu injection

Influenza immunisation is recommended and **FREE** for people who are most likely to get very sick, be hospitalised or even die if they catch influenza. These are:

- Pregnant women (any time during pregnancy).
- People aged 65 years or older.
- People aged under 65 years with diabetes, most heart or lung conditions and some other illnesses, see the table below for more details.
- Children aged 4 years or under who have had a stay in hospital for measles, asthma or other breathing problems.

[www.immune.org.nz](http://www.immune.org.nz)

[www.fightflu.co.nz](http://www.fightflu.co.nz)

## Doctors and Pharmacies

All of our doctors are still working their normal hours, however the way that we interact with them is a little different.

Practitioners will continue to prioritise the wellbeing of their patients.

**Please DO NOT come to the Medical Practice unless you have been advised to by your GP or the nurse.**

Patients, who are feeling unwell are asked to still phone their own medical practice for an appointment. You will then be booked in for a phone consultation with a GP (not necessarily your own). If the issue can be managed via a phone consultation it will be, however if necessary the consultation may progress to a video consultation.

If the issue can't be resolved, you may be offered a face-to-face appointment.

All doctors and pharmacies are able to deliver immunisation services safely. Again, please phone, do not just turn up.

Please be patient, this is a busy time - our phones are extra busy. If you are unable to get through, please leave a detailed message and we will call you back.

All prescriptions will be faxed to a nominated pharmacy for pickup.

Please be kind, these are difficult times for everyone - including us.

**Please phone your own doctor.**

Healthline - 0800 358 5453 | Ministry of Health website [click here](#)

## SYMPTOMS OF COVID-19, FLU AND COLD

	DRY COUGH	FEVER	RUNNY NOSE	SORE THROAT	BREATH-LESSNESS	HEADACHE	BODY ACHES	SNEEZE	FATIGUE	DIARRHOEA
COVID -19	✓✓✓	✓✓✓	✓	✓✓	✓✓✓	✓✓	✓✓	~	✓✓	✓
FLU	✓✓✓	✓✓✓	✓✓	✓✓	✗	✓✓✓	✓✓✓	✗	✓✓✓	✓✓
COLD	✓	~	✓✓✓	✓✓✓	✗	~	✓✓✓	✓✓✓	✓✓	✗

✓✓✓ FREQUENTLY  
 ✓✓ SOMETIMES  
 ✓ LITTLE  
 ~ RARE  
 ✗ NOT



## Church Services

All churches are closed to worshippers. Below are a list of websites, or online church services you can attend.

**Bridges Church**

[www.bridgeschurch.co.nz](http://www.bridgeschurch.co.nz)

**Cambridge Baptist Church**

[www.cambridgebaptist.co.nz](http://www.cambridgebaptist.co.nz)

**Cambridge Catholic Church**

[www.cdh.org.nz](http://www.cdh.org.nz)

**Cambridge Seventh Adventist Church**

[www.cambridge.adventist.org.nz](http://www.cambridge.adventist.org.nz)

**Elim:**

[www.cambridge.elim.org.nz](http://www.cambridge.elim.org.nz)

**Hope Chapel**

<http://hopechapel.nz>

**Raleigh Street Christian Centre**

[www.rsccl.co.nz/](http://www.rsccl.co.nz/)

**Live Streamed - 10am Sunday**

**St Andrew's Cambridge**

[facebook.com/StAndrewCambridge](https://facebook.com/StAndrewCambridge)

**The Salvation Army**

[www.salvationarmy.org.nz](http://www.salvationarmy.org.nz)

**Trinity St Paul's Union Church**

[www.presbyterian.org.nz](http://www.presbyterian.org.nz)

[facebook.com/modpcanz/](https://facebook.com/modpcanz/)

**Christian TV Programmes:**

- Hope TV – Sky Channel 204
- Freeview Channel 27
- Firstlight - FREEVIEW Channel 26

**Christian Movie Channels**

[facebook.com/heavenatlastgodgift](https://facebook.com/heavenatlastgodgift)



HAPPY

# Easter

## STAY HOME. BE SAFE. WE'RE IN THIS TOGETHER

Traditionally we're all excited about heading away for a long weekend, packing the car, shopping up a storm at the supermarket in preparation of the long weekend to celebrate Easter. This year - it's going to be a staycation!

It looks like the weather is going to be a mixed bag, so here's a couple of ideas to keep you entertained:



**Watch Andrew Lloyd Webber's Jesus Christ Superstar - [Click here](#)**

## The Easter Bunny is deemed an essential worker!

### Take part in The Big New Zealand Easter Egg Hunt

Walk around your local neighbourhood this weekend - being respectful of the 2 metre rule

- and find all of the hidden Easter Eggs - Enjoy!

Oh, and you might want to colour in an egg or two - printout enclosed, take a photo and email it to our Prime Minister, Jacinda Adern - [primeminister@parliament.govt.nz](mailto:primeminister@parliament.govt.nz) or share them on social media using the hashtag #NZEggHunt

You could also cut out an egg shape, and cover it with bits of coloured paper, beads, string, wool - and hang on your fence or in a tree!

**Have fun!**



Email: [info@safecambridge.co.nz](mailto:info@safecambridge.co.nz) | [www.safecambridge.co.nz](http://www.safecambridge.co.nz)

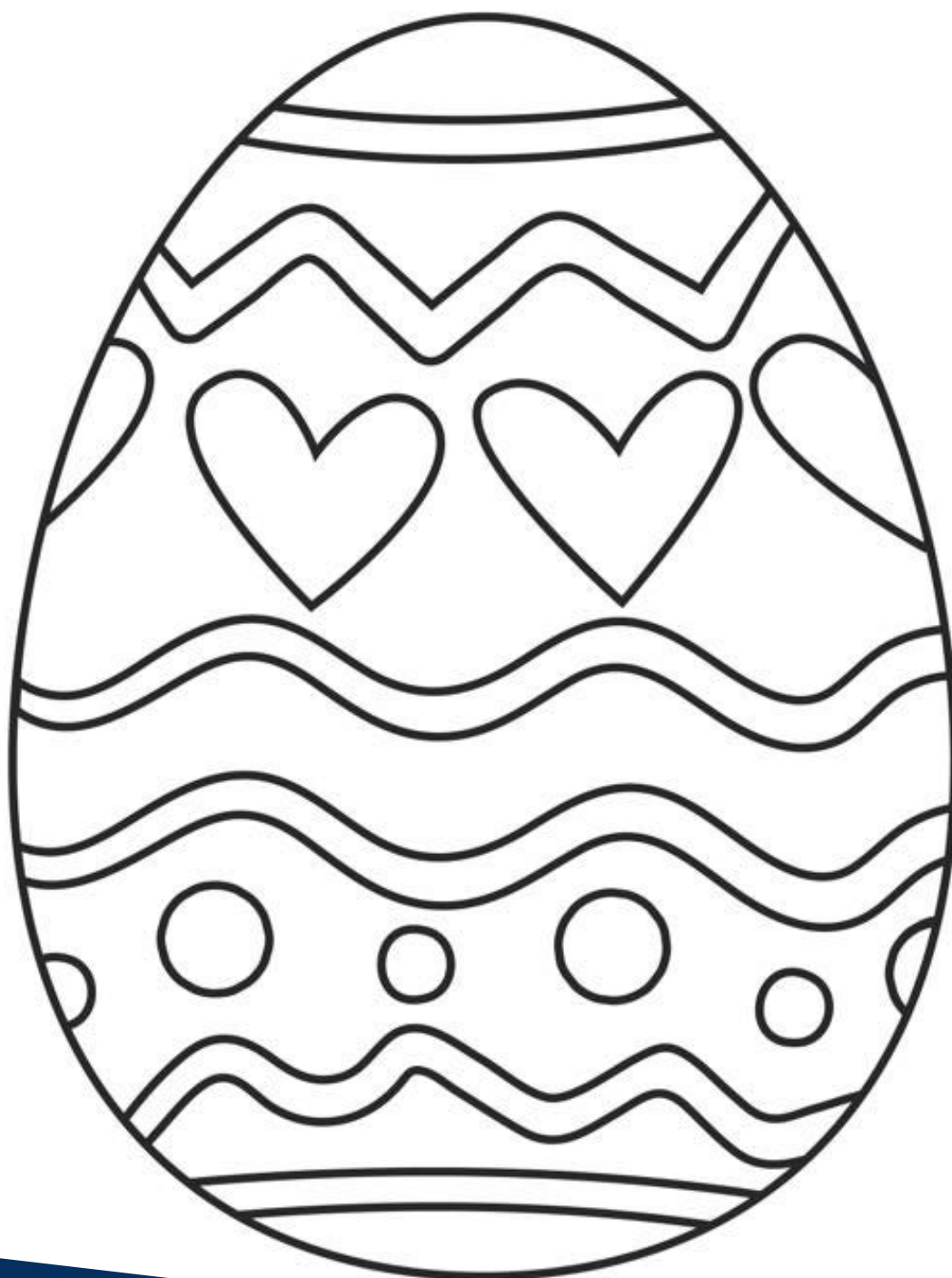




# The Big New Zealand Easter Egg Hunt

Will you take part in The Big New Zealand Easter Egg Hunt and make this Easter extra special? All you need to do is colour in this Easter egg, or design your own, and stick it in a window that faces the street so that everyone can have the chance to hunt for eggs this weekend!

Email your finished eggs to [primeminister@parliament.govt.nz](mailto:primeminister@parliament.govt.nz), or share them on social media using the hashtag #NZEggHunt





## Tech tips

### Setting up Zoom

Zoom can keep you connected with your loved ones.

Here is a really helpful video on Youtube which shows the step by step process to set up **zoom** on your phone or computer if you are using it for the first time.

Have a look at this video [How to set up Zoom on your computer](#) and it will help with getting started. Its an easy process and should take no longer than 5 minutes to set up.

### Setting up Google Hangout

Google Hangout is another way that you can connect with your family and friends, either on your mobile, or your computer.

Here is a really helpful video on Youtube which shows the step by step process to set up **google hangouts** on your phone or computer if you are using it for the first time.

Have a look at this video [How to set up Google Hangout](#)

### Setting up a Google gmail address

You will need a gmail account to start do this. If you don't have a gmail account - watch this to set it up.

[How to set up a Gmail address](#)

Stay connected  
Stay safe



[netsafe.org.nz](https://netsafe.org.nz)

## Netsafe's tips to help people #STAYCONNECTEDSTAYSAFE

Netsafe has launched the 'Stay Connected, Stay Safe' education campaign to help people have better online experiences during lockdown. Netsafe encourages people to use and engage with all the different types of technology on offer to help them stay connected and provides tips and advice about how to do it safely.

- 1. Do a stocktake:** Assess how many devices in your house connect to the internet to understand where the risks are and start to mitigate them
- 2. Assess new technology:** Investigate new apps or platforms by checking out T&Cs, reviews and minimum age requirements before using them.
- 3. Secure your virtual house.** Use strong passwords, update your software and use two- factor authentication where possible.
- 4. Share your experience:** Talk to your friends and family about the technologies you use and let them know the tips and tricks you use to eliminate risk.
- 5. Combat misinformation:** Guide people to official information sources like [covid19.govt.nz](https://covid19.govt.nz) to stop the spread of fake news.
- 6. See something, say something:** If you see suspicious or criminal activity online, report it. If you don't know where to report, Netsafe can help.
- 7. Practice safe clicking:** COVID-19 is being used as a lure so be careful clicking on links, attachments or ads from unknown sources as they might be hiding malware.
- 8. Protect your info:** Criminals are harvesting personal information. Stop and think carefully about the details you're disclosing or whether they need to be entered online.
- 9. Have fun:** Explore the different technologies available to help you connect, learn, stay informed and participate in Aotearoa's new virtual society.
- 10. Help others:** Share your online safety tips and experiences using [#stayconnectedstaysafe](#) to help others.

If there's any topic that you'd like to know more about or ideas on how to contribute, please email us. Netsafe provides free support, advice and education – whether it's scams, online bullying or advice on digital parenting, we're here to help New Zealand.

[www.netsafe.org.nz/advice/staying-safe](https://www.netsafe.org.nz/advice/staying-safe)

## Scams

**On a not so positive note, we've been made aware of one or two COVID-19 scams circulating in the community.**

CERT NZ (the national Computer Emergency Response Team) says that international partners have warned them of an increase in reports of cyber criminals using the COVID-19 (novel coronavirus) pandemic to carry out online scams and malicious cyber

activity. This includes attempts to use the COVID-19 pandemic to trick people into downloading malware from COVID-19 maps, or entering their details into phishing websites.

A small number of reports of a COVID-19 phishing campaign have been reported to CERT NZ. The phishing emails claim to include an update on

COVID-19 cases in your city'. **These emails are not legitimate, and instead are an attempt to steal personal information. If you receive a similar email, Report to CERT NZ - follow this link: [Report an issue](#)**

You can learn more through the links below:

[COVID-19 related scams](#)  
[Food Parcel scam in Taranaki](#)



Email: [info@safecambridge.co.nz](mailto:info@safecambridge.co.nz) | [www.safecambridge.co.nz](http://www.safecambridge.co.nz)





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COVID-19

New Zealand Government

[www.covid19.govt.nz](http://www.covid19.govt.nz)

## Other bits of local information



### Local Essential shopping

A number of our local businesses are considered essential shopping, where you can either order online, via a phone app or phone:

**Wholly Cow:** Remember we are responsible for the whole journey from paddock, processing and packaging to personal delivery.

Phone the Butchery on **07 827-6651** between Monday - Thursday 8am - 1.30pm. The Wholly Cow team will explain about payment and delivery.

**Volare Bread:** Fresh baking of your favourite breads during lockdown.

Order online:  
[orders.volarebread.co.nz](http://orders.volarebread.co.nz)

**Over the Moon Cheese:**

Order online:  
[overthemoondairy.co.nz/buy-cheese](http://overthemoondairy.co.nz/buy-cheese)

**Alexander Organics**

Order fresh milk online:  
[alexanderorganics.co.nz/shop/](http://alexanderorganics.co.nz/shop/)

**Direct from the Market**

Order fresh vegetable and product online: [directfromthemarket.co.nz](http://directfromthemarket.co.nz)

**The Muesli Company**

Creating Gluten Free Muesli and Muesli Bars.  
[themueslicompany.co.nz](http://themueslicompany.co.nz)

**Dante's Fine Food**

We are still operating online. orders are sent out daily... contact us if you need any assistance.  
[dantesfinefoods.co.nz](http://dantesfinefoods.co.nz)

**Good George**

If your favourite tippie isn't in the supermarket, order online:  
[goodgeorge.co.nz](http://goodgeorge.co.nz)

**Black Shepherd Apiaries**

For your Manuka Honey needs  
[facebook.com/blackshepherdapiaries](https://facebook.com/blackshepherdapiaries)

**Alpha St Kitchen:** Exciting news!! Here's a way you can still support us (please!) and get some great wines to your door. Win win wine! **Use code: SOSALPHA AlphaStreetWineOffer**

### Pregnancy and Baby

**Nappy Heaven:** Continue to ship orders once a week. Buy online:

[www.nappyheaven.co.nz](http://www.nappyheaven.co.nz)

**Breastmates:** MBIE Approved Items

Which can be shipped now:  
[www.breastmates.co.nz](http://www.breastmates.co.nz)

### Pet & Animal Needs

**Cambridge Grains:**

[www.cambridgegrains.co.nz](http://www.cambridgegrains.co.nz)

**Pet Stock:** [www.petstock.co.nz](http://www.petstock.co.nz)

### Other

**Cambridge Glass**

<https://www.cambridgeglass.co.nz>



### Local newspapers

Local newspapers have been deemed as non-essential, however they're still publishing, online!

**Cambridge News:**

[www.cambridgenews.nz](http://www.cambridgenews.nz)

**Cambridge Edition:**

[www.neighbourly.co.nz/e-edition/cambridge-edition](http://www.neighbourly.co.nz/e-edition/cambridge-edition)



We're in  
this together.

[facebook.com/nsnewzealand](https://facebook.com/nsnewzealand)



### Supermarket shopping

All of our supermarkets in Cambridge are considered Essential businesses and therefore are open. Their hours may be reduced. Each supermarket will have their own Health and Safety Policy, so please respect this and do as asked before entering the supermarket, thereby keeping everyone safe.



**New World Cambridge:**

Has altered the layout of the supermarket, so here's a link to see how it's been laid out and hopefully you'll know where your favourite item is on the shelf:

[facebook.com/NewWorldCambridge](https://facebook.com/NewWorldCambridge)

To order online: [www.newworld.co.nz/shop/online-shopping](http://www.newworld.co.nz/shop/online-shopping)



**Countdown Cambridge:**

For the foreseeable future we will have new opening hours of 9am-8pm.

Online orders already in the 8am pick-up window, will be available for pick-up from 9am onwards. Our online ordering is reserved for people who need it most. Additionally, the store will now have limits on all items. A limit of two per customer/household. The only exceptions to this is produce and liquor.

To order online:

[shop.countdown.co.nz](http://shop.countdown.co.nz)

[facebook.com/pages/Countdown-Cambridge](https://facebook.com/pages/Countdown-Cambridge)



**Fresh Choice Leamington**

Our gold card and immune compromised shopping hours:

- Tuesday from 9.00am-10.00am
- Thursday from 9.00am-10.00am

This is to allow us to make it as safe as we can for those who are at higher risk but have no other way of getting supplies. **Phone:** 07-823 7144

[leamington.store.freshchoice.co.nz](http://leamington.store.freshchoice.co.nz)

[facebook.com/LeamingtonFreshChoice](https://facebook.com/LeamingtonFreshChoice)



Email: [info@safecambridge.co.nz](mailto:info@safecambridge.co.nz) | [www.safecambridge.co.nz](http://www.safecambridge.co.nz)







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[www.covid19.govt.nz](http://www.covid19.govt.nz)

## Cambridge Banks

Some banks will be open only for essential transactional services for customers unable to use alternative options. To keep everyone safe, we will be limiting the number of customers allowed into the branch at any one time and physical distancing will be observed at all times.



### ANZ

If you need to get in touch, please fill in the form here [anz.co](http://anz.co) and we'll get back to you.

ASB

### ASB Bank

Open Thursdays 10am-2pm

[www.asb.co.nz](http://www.asb.co.nz)

bnz

### Bank of New Zealand

There are many ways you can still bank with us during lockdown, including online, on mobile and over the phone. If you have to make deposits and cash withdrawals, it might be worth checking if you can complete your banking through a Smart ATM instead.

[www.bnz.co.nz](http://www.bnz.co.nz)

[facebook.com/BNZBank](https://facebook.com/BNZBank)

Kiwi  
bank.

### KiwiBank

Our hard working contact centre will also be taking a break and will be closed on Good Friday (April 10th) and Easter Monday (April 13th). You can still bank online, on the app or visit our website.

[www.kiwibank.co.nz](http://www.kiwibank.co.nz)

[facebook.com/KiwibankNZ](https://facebook.com/KiwibankNZ)



### Westpac Bank:

Open Wednesdays 10am-1pm

[www.westpac.co.nz](http://www.westpac.co.nz)

CAMBRIDGE BUSINESS  
CHAMBER

## Cambridge Chamber of Commerce

The local Chamber of Commerce has a range of information on their website, and also Facebook page.

There are some great webinars to be watched with helpful advice:

[www.cambridgechamber.co.nz](http://www.cambridgechamber.co.nz)

[facebook.com/TLCambridge](https://facebook.com/TLCambridge)

Te Waka  
Anga Whakamua Waikato

## Te Waka

Waikato's regional economic development agency. If you're a business owner and need to speak to one of our business advisors, call us on **07 857 0538** or visit:

[www.tewaka.nz](http://www.tewaka.nz)

Waipa  
DISTRICT COUNCIL

## Rates Relief

Waipā District Council has announced a series of rates relief measures – including lower penalty charges and changes to penalty remissions - to help ratepayers struggling financially as a result of Covid-19.

[www.waipadc.govt](http://www.waipadc.govt)

[facebook.com/WaipaiDistrictCouncil](https://facebook.com/WaipaiDistrictCouncil)

Unite  
against  
COVID-19

For all the latest updates, this is the  
official website of the NZ Government  
for Covid-19

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

## Community Services



### Cambridge Lifeskills

Cambridge Lifeskills will continue to provide you and your family with support. Our counsellors will continue to work with families via phone and ZOOM calls. Our mission is to support children during these stressful and uncertain times. This includes offering parents our support in terms of how to best respond to their children's needs consistently over this time of isolation.

[www.cambridgelifeskills.co.nz](http://www.cambridgelifeskills.co.nz)

[facebook.com/cambridgelifeskills](https://facebook.com/cambridgelifeskills)



### Cambridge Community House

During the COVID-19 outbreak we are continuing as an essential service.

All appointments will be by phone/video. Please phone us on **07 827 5402**

[www.camcomhouse.org.nz](http://www.camcomhouse.org.nz)



## Violence Free Waipa

### Violence Free Waipa

We are committed to ending Family Violence in Cambridge and Te Awamutu. We stand together to say "Enough is Enough" – this violence has to end.

[www.violencefreewaipa.org.nz](http://www.violencefreewaipa.org.nz)

[facebook.com/violencefreewaipa](https://facebook.com/violencefreewaipa)



### Sparklers At Home

Recommended by Jacinda Adern

Sparklers is a wellbeing toolkit for kiwi kids. Set up by the All Right? campaign, it offers teachers and whānau a range of fun activities to help tamariki regulate and manage their own emotions.

[facebook.com/SparklersNZ](https://facebook.com/SparklersNZ)



Email: [info@safecambridge.co.nz](mailto:info@safecambridge.co.nz) | [www.safecambridge.co.nz](http://www.safecambridge.co.nz)





Unite  
against  
COVID-19

New Zealand Government

[www.covid19.govt.nz](http://www.covid19.govt.nz)

## Rural Information

### Rural Assistant Payments

Rural Assistance Payments are paid during or after an adverse event.

They're paid to help farmers with essential living costs.

Rural Assistance Payments are generally paid in a lump sum covering 4 weeks. If you need the payment for longer than this, you'll need to reapply every 4 weeks.

You can apply for Rural Assistance Payments from up to one year from the date you apply, or a set length of time, which is approved by the Minister for Social Development.

Your local Rural Support Trust can help support you through this process and help you complete the necessary application.

[www.workandincome.govt.nz](http://www.workandincome.govt.nz)

### Useful resources:

Feed noticeboard:

[www.agrihq.co.nz/feed-noticeboard](http://www.agrihq.co.nz/feed-noticeboard)

[www.mpi.govt.nz](http://www.mpi.govt.nz)

[www.fedfarm.org.nz](http://www.fedfarm.org.nz)

[www.dairynz.co.nz](http://www.dairynz.co.nz)

[www.beeflambnz.com](http://www.beeflambnz.com)

### Help with farm debt

Rural Support Trusts with banks to offer support for farmers struggling with farm debt. The new Farm Business Advice Support Fund is up and running with up to \$6,000 available to help a farmer get financial business planning advice to inform and support conversations with their bank. This initiative is separate to the Farm Debt Mediation Scheme which will become operational on 1 July 2020 and will also have its own hardship scheme to assist struggling farmers engage in that process. **Phone 0800 787 254.**

More information can be found at

[www.rural-support.org.nz](http://www.rural-support.org.nz)

### Key contacts:

Rural Support ..... 0800 787 254

Waikato Regional Council ..... 0800 800 401

Federated Farmers ..... 0800 327 646

HortNZ ..... 0508 467 869

Beef + Lamb NZ ..... 0800 233 352

Rural Women ..... 04 473 5524

MPI Animal Welfare ..... 0800 00 83 33

Dairy NZ ..... 0800 3247969

Nait ..... 0800 482 463

Work & Income -

Welfare Support ..... 0800 559 009

Inland Revenue -

Taxation Matters ..... 0800 277 774

## Law Services



### Community Law Waikato

Our services are still available by phone and our office is closed. Legal Education and JP Services have been suspended.

For legal help call **0800 529 482** or email [reception@clwaikato.org.nz](mailto:reception@clwaikato.org.nz), Monday to Thursday 9-3 and Friday 9-1.

Our phones may be busy so please leave a message and one of our team will call you back.

[www.clwaikato.org.nz](http://www.clwaikato.org.nz)

[facebook.com/CommunityLawWaikato](https://facebook.com/CommunityLawWaikato)

## Asian Family Services

Asian Family Services has let us know that they are a service available to any members of the Asian community who might be feeling distressed and anxious during this time. They have a team of qualified counsellors and social workers who speak English, Mandarin, Cantonese, Hindi, Thai, Vietnamese, Korean and Japanese and are available to help.

**The Asian Helpline is open from 9 am to 8:30 pm, Monday to Friday.** Anyone wishing to talk to a counsellor or feeling distressed or anxious due to COVID-19 can call the Asian Helpline on **0800 862 342.**

For more information, please visit:

[www.asianfamilyservices.nz](http://www.asianfamilyservices.nz)

## Facebook pages

Here's a few facebook posts that you might enjoy while in lockdown.

**Jacinda Adern and Nigel Latta**

Earlier this week I had a conversation with psychologist, Nigel Latta, on tips and tricks to look after yourself while we're all staying home to save lives. I hope you find it useful, no matter what your bubble or your circumstances.

<https://www.facebook.com/jacindaadern/videos/214610899823257/>

**If the text is this colour, and underlined - you can click on it and it'll take you to the relevant website!**

# Massive shout out...

...to the following businesses/organisations



Email: [info@safecambridge.co.nz](mailto:info@safecambridge.co.nz) | [www.safecambridge.co.nz](http://www.safecambridge.co.nz)





## Our Facebook posts

**Neighbourhood Support Cambridge**  
April 6 at 6:01 PM · 🌐

Heads up, if you see people who are blatantly breaching the COVID-19 basic rules of respect in our community please don't hesitate to let the Police know. You can report it in many ways but there is an online registration shown below. We have sadly had a few reports of people just blatantly disrespecting people's safety with spitting on streets etc. Come on Cambridge we can do this, JUST FOLLOW THE RULES. <https://www.police.govt.nz/105support>

**105 Police Non-Emergency Supporting Information**

Do an emergency, always call 111.  
You can also report to Police online.

- Report COVID-19 in isolation breaches
- Businesses you suspect are breaching the essential services rule.

Before making your report, please refer to information from the Ministry of Health about authorisation to the Government guidelines about Essential Businesses.

To complete this report you will need to provide your name and email address so we can contact you if required.

[Join your COVID-19 business](#)


**Police non-emergencies**  
For all other Police non-emergencies that don't need urgent Police assistance, please refer below.


Please read the information in the 'essential required' section below for the best way to report a non-emergency, get advice on what to do, and what to expect. This will help us work through the high volume of other reports resulting from the COVID-19 situation.

When making an online report please note:

**Neighbourhood Support Cambridge**  
7 hrs · 🌐

Our amazing road patrollers who are now official Civil Defence volunteers jumped at the opportunity to help deliver fresh produce to our community. Thank you to Dave, Allison (road patrollers) and Vinnie Simmonds (Mana Hapori) for the many hours you spent on the road yesterday. #goodneighbourwards



**Follow us** - click the logo on right: 

**Neighbourhood Support Cambridge**  
Yesterday at 3:08 PM · 🌐

Hi folks. We have worked with this lovely initiative through various other groups last winter. Please give this a think and if you would like to help by donating new goods to this wonderful cause we will update you with more information soon. Xxxx



**SleepWell MoePai**  
Yesterday at 12:05 PM · 🌐

[Like Page](#)

### SleepWell MoePai

Some more information of what we do: We support many Waikato social agencies, such as Plunket, Whare Ora, Parentline, Family Start, Women's Refuge, the Police, the Hospital etc, by providing clean, good quality bedding and pjs to families who need it. We aim to prevent respiratory illnesses, absenteeism and general discomfort from being too cold to sleep well at night. Normally we run collections and have drop off locations, plus I scour second hand markets for stock, but at present we are unable to do these activities, and demand is high. Items needed most right include duvet inners, children's winter pjs, and large blankets (queen and king). Last year we gave a bedding pack to just over 600 people. This year we will see many more than that needing assistance.

Kind regards Kylie

**Address for donations is :**

SleepWell MoePai C/- K O'Rourke  
105d Newell Rd Tamahere 3283  
Hamilton

## Fun children activities to do while in Lockdown

