



Unite  
against  
COVID-19

24 APRIL 2020

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



## Welcome

Well, on Monday afternoon, the whole nation was in front of the tv to hear Prime Minister, Jacinda Ardern break the news that we're going to go **Level 3**, on Monday 27 April at 11.59pm.

For most of us, that won't mean a great difference in our 'new daily lives', however it will mean that you'll see a few differences around the neighbourhood.

We'll explain what Level 3 means for you, for your family/whanau and for businesses around you.

In this newsletter, there are also links to some new initiatives to help those at home with mental wellbeing.

So please, go grab a cuppa, a piece of baking (that New Zealand on a whole has been whipping up) and read about what is out there for you - our community.

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

# We're going to Level 3 so what does that mean...

For most, Level 3 will look pretty much like Level 4, with some slight differences, which we've outlined down below. If you're unsure about what you are or are not allowed to do during Level 3, please visit the [Covid-19 website](#).

## Here's the Golden Rules for life at Alert Level 3.

- 1. Stay home.** If you are not at work, school, exercising or getting essentials then you must be at home, the same as at Alert Level 4.
- 2. Work and learn from home if you can.** We still want the vast majority of people working from home, and children and young people learning from home. At-risk students and staff should also stay at home, and they will be supported to do so. Early learning centres and schools will physically be open for up to Year 10 for families that need them.
- 3. Make your business COVID-19 safe.** COVID-19 has spread in workplaces, so the quid pro quo of being able to open is doing it in a way that doesn't spread the virus.
- 4. Stay regional.** You can exercise at parks or beaches within your region, but the closer to home the better. Activities must be safe – keep 2 metres away from anybody not in your bubble. Make minimal trips.
- 5. Keep your bubble as small as possible.** If you need to, you can expand your bubble a small amount to bring in close family, isolated people or caregivers.
- 6. Wash your hands often with soap.** Then dry them. Cough and sneeze into your elbow.
- 7. If you are sick, stay at home and quickly seek advice from your GP or Healthline about getting a test.** There is no stigma to COVID-19. We will only be successful if everyone is willing to play their part in finding it wherever it is.

## The Golden Rules for businesses at Alert Level 3.

- 1. If your business requires close physical contact it can't operate.**
- 2. Your staff should work from home if they can.**
- 3. Customers cannot come onto your premises.** Unless you are a supermarket, dairy, petrol station, pharmacy or permitted health service.
- 4. Your business must be contactless.** Your customers can pay online, over the phone or in a contactless way. Delivery or pick-up must also be contactless.
- 5. Basic hygiene measures must be maintained.** Physical distancing, hand washing and regularly cleaning surfaces. Workers must stay home if they are sick.
- 6. If you used PPE in your business before COVID-19, then keep using it in the same way.** If you didn't use PPE in your business before COVID-19, you don't need it now. This is advice for retailers, manufacturers and the service industries. Different advice applies to essential healthcare workers, border agencies, courts and tribunal staff, first responders and corrections staff. [Visit health.govt.nz for more advice](#)
- 7. You must meet all other health and safety obligations.**





Unite  
against  
COVID-19

New Zealand Government

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

## Neighbourhood Support Good Neighbour Awards



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

## Don't forget to enter our 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)



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



**A massive Thank You to all the people of Cambridge who put their hands up when we asked for Volunteer Buddies for Civil Defence - the response was amazing and humbling.**

There are people who are actively engaged with a volunteer, however we're going to retain all volunteers names so we can contact you should your assistance be required as we

move between lockdown levels. Neighbourhood Support has a project in the pipeline and we will be contacting those volunteers who may wish to help soon.....we'll keep you posted!

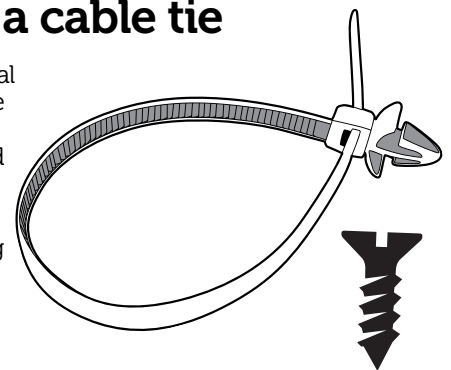
## Handy hint with a cable tie

We've had a request from the local Police to remind people to secure their power box with a **screw or cable tie** to prevent unauthorised access.

Sadly, there have been a couple of instances of someone opening the power cover, and turning off the mains power switch which turns off your power.

This not only causes inconvenience, it is also potentially very dangerous if you rely on power for a medical condition.

If you have found your powerbox



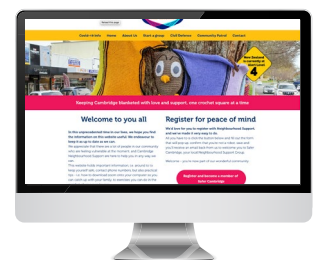
tampered with, please alert Cambridge Police by **dialling 105** for the Police Non-Emergency Supporting Information, and they'll attend to the matter as soon as they're able.

## Register online

**We encourage people to look at the our website for ongoing information and of course [register with us.](#)**

If people have been looking after isolated seniors during lockdown could they please assist them with signing up to Neighbourhood Support. We are trying to safeguard the person you are assisting.

What would happen if the key person who was helping got sick? Neighbourhood Support would be able to step in and find other help moving forward as we have a network of trusted volunteers and agencies who we can approach for support.







Unite  
against  
COVID-19

New Zealand Government  
www.covid19.govt.nz



## Stay/get fit while staying at home

Please consider first if you are ready to exercise. If you have recently had a fall, an operation, or any condition effecting your heart or movement ability it's a good idea to check with your Dr first. You may also contact us by phone or email with any questions.

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

[Follow us on Facebook](#)

### At home exercise videos: Slower paced

Style	Length	By, where	Notes	Link
Strong & Stable	16mins	Steph, home	Seated cardio & strength, gentle	<a href="https://youtu.be/d3i88jcRkRs">https://youtu.be/d3i88jcRkRs</a>
Strong & Stable	20mins	Kasha, home	Seated strength work for your middle / core	<a href="https://youtu.be/G7R2did6PT4">https://youtu.be/G7R2did6PT4</a>
Chair Yoga	25mins	Kasha, home	Yoga including strength & balance, gentle	<a href="https://youtu.be/XWwbiJty5xo">https://youtu.be/XWwbiJty5xo</a>
Chair Yoga	30mins	Kasha, home	Yoga including strength & balance, gentle	<a href="https://youtu.be/4dEJLrFPK0Q">https://youtu.be/4dEJLrFPK0Q</a>
Sit n Be Fit	45mins	Steph, Huntly	Mostly seated & standing options	<a href="https://youtu.be/6fVdUhuDaOE">https://youtu.be/6fVdUhuDaOE</a>
Chair Yoga	60mins	Kasha, home	Yoga including strength & balance, gentle	<a href="https://youtu.be/r3-S4lBuQ1A">https://youtu.be/r3-S4lBuQ1A</a>

### At home exercise videos: Mostly seated & gentle, exercise to music

Style	Length	By, where	Notes	Link
Sit n Be Fit	12mins	Steph, Sport Waikato	General fitness sit or stand	<a href="https://youtu.be/kko8fMZ212Y">https://youtu.be/kko8fMZ212Y</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>
Strong & Stable	22mins	Steph, home	Seated cardio & strength, standing balance, active	<a href="https://youtu.be/875EZ1wxocU">https://youtu.be/875EZ1wxocU</a>
Strong & Stable	30mins	Dionne, home	Seated, includes standing balance work	<a href="https://youtu.be/2yt4v3VjtaU">https://youtu.be/2yt4v3VjtaU</a>

### At home exercise videos: Mostly standing & active, exercise to music

Style	Length	By, where	Notes	Link
Upright n Active	20mins	Steph & Clayton, UniRec	Standing warm ups, for more active mobile people	<a href="https://youtu.be/v21_AN1GwAU">https://youtu.be/v21_AN1GwAU</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	24mins	Steph, Home	Standing warm up, strength & balance. Seated options	<a href="https://youtu.be/xmO6lqtrduI">https://youtu.be/xmO6lqtrduI</a>
Strong & Stable	25mins	Steph, Home	Standing warm up, cardio, strength & balance	<a href="https://youtu.be/4OwtNLVKm_A">https://youtu.be/4OwtNLVKm_A</a>
Upright n Active	31mins	Dionne, home	Standing cardio sequences to music	<a href="https://youtu.be/U7Y12D9KA0I">https://youtu.be/U7Y12D9KA0I</a>
Upright n Active	45mins	Dionne, home	Standing & seated mix, great overall workout to music	<a href="https://youtu.be/kzkUF4G22Js">https://youtu.be/kzkUF4G22Js</a>
Upright n Active	20mins	Steph & Clayton, UniRec	Standing warm ups, for more active mobile people	<a href="https://youtu.be/v21_AN1GwAU">https://youtu.be/v21_AN1GwAU</a>

**Saturday, 25th April, 2020 - 6am**

As dawn breaks, we can stand at the end of our driveways ... **together in silence and pay tribute to those we should never forget.**

**#StandAtDawn**



*Lest We Forget*



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



Unite against COVID-19

New Zealand Government

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

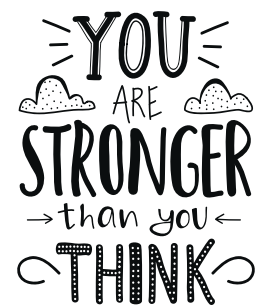
# Stay/get fit while staying at home

## At home exercise videos: Challenges

Style	Length	By, where	Notes	Link
Strength	5mins	Kasha, home	Learn sit to stand exercise & do 30sec challenge	<a href="https://youtu.be/ggXWv1mZd8k">https://youtu.be/ggXWv1mZd8k</a>
Strength	3mins	Steph, home	Progress the sit to stand challenge: Add the hover!	<a href="https://youtu.be/UrPyRYh0eZA">https://youtu.be/UrPyRYh0eZA</a>
Balance	4mins	Steph, home	Extend your balance training: hold on 1 leg with Steph	<a href="https://youtu.be/4QeaX-_Gjj4">https://youtu.be/4QeaX-_Gjj4</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.
- Make sure you have a clear space to move in – no rugs or things to trip on.
- Make things easier: take the arms out, lower your knees / make movements smaller, rest when you need.
- 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.
- If you feel unwell, please contact your Dr or the COVID Healthline 0800 358 5453 & for Emergencies 111.



### SUPPORTED BY:



**Steph McLennan**  
027 419 0068  
[steph@midcpg.co.nz](mailto:steph@midcpg.co.nz)

**Kasha Latimer**  
027 227 9151  
[kasha@midcpg.co.nz](mailto:kasha@midcpg.co.nz)

## Exercise for the more mature

This new programme is specifically for older adults: exercise & information for healthy living.

It covers the Super7 exercises to improve your strength and balance. There are also important messages about keeping your brain active, how to keep up your social links and friendships, advice about healthy

eating and sleep during this time, and tips for staying safe in your home. Please spread the word: especially to people that don't use the internet but have a TV.



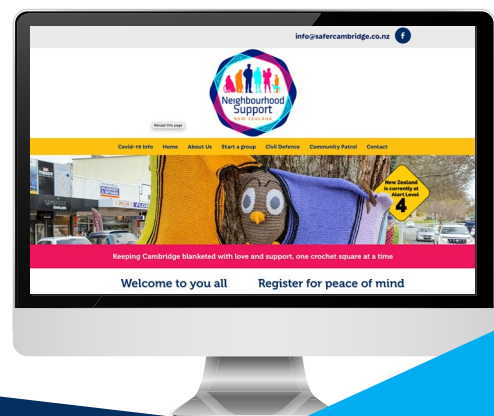
### Healthy for Life:

TV1 Saturdays  
9.00-9.30am  
from 2 May

## Have you checked us out...

All of the information in the newsletter, plus a little more, is live on our website - check it regularly for updates.

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



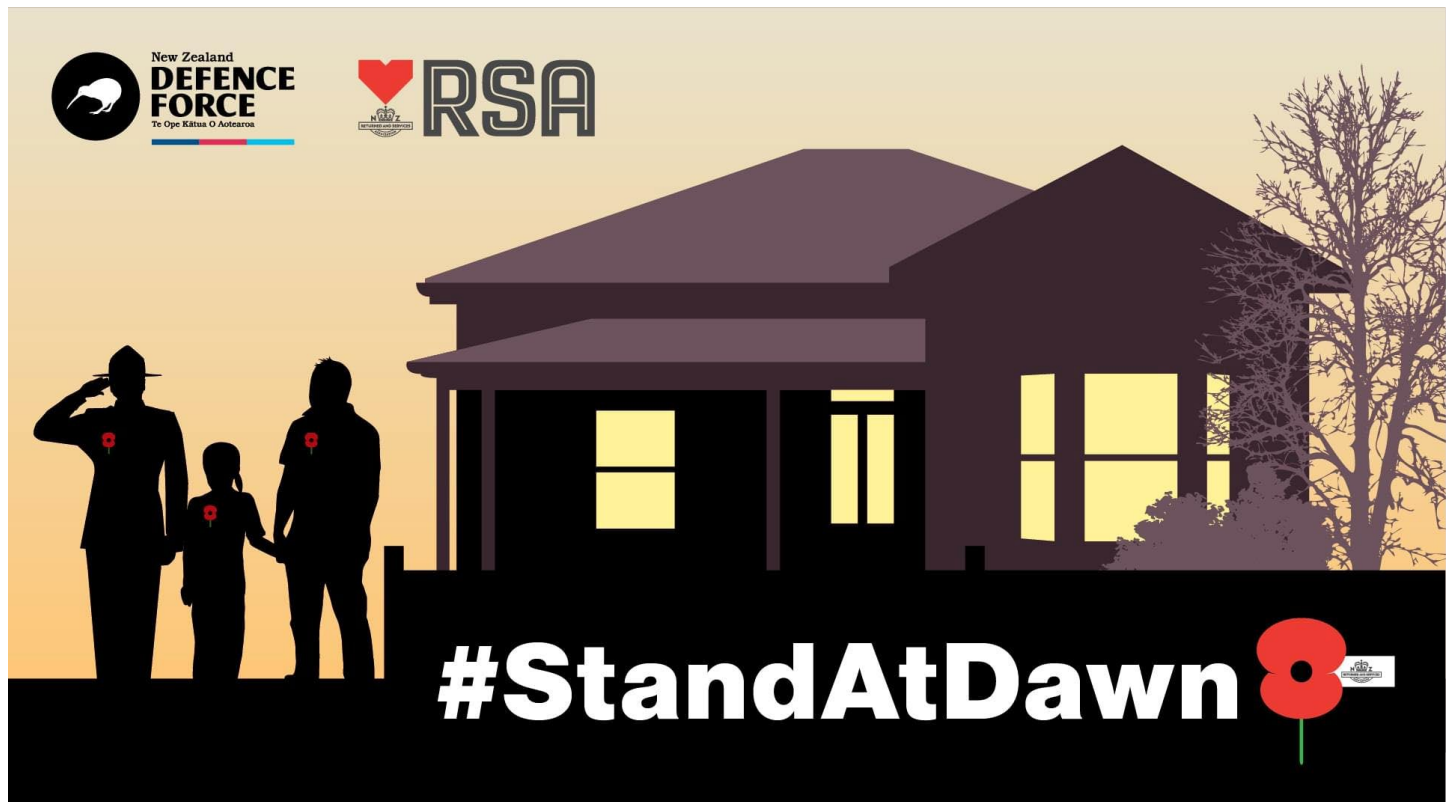
Email: [info@safercambridge.co.nz](mailto:info@safercambridge.co.nz) | [www.safercambridge.co.nz](http://www.safercambridge.co.nz)



Unite  
against  
COVID-19

New Zealand Government

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



## Show your support - at the end of your driveway this Anzac Day

Prime Minister Jacinda Ardern has urged Kiwis worldwide to stand at dawn as the country prepares to commemorate Anzac Day without traditional services.

New Zealanders are urged to take part in a new initiative, Stand At Dawn, on Saturday, 25th April to commemorate Anzac Day.

**"The RSA has encouraged all of us to commemorate our service personnel by standing at the end of driveways or near our letterboxes at 6am - to stand at dawn.**

"I know how hard it will be, this year, our first Anzac Day in history where services have been cancelled due to Covid-19.

"But that doesn't mean we can't show our support as a collective. As dawn breaks, we can stand at the end of our driveways ... **together in silence and pay tribute to those we should never forget.**

"We can still take time to pause, reflect and pay our respects to the people who have given so much to us."

Ardern asked all Kiwis worldwide to stand at their letterbox, front door, balcony, or essential place of work at 6am on Saturday, April 25.

An official dawn service broadcast is also due to air on RNZ National radio at 6am on Saturday.



*Let's We Forget*

[Click here for more information](#)

### YOUR GUIDE TO VIRTUAL ANZAC DAY

- The official dawn service, at 6am, will be broadcast on RNZ National. The service includes the Last Post, National Anthems, and an address by Ron Mark, Minister of Defence and Veterans.
- A special Anzac Day programme will be shown at 11am on TVNZ 1 or TVNZ On Demand.
- Royal New Zealand Ballet will perform Anzac Salute: Live in your Living Room, via its Facebook page at 10.30am, 1.30pm and 7.30pm. The two works, Dear Horizon and Passchendaele, were commissioned for their Salute programme in 2015 and performed live with the New Zealand Army Band, to commemorate the centenary of the Gallipoli landings.

### SUPPORT THE RSA

As well as Anzac Day Services, the RSA's Poppy Day fundraiser has also been put on hold this year. People who still wish to donate can do so via [The Let's not Forget page on Givealittle](#), or by donating [direct to the RSA](#).



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



## Try some of these Anzac Day activities:

Stand at your letterbox, at the front door, in your lounge rooms, balconies, in your driveway. Wherever you are in the world, stand with us and take a moment to remember our fallen – but please stay within your 'bubble' - and honour those who have fought for our freedom. **#StandAtDawn - Apart, but together as one.**



### YOU'LL NEED:

- 1 cup rolled oats
- 1 cup thread coconut
- 1 cup flour
- 1 cup sugar
- 125 g butter
- 2 Tbsp golden syrup
- 1 tsp baking soda
- 2 Tbsp boiling water

### ANZAC BISCUITS

1. Preheat oven to 180°C. Lightly grease a baking tray or line with baking paper.
2. Combine the oats, coconut, flour, and sugar together in a large bowl.
3. Melt the butter and golden syrup together. Dissolve the baking soda in the boiling water and add to the butter mixture. Pour the butter mixture into the dry ingredients and mix together.
4. Roll teaspoons into balls and place on the tray, allowing room for them to spread.
5. Bake for 12-15 minutes, cooking one tray at a time.



Click on the photo to see how to make poppies out of paper plates - lots of fun for the kids.

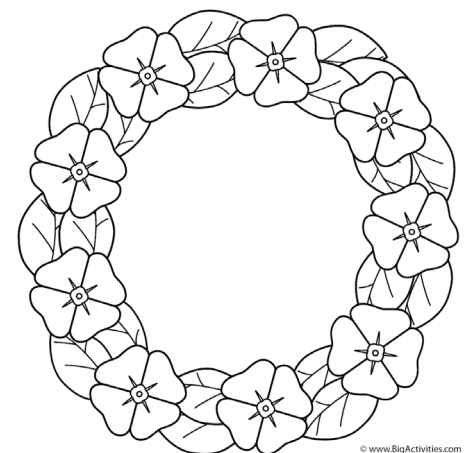


Make a plastic poppy using the bottom of a plastic soft drink bottle. You'll have to 'improvise' with this one parents!



Lanterns for Anzac Day Dawn Service in your driveway.

These were made using 2lt milk cartons & permanent marker pens. Please put sand in the bottom of them to weigh them down on the day, then the tea light candle to light the way!



Click on the photo to download the artwork for you to colour in your own wreath, cut it out and hang it on the wall, or your door.

## Help us bring JOY to Rest homes

As you know all volunteer Act of Kindness projects have had to be cancelled for all Rest homes until further notice. Not being able to visit our friends in our local Rest homes has been really hard and we would like to continue to bring them some joy!

We aren't sure when we'll be able to visit our Rest home friends in person, but we think we can bring them some joy remotely through our JOY PROJECT.

### CAN YOUR FAMILY HELP?

Anyone can get involved in the Joy Project, you don't have to be part of our Rest Home Visit Programme.

We would love your photos and videos!

We will be putting together a series of short videos to send to local Rest homes showing them that we are thinking of them.

In our videos we would like to include pictures of your children's **drawings** or **card** for them, and **videos** of a **short song** or **dance** or **rhyme** from your children, a **funny moment** or **joke**, or a **nice message** from your family to the residents.

### SEND US YOUR PHOTOS AND VIDEOS!

You can email your photos and videos to [hello@actofkindness.co.nz](mailto:hello@actofkindness.co.nz) or send them to us via direct message on our [Facebook](#) page.

\*\*Please note by sending us your pictures and videos you are giving us permission to use these in our video messages to local Rest homes and they will be visible to the general public.



## Donate your kit

Cambridge Neighbourhood Support has paused receiving donations for the Cadbury Donate your kit initiative due to the current Covid-19 situation.

We ask that you please hold onto your preloved sports gear that you may have found while 'clearing' out the house during the lockdown period, as we will be able to accept these donations again once we're back to normal. We have 'purple donation lockers' just waiting to be filled - and we'll pass your kit onto kids who need it. If you want to know a little more visit: [Donate a Kit](#)



## Want to impress your kids

We've found a free-online Zoom course for those who might like to learn a little more about the interactive platform that has come into its own during Covid-19 lockdown, for businesses and families wanting to keep in touch.

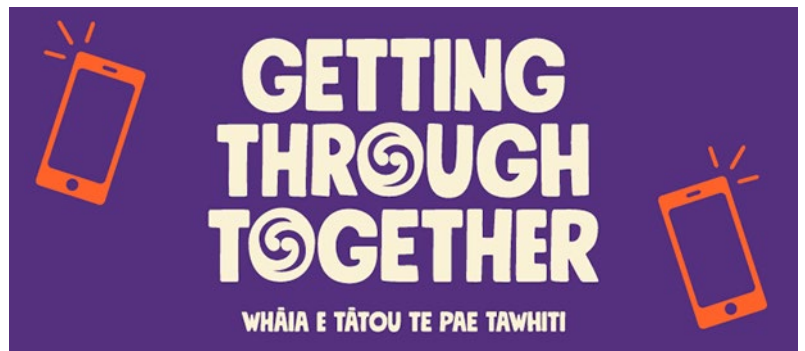
In this Free Zoom Course, Justin DeMers reveals the exact settings and setup you need for great looking Zoom meetings and webinars (including the hidden settings that result in dramatically better recordings).

[Click this link](#) - join Justin DeMers FREE class, you'll learn a few new tricks that'll impress not only your kids, but grandkids too!



HERE'S TO LEARNING NEW TECHNOLOGY IN 2020:

## I CAN. I WILL. WATCH ME.



As we hunker down to get on top of Covid-19, one of the very best things we can do is to tune into the simple things that help us feel good, even when you're in your bubble!

Over the next few weeks the Mental Health Foundation NZ be sharing some practical ways people can stay entertained, occupied and active – be it individually, or for the family or flat.

**Please remember that you're not alone - there are lots of people who are feeling just like you are. Together, we will get through this.**

 **Mental Health Foundation**  
OF NEW ZEALAND  
*mauri tū, mauri ora*

We'll be on your TV, your radio, your social media, in your supermarkets and your pharmacies whenever we can. Follow us on [Facebook](#), [Instagram](#) and [Twitter](#) – we'll be there every day, getting through together. Register for updates [here](#)







## 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)



# Need a job? Tyring to find an employee?

Waikato Nxtstep is a free job-matching website for the Waikato region has been launched to support business owners and employees through Covid-19.

The aptly named "Waikato Nxtstep" website is where Waikato businesses can list their vacancies and job seekers can list themselves. The idea came out of the Cambridge Business Chamber, in collaboration with Te Waka, Waikato's Regional Economic Development Agency, and has turned into reality in the space of a few short weeks.

"Our end goals are employment and business continuity for the Waikato. People are going to be looking for paid employment as we move between all 4 levels of the COVID-19 alert system, then into recovery. And when the lockdown levels change down there will be urgency in recruiting staff with the desired skill sets, including staff for the "shovel ready" infrastructure projects when they get the green light," said Kelly Bouzaid, Chief Executive of the Cambridge Business Chamber.

# NXTSTEP

**Bouzaid wanted to stress that the website is not just for Cambridge, but is Waikato-wide.**

Bouzaid added, "There are a lot of great job websites out there for when times are normal, but because Waikato Nxtstep's sole focus is our local region, we hope it will help find solutions fast for our families, neighbours and friends and help us all pull together to keep our community's economy going."

Visit: [waikato.nxtstep.co.nz](http://waikato.nxtstep.co.nz) for more information and to register.



## Need some sound financial advice?

Right now business in the Waikato has been turned upside down due to the impact of Covid 19. Many business owners find themselves with financial obligations that apply to how things were a few weeks ago.

For many, these commitments are presenting a challenge, and change to reduce the impact of your financial obligations on you is required.

How you go about changing, and who you change with is important right now. This to ensure that the time to action is as small as possible. This action also needs to be well understood.

My name is Quentin, and I specialize in small to medium business finance and challenging financial situations that business owners find themselves in. I'm also an expert in getting people to the position that they need to while preserving themselves personally.

If you are confused or unsure about how to manage your financial obligations or if you just want to protect

yourself in what is an unknown position moving forward, then please give me a call on **021 885 875**, or simply answer the 4 questions below. Please cut and paste them into an email and send to [glover@profinance.co.nz](mailto:glover@profinance.co.nz)

1. What is your business (what do you do).
2. What is your turnover.
3. How much do you borrow under your business. (approximate)
4. How much do you borrow personally. (approximate)

I will give everyone that sends me an email free advice based on looking at what is going on for them and sending them in the right direction to resolve it.

Thanks Quentin Glover  
[www.profinance.co.nz](http://www.profinance.co.nz)





## 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 ACES	 SNEEZE	 FATIGUE	 DIARRHOEA
COVID-19	✓✓✓	✓✓✓	✓	✓✓	✓✓✓	✓✓	✓✓	~	✓✓	✓
FLU	✓✓✓	✓✓✓	✓✓	✓✓	✗	✓✓✓	✓✓✓	✗	✓✓✓	✓✓
COLD	✓	~	✓✓✓	✓✓✓	✗	~	✓✓✓	✓✓✓	✓✓	✗

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

# Our Facebook posts

Follow us - click the logo on right: 



196,221 Views

Unite Against Covid-19  
Yesterday at 11:58 AM ·  Like Page

This year, Anzac Day will be like no other. Let's all #StandAtDawn - apart, but together as one.

Learn how you can get involved here: <https://bit.ly/standatdaw...>  
See More



20,447 Views

Waikato Police  
13 hrs · 

Ever wondered what to do when an officer has signalled for you to pull over? Pulling over the right way ensures the safety for both you and the officer.

Check out the video below.



YOUTUBE.COM

Gallagher Chiefs lock Laghan McWhannell works out with mum's groceries



A big THANK YOU to our local Police Officers, who have worked some very long shifts to look after our families and whanau in Cambridge during lockdown. We salute you from Neighbourhood Support.

Follow us - click the logo on right: 



## 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://www.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)



### 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](#)

### 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](#)







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



Unite  
against  
COVID-19

New Zealand Government

[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  
C H A M B E R

## 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

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)



## 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)



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  
TE WHARE MANAAKI TANGATA

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





Unite against COVID-19

New Zealand Government

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

Cambridge

## 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



Cambridge

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

