

KIA MANAWANUI TE WAIPOUNAMU

Whānau Ora | Community Connectors



MANAAKI MAI,
MANAAKI ATU

#Protect Our
Whakapapa



For GENERAL health advice call 0800 611 116 anytime
 For COVID-19 health advice call 0800 358 5453 anytime
 For COVID-19 vaccination advice call 0800 28 29 26 (8am - 8pm)

Service	Description	Contact Details
PĀTAKA KAI	The Open Street Pantry Movement.	W Visit website for local locations www.patakai.co.nz/
FAMILY SERVICES 211 HELPLINE	For help finding, and direct transfer to, community-based health and social support services in your area	P 211 / 0800 211 211 W www.familyservices.govt.nz
WINZ (WORK AND INCOME)	Supports available for individuals, whānau, employers and self-employed people affected by COVID-19.	P 0800 559 009 W www.workandincome.govt.nz
HEALTHLINE	Accommodation support, health services, social support, foodbanks	P 0800 358 5453 W www.health.govt.nz
SAFE BUBBLE	Information and support for anyone who is worried about themselves or someone else in relation to family violence.	P 0800 456 450 W www.safebubble.org.nz
MENTAL HEALTH FOUNDATION NZ	Social Services, Mental Health support	P 09 623 4810 W mentalhealth.org.nz/me-time
KĀINGA ORA	Accommodation and tenant support, Social Support	P 0800 801 601 W www.kaingaora.govt.nz
YOUTHLINE	Youthline offers a free 24/7 Helpline service, free face-to-face counselling services, youth mentoring, programmes in schools and communities to help people grow and develop.	P 0800 376 633 W www.youthline.co.nz
HTK GROUP	HTK Group offers a range of services designed to support Māori businesses survive through COVID-19.	P +64 22 4859 344 W www.htkltd.co.nz

Make a Plan

Decide what happens if someone in your whare gets māuiui/sick

Set the Tikanga

Decide what the tikanga is for your whare so everyone is clear

Prepare Your Whānau

Make sure all the whānau are on board & understand the plan

Prepare Your Whare

Think about how to set up your whare to minimise the spread

Prepare Your Pātaka

Make sure your pātaka has plenty of kai in case you need to isolate