



**NEED HELP DURING LOCKDOWN? - STN**

- **FOOD BANKS | FINANCIAL SUPPORT |  
HARDPACKS - CHROMEBOOKS |  
MENTAL HEALTH SUPPORT**

# FOOD HELP?

## FOOD & EMERGENCY SUPPORT IN COUNTIES MANUKAU

ALL ORGANISATIONS INCLUDED ON  
THE LIST HAVE FUNCTIONED  
DURING PREVIOUS LOCKDOWNS.

### RAWIRI COMMUNITY HOUSE

FOOD PARCELS AND OTHER FREE RESOURCES.  
REGISTER FIRST USING THE ONLINE REFERRAL  
FORM. PICK UP FROM 1 RATA VINE DRIVE, WIRI.  
WED-FRI 10AM - 1PM

LIZ@RAWIRI.ORG  
[HTTPS://WWW.FACEBOOK.COM/RAWIRI.ORG/](https://www.facebook.com/rawiri.org/)

### WAKA OF CARING

FOOD PARCELS, MEALS, CHRISTMAS PRESENTS,  
CLOTHING, BLANKETS AND KITCHENWARE. PICK  
UP FROM 2/14 MCANNALLEY STREET  
MANUREWA.

[HTTPS://WWW.FACEBOOK.COM/GROUPS/97855  
9512159944](https://www.facebook.com/groups/978559512159944)



# FOOD HELP?

## **SHANTI NIWAS**

PROVIDE SOCIAL SUPPORT SERVICES TO SENIOR CITIZENS OF INDIAN AND SOUTH ASIAN ORIGIN. SERVICES INCLUDE VEGETARIAN MEALS ON WHEELS, GROCERY AND PRESCRIPTION MEDICINE DELIVERY, FACE-TO-FACE AND PHONE CHECK INS, AND EMERGENCY HOUSING SERVICE

09 622 1010

[WWW.FACEBOOK.COM/SNCT.NEWZEALAND/](http://WWW.FACEBOOK.COM/SNCT.NEWZEALAND/)

## **WECARE.KIWI**

VOLUNTEER SUPPORT NETWORK FOR ANYONE WHO IS VULNERABLE, LIVING ALONE, OR CARING FOR OTHERS CAN REQUEST CHECK-INS OR PRACTICAL HELP. REGISTER ONLINE. LOW-COST FOOD DELIVERY SERVICE AVAILABLE

0800 777 797

[HTTPS://WECARE.KIWI/GET-HELP/](https://wecare.kiwi/get-help/)

## **BUDGETING & FAMILY SUPPORT SERVICES**

PARCELS AND FACE MASKS ARE AVAILABLE AT MANGERE AND TUAKAU. PLEASE CALL FIRST TO REQUEST, BRING ID AND PROOF OF ADDRESS. SECOND AND SUBSEQUENT REQUESTS FOR FOOD PARCELS WILL NEED A LETTER FROM WINZ CONFIRMING THEY ARE STILL EXPERIENCING HARDSHIP

MANGERE - 09 275 2266

TUAKAU - 09 236 9804

## **THE FONO FELEOKO FOOD-HUBS**

FOODBANK FOR AVAILABLE FOR CURRENT CLIENTS ONLY. CALL OR SEND A FACEBOOK MESSAGE.

0800 366 648

[WWW.FACEBOOK.COM/THEFONOHEALTH/](http://WWW.FACEBOOK.COM/THEFONOHEALTH/)



**SOUTHSEAS HEALTHCARE**

FOOD SUPPORT TO ENROLLED POPULATION AND CHURCH GROUPS IN SOUTH AUCKLAND. PICK UP ONLY FROM 14 FAIR MALL, SHOP 9-12 OTARA.

027 381 2317  
[HTTPS://WWW.SOUTHSEAS.ORG.NZ/](https://www.southseas.org.nz/)

**THE OTARA KAI VILLAGE**

FOOD AND COOKED MEALS FOR PEOPLE LIVING IN OTARA AND PAPATOETOE REGIONS. NO REGISTRATION IS NEEDED, PICK UP FROM 120 EAST TAMAKI ROAD, OTARA. SUBJECT TO AVAILABILITY, SEE FACEBOOK OR VIEW WEBSITE FOR MORE INFORMATION.

[HTTPS://WWW.FACEBOOK.COM/THEOTARAVILLAGE](https://www.facebook.com/theotaravillage)  
[HTTPS://WWW.OTARAKAIVILLAGE.CO.NZ/OKV-SCHEDULE.HTML](https://www.otarakaivillage.co.nz/okv-schedule.html)

***FOOD HELP?***

**MANUKAU URBAN MĀORI AUTHORITY**

FOOD PARCELS. PICK UP FROM 31 CALTHORP CLOSE, FAVONA. IF YOU LIVE IN MANGERE, OTARA, OTAHUHU, PAPATOETOE AND MANUKAU, PLEASE CALL BETWEEN 10AM AND 2PM TO BOOK AN APPOINTMENT.

0800 686 232

**PAPAKURA MAREA**

FOOD PARCELS ARE AVAILABLE TO PAPAKURA AND SURROUNDING AREAS. OPEN MONDAY TO FRIDAY. PHONE BETWEEN 9AM-11AM TO COMPLETE AN ASSESSMENT. PICK UP FROM 29 HUNUA RD, PAPAKURA 1PM-3PM PROVIDING ID AND PROOF OF ADDRESS.

0800 8262 7454



# FOOD HELP?

## **SALVATION ARMY MANUKAU**

FOODBANK AND FOOD PARCELS. CONTACT CALL CENTRE MON-FRI 10AM-12PM AND 1PM-3PM AND LEAVE NAME AND NUMBER AND THEY WILL CALL BACK. PICK UP ONLY BY APPOINTMENT.

09 262 2332 - MANUKAU COMMUNITY MINISTRY  
0800 53 00 00 - LOCAL MINISTRY  
MANUKAU.CM@SALVATIONARMY.ORG.NZ

## **ST VINCENT DE PAUL**

FOODBANK AND FOOD PARCELS. PICK UP FROM 47 STATION ROAD, OTAHUHU. OPEN MON, WED AND FRI, 9.30AM-12.30PM. NO NEED TO CALL FIRST, BUT BRING ID. REFERRERS ARE ALSO ABLE TO EMAIL MANAGER AND PICK UP ORDERS ON CLIENTS' BEHALF.

09 270 4088

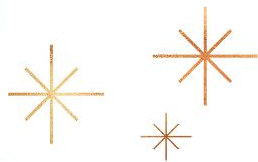
MANAGER@STVINNIEOTAHUHU.ORG.NZ

## **LIFE COMMUNITY KITCHENS**

COOKED MEALS FROM A NUMBER OF LOCATIONS, INCLUDING OTARA, MANUREWA, GLEN INNES, PAKAPURA, AND MANGERE. SEE FACEBOOK FOR DETAILS.

[HTTPS://WWW.FACEBOOK.COM/LIFECOMMUNITYKITCHENS/](https://www.facebook.com/lifecommunitykitchens/)

# FOOD HELP?



**AFFIRMING WORKS**

FOOD PARCELS FOR FAMILIES NEEDING SUPPORT. OPEN TO ALL, FAMILIES ARE ASKED TO DO A BRIEF (5 MINUTES) REGISTRATION. PICK UP FROM 9 MOA STREET, OTAHUHU. CALL IF YOU HAVE ANY QUERIES

**0800 0233476**

**SOUTH AUCKLAND CHRISTIAN  
FOODBANK**

COMMUNITY DINNERS AND FOOD PARCEL DELIVERY.

**0508 242 643**  
**[HTTP://WWW.SACFB.ORG.NZ/](http://www.sacfb.org.nz/)**

## SOUTH AUCKLAND

Please remember to contact before hand to find out their procedures

AFFIRMING WORKS  
ŌTAHUHU  
Food parcels  
0800 0233476

PAPAKURA MARAE  
Food parcels  
09 297 2036

SOUTH AUCKLAND  
CHRISTIAN FOODBANK  
Community dinners and  
food parcel delivery  
0508 242 643

MANUKAU URBAN MĀORI  
AUTHORITY  
Food parcels  
0800 686 232

SOUTHSEAS  
HEALTHCARE  
Food parcels  
027 303 0064  
[www.southseas.org.nz/welbeing-hub](http://www.southseas.org.nz/welbeing-hub)

SALVATION ARMY  
MANUKAU  
Foodbanks and food parcels  
09 262 2332

MANUREWA MARAE  
Foodbank  
09 267 8768  
<http://forms.gle/a27RNPdKRxC5fgCE6>



# DEVICES & HARDPACKS

**"IF YOU ARE WANTING A DEVICE OR HARDPACK, CAN YOU PLEASE GET IN CONTACT WITH YOUR KAITOHUTOHU OR KAIARAHĪ."**

FROM HERE THEY WILL ARRANGE FOR IT TO BE DELIVERED TO YOUR HOUSE" STUDENTS WHO NEED DEVICES OR HARDPACKS

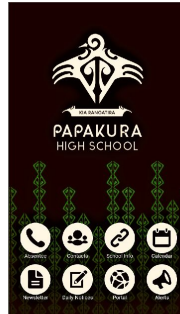
AS IT IS LOOKING INCREASINGLY LIKELY THAT THE SCHOOL CLOSURE WILL BE EXTENDED, WE HAVE BEEN GRANTED SPECIAL PERMISSION BY THE MINISTRY OF EDUCATION FOR A SMALL NUMBER OF STAFF MEMBERS TO GO ONTO THE SCHOOL SITE FOR THE DISTRIBUTION OF DEVICES OR HARDPACKS OF LEARNING MATERIALS.

PLEASE NOTE THAT DELIVERIES WILL BE CONTACTLESS AND WILL BE MADE BY SCHOOL STAFF. LEVEL 4 PROTOCOLS WILL BE MAINTAINED AT ALL TIMES. DEVICES WILL BE EXPECTED TO BE RETURNED TO SCHOOL AS SOON AS WE RETURN FROM LOCKDOWN AND A RECORD WILL BE KEPT OF DEVICES DISTRIBUTED.

# PAPAKURA HIGH SCHOOL APP



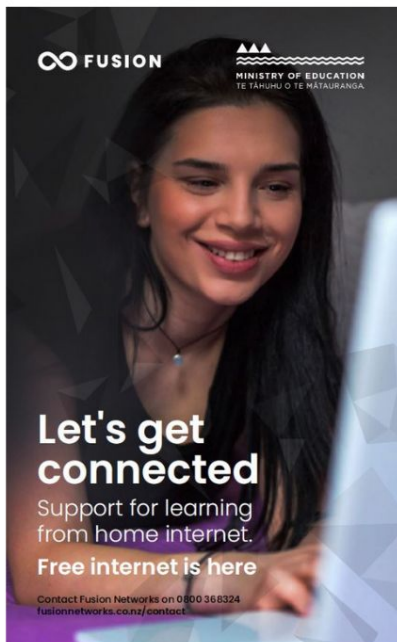
THE EASIEST WAY FOR US TO COMMUNICATE WITH OUR FAMILIES IS VIA THE PHS SCHOOL APP. SO FAR WE HAVE OVER 400 DOWNLOADS BUT WE NEED MORE FOR IT TO BE MORE EFFECTIVE AT REACHING OUR COMMUNITY. WILL FIND THAT THIS IS A ONE-STOP-SHOP FOR ALL YOU NEED TO KNOW ABOUT WHAT IS HAPPENING AT SCHOOL  
TO DOWNLOAD THE APP, PLEASE FOLLOW THIS LINK




APP LINK: <https://papakurahigh.apps.school.nz/install/>



# IT SUPPORT



**∞ FUSION**  **MINISTRY OF EDUCATION**  
TE TANGIHOUA TE KĀHARANGA

**Let's get connected**  
Support for learning from home internet.  
**Free internet is here**

Contact Fusion Networks on 0800 368324  
[fusionnetworks.co.nz/contact](https://fusionnetworks.co.nz/contact)

## FREE INTERNET ?

**∞ FUSION**



### What you receive

We provide you everything you need to get online. Installation, Shipping of the Modem and ongoing support for your unlimited internet connection. *Free of charge.*

### What we need from you

Its important we have your household details such as name, phone number, address, student name and school.

This allows Fusion Networks to organise technicians to deliver the right connection to your home.

- 1.** You will receive a call from Fusion to set up your connection
- 2.** Fusion send a modem to your house with instructions for you to connect
- 3.** Your local fibre company will let you know when they have installed your connection line
- 4.** You are ready to go! Contact Fusion on 0800 368324 if you need further technical support

Stay up to date with news, the school, your family and friends

### Fusion Support

Our experienced team is available for troubleshooting and any issues you may have with your connection. We're available during business hours to help make getting online simple and stress free.

Get in touch to find out more or for support when you need it.

Contact Fusion Networks  
0800 368324  
[fusionnetworks.co.nz/contact](https://fusionnetworks.co.nz/contact)  
[moe@fusionnetworks.co.nz](mailto:moe@fusionnetworks.co.nz)

**Mon-Fri**  
**9am-5pm**

**COVID-19**

**Papakura Marae  
Vaccination Drive-through  
cnr Hunua & Parker Rd  
Open 9am to 4pm  
Mon - Fri. No appointments needed!**

**Do the Mahi. Beat the Virus**

**NORTHLAND DISTRICT  
HEALTH BOARD**  
Te Pouni Whānui ā Rōhe o Te Tai Wharau



**Waitematā**  
District Health Board  
Best Care for Everyone



**AUCKLAND**  
DISTRICT HEALTH BOARD  
*Te Toka Tumai*



**COUNTIES  
MANUKAU**  
HEALTH



## IMPORTANT INFO

**PAPAKURA MARAE  
DRIVE THROUGH VACCINATION CENTRE**

**Wear a loose t-shirt for your vaccination**  
This will be more comfortable for you and your whanau

**Bring up to 4 people in your bubble**  
Remember the vaccination is approved for whanau 12 years old  
and older

**Your NHI number will be handy but don't worry if you  
don't have it**

We know this can be tricky to find. You can still be vaccinated  
without it, we just have a form to fill out

**Bring your best sounds and car games!**  
It should take about 30 mins :-)

# VACCINATIONS ?





**MENTAL HEALTH SUPPORT**

# TODAY'S GUIDE FOR HELP?

**YOU CAN RING FREE OR TEXT ?**



**01**

## **NEED TO TALK?**

— free call or text 1737 any time for support from a trained counsellor.

**02**

## **YOUTHLINE**

Pcall 0800 376 633, free text 234 or email [talk@youthline.co.nz](mailto:talk@youthline.co.nz)

**03**

## **WHAT'S UP?**

— call 0800 942 8787 — a safe place for tamariki and rangatahi to talk.

**04**

## **SKYLIGHT**

call 0800 299 100 helping children, young people and their families and whānau through tough times of change, loss, trauma and grief.

**05**

## **LIFELINE**

0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)

**06**

## **SUICIDE CRISIS HELPLINE**

call 0800 299 100 helping children, young people and their families and whānau through tough times of change, loss, trauma and grief.

## MENTAL HEALTH SUPPORT

# TODAY'S GUIDE FOR HELP?

YOU CAN RING FREE ● OR TEXT ?

07

## HEALTHLINE

(open 24/7) - 0800 611 116

08

## SAMARITANS

—(open 24/7) - 0800 726 666

09

## KIDSLINE

(open 24/7) - 0800 543 754. This service is for children aged 5 to 18. Those who ring between 4pm and 9pm on weekdays will speak to a Kidsline buddy. These are specially trained teenage telephone counsellors.

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## LIFELINE

0800 543 354 (0800 LIFELINE) or free text 4357 (HELP)

11

## ALCOHOL DRUG HELP

(open 24/7) - 0800 787 797. You can also text 8691 for free.

12

## DEPRESSION HELPLINE

(open 24/7) - 0800 111 757

13

## YOUR LOCAL RURAL SUPPORT TRUST

(0800 787 254 (0800 RURAL HELP))



# OPTIONS 2022

MALO E LELEI, KIA ORA, TALOFA LAVA, BULA VINAKA, KIA ORANA, NAMASTE

A REMINDER TO ALL STUDENTS THAT SCHOOLPOINT IS OPEN FOR YOU TO SELECT YOUR SUBJECTS FOR 2022.

PLEASE MAKE SURE YOU CHOOSE SUBJECTS THAT YOU LIKE AND FOLLOW THE CAREER PATHWAY YOU ARE CURRENTLY INTERESTED IN. DO NOT SELECT SUBJECTS JUST BECAUSE YOUR FRIENDS ARE DOING IT.

ALSO - MAKE SURE YOU READ ALL OF THE INFORMATION THAT HAS BEEN WRITTEN ABOUT THE SUBJECT, NOT JUST THE TITLE. YOU HAVE ANOTHER WEEK OR SO TO MAKE YOUR SELECTIONS SO TALK WITH YOUR FAMILY ABOUT IT TOO. YOU SHOULD HAVE ALSO CONSIDERED THESE DOCUMENTS;

IF YOU CAN NOT LOG ONTO SCHOOLPOINT PLEASE CONTACT YOUR KAITOHUTOHU TEACHER TO HELP WITH YOUR LOGIN. THE LINK TO SCHOOLPOINT CAN BE FOUND ON OUR WEBSITE.

TĒNA RAWA ATU KOUTOU,  
LISA MORTIMER  
DEPUTY PRINCIPAL  
PAPAKURA HIGH SCHOOL

OPTIONS 2022 LINK: [USE THIS FORM LINK...](#)