

WHAKATŪ TE KOROWAI MANAAKITANGA TRUST



SOCIAL SERVICES FOR WHĀNAU
"Hei Whakatipuranga Whānau"
Strengthening future generations

2022
PĀNUI



Te Korowai Trust Gardens – Maara Kai

2022.....so far

There have been the ups and downs with the Covid-19 variant Omicron appearing and coping with the traffic light settings and working in a different environment. Despite this kaimahi have been working hard supporting whānau. Currently kaimahi are working in two teams, alternating weeks with one team in office and the other team at home. By doing this we hope to prevent having to shut down our entire office if one of our kaimahi picks up Covid-19. Kaimahi currently meet every morning for a video hui and stay in contact throughout the day with whānau needing our support.

Big changes in our backyard

We have also looked at what can we do that will support, mentor and increase kai sustainability for whanau. So, we have ripped out our back section and built raised maara beds where traditional Maori kai will be grown. The process will go from gathering seeds and seedlings to growing, harvesting and cooking this kai. All aspects will be within Mātauranga Māori



#Protect TE MOANANUI A KIWA



Make a Plan

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

Option 1: Set up a room in your whare where whānau members can isolate themselves away from others

Option 2: If it's not possible to set up a room, create separate zones so they're away from shared spaces such as the living room & kitchen

Option 3: Coordinate with your whānau/hapori another whare where whānau can go & isolate

Set the Tikanga

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

Hold a whānau hui so everyone knows how to manaaki each other if someone gets sick

Communicate your expectations with your manuhiri e.g. text or message before they arrive, beep from the gate, wait in the waka

Put up signs on your fence & front door, set up a table outside the front door with sanitiser & a QR code / register

Prepare Your Whānau

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

Put a list up on your fridge of whānau details (names, ages, NHI numbers, medical conditions, addictions) & emergency contacts (GP clinic, after hours, support agencies) - just in case

Talk with your tamariki about what the plan is if you get sick or go to hospital & how to reach out for help if needed

Nominate someone outside of your whare who can help if your whānau is isolating, like delivering kai or supplies

Whānau Plan

Preparing your whānau & your whare

Prepare Your Whare

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

Draw up a map of your whare to help define your zones, e.g. shared spaces, isolation areas, sanitising stations

Make a list of household instructions that are easy to follow if you get sick e.g. feeding pets, paying bills

If you don't have enough room inside your whare, consider using a tent to make a comfortable space with all the necessary supplies

Prepare Your Pātaka

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

- Kai high in vitamins i.e. fruit & veges
- Fluids i.e. water, broth, kawakawa tea
- Baby supplies
- Hygiene products
- Medical supplies
- Cleaning supplies

Organise kai ahead of time that's easy to heat when needed e.g. soups, stew

Make up individual laundry & toilet bags for each person & store separately with your personal belongings

Protect Your Whakapapa

Keep to the kaupapa & encourage each other to stick to the plan

Stay connected - arrange regular catch-ups with your whānau, friends & community

Don't be whakamā to reach out if you need help. You are not alone.

Like our tūpuna of Te Moananui a Kiwa - stay strong, stay resolute

#ProtectOurKaumātua
#ProtectOurMātua
#ProtectOurTamariki
#ProtectOurWhakapapa

#Protect Our
Whakapapa



Covid-19 Resources for Whānau

Nelson & Marlborough district health board:

<https://www.nmdhb.govt.nz/quicklinks/about-us/emergency-management-and-planning/covid-19/>

Work and Income New Zealand:

<https://www.workandincome.govt.nz/covid-19/help-for-you-and-your-whanau.html>

Unite against Covid 19: Te Reo Māori

<https://covid19.govt.nz/languages-and-resources/translations/te-reo-maori/>

Nelson Foodbank:

<https://www.nelsoncommunityfoodbank.org.nz/>

Information about the Novavax COVID-19 vaccine (Nuvaxovid):

<https://www.health.govt.nz/covid-19-novel-coronavirus/covid-19-vaccines/covid-19-vaccines-getting-novavax>

Haere Rā Felicity



We farewelled our Financial Mentor Felicity last year. Felicity started out as a volunteer and then took on a part-time role at TKT. It was a pleasure to have had Felicity at Te Korowai Trust.

**Ko te pae tawhiti, whāia kia tata
Ko te pae tata, whakamaua kia tina.**

Seek out distant horizons, and cherish those you attain.

Plans and tools

Use a separate piece of paper to make household plans so everyone knows in advance what to do and how to help.

- Our emergency contacts
- People who can help make isolating easier (e.g. by dropping off food)
- Our care and support plans (e.g. for children, dependents)
- How we'll let people know we're isolating
- Household instructions (e.g. how to take care of pets and plants, household maintenance such as paying bills)

Wellness kit What everyone needs to look after their health and wellbeing will be different, but below are some general ideas.

Email me what you need - ieza@tekorowaitrust.co.nz

General hygiene checklist

Note down what else you might need:

- Masks
- Hand sanitiser
- Gloves
- Rubbish bags
- Tissues
- Cleaning products

spray'n'wipe for surfaces

- sore throat gargle
- sore throat lozenges
- vaporub (vicks)
- Hydralyte

- Panadol
- Ibuprofen
- thermometer
- hot/cold pack

Dealing with COVID-19 symptoms

- Cough / Throat / Sinus
Soothers such as Kawakawa or other balms, ice blocks, vapour rubs or eucalyptus for steaming, treatments for your nose and throat like sprays or lozenges.
- Fever
Things to help soothe temperature, like ice packs, hot water bottles, warm clothes and pain relief like paracetamol.
- Aches
Things to help keep you comfortable – like pillows and blankets.

Note down what other medicines for family members you might need if isolating:

Staying mentally well It's normal to feel anxious or stressed in times of difficulty. Don't be afraid to reach out for help. For support with anxiety, distress or mental wellbeing, you can call or text **1737** to talk with a trained counsellor for free, 24 hours a day, 7 days a week.

Some ideas to look after wellbeing include:

- Stay connected with friends and whānau
- Acknowledge your feelings – it's normal to feel anxious or stressed
- Stick to routines where possible
- Limit your time online

Note down what other things you think might help (e.g. things you enjoy and can do at home):

Things to find out What don't you know about COVID-19? What do you need to find out to help you feel more prepared? Covid19.govt.nz is a good place to start.

COVID-19 Support Services

COVID-19 Healthline: **0800 358 5453**
Healthline: **0800 611 116**
Health advice about babies or children
PlunketLine: **0800 933 922**

Family Services: **0800 211 211**
Work and Income: **0800 559 009**
Mental health support: call or text **1737**
Alcohol Drug Helpline: **0800 787 797**

Rural Support Trust: **0800 787 254**
Business support:
North Island **0800 500 362**
South Island **0800 505 096**

HOW TO CONTACT US

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KIA KAHA - KIA MĀIA - KIA MANAWANUI