

IMPORTANT DATES

May

- NZ Music Month
- NZ Sign Language Week, 4th - 10th May.
- Mother's Day, Sunday 10th May
- Pink Shirt Day, Friday 22nd May.

June

- Queen's Birthday, Monday 1st June.
- World Environment Day, Friday 5th June.

At the time of printing, the NZ Government, has moved the nation out of Lockdown and into Level 3 isolation.

The Cabinet will decide on May 11th, if the country can move to Level 2.

Let's keep up the good work in our bubbles—we can do this!

Note: We have permission from Civil Defence to distribute this newsletter.

From Our Bubble To Yours, We've Got This!



While the Covid-19 storm has shaken New Zealand communities, it's heartening to learn of the emerging neighbourhood spirit and compassion.

Ironically, in this edition we had planned to cover Neighbours Day in Waldronville and Concord, but these events had to be cancelled due to the pandemic. What we have observed, however, is a community outreach of a different level.

Since the Lockdown, we have witnessed people thinking more about those on their own, elderly and those with needs.

We have seen people gather at each of their letterboxes, and have a social distancing 'meet your neighbour' in local streets. Shopping has been delivered to those in need.

Within our bubbles, we have looked outwards, and we have thought of others. There has been a light in the darkness.

The suffering, grief and hardship are real—and the team at the Greater Green Island Community Network are working hard in their bubbles, to listen to the community voice and respond to needs.

It is a difficult time, and Covid-19 is impacting everyone. We're not out of the woods yet, but we can beat this—and will beat this if we continue to work together.

We are still encouraged to stay home where possible, and practice social distancing when outdoors. Be wise. Be responsible.

Kia Kaha, kia maia kia manawanui

The GGICN is kindly supported by the following organisations:



Community Trades and Business



Get a FREE appraisal & advice from
DUNEDIN'S TRUSTED REAL ESTATE TEAM

Shane 021 953 676, **Julie** 021 453 676
Born and Bred G.I

Robinson
ONE AGENCY
THE PROPERTY SPECIALISTS



The Property Specialists | Licensed REAA 2008



Start your day with Green Island's best coffee, and make your taste buds dance with award-winning food.

Gluten-free and vegetarian options also available.

We also offer a private room available for meetings and functions.

Come and see us at 219 Main South
Rd. Ph. 488 4278



- NZQA Accredited
- First Aid Courses
- Onsite restocking of First Aid Kits
- Health and Safety I Unit 497
- Level 4 ACLS
- Defibrillator (AED) Sales and Training

Ph 488 5919

office@meditrainotago.co.nz
www.meditrainotago.co.nz



Save on heating and cooling bills – have your Heat Pump cleaned and ready to go for \$69

HEAT PUMP CLEANING



0800 24 74 39 \$69
www.airify.co.nz

More Heat... Less Power!



AnyThing's POS

For Friendly, Local Sales & Service

IT & Business Solutions
Mobile or Fixed Eftpos terminals
POS, Eftpos & Cash Registers

Rent, Lease or Buy

PH : 0274 361474



www.anythingspos.co.nz
Member of the Greater Green Island Business Association

HOUSE

Interiors &
Boutique Homewares

203 Main South Road
Green Island

@houseboutiqueinteriors
www.houseboutiqueinteriors.co.nz

\$\$\$

Need business advice or help?

Please contact the team at Greater Green Island Community Network.

We have ideas and support links to help your business

Please contact
greatergreenislandcommunity@gmail.com

Attention, Local Business Owners!!

We have some *fantastic* news.

The Informer is currently offering local businesses **FREE** advertising and website marketing.

Don't miss out on this opportunity.

Contact Larna or Sasha at greatergreenislandcommunity@gmail.com



Become a member of the Green Island Business Association, and develop your network and business.

Now, more than ever, is an important time for local businesses. The Great Island Business Association is a vital network, and has vision for the Greater Green Island Area.

Due to Covid-19, we are not meeting presently, but if you would like to find out more about our association, please call

Larna on P 470 0814

Membership for the first year is *only* \$30

Buy 1 Get 1 Free Frozone

OR

1 Free Regular Chips with Any Pie Purchased



This voucher must be surrendered at the time of purchase to redeem offer. Valid for one free frozen yoghurt, slushy or fizzy slushy when one of equal or greater value is purchased, **OR** valid for one free regular chips with the purchase of any unwrapped pie. Offer only available at Night 'n Day Green Island until 31/12/20.

GGICN's News in Brief

- The Green Island Garden and Shed is closed due to the Covid-19 lockdown. No garden produce can be harvested at present.
- We are pleased to announce that the Informer will be increasing its print run, and also adding to its size. As of June, it will be a 12-page publication—with free advertising space for local businesses.



Moyle's employee Nigel Covey and Caleb Covey help deliver donations.

Special thanks to the team at Moyle's Fresh Choice in Green Island. A donation of \$500 worth of groceries was given to the Family Works Food Bank.

Please consider donating to the Family Works Foodbank if you can—any help is greatly appreciated.

You can have your groceries delivered to your door as well. Call Fresh Choice today on 03 488 2317

Helpful Health Websites and Numbers

<https://covid19.govt.nz/>

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

<https://www.mentalhealth.org.nz/get-help/covid-19/>

HELPLINES

1737 – Free call or text 1737 any time for support from a trained counsellor.

Lifeline – 0800 543 354 or free text 4357 (HELP)

Youthline – 0800 376 633 or free text 234

Do you need urgent assistance?

If you need urgent assistance with essential needs during this time, please contact the COVID-19 Help Centre on 0800 322 4000, open 7am – 7pm daily. This Help Centre is run by Otago Civil Defence Management.

Foodbank parcels

For non-urgent food needs, please phone PSO Foodbank on 477 7116, Monday to Friday, 8:30am - 5:00pm.

Financial relief

We can now provide quick financial relief for people affected by the COVID-19 lockdown. Loans for essential items and some urgent bills are available now. We also have lots of experience supporting people when money is tight - get in touch by email; communityfinance@psotago.org.nz or phone; 0800 477 711



A community focused initiative of



The Greater Green Island Community Network is a registered charitable organisation. To find out more about our projects in the community, please visit www.greatergreenisland.nz. If you would like to support the work we do, a donation would be appreciated to 03 1725 0121605 00 Westpac Mosgiel.

Greater Green Island Informer Editor: Sasha Turner

Informer Production Volunteer: Lindsay Aitchison

Online: www.greatergreenisland.nz

Distribution: 800 copies per issues (thank you Southern Colour Print).

Copy Deadline: 15th of each month.

Email: greatergreenislandcommunity@gmail.com

Readership: 2190 approximately (via email, facebook, website, school newsletter links and printed versions)

Greater Green Island Community Network Office

Green Island Police Station

198 Main South Rd

Monday-Fridays 10am to 3pm

Community Worker Larna McCarthy

P 470 0814

Articles are free for community groups and clubs (not for profit) and events in the Greater Green Island Suburbs. Please email your articles and stories in Word documents and images/posters in JPEG files. Alternatively you can contact Sasha or Larna to help you write a story, please phone 4700814. Advertising can be purchased by contacting Sasha Turner via email.

Keeping Calm at Home!! Megan Weir from Family Works Dunedin, shares some tips.



Tips for Families

Have a home routine – make a daily schedule with the daily or weekly routine. Include in that routine play time and on your own time for everyone! Write it up with pictures so the children can contribute to their part of the timetable

Have an 'I'm bored' list of options to choose, put the list together as a family and then when you have 'I'm bored' moment, refer to the list. This goes for adults as well as children...

Make sure you get some on your own time - 5 mins for a cup of tea outside in the sun, or a walk round the block you can juggle the care with others in your bubble.

When you are working from home - take regular breaks and end the work day so you have that family time.

Take the family on some regular walks or bike rides but make sure adults share individual times for solo walks, etc.

Limit messy activities to once a day so you are not cleaning up all the time.

Keep up social connections virtually with other families – eg. share some zoom meals or a family fun night, family quiz, etc.

Let children eat lunch outside on their own – make it feel a treat!

Chores are good! Little chores and age appropriate, helps form a daily routine.

Tips for those living on their own

Try to keep to a daily routine.

Regular exercise, keep up body and house hygiene.

Keep in contact with family and friends – use skype or zoom, learn how to have a virtual reality coffee meeting, informal chat with multiple friends.

Don't watch the news all the time.

Take opportunities to learn new things – online podcasts for example. Use your networks to help you find out how to do these things – children or grandchildren are a good start – or other friends and family you have. This is being in your network differently – same network different contact.

Change clothes, tidy yourself up before connecting online – it makes it an event and you look better to others! Helps the body and mind break the monotony of the day and you are ready to connect with others.

Be kind to yourself and others. Have something you enjoy planned for at least 3x a week – something light and fun eg. reading a book, a virtual group check in with friends or family, your favourite programme to watch.

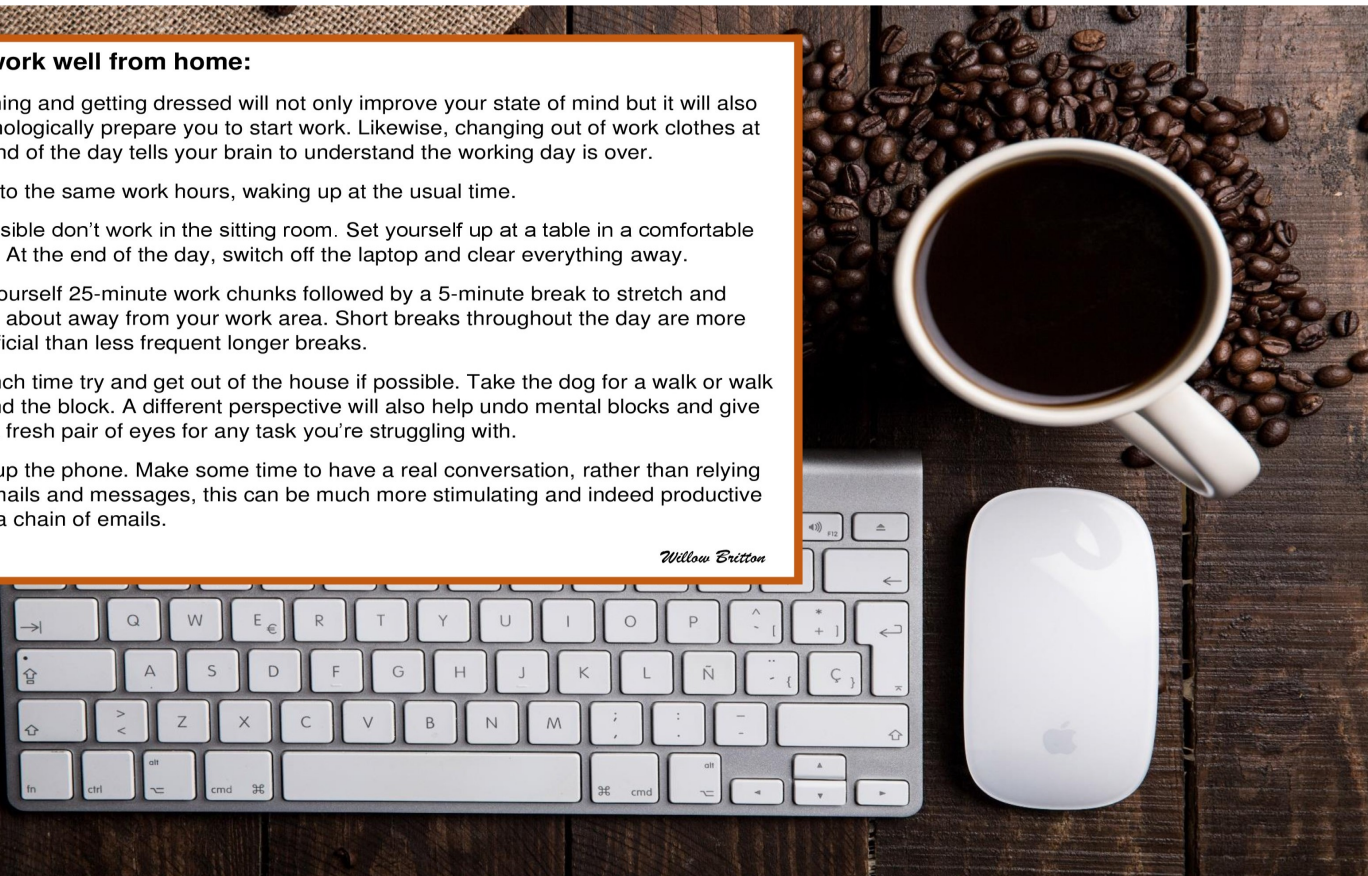
Media management:

No matter if you are with your family or on your own, media management is important. Focus on reputable information sources. Use social media for positive stories, uplifting thoughts and lots of funny animal videos.

Ways to work well from home:

- Washing and getting dressed will not only improve your state of mind but it will also psychologically prepare you to start work. Likewise, changing out of work clothes at the end of the day tells your brain to understand the working day is over.
- Stick to the same work hours, waking up at the usual time.
- If possible don't work in the sitting room. Set yourself up at a table in a comfortable chair. At the end of the day, switch off the laptop and clear everything away.
- Set yourself 25-minute work chunks followed by a 5-minute break to stretch and move about away from your work area. Short breaks throughout the day are more beneficial than less frequent longer breaks.
- At lunch time try and get out of the house if possible. Take the dog for a walk or walk around the block. A different perspective will also help undo mental blocks and give you a fresh pair of eyes for any task you're struggling with.
- Pick up the phone. Make some time to have a real conversation, rather than relying on emails and messages, this can be much more stimulating and indeed productive than a chain of emails.

Willow Britton



To all our local Essential Workers - Thank You for stepping outside of your bubble



As a Midwife, **Kylie Fraser** ventures outside of her bubble to attend to some of the most vulnerable – those women expecting a baby.

The Green Island resident is an essential worker at Queen Mary Hospital, as well as working as a Community Outreach Midwife.

“Pregnant women are part of the most vulnerable group as they are immunocompromised,” Ms Fraser said.

The Covid-19 disease has changed the way community midwives operate, requiring them to limit face-to-face appointments to those which are urgent or essential.

“I think (the big change is) juggling who needs to be seen for a physical check and who can have contact over the phone. My struggle as a health care provider is to just ask questions over the phone. Not seeing them goes against my training,” Ms Fraser said.

But clients have been very understanding and supportive, she said.

“That’s the most important thing, is that everyone is on board with this.”

With a partner and a toddler also in Ms Fraser’s bubble, she follows a routine when she arrives home, entering through her downstairs laundry without any contact with family.

“I’m pretty strict about coming home and taking all my clothes off, getting into the hot shower, fresh towel... and I come up (into the house) Covid-19 free.”

Supermarkets especially, have had to make some huge changes to ensure customers are healthy and safe.

Moyles Fresh Choice checkout operator, **Deidre Snelleksz** says it hasn’t been easy.

“We have had to change a lot, but customers have understood and been very accommodating of what we are trying to do. I believe that by far and away we have become more caring and concerned for our customers during this to ensure they feel safe and comfortable.”



Emergency workers, such as St Johns Ambulance Paramedic **Scott Weatherall** have been working hard outside of their bubbles.

Thank you for attending to call-outs and giving those requiring medical attention, the best care—and safest trip to hospital.

Plumber **Justin Rackham** from Just in Time Plumbing, has been on-call as an Essential Service during Lockdown.

“Covid-19 has impacted our business heavily. All jobs had been put on hold until level 4 was over. I only did urgent emergency call outs. In the two weeks of Level 4 lock down I did five emergency call outs, four of those involving jobs with no gas or strong gas smells. The other was a major collapsed sewer.

Precautions I am taking while under taking emergency call outs is making sure home owners are out of the area I'm working on. Unfortunately, in some instances, I can't wear gloves so in these cases I use hand sanitizer once back in my ute or wash my hands outside if that's available. Once I get home I immediately wash the clothes I've worn and shower. Definitely found the clients I have had to visit respectful. Everyone is grateful to have water working again etc so have always followed my instructions to keep distance.”



Our wonderful Community Police Officer, **Fred Jansen**, along with the rest of the Police Force, is one of those Essential Workers who has been clocking up the hours over this period.

Thanks to the Police, our roads are safe—and great measures have been taken to ensure people stay in their bubbles and keep their distances. They have also worked doubly hard to keep residents safe as stress levels can often trigger unlawful behaviour.

To Make Our Communities a Safe and Healthy Place to Live

Moyles Fresh Choice Online Delivery driver **Nigel Covey**, knows all about stepping outside of his bubble and helping the community.

“ I feel comfortable doing it knowing we share mutual respect with the customers we are delivering to – and we respect each others bubble as well. Mutual respect makes it work. We have even seen posters up in the windows where we are delivering to, saying “Thank You Moyles team”. Everyone is ever so grateful – every single one of them,” he says.



Abbotsford resident, **Rob Bowen** is an Associate Charge Nurse Manager at the Dunedin Hospital.

“Work in the hospital has been greatly impacted. While at times our patient numbers have been lower, an incredible amount of work has been done preparing for COVID-19: staff training; making more space available for expansion if needed; and being extremely careful to separate potential and confirmed patients with COVID from others. Most significantly, or course, we cared for a patient in ICU who sadly passed away, and my thoughts go out to her family and everyone affected by this loss. This has made the human cost of this disease very apparent and shows why it has been so important to take it seriously and do everything we can to stop its spread.

I'm really proud of the way our country has tackled Covid-19. It had the potential to completely overwhelm our health services, and many more people we know would have died. But we are not out of the woods yet, so follow the guidance of the Ministry of Health and we can save both lives and businesses. We want to keep moving down the levels- so we all need to do our bit!”

Mike O'Brien and **Signe Stanbridge** are essential workers at the hospital, working over time throughout the lock-down. Signe works in the Emergency Department as a Nurse Practitioner, and Mike works as a Clinical Nurse Specialist in Infection Prevention and Control.



Mike says: “For all health care workers, Covid-19 has presented a challenge.

Covid-19 (the illness) and SARS-CoV-2 (the virus) are both new. They do present a real threat, have killed thousands of people, and we need to take them seriously. The evidence of how best to manage both is still emerging, however there is a lot we do know, and we are well prepared to look after anyone who comes to the hospital unwell.

At the hospital, staff are working really hard to prepare to manage business as usual, and Covid-19. We have strict screening in place, efficient testing, and are working well as a team. Covid-19 has become the focus of our lives at work, but it is also all over the news at home. It is hard to escape!

Of course, our greatest fears have not been realised, and so far, we have not been overwhelmed by this virus. That is largely due to the amazing work of the Public Health South team, a relatively small band of heroes who are specialists at managing communicable disease in our community. They have been working around the clock to identify Covid-19 cases and prevent the spread.

The other true heroes of New Zealand’s response to this global pandemic are you, the readers! By staying home, social distancing, washing your hands, you have joined the team that has stopped the spread of Covid-19. It is truly humbling to see the collective commitment to stopping this virus. New Zealand has achieved something special that few other countries have been able to, and YOU have been big part of that. Without you, and the sacrifices you have made, we would be struggling to cope. Thank you, from the bottom of our hearts. Please keep up the good work. We will always be here for you.”

Thank you to all the Essential Workers

for stepping out of your bubble each day to help our communities in this time.

You are appreciated!!

Saddle Hill Community Board News

ANZAC DAY 2020

Well, what a crazy time team for us all!

In my observation, our communities are doing super well - we had some visitors to the communities in the first week or so but they now seem minimal now.

I have never seen such a Police presence in our communities but how great it is to see them floating around. Please remember to give them a super big wave when you seen them. I think the majority of our people are pretty resilient so they are managing the lockdown and change in living situations pretty well.

For those who are not so lucky to be as resourceful or resilient, we need to check on them, team. So if you know of anyone struggling, please touch base with them. There are also a number of helplines you can connect them with.

I am loving seeing families out and about as a family unit; this is often not possible when we are in our normal lives as life gets too busy. We are getting some great family time. Do take it and make the most of it but also be mindful we all need down time. The other thing I'm excited about is seeing how our creative young residents will get on in the future. If your kids, grandkids or kids you might know, are like mine - they have been playing a lot outside, riding their bikes, learning some old school games like 4 square, hop scotch and hut building, having lego challenges and having time to learn how to bake and cook meals.

And what is great, is that parents and the adults in their lives actually have the time to spend with them (the kids). This is an absolute investment, team. I know it can, from time to time, feel a lot and that's why I encourage you to get some time out for yourself as that's super important.

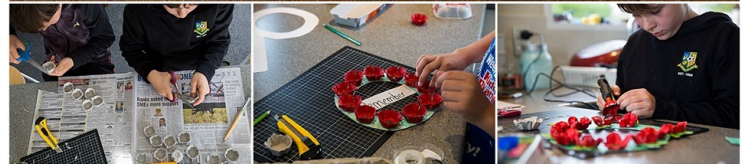
I am fortunate that I am still working so I get the privilege to see a lot of people but to those who are staying at home — a massive “thank you”. You are saving lives. That's just some random thoughts from me, take care and please if you are concerned about anyone please let us know.

Thanks,

Scot Weatherall
Saddle Hill Community Board - Chairman

One of the most significant dates on the NZ calendar may have been without the crowds, but residents still honoured our fallen heroes with poppies and a minute silence at dawn, at their letterboxes.

We will remember them.



**Knitters. Please
Help us to help.**



Pregnancy Help Dunedin Otago



Calling all Dunedin knitters. We urgently need your help. Winter will be here soon, and that's when we help to keep babies warm by providing families with woollens for their little ones. Do you have any wool (preferably pure wool or merino) that you could knit into a singlet (no ties), cardy, beanie style hat, or pair of booties to donate to us when we are able to re-open? It would be amazing, and make a huge difference to what we are able to do.

Please email: otago@pregnancyhelp.org.nz

Our Tamariki



Whether it be baking or science fun at home, or long walks or bike rides - our Tamariki of Greater Green Island communities have been enjoying many activities as we keep in our bubbles.

Thanks for the photos, from top left, Malachi and Zach, Brooklyn and Samantha (top right), the Mooyman family bike ride, and the Hutton family (below).

Keep the photos coming, please! We love receiving them!



If you have a story, photo or article for the next edition please email this to greatergreenislandcommunity@gmail.com by the 15th of the month. If you would like to receive this newsletter via your email please go to www.greenergreenisland.nz, scroll to the bottom of the homepage and sign up. Alternatively you can read the newsletter online via our website www.greenergreenisland.nz.

We can all slow the spread

We all need to work together if we want to slow the spread of COVID-19. Unite against the virus now.



Be kind. Check-in on the elderly or vulnerable



Washing and drying your hands kills the virus



Cough or sneeze into your elbow



Stay home if you are sick

Find out more at
Covid19.govt.nz

New Zealand Government

Unite
against
COVID-19