



Community Link

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Safe dog-walking during lockdown

Whanganui District Council's Animal Management team is asking dog owners to keep themselves and their dogs safe during the COVID-19 lockdown. Please follow these rules:

- Your dog **MUST** be on a lead **AT ALL** times and kept **AT LEAST 2 metres apart** from other dogs.
- Maintain your physical distance – **2 metres** – from other dog-walkers and dogs.
- Stay local – **DO NOT** drive to another location (including designated off-leash areas) to walk your dog.
- Pick up your dog's stools.
- Find other ways to enjoy your dog at home, such as playing games and extra training.

The Council's Animal Education Officer, Marieke Waghorn, says, "For everyone's protection we need to keep families, including their dogs, in a 'bubble'."

"Dogs must be kept on leads while out walking to prevent them rushing up to other dogs or humans and possibly reacting aggressively."

"Your dog will also enjoy a game in your garden just as much as a walk – try throwing a ball, hiding your dog's favourite toy for a game of hide and seek, training new tricks or refining known ones, or setting up a small agility course (remember not to push your dog too much if they're not used to doing agility)."

"Children can also read to their dog – great for reading skills and dogs generally love sitting quietly with their family."



Council call centre open

Whanganui District Council's emergency management welfare team has established a call centre to co-ordinate local requests for assistance during the current lockdown.

Safer Whanganui Manager, Lauren Tamehana, who is leading the Council's welfare response, says people needing help can **call the Council on 349 0001**.

"Our call centre will be open from Monday, 30 March to help people in urgent need. We will have people on the phone from 8.00am until 5.00pm, and after that all calls will go through to an after-hours number."

She says, "People may want to know how they can support others, or they may need food or other supplies delivered. This is a difficult time and we know some extra assistance will be needed in our Whanganui community."

Library helping with low-cost, prepaid internet availability to eligible groups

No internet? Whanganui District Library, as a Spark Jump partner, can set eligible people up with a low-cost, prepaid broadband service that provides 30GB of internet for \$10 per month. Eligible groups include families with children, jobseekers, seniors, people with disabilities, refugees and migrants, and those in social housing.

If you have access to the internet, perhaps via a smartphone, fill in the forms on this link: www.steppingup.nz -> Jump -> Sign-up Forms -> Self-service and Spark will send you a Jump modem and how-to guide. If there are any problems during sign-up, contact 0800 4 SKINNY.

If you don't have access to the internet or need help, call 021 090 69741 to speak to Jordan from the District Library or leave a message. Jordan will talk you through the questions and fill out the forms on your behalf. Once they're submitted, Spark will send you a modem and how-to guide.

Unite
against
COVID-19

HEALTH MATTERS

Mā tātau
katoa e
ārai atu te
COVID-19

General practice and pharmacies are essential services and will remain open during the lockdown.

GENERAL PRACTICE UPDATE

- If you are unwell, stay at home and call the practice for advice.
- We may do a phone consult with you or set up a time for a face-to-face appointment.
- If you are over 65 please contact us about getting your flu vaccination.
- If you think you have COVID 19 ring us OR go directly to your nearest Community-Based Assessment Centre (CBAC).

PHARMACY UPDATE

- Some pharmacies are restricting access inside the pharmacy, so please keep the 2 metre distance between people.
- There is plenty of medication available - we are not anticipating shortages.
- All prescriptions are now dispensed in 30 day lots to help manage this.
- If you need to collect a repeat prescription please ring a day or two ahead if possible.
- If you are unable to collect your prescription ask us about having your medicines delivered.

TE RANGA TUPUA RESPONSE HUB
0800 202 004

The Hub has been busy, with our kaimahi contacting 1170 people and 506 whānau directly in the last week. Kaumātua and whānau with chronic conditions take priority, however all those in need are being offered support.

"Knowing we have whānau here to meet our needs so we don't have to leave home is comforting," Kaumātua Whairiri Renata Nikora says.

Ring the Te Ranga Tupua Response Hub Monday to Friday from 8.30am to 5pm with the **0800 202 004** number available 24/7 for all whānau in the Whanganui, Rangitikei, Ruapehu, Otaihape and South Taranaki Region.

 <p>KEEP UP TO DATE but stick to credible information sources, such as www.covid19.govt.nz</p>	 <p>FOCUS ON THINGS YOU CAN CONTROL Stay at home, wash your hands and only have contact with the people you live with.</p>	 <p>KEEP CONNECTED to friends and family/whānau and support each other. Phone, text, talk over the fence or visit (keep 2 metres apart).</p>
 <p>HEAD OUTSIDE IF YOU CAN Physical activity and natural surroundings makes you feel better, but this must be solitary or with those you live with.</p>	 <p>KEEP IT IN PERSPECTIVE For most people, COVID-19 will be flu-like symptoms.</p>	 <p>KEEP DOING THE THINGS YOU ENJOY to make you feel happy and calm while following the Level 4 restrictions.</p>
 <p>TAKE A BREAK from social media and news, and be selective about what you follow.</p>	 <p>INVOLVE YOUR KIDS Make a plan, teach kids how they can help, follow routines and be available to them.</p>	 <p>CONSIDER ASKING TO CHANGE THE SUBJECT if you're finding the COVID-19 conversation overwhelming.</p>