



# PUKEHINA BEACH RATEPAYERS' & RESIDENTS ASSOCIATION

## March 2020 Community Update

Kia ora koutou, we hope that everyone is well, safe and feeling prepared at this time. It is an unprecedented place we find ourselves in as a community so let's make sure we keep connected and ensure that all people are feeling supported. Arohanui ki a koutou.

## Keeping connected:

There are a number of ways we can keep connected over this next month, both digitally and via print 😊

- If you have access to the internet the government website for the most up-to-date information is: [www.covid19.govt.nz](http://www.covid19.govt.nz)
- If you are on social media join one of these local FaceBook pages:
  - Pukehina (and Surroundings Areas) buy, swap or sell
  - You know you are from Pukehina Beach
  - Pukehina Ratepayers & Residents Association
  - Pukehina Volunteer Fire Brigade
  - Pukehina Surf Rescue
- Keep an eye on updates on the noticeboard located oppsite The Store on Pukehina Parade
- Fill in the attached 'Kia ora Neighbour' flyer and give to your neighbours (maintaining safe distance of course).  
**If you are happy for your details and offerings to be shared then please call Jane O'Carroll on 022 108 7224 or email [jane\\_ocarroll@yahoo.co.nz](mailto:jane_ocarroll@yahoo.co.nz) to be included in a community spreadsheet.**



## Self-isolating information:

Taken from the government website:

Self-isolation means staying at home as a precaution. It's an effective way to help protect those around you – your family, whānau, friends, colleagues – from COVID-19.

Stay at home, and take simple, common-sense steps to avoid close contact with other people as much as possible, like you would with the flu:

- Limit your contact with people other than the family, whānau or companions you travelled with.
- Physically distance yourself from others and do not come into face-to-face contact with others closer than 2 metres away.
- At this time it's best not to shake hands, kiss hello or hongi for now. Keep a bit of space.



visit our website [pukehinabeach.co.nz](http://pukehinabeach.co.nz)

Join our Facebook page "Pukehina Ratepayers' Association Community Noticeboard",



## Key contact information:

He mihi nui ki a koe Luana Lovell for pulling together this great information for us all:

### **MEDICAL:**

Te Puke Medical Center - have shut their doors but will continue to do flu vaccinations outside. All medical appointments will be dealt with over the phone unless it is a urgent case which will be determined by your doctor and in that case you will be led down the side and brought in the back door. All prescriptions will be faxed through to your local pharmacy.

(Please read info below about 'Te Puke My Pharmacy' regarding prescriptions). Payments for medical appointments and prescriptions can be paid online via internet banking.

Ngā Kakano Medical Centre - are also doing appointments via phone or video calling and will only take in urgent cases.

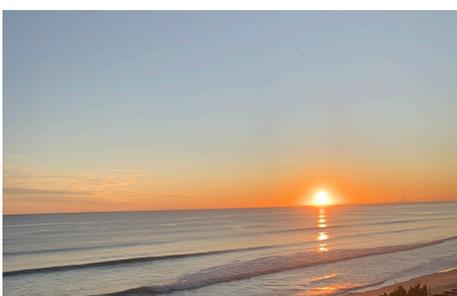
Healthline - If you have any inquiries regarding your health you can contact them on 0800-6111-16. Some people are waiting up to 1 hour and a half to be spoken to so please be patient and expect delays.

Dr Richard Walters MD (retired) – Richard has encouraged the community to contact him on 027-333-0868 if you have any concerns at all. Richard will be able to advise you on the next step you need to take.

### **PHARMACIES:**

Te Puke My Pharmacy - should you require any prescriptions please follow the steps below:

1. Get your doctor to fax through your prescription or med repeats
2. Please give them a minimum of at least a half a weeks notice where possible
3. You can make payment via internet banking or cash on delivery (contact them for their bank details)
4. DELIVERY TO PUKEHINA BEACH IS FREE
5. Te Puke My Pharmacy are taking on any - NEW- customers who wish to utilize this service
6. Contact number (07) 573-9868



### **GROCERIES and KAI:**

New World online shopping - This service will continue to run and staff will be added to help with increasing deliveries. If you have not done online shopping before please follow these basic steps below:

1. Download the app to your phone or laptop
2. Sign in and start up a new account
3. You can create lists to make your shopping easier
4. You can pay via credit/debit card and select a delivery slot day/time
5. You can request groceries to be dropped off on your door step if you wish for them not to be brought inside
6. Any difficulties through these stages please feel free to phone Luana on 027-274-8511 and I will guide you through
7. Try and order your groceries at least 3 days prior to requiring them to make sure you don't miss out on the day/date you need them

### **COMMUNITY PATROL:**

The Pukehina Community Patrol will be completing community patrols at this stage. Please contact Leanne Armstrong with any queries 027 575 3518.

### **EMERGENCY SERVICES:**

Pukehina Fire Brigade they have everything in place at their end but would like to say do not to be alarmed if they turn up on a call out with masks, goggles, gloves and white suit's on as this is just a health and safety precaution for them. Stay safe team & kia kaha ☺

Any updates to this information will be posted on the local FB pages and we will update the information board too ☺

May we all be well at this time and focus on the positive actions that we, and our community can take.  
May we strengthen our connections with family, our beautiful taiao – environment, and each other.  
Kia kaha koutou ☺