

LYTTELTON REVIEW

APRIL 2020 • ISSUE: 251

PURAU • DIAMOND HARBOUR • CHURCH BAY • CHARTERIS BAY • GOVERNORS BAY • RAPAKI • CASS BAY • CORSAIR BAY • LYTTELTON



In This Edition:

- Covid-19
- Self Isolation
- Online Ideas for kids

Next Issue print date: Issue 252, 14th April 2020.

Content Deadline: 5pm 10th April 2020.

Thank you Jacob Chick for an awesome Cover Pic this issue!

The Review

Is a Lyttelton Harbour Information Centre initiative designed to keep our community informed with what is going on around the harbour. It's also an opportunity to showcase the people and places that other wise would go under the radar. Our community connections ensure we know what's going on in the wider community and can share the news with you all.

A big thank you goes out to all the contributors and our funders Rata Foundation and Christchurch City Council Strengthening Communities who enable the hard copies to be printed each edition. Similarly to Wendy Everingham for writing and editing and Jenny-Lee Love for design and production.

If you have any local events, news or stories you would like included we'd love to hear from you.

Wendy Everingham

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Email: review@lytteltoninfocentre.nz

Content Deadline: 5pm Friday

Similarly if you would like to join our directory or have any advertising questions please contact

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Subscribe to the Review:

To subscribe please send an email with "subscribe me" in the header.

In 2019 the Lyttelton Harbour Review is produced fortnightly. Any important information between times will be emailed as a Lyttel Broadcast if necessary.

Hard copies are available at:

The Lyttelton Arms

Leslies Bookshop

Lyttelton Healthcentre

Lyttelton Community House

Lyttelton Harbour Information Centre

Lyttelton Library,

Lyttelton Top Club.

Back copies are available on our website
www.lytteltoninfocentre.nz

The Review is producing a bulletin/supplement with information relating to the current Covid-19 situation for our community. It will also be published at the back of the Review (including this issue). Some information might double up and of course things are changing constantly so our information can only be current to when producing The Review. We really welcome anything that you may want to contribute anything funny, light hearted, stories, pics, hints, hobbies and maybe an odd recipe or two.



Council agrees on interim governance arrangements

Special arrangements are being put in place to ensure Christchurch City Council can continue to make decisions during the COVID-19 lock-down period.

"At an extraordinary Council meeting today we set up an Emergency Committee which I will chair and all Councillors will be members of to govern us through this COVID-19 Emergency Period," says Mayor Lianne Dalziel.

"Two members of the Committee are required to be physically in a room together in order for there to be a quorum. The Committee will have the decision-making authority of the Council.

"However, because of the restrictions on delegations in the Local Government Act it won't be able to do things like set a rate, make or amend bylaws, or adopt the Annual Plan," the Mayor says.

"As long as these interim governance arrangements are in place, all scheduled Hearings, Committee and Community Board meetings will be cancelled."

The Mayor says the Council also agreed this afternoon to delegate decision-making to Chief Executive Dawn Baxendale, in consultation with the Mayor, if the Emergency Committee cannot be convened.

"I will be required under these circumstances to consult Councillors by way of a conference call before the Chief Executive makes her decision, unless exceptional circumstances apply.

"In all cases the public will be fully informed of the decisions made under this interim framework. If meetings cannot be live-streamed, recordings will be made available as soon as possible after the meeting has been held," the Mayor says.

Article CCC Newslite



Have you seen the website

We Would Like To Thank All The Essential Service Workers Who Are Supporting Lyttelton



Lyttelton Supervalu



Harbour Co-op



Community House



LYTTELTON PHARMACY



London Street Dairy



Lyttelton Medial Centre



LPC



Lyttelton Fire Service



Police



Ambulance

STOP PRESS

Community

Newspapers will not be Printed during the Lockdown – Adopt a Neighbour?



The Lyttelton Review is only going to be an online only publication for the near future. Printing of Community Newspapers has been deemed a non-essential activity.

This means that it's even more important for us all to pass on the Lyttelton Review information to members in our community who don't have access to the internet so that they can stay up to date with local information.

HOW well do you know your street? Is there an older person that you need to buddy up with or a family who are not connected to the internet. It's time to ring your neighbours and check in with them to ensure they are getting local information from the Review. If they aren't you could pass the vital information onto them.

We will continue to share our publication via Facebook pages Lyttelton Information Centre, Lyttelton, Lyttelton Ain't No Place I'd Rather Be, Cass Bay Residents Association, Love Lyttelton, Governors Bay Community and ISSUU as well as direct subscription.



You might also have neighbours that haven't heard of the Review before. They can be added to our distribution list by emailing us at review@lytteltoninfocentre.nz

Banks Peninsula Community Governance Team Notice

Please note that we will be pausing the Lyttelton Harbour Network Notices until further notice.

If you'd like to keep up to date with what impact COVID-19 is having locally, please follow the Council's rolling blog on Newline <https://newline.ccc.govt.nz/news/story/coronavirus-what-impact-is-it-having-locally> or subscribe to the Banks Peninsula Community Board's newsletter by visiting <https://ccc.govt.nz/the-council/how-the-council-works/elected-members/community-boards/banks-peninsula> or replying to this email Amy.Hart@ccc.govt.nz.

Please note you can unsubscribe at any time.

Please also note that the next Lyttelton Harbour Network meeting on 9 April 2020 has been cancelled.

Christchurch City Council Notices

All of our Council facilities are now closed until further notice. You can still contact us by phone on 0800 800 169, or through our website and social media.

Stay off fitness, play equipment

We'd like to remind people not to use any playground and fitness-related equipment in our parks during this Level 4 lockdown period.

Touching hard surfaces and using this equipment increases the potential spread of the COVID-19 virus and puts the lives of others at risk.

Parks across the city continue to be maintained on a reduced schedule.

Dog walking etiquette

Dogs are required to be leashed at all times while on a road and footpath, and we're asking that dogs are kept on a leash at all times in all our parks to help reduce the contact between dogs, and between their owners.

It's important to control your dog's movements – apply the same physical distancing guidelines to your dog as you would to yourself.

It's also still important to clean up after your dog if you are in a public space and place your dog's waste in the red bin when you get home.

Some more useful Resources

Dave the Dog - Dave the Dog is a great social story for younger children to help them understand what is happening during this time.

<https://nursedottybooks.files.wordpress.com/2020/03/dave-the-dog-coronavirus-1-1.pdf>

Targeted at young people with autism but can be used for all children it has some great apps to activities, parenting strategies, helping young people understand why we are doing what we are doing with lock down and many more ideas and helpful tips.

<https://afirm.fpg.unc.edu/supporting-individuals-autism-through-uncertain-times>

Bosman Ballet Notice

I wanted to let you know that due to the current situation, I am now offering a selection of online classes. The classes are mostly ballet for adults and Silver Swans and also Beginners ballet. These classes are largely to allow my dancers to keep up with practise while we are on lockdown, but also to provide us with an opportunity to move and connect with each other. This week's classes are free and from next week there will be a small charge per class. Here is the timetable for this week. If anyone is interested, they can email me and I can provide them with a link to participate via Zoom. We had the first two classes this morning and it was lovely to connect with my regular dancers and some new ones as well.

Thanks Celia 027 316 3631 e: celia@bosman.nz

Bosman Ballet Flow Timetable for Live On-line Classes for the week Starting Monday 30 March:

Classes last 45 mins

Silver Swans

Mondays 10:45am

Tuesdays 10:00am

Wednesdays 10:45am

Wednesdays 12:00pm (slow pace class)

Thursdays 10:00am

Thursdays 4:45pm

Adult Open Ballet

Mondays 9:30am

Tuesdays 1:00pm

Wednesdays 9:30am

Thursdays 1:00pm

Adult Ballet Beginner Level

Mondays 4:45pm

Wednesdays 4:45pm

Group Training incl Animal Flow

Tuesdays 11:00am



My Journey – Self Isolation *March 15*

A two week trip to Australia ended up with myself and husband in self isolation. Arriving back at Christchurch the queues were long and the seriousness of the situation hadn't sunk in to most people.

Our car located at one of the nearby car parking places meant our self-isolation was not immediate as the driver of the shuttle had to return us to our vehicle. It struck me as strange that he thanked us for using hand sanitiser, he said we were the only ones that afternoon to do so! The conversations around us were very odd. People happy that had made it back to NZ before the mandatory quarantine! I hope they reconsidered afterwards.

A quick drive back to Lyttelton and we were home. We pop a note in the front window letting everyone know we are in isolation for the next two weeks and to leave things at the front door! It's all rather surreal. That evening our first online delivery of groceries arrived. I'd booked that back in Australia and it worked really well. There were text messages on the phone as friends also offered to collect things for us. I'm pretty on edge. Who knows when we will see our family in Australia again.

Monday my husband was now working from home for the next two weeks. The house is re-organised to enable that to happen. Some jobs that I should have done ages ago get completed. The first of our friends texts. He's requesting a safe outside space to sit. One where we haven't touched the surface. Once the rules are sorted

about what he can touch he pops over for the first of many outside conversations where we sit over two metres apart. Everything is changing. Even making a cup of coffee isn't simple any more. I make the coffee inside and pour his into a jug. I then pour the jug into his mug. The day disappears quickly catching up on things since we have been away. I think of things that we might need in the times ahead. With pasta flying off supermarket shelves I decide to buy a pasta machine online. I also think it's time to get some seeds to get the veggie garden going again. I find Koanga Seeds on line and make an order.

Happy Hour is going to become a regular weekday activity again. It feels sort of like the earthquake era all over again. You know you are in control of little and anything can happen at any time. Physiologically the self-containment does my head in. All the aches and pains you may have suddenly become Covid-19. Have I got it? Can you have it without a fever? There is no mandatory testing so really just don't have a clue.

Tuesday and once again our study is a new home work space. I get the Review out and then another job that needed doing is cleaning out the vegetable garden. An opportune text from a friend means that a bunch of comfrey is delivered at the doorstep. I've recently read that layering comfrey, egg shells, coffee grinds, leaf litter onto the garden will create more healthy soil for all the vegetables that I'm going to grow. In the evening I spend

quite bit of time on the phone. Getting very worried about our parents in Australia. Thankfully the rest home that my father in law resides in is closed today. I've also managed to convince my parents to self-isolate as well. I text Coles near their home to see if I can register them for the online food delivery service, they don't know how to do that so luckily I can from NZ. They are going to have to learn to be more IT savvy in this new world of self-isolation.

Emails and texts are flying in both from abroad and overseas. Locally I'm asked to cook food for someone in need. I remind the inquirer that I don't think that's an appropriate thing for someone in self isolation to do. So many of the things that we have been used to doing have to be abandoned for now. There are conversations about closures of community activities and the impact of the virus on democracy.

I'm contacted by a friend in Sydney who tells me how two weeks ago when I was there everything was normal and now she goes to the supermarket watching she's more than 2 metres away from everyone and hurries home. There are so many basics that she just can't find anymore. Her relatives in Peru have all gone into lockdown. Over there one family member is allowed out in the morning, in the afternoon only people who have government cleared activities are allowed out. After 6pm there is a curfew!

You really lose track of days in this environment. The weekend comes and goes. We get another online delivery of food but that's become much harder now. Everyone seems to be trying to avoid the shops I have endless conversations with friends and family around the world and locally. My nephew in Australia flies in from Vietnam on Sunday. Finally home after a journey peppered with many cancellations. My brother's house needs to be rearranged for his son's self-isolation. His daughter has to move out because she's a dental nurse and in order to go to work she can't be around anyone who is self-isolating.

The madness continues around us. In some ways we are lucky. We aren't witnessing the madness of the shops. I'm in regular touch with quite a few friends who are over 70. Life is certainly changing for them. I offer to be a support person once my self-isolation period is over and at least I can go to the supermarket or order on line if needed. The governments Level 3 and Level 4 announcements now see our lockdown extended by another four weeks! I'm still in the process of trying to figure out what that all means and I hope by the time the Review is published I'll have a better handle on that.

The speed of it all is quite astounding. Whilst the road ahead isn't going to be easy we have a great community here and I can see that shining through the facebook and texts coming through now. Lyttelton has worked hard over the years to be more connected I trust we will shine again just as the earthquake time. It will just be a very different response.

Wendy Everingham

***We'd love to hear your stories,
Send to review@lytteltoninfocentre.nz***

COVID-19: Kiwis urged to exercise in low-risk environments

Stick to simple outdoor exercise that is the message from the Chair of the Search and Rescue Council Peter Mersi.

He is urging people to take only undertake activities that are of a minor risk to injury, and to avoid going into areas where you could become lost or require search and rescue.

"You should not do any activities where you may unintentionally end up needing emergency services. This includes tramping, hiking into backcountry or remote areas, going boating, fishing and going swimming.

Current Government advice is that you can go outside, but you need to limit your contact with others. Our emergency services need to be fully available to respond to COVID-19. Therefore, it is also vital that New Zealanders are sensible about what types of exercise they undertake and where.

No-one goes into the outdoor environment intending to get lost or injured, says Peter. "We are asking New Zealanders to be sensible and to adjust the way they enjoy our outdoor environment at this time, to ensure that our emergency services are available to help those in highest need.

More information can be found on the COVID-19 website: www.covid19.govt.nz

Media release issued by Maritime NZ on behalf of the Search and Rescue Council
24 March 2020

Christchurch Student Army

If you need help with shopping the Christchurch Student Army are back in action. <https://sva.org.nz/>

You can contact them on 0800 005 902 if you are vulnerable and need shopping picking up and being delivered. Alternatively if you are fit and healthy they are looking for volunteers and donations. Details on their website.

If you have other problems and need to talk, the Citizens Advice Bureau volunteers are working from home and available 10am-3pm Monday to Friday. Call on 0800 367 222. Alternatively there is a great website with huge amounts of information on <https://www.cab.org.nz/> because life's other problems aren't stopping for this virus.

Business Information

Need some business information. The Review team have a couple of business advisories that we can share. Please contact us.

Rubbish Collection

There is no change to our kerbside collection service. You should continue to put your bins out as normal. If the situation changes, we will keep you fully informed.

Please space your wheelie bins at least 50cm apart to make them as accessible for our trucks as possible. This prevents our drivers from having to handle bins.

If parked cars are in the way, please place your bin on the road, closest to the kerb.

Can I drop rubbish at the dump?

- You will be able to continue to drop rubbish at the EcoDrop Transfer stations – if it is urgent or essential – at Parkhouse Road and Bromley transfer stations. Payment must be made by eftpos or credit card only.
- From 4.30pm on Wednesday, the EcoDrop at Styx Mill will be closed.
- The Barrys Bay transfer station will be operating under limited hours, with public access limited to Wednesday, 12 – 2pm. Birdlings Flat will still open as per normal hours.

Can we drop recycling at the transfer station?

- The EcoDrop Recycling Centre at Parkhouse Road, Styx Mill and Bromley transfer stations will close from 4.30pm Wednesday, 25 March.

What should I do with my gas bottles or hazardous waste?

- We cannot accept hazardous materials at the transfer station after Wednesday, 25 March so please store old gas bottles and other household hazardous items at home until we resume our normal services. Please do not put them in the wheelie bin.

What should I do with asbestos-contaminated items?

- Asbestos-contaminated material will only be accepted at the transfer station by prior appointment. Please contact us on 03 941 8999 to arrange an appointment.

Is the EcoShop open?

- The EcoShop is closed until further notice.

Can I still use the Banks Peninsula collection points open?

- Banks Peninsula community collections points are operating as normal. Please practice good hygiene and maintain social distances when using these facilities.

Article CCC Newsline



Christchurch City Libraries

Confined to your home and looking for things to do?

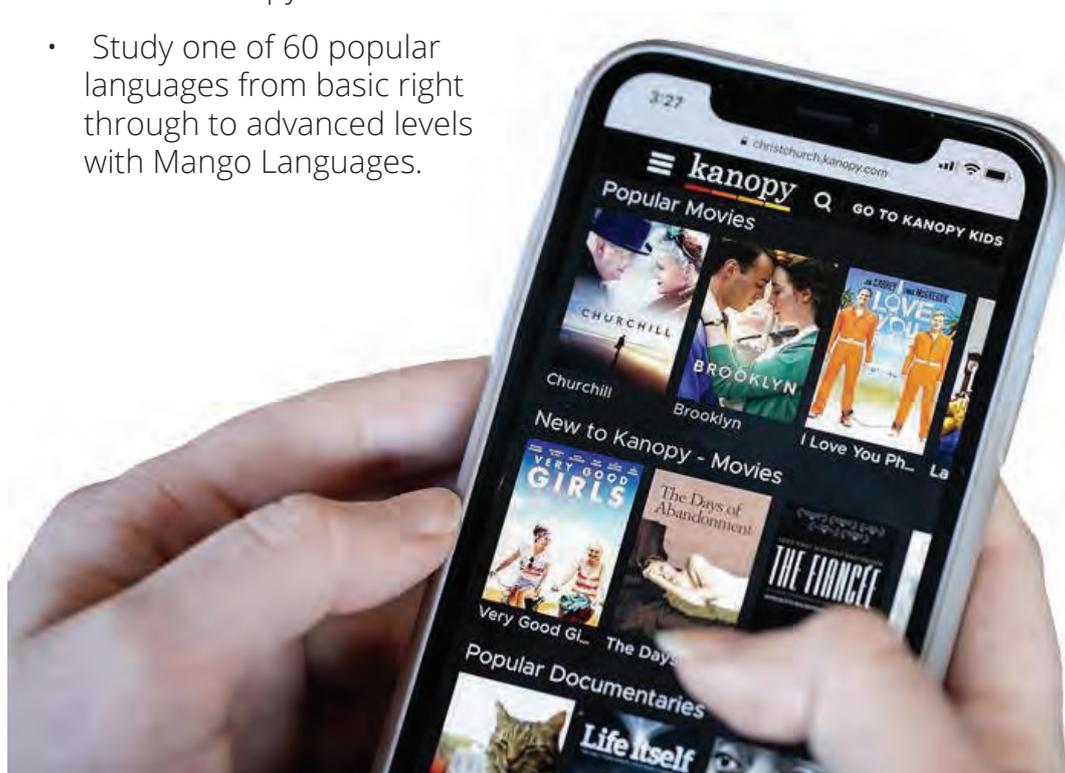
Christchurch City Libraries has lots of online content that can help you keep boredom at bay.

- Choose from over 50,000 titles that you can read or listen to on your tablet, smartphone or laptop for free. Explore our popular eBooks, eMagazines and eAudiobooks.
- If you're keen on a bit of escapism, you can even take a journey through a mythical land with our epic fantasy fiction collection.
- Take a free course to sharpen your skills with Lynda.com. Over 6,300 courses and 267,000 tutorials on software, technology, creative and business skills are available. Alternatively, check out other free eLearning resources.
- Read news and views in your language with PressReader which provides access to over 6,000 newspapers from around the world.
- Choose from 10,000 epic films and documentaries through video streaming service Kanopy.
- Study one of 60 popular languages from basic right through to advanced levels with Mango Languages.
- Tamariki can check out fun games, animated stories and other eResources for kids here. This page also has loads of fun learning tools.
- Rangatahi can explore choice new eReads, eComics and study help here.
- Family history buff? Get started on your family tree with our online eResources here.
- Keen to improve your English and gain new opportunities? Study at your own pace to prepare for the globally recognised IELTS general or academic
- Take a trip down memory lane. Visit Canterbury Stories and find a growing collection of images, archives and published material, or add your own contributions to the Discovery Wall.

You'll need a library card and PIN number to access most of our eResources.

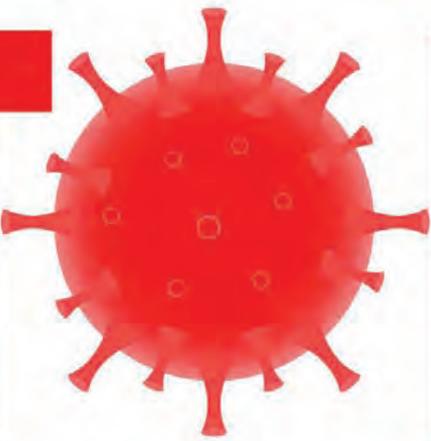
No card? No problem, sign up **online** now.

If you need help, use our online chat service, **LiveOnline**, or talk to our friendly team by calling 03 941 7923.



Article CCC Newsline

STOP



Coronavirus

Council to maintain essential services during lock-down

Mayor Lianne Dalziel and Christchurch City Council Chief Executive Dawn Baxendale are assuring residents that essential services will continue to be provided across Christchurch and Banks Peninsula throughout lock-down period.

"The organisation has had an incident management team planning for this eventuality since the end of January so we are prepared," the Mayor says.

"This city knows how to deal with adversity and we will come through this. I encourage you all to be kind to each other and to look out for one another. Be very aware that some people take advantage of moments of vulnerability. Sadly there can be misinformation. For official information you can trust go to covid19.govt.nz.

"Christchurch City Council will keep the Newsline website and its social media channels updated with key information you need to know.

"I also endorse the comments made by the Prime Minister about the need to remain healthy and look after your own wellbeing. If you are going outside in the period of lock-down make sure you're on your own with the people you are self-isolating with."

Mrs Baxendale says the Council will continue to provide essential services such as water, wastewater, traffic control and kerbside rubbish collection throughout the lock-down period.

"Many of our other services will continue to be provided by staff working from home. We will keep the city functioning while doing all that we can to support the nationwide effort to fight COVID-19," Mrs Baxendale says.

"We have already closed our community facilities, including our libraries, service centres, pools, recreation centres, and visitor centres.

"In line with the Government's directive, we are now asking people to stay away from all our playgrounds. These playgrounds cannot be physically fenced off. We are relying on residents to follow the advice from health officials and stay away from them."

From tomorrow at 5pm the Botanic Gardens will be closed. The visitors' centre is already closed. All Council-owned sports facilities such as clubrooms are closed.

"Our parks will remain open but people using them will need to strictly adhere to the Government's guidance that they should stay apart from anyone who they are not in self-isolation with.

"We will be closing public toilets from 5pm Wednesday.

"The Civic Offices will close from 5pm tonight but our Contact Centre will remain open 24/7."

Mrs Baxendale says the Council, as one of the biggest employers in the city, is committed to supporting its staff throughout the lock-down period.

"The welfare of our staff is utmost in our minds. For the past few weeks we have been working on setting staff up so they can work from home. We are aware that some staff will not be able to work from home at this stage. We will be working with those staff members on other deployment options," Mrs Baxendale says.

Article CCC Newsline



Lyttelton Primary School Students Mountain Biking Challenge

On the 4th of March, Lyttelton students that were confident in biking, went to the Huxter Mountain Bike Race at McLeans Island. The group that went were our Rākanui students, ranging from year 5 to year 8. They competed against students from other schools from Christchurch. I interviewed a winning student, Cailtin Rees.

A "What did the huxter bike race involve?"

C "They gave us a certain amount of time, they gave us 3 hours to do a 5 kilometer course, you had a buddy and whenever you completed the track you swapped with your buddy. You kept going until the gate closed and you weren't allowed to go anymore. The fastest pair with the most amount of laps won."

A "Who was your buddy?"

C "My buddy was Orry."

A "How many laps did you guys do?"

C "We did 8 laps."

A "Did you get a placing?"

C "Yes, we got third in the mixed teams."

A "What do you mean by the mixed teams?"

C "The mixed category is boys and girls, if you were both girls you'd be in the female category, if you were both boys, you'd be in the male category."

A "Did anybody else get placings?"

C "In year 5 & 6, Libby and Harry came 4th in the mixed category, while Iona and Nico came second in the year 7&8 mixed category."

A "How long were you there for?"

C "We were there from 7:30 am to 3pm."

Overall it was a very successful and enjoyable day.

By Arabella Karst

The Lyttelton Review is going to publish quite a few stories from Lyttelton Primary School students over the next period. We welcome you to our team.



LPC UPDATE March 19th

LPC is a critical piece of lifeline infrastructure for the Canterbury region, handling crucial supplies like fuel and food. We have a responsibility to ensure we continue to operate, and therefore we have implemented a business continuity plan to enable us to maintain a level of service in all possible scenarios. Daily Operational and Management meetings are underway to assess the situation and ensure we are taking the measures necessary to keep our operations going. An LPC Operational Continuity Plan has been developed which will allow us to continue to provide services and slow any spread of COVID-19 at LPC. We are keeping our teams and customers up-to-date with to ensure we are all following the best good health practices, and are working closely with the Canterbury District Health Board and other New Zealand ports.

New measures now implemented:

The following additional measures were implemented on March 19:

- We have stopped **all non-essential visitors** to LPC facilities.
- All non-essential contractors have been moved to free up space in our offices for critical teams to spread out and create separation to reduce the risk of COVID-19 transmission
- Some key operational teams have been moved to work in isolation to keep themselves safe, healthy and able to continue to operate
- Harbour Radio has been moved to isolation at Te Ana Marina
- We are following WHO and Ministry of Health recommendations around cleaning practices, and appropriate disinfectant and hygiene tools have been placed in all work areas and all teams briefed and trained on use

We have already taken the following measures:

- **For all international vessels not already in New Zealand waters on 23:59 on March 15, all shore leave for vessel crews is prohibited and crews must self-isolate onboard vessels.** Crew will be required to wear face masks and maintain a safe distance if they need to interact with LPC staff. This will remain in place until the Government review of travel restrictions on 31 March 2020.

- We are not accepting vessels that have been in a very high-risk area (as currently identified by WHO and the Ministry of Health) in the 14 days prior to arrival, or who have crew or passengers who have been in a very high-risk area in the 14 days prior to arrival.
- All inbound vessels are required to complete an updated LPC Advance Notice Form and return it to LPC's Marine Pilots a minimum of 12 hours before arrival.

Keeping healthy

The health advice for COVID-19 remains the same. The disease is droplet spread, which is why it's really important to practice good health practices. These are:

- Frequent hand washing - Especially after direct contact with unwell people or their environment. If done properly, it protects yourself and others.
- Cover coughs and sneezes - Use disposable tissues or cover your nose and mouth with your clothing, and wash hands.
- Avoid close contact with people suffering from acute respiratory infections.

Further information:

Here are a few links which provide helpful information and additional guidance on COVID-19:

- [Unite Against COVID-19](#)
- [NZ Ministry of Health latest COVID-19 Updates](#)
- [How to Protect Yourself](#)
- [Q&A on COVID-19 by the World Health Organisation \(WHO\)](#)
- [What do we mean by self-isolation?](#)

Stay safe, healthy and look after one another.

Ngā mihi
LPC Communications

*For the latest information from LPC visit Harbourwatch
Harbourwatch - keeping the community updated with
Port development news
<https://lpcharbourwatch.co.nz/>*

Mobile Mix

Part two of a trilogy story Chats Duncan

Grant Collier reviewed the accident report and the follow-up notes. Cell phones yet again. They had recovered the driver's phone. The messages told the whole sad story. Repeated texts from his partner were asking for his whereabouts. Tragic. One that tied in with the actual accident. Then four others, all after he was already dead. He pushed the records aside and walked over to the coffee machine. Being a policeman was decidedly unpleasant at times. People just refused to listen. Only a fortnight before Grant had lectured Cashmere High School students about the safe use of mobiles. He could still picture their bored looks. Perhaps the police should take a video of the crash scene and play it to the school? He made his way back to his desk, considering the idea, knowing that prevention was always better than a cure.

'Hello Love, come in, won't you?' The woman was older than Amy expected. Then I realised it could be the partner's mother. 'In here, in the kitchen. Grace won't be that long. She's in with the wee one. Would you care for a cup of tea?' 'Yes, thanks, but only if you're having one. I'm sorry about what's happened.' Amy noticed the Sydenham flat was dingy and poorly furnished. Not unlike her place in Opawa. 'She's not stopped crying since she realised he wasn't coming home. She knew there was something wrong when he didn't answer her messages. That's when she called me, and I came around straight away and reported him missing. Bloody tragic, I say.' 'Yes, a dreadful thing to happen.' And possibly caused by your daughter's texting, she thought. Bernie phoned Amy's cell phone. No answer, straight to voicemail. 'Bugger! Pick up, girl!' He rang off and called the station. 'Hi, Bernie Ward, is George there, please? He's where? Oh, okay better not disturb him on the throne. Could you let me have the address you gave my new partner? Yes, Amy Blake, I need to speak to her urgently, thanks for that.'

'So, you see he appears to have hit some black ice near the hilltop.' Amy told them.

'My partner and I were the first to respond to the emergency call. The road was treacherous underfoot, and I nearly fell over myself at the crash scene. We radioed in and closed the road overnight.' Amy held Grace's hand while gently stroking it. She felt inadequate as the young Mum sobbed quietly. Amy knew this kind of support was necessary but found the experience stressful. 'I suppose someone will have to identify the body?' Said Grace's mother slowly. 'That will be up to the Coroner to decide. There are procedures to follow. But it may well be preferable for you to step in, given the circumstances.' Amy had no idea the state the body would be in and didn't want to think about it. 'Are you sure there's nothing further I can do for

you at present?' 'No thanks. You've been very helpful. I think Grace should take some Panadol now and try to rest. I can look after Tracy, no problem.'

Amy bid them farewell after supplying her contact number and finding she had left her mobile in the police car. Not a good move, she thought, scolding herself. Oops! And I've missed a call. She was about to return Bernie's call when he rolled up behind her. She got out.

'Sorry my fault, I left my phone in the car.' 'Pity, I wanted to speak to you before you went inside. You see he's not the victim.' 'What do you mean, it's his car, he was on his way home from work, wasn't he?' 'We joined up the wrong dots, Amy. You see the driver was a seventeen-year-old local boy racer. He stole the bloody car for a joy ride.' 'That's terrible, another young life wasted. If only we could find a way to stop them.' 'Yeah, stupid young beggar. There's no easy answer, Amy.'

Bernie shook his head in frustration. 'Anyway, let's go inside and let you break the good news.' 'But where's her partner then?' 'Now that's an excellent question.' Bernie's mobile squawked. 'George, mate, what's up? Where? Lyttelton station, that's incredible, ha, ha. No, we'll collect him after Amy imparts the glad tidings at this end. Okay, I'll tell her, bye.' 'George says, "It's all in a night's work." Haha.' 'What the hell's happening, Bernie?' 'Well, this episode of the Keystone Cops continues. Her partner spent the night at Lyttelton police station, arrested late last night.' 'What drunk and disorderly?' 'No, he was walking through Lyttelton Road Tunnel, the bloody idiot. Finding his car stolen with his mobile inside, he opted to walk home. Unfortunately for him, the arresting constable was Jordie Sinclair. You wouldn't know him, of course. Ex-Brit military police and a stickler for the rulebook. I can hear him saying "you're collared, mate." Ha, ha, a classic finger.' 'Right then, we'd better go in,' said Amy, 'Christmas has just come early for our Grace.'

.....part three to follow

The next instalment in the next edition.





Quail Island Cub camp, February 2020

By George Targus

The annual trip to Quail Island was made a great deal easier with the help of Black Cat cruises who kindly took all the cubs and some families over to Quail Island on the 10.20am Saturday ferry.

After a bit of chaos there were about 15 tents which were set up at a beach a short walk away from the jetty. One of the parents towed the kayaks and most of the equipment, so quickly a kitchen was set up and cubs began putting on

their togs and life jackets. Everyone went into the sea it was super cold but so much fun splashing around.

At night time we did a walk around the island when we got back the leaders told us to go to our tents to sleep. That was a signal for most of the cubs to rip open their lolly bags, eventually after a lot of shouting from the parents it was finally quiet enough for everyone to sleep.

In the morning the leaders told everyone to pack up their tents, the mayhem that came after that is indescribable. Eventually and I mean eventually everyone had packed their tent up, it was low tide so we decided to go to the ships graveyard (which is on the west side of the island) where everyone clambered around on the impressive skeletons.

After all that everyone walked back to the jetty with the bags and waited for the boat. After a bit of crab finding the Black Cat arrived, we piled all of the bags inside and found a spot to sit. After the short boat ride of being sprayed by the waves we arrived back in Lyttelton harbour.

When I arrived back I was exhausted but I had had a fantastic time.



Online Ideas for kids, Teacher friends and homeschooling friends

Here are some ideas for education and boredom busters. Use chrome when searching 3D animals.

- * Visit museums. Google Arts and Culture partnered with over 2,500 museums and galleries around the world to offer virtual tours of their spaces. Some of the options include New York's Museum of Modern Art and Amsterdam's Van Gogh Museum- <https://artsandculture.google.com/partner?hl=en>
- * The Louvre, based in Paris, is also offering its own virtual tour online for free- <https://www.louvre.fr/en/visites-en-ligne>
- * The San Diego Zoo has a live webcam for animals- <https://zoo.sandiegozoo.org/live-cams>
- * Melbourne Zoo also has live webcams <https://www.zoo.org.au/animal-house>
- * Explore the surface of Mars on the Curiosity Rover- <https://accessmars.withgoogle.com/>
- * The British Museum- located in the heart of London allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies- <https://britishmuseum.withgoogle.com/>
- * Geography with National Geographic- <https://kids.nationalgeographic.com/>
- * Children's books read by famous- people <https://www.storylineonline.net/>
- * Crafts and activities- <https://www.allkidsnetwork.com/>
- * Fun games, recipes, crafts, activities- <https://www.highlightskids.com/>
- * Online history classes for all ages preteen through adults- <https://school.bighistoryproject.com/bhplive>
- * Educational games K-12- <https://www.breakoutedu.com/funathome>
- * 35,000 pages of online content on the different cultures and countries of the world- <https://www.countryreports.org/>
- * Illustrated recipes designed to help kids age 2-12 cook. Recipes encourage culinary skills, literacy, maths and science- <https://www.nomsterchef.com/nomster-recipe-library>
- * Young Explorers is a magazine designed specifically for young children. Children can listen to the magazine being read to them as they follow along with the highlighted text- <https://ngexplorer.cengage.com/ngyoungexplorer/index.html>
- * Type in any city, state, or country to view an archive of historical photographs and other documents. It's a unique way to help children learn about history- <http://www.whatwasthere.com/>
- * Help children learn to appreciate the arts by providing them with the opportunity to play games, conduct investigations, and explore different forms of art- <https://artsology.com/>
- * Live video of the National Zoo and Smithsonian Learning Lab- <https://www.si.edu/kids>
- * This NASA initiative covers a wide range of topics including weather, climate, atmosphere, water, energy, plants, and animals- <https://climatekids.nasa.gov/>
- * Think Design explores careers in fashion design, graphic design, interior design, book design, product design, film and theatre, architecture, animation, and environmental design- <http://www.kidsthinkdesign.org/>
- * Movement and mindfulness videos created by child development experts- <https://www.gonoodle.com/>
- * Kid-friendly workouts — choose from Strength for Kids, Agility for Kids, Flexibility and Balance for Kids, Warm-Up for Kids, Cooldown for Kids, Stand Up and Move for Kids, OR create your own custom kid workout- <https://app.sworx.com/collections/kids-workouts>
- * Mo Willems, the author of 'Don't let the Pigeon Stay up Late' is uploading daily drawing lessons- <https://youtu.be/MjaYnyCJDdU>
- * Maths as a fun part of your daily family routine- <http://bedtimemath.org/>
- * Music is for everyone- <https://musiclab.chromeexperiments.com/Experiments>
- * Projects to keep kids reading, thinking, and growing- <https://classroommagazines.scholastic.com/.../learnathome.html>
- * Learn a language- <https://www.duolingo.com/>
- * Yoga and mindfulness for kids-<https://youtu.be/0ImHIWzP49M>
- * Short videos and texts that answer various burning questions for children. There are vocabulary challenges and comprehension questions- <http://wonderopolis.org/>
- * Learn to code- <https://www.codecademy.com/>
- * Listen to astronauts read stories from space- <https://storytimefromspace.com/library/>
- * Maths games galore- <https://gridclub.com/>
- * Lots of science experiments that you can do at home.

- * <https://www.stevespanglerscience.com/lab/experiments/>
- * Grammar- Work on the 8 parts of speech- <https://www.grammaropolis.com/>
- * Google Earth. All sorts of incredible learning here- <https://www.google.com/earth/>
- * Scratch teaches students all about coding- <https://scratch.mit.edu/>
- * A wonderful detailed way to get kids engaged in the world of art- <https://www.metmuseum.org/art/online-features/metkids/>
- * Tests kids' geography skills. Using images from Google's Street View, it puts players down in the middle of the street and asks them to figure out where they are- <https://www.geoguessr.com/>
- * Live PE lessons at 9am Monday to Friday on this YouTube channel for children of all ages. <https://www.youtube.com/playlist...>
- * Short videos about numbers that help kids explore complex math topics and make math more fun- <https://www.numberphile.com/>
- * Lets kids play instruments online. Instruments include the guitar, piano, pan flute, drums, and bongos- <https://www.virtualmusicalinstruments.com/>
- * A large selection of fun songs to help teach preschool students- <https://www.songsforteaching.com/preschoolkindergarten.htm>
- * Coding for 4-10 year olds- <https://www.kodable.com/>
- * For budding Marine Biologists- take a deep dive into ocean life. <https://ocean.si.edu/>
- * Science podcasts to listen to with your kids- <https://medium.com/.../19-great-science-podcasts-you-can-list...>
- * Red Tent Art- step by step instructions on art projects including origami, 3D cards, clay pots, etc- <https://www.youtube.com/user/redtedart>
- * ABC- Educational resources- <https://education.abc.net.au/home#!/home>
- * Boost writing confidence with Storybird- <http://storybird.com/>
- * Kids numbers- <http://www.kidsnumbers.com/>
- * Maths Frame- <http://www.mathsframe.co.uk/default.aspx>
- * Make your own animated videos with Go Animate- <http://goanimate.com/>
- * Prezi (make your presentations zoom) <http://prezi.com/>
- * Create interactive avatars to showcase children's learning- Voki: <http://www.voki.com/>
- * Go Geocaching- <https://geocaching.com.au>
- * The Kid Should See This- <https://thekidshouldseethis.com>
- * Electoral System of Australia- <https://education.aec.gov.au/teacher-resources/>
- * Kids News- <https://education.aec.gov.au/teacher-resources/>
- * Carson Ellis' Art Club- Carson Ellis, author and illustrator will be posting art assignments on her Instagram page every weekday morning. If you want to share them, you can use the hashtag #quarantineartclub. She'll also provide individual hashtags for each exercise so everyone can see each other's work. <https://instagram.com/carsonellis?igshid=1urg2g0rg5r4b>
- * Lady Gaga's former backup dancer, Mark Kanemura, is hosting virtual dance sessions on his Instagram page- <https://instagram.com/mkik808?igshid=xp9gywx8gc02>
- * And don't forget to fly a kite! #24
- * <https://www.google.com.au/.../101-things-to-do-with-kids.../amp/>

Look on the bright side!

Don't forget: This is going to be a formative time for your child. What do you hope they'll say when their grandkids ask them what they remember about the coronavirus outbreak of 2020? Make this time special. Do projects together such as filming a movie about your family or learning to cook a three course meal. Share stories about your childhood and teach them games you enjoyed as a kid.

Create some routine by setting a simple daily timetable with a mix of learning, play, family and free time.

Courtesy from a Facebook post based in Australia.

Free Nanny Service

If you are considered an Essential Service staff member and need childcare please contact us NOW.

The Ministry of Social Development is funding MASH to provide FREE Nannies to all families of Essential Service staff in their own home.

To find out more please contact us at nannies@mashkids.co.nz.

To choose your Nanny please to to our website.

If you have your own Nanny and would like them to be part of this scheme please contact us immediately via nannies@mashkids.co.nz.

GETTING BASIC NEEDS MET DURING LOCKDOWN

*This information is correct at midday 25.03.2020

HOUSING

If you are needing emergency accommodation you need to contact MSD who have increased their capacity. MSD: 0800 559 009

City Mission and Salvation Army: Not taking any new residents during the lockdown period. All people in these accommodations will remain there during that time.

YWCA: No intakes presently. Situation being reviewed. Phone: 365 8720



FOOD SUPPLIES

0800 Hungry: No home delivery. Case managers are able to pick up items, yellow form not currently required. Payment only by online payment or cash on pick up.

City Mission Foodbank: Phone-in system. Usual screening to determine necessity. Delivery will occur the following day. Phone: 0800 787 855.

SUPERMARKET DELIVERY

Countdown: YES. All our stores open from 9am -8pm from 21 March until further notice. Reduced online shopping delivery and Pick Up 9am - 8pm . Online shopping delivery fees are \$9 for orders over \$200, \$14 for orders less than that (minimum spend of \$50). There are a few rural locations that cost a little bit more to deliver to. Note \$1 bag charge per order for online shopping customers for cost of paper bags. Limits on demand items in place.

New World: Not in South Island.

Pak n Save: Not in South Island. Store hours vary for each store.



PETROL

Petrol stations are open. Self service/pay at pumps at most NPD's, some Z, BP's and Caltex. Check online.

BUSES

Buses are to be used for ESSENTIAL TRAVEL ONLY and will run to a Sunday timetable. The Bus Interchange will be closed. A "super-stop" on Manchester St between Gloucester and Worcester Sts will be used. Travel will be free and entry via back doors only.



IF YOU HAVE FLU-LIKE SYMPTOMS, HAVE BEEN IN CONTACT WITH SOMEONE WHO HAS TESTED POSITIVE FOR COVID-19, TRAVELLED OVERSEAS IN THE LAST 2 WEEKS OR BEEN IN CONTACT WITH SOMEONE WHO HAS RECENTLY RETURNED FROM OVERSEAS STAY AT HOME AND CALL HEALTHLINE ON 0800 358 5453..

FAMILY SAFETY

AVIVA: No walk in service at Eastgate. For urgent assistance between 9am-2pm call 0800 865 638, or text 027 548 3044. The 24hr support line is available 0800 28482 669

Battered Woman's Trust: 24/7 Crisis Line remains OPEN during Covid-19 pandemic for family violence support. Phone: 0800 REFUGE (733843) or 03 364 8900.

Oranga Tamariki: 0508 326 459



CALL POLICE IF YOU OR YOUR CHILDREN ARE AT IMMINENT RISK.



CULTURAL SUPPORTS

National Maori Pandemic Group: www.uruta.maori.nz
Etu Pasifika: 03 365 1002

BLOOD COLLECTION

Southern Community Laboratories: Closed Sunday and Public Holidays. St George's and Forte Health CLOSED. Selwyn St GGT testing by appointment only. Phone: 3590 900 or www.sclabs.co.nz

Canterbury Health Laboratories. Following sites closed during lockdown: Ashburton Hosp, Burwood Hosp Outpatients, Hagley Ave, CHCH Hosp Outpatients, St George's Hosp. Please call 0800 843 522 if you have any queries.



PHARMACY/MEDICATIONS

All pharmacy will remain open to collect medications. Please call to check their open hours before you go down.

ACCESS TO GPs

Please call your GP for advice or information 24hr/7days. DO NOT VISIT.

Call Healthline 0800 611 116 if you don't have a GP, you're unwell but not sure if you need to see your doctor or want advice about a family member who's sick.



IF IT IS A MEDICAL EMERGENCY CALL 111.



MENTAL DISTRESS

Call/text 1737 for a trained counsellor. This is a free 24/7 number.

Healthline: 0800 611 116

Lifeline: 0800 543 354

IF YOU HAVE FLU-LIKE SYMPTOMS, HAVE BEEN IN CONTACT WITH SOMEONE WHO HAS TESTED POSITIVE FOR COVID-19, TRAVELLED OVERSEAS IN THE LAST 2 WEEKS OR BEEN IN CONTACT WITH SOMEONE WHO HAS RECENTLY RETURNED FROM OVERSEAS STAY AT HOME AND CALL HEALTHLINE ON 0800 358 5453.

Dr Lucy Hone & Dr Denise Quinlan,
Conference Convenors of WENZ and Co-Directors of the
New Zealand Institute of Wellbeing and Resilience



NEW ZEALAND INSTITUTE OF
**WELLBEING &
RESILIENCE™**

Real-time Resilience Strategies for Coping with Coronavirus.

We have entered challenging times, requiring us all to consider how our thoughts and actions might help or hinder our own resilience and that of those around us.

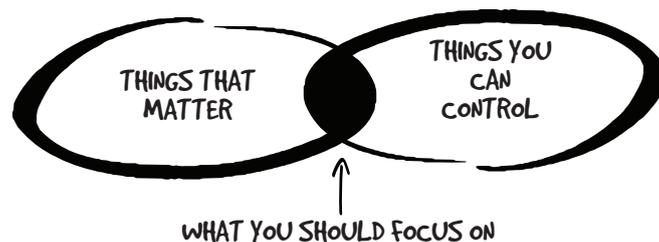
Below is our brief guide to coping in the days ahead, based on the best of science but also our own (reasonably broad) lived experiences of working in emergency management and resilience training programmes both here in Aotearoa NZ and internationally. These are some of the practical strategies we've seen help.

- 1 **Choose where you focus your attention.** Even at the best of times, humans are hard-wired to notice threats and weakness. During the worst of times it is more important than ever for our psychological health to **tune into what's still good in your world.** Psychologists call this 'benefit finding' and it is a key resilience skill. Start your days or meetings with a quick fire round of sharing good stuff – this also builds connection. Using the hashtag #htgs ('hunt the good stuff' originated in the US Army's Military Resilience Training) works well here.
- 2 **Deliberately seek out the people (and do the stuff) that make you happy.** Research shows how vital experiencing positive emotions is for our resilience. Negative emotions are contagious, and prolonged feelings of helplessness are strongly associated with depression. Given negative emotions and experiences stick to us like Velcro while positive emotions and experiences bounce off like Teflon, aim to punctuate your days, evenings, weeks and weekends with as many positive emotion experiences as possible. Barb Fredrickson from the University of North Carolina at Chapel Hill identifies ten different positive emotions to consider: love, joy, gratitude, serenity, interest, hope, pride, amusement, inspiration and awe. Frequency, not longevity, is key.
- 3 **Strong and supportive relationships are the number one predictor of wellbeing, across the lifespan.** Maintaining those connections during times of crisis and challenge is more important than ever. Feeling isolated from others is strongly related to depression, anxiety and other forms of mental distress. **If you can't catch up with your key supportive people face to face right now, find other ways of doing so.** And if you're not used to using other options such as skype, zoom, or social media apps to call, find someone who can demystify and demonstrate these for you.
- 4 **Keep supportive daily routines or create new ones if you're now holed up at home. "As Normal as Possible, as Flexible as Necessary"** is one colleague's mantra for these times. Maintaining regular routines (meal times, bedtimes, exercise, work etc.) tells our brains it's safe to dial that stress response back down and prevents us from feeling more anxious. But, unprecedented times call for unprecedented responses: be prepared to have your best plans change, and open-minded enough to conjure up or accept new and different ways of doing things.
- 5 **Focus on what matters, and what you can control.** Concentrate all your attention and resources (psychological, social, physical, emotional, knowledge) on the things that matter and **that you can actually influence.** Easy to write, hard to do we know, but worrying about things you cannot change will only upset you and frustrate you further.
- 6 **Watch your media diet – keep using the "helping or harming" test.** Take a good look at your media intake over a 24 period and ask yourself, "is reading these articles, watching these videos, or reviewing these headlines, helping or harming the way I'm feeling and functioning?" Don't let those images, videos and notifications invade your day, your head, or your world. If the global news is making you feel overwhelmed, turn it off. Claim back some control by switching them off. Choose where you get your news updates from very carefully.
- 7 **Find the right people to talk to.** (Yes, the 'helping or harming' test applies to the people in your life too). Share your thoughts and feelings, but don't get swept up in pointless speculation. Stick to the facts and avoid the drama queens. Keep asking yourself, 'Is this conversation helping or harming me in my quest to feel good and function as best I can right now?'
- 8 **Help yourself by helping others.** This takes the attention off ourselves and we all need to feel useful and needed right now. The research is unequivocal: being able to give as well as receive is hugely important for our life satisfaction. How can you help vulnerable neighbours, colleagues, friends or strangers – emotionally, physically, practically?

- 9 **Give your brain a holiday from Coronavirus.** Avoid 'rumination' by giving your poor overly-busy wandering mind a rest by deliberately participating in seriously engaging activities. Be that the crossword, Netflix, following a new recipe, dancing, listening to music or a Podcast, reading, chatting on the phone, playing dress ups with the kids, drawing, or meditating, you'll know your thing. This is the best way to turn off our running ruminating minds which otherwise can chew over worries, making us feel worse.
- 10 **Have a 'timed wallow'.** No good ever comes from ruminating or wallowing in misery and self-pity for over a minute – put a timer on, and then phone a friend or find something really distracting to do (see #10 above).
- 11 **Be kind to yourself and others.** Remember everyone is doing their best to navigate these exceptional times. A little kindness will go a long way. A lot of kindness is even better (even to the drama queens).
- 12 **Keep safe and don't be reckless.** Stress breeds unusual behaviours and can sometimes prompt us to forget the simple things like wearing our seatbelts, stopping at red lights, using Personal Protective Equipment at work, turning off taps, and thinking it's helpful to drink ourselves in to a stupor. It's not. Try to stick to your usual routines – as you've no doubt been reminded by now, this is a marathon, not a sprint.

If over days and weeks your distress or stress symptoms are escalating, or you feel you are not coping, help and professional support is available. If you are in self-isolation, call **Healthline first (0800 611 116)**.

For support with grief, 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.



Further Resources:

- WATCH** **Dr Lucy Hone's TED talk The Three Secrets of Resilient People**
<https://www.youtube.com/watch?v=NWH8N-BvhAw>
- READ** **The Resilience Factor by Karen Reivich and Andrew Shatte**
<https://www.fishpond.co.nz/Books/Resilience-Factor-Karen-Reivich-Andrew-Shatte/9780767911917>
- LISTEN** **Dr Lucy Hone's podcast: Navigating Challenge and Change**
<https://nziwr.co.nz/navigating-challenge-and-change-with-dr-lucy-hone/>
- Dr Emma Woodward's podcast: Calming the Anxious Brain**
<https://nziwr.co.nz/calming-the-anxious-brain-with-dr-emma-woodward/>
- Sue Langley's podcast: Harnessing Positive Emotions To Create Change**
<https://nziwr.co.nz/harnessing-positive-emotions-to-create-change-with-sue-langley/>

Dr Lucy Hone & Dr Denise Quinlan, Conference Convenors of
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NEW ZEALAND INSTITUTE OF
**WELLBEING &
 RESILIENCE™**

Sorry, Lyttelton Library is closed, but you can still visit the digital library

All you need is your library card and pin/password.

Forgotten your pin/password?

Call us: +64 3 941 7923

Or contact us online:

christchurchcitylibraries.com/liveonline/

No membership at all?

Sign up for digital membership:

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Digital Magazines
Digital Comics
Film and Television
Learning eResources
Resources for kids and teens
Digital Heritage
Tī Kōuka Whenua

christchurchcitylibraries.com

SYMPTOMS OF COVID-19, FLU AND COLD

	DRY COUGH	FEVER	RUNNY NOSE	SORE THROAT	BREATH-LESSNESS	HEADACHE	BODY ACHES	SNEEZE	FATIGUE	DIARRHOEA
COVID -19										
FLU										
COLD										

FREQUENTLY
 SOMETIMES
 LITTLE
 RARE
 NOT

@SIOUXSIEW @XTOTL thespinoff.co.nz

SOURCE: WHO, CDC

CC-BY-SA



Kia ora

I am sharing some local information for our Lyttelton community as we move together through these unusual times.

I am also establishing a buddy system for people in Port who may need or be able to offer support.

It can be anything from a regular phone call for a chat, homework help for kids who are schooling at home (via skype or phone) and also pickups of groceries or medical supplies. Please contact me directly if you need help or can offer support for others.

We are a strong community and we will get through this together.

Noho ora mai

Reuben Davidson

Community Board Member - Lyttelton

Phone: 0272 555 899

Email:reuben@lyttelton.online

Feels like we're 3-4 weeks away from learning everyone's real hair color

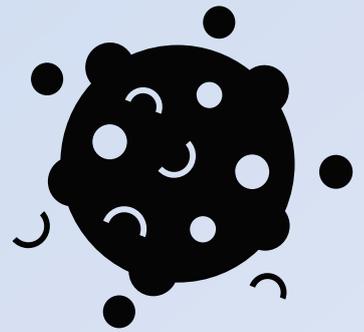
COVID-19 CORONAVIRUS

How is COVID-19 spread?

March 2020

What is COVID-19?

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a type of coronavirus. There are simple steps you can take to protect you and your family/whānau.



How is it spread?

COVID-19, like the flu, can be spread from person to person. When a person who has COVID-19 coughs, sneezes or talks, they may spread droplets containing the virus a short distance, which quickly settle on surrounding surfaces.

You may get infected by the virus if you touch those surfaces or objects and then touch your mouth, nose or eyes.

That's why it's really important to use good hygiene, regularly wash and thoroughly dry your hands, and use good cough etiquette.

What can I do to stop COVID-19 spreading?

- Cough or sneeze into your elbow or by covering your mouth and nose with tissues.
- Put used tissues in the bin or a bag immediately.
- Wash your hands with soap and water often (for at least 20 seconds).
- Try to avoid close contact with people who are unwell.
- Don't touch your eyes, nose or mouth if your hands are not clean.
- Avoid personal contact, such as kissing, sharing cups or food with sick people.
- Clean and disinfect frequently touched surfaces and objects, such as doorknobs.
- Stay home if you feel unwell and call Healthline on 0800 358 5453.

Call Healthline 24/7 on 0800 358 5453 if you need to speak to someone.

Visit www.govt.nz/covid-19-novel-coronavirus for more information.

LOCAL EXPORTS

All good Interiors and stuff	274755163 Contact: Polly Twist	pollytwist@allgoodstuff.co.nz www.allgoodstuff.co.nz
Ausmic Electrical 9, Governors Bay Rd, Cass Bay, Lyttelton 8082	021 156 3436 Contact: Mick Bennett	Mick@Ausmicelectrical.co.nz www.facebook.com/Ausmicelectrical/
Blue Fusion Web Design	021 027 05450 Contact: Dana Dopleach	dana@bluefusion.co.nz www.bluefusion.co.nz
Building on Basics Financial Advice and Planning	0299737911 Elise Vine	elise@bob.kiwi.nz www.buildingonbasics.co.nz
Harbour Co-op 12 London Street Lyttelton	03 328 8544	shop@harbourcoop.co.nz
Ray White Next Step	020 4172 1510 Contact: Yvette Wright	yvette.wright@raywhite.com www.rwcashmere.co.nz
Lyttelton Port Company Waterfront House, 37-39 Gladstone Quay, Lyttelton 8082	03 328 8198	allreceptionists@lpc.co.nz www.lpc.co.nz
Lyttelsoft For all your accounting needs 7 Hyllton Heights, Lyttelton 8082	03 328 8671 or 021 137 4103 Contact: Penny Mercer	penny@lyttelsoft.co.nz www.lyttelsoft.co.nz
Manaaki Mai Weddings, Lodge, Retreat Purau 99 Purau Port Levy Road Purau	3299 852 Andrea Dahl - celebrant	andrea@manaakimai.co.nz manaakimai.co.nz
Printable Solutions 92 Division Street, Riccarton	0278 160 126 Contact: Ange hodgson	operations@printable.co.nz www.printable.global
Project Lyttelton	033289243	www.lyttelton.net.nz

HEALTH & BEAUTY

Lyttel Beauty 32 Voelas Road, Lyttelton	0212973885 Contact: Emma Chambers	Lyttelbeauty@Hotmail.co.nz
Health Check Clinic Rapaki	03 3289415 Contact: Christina Henderson	rapaki@xtra.co.nz
Moving Back to Balance Gentle holistic bodywork	027 368 6515 Contact: Janet Taylor	taylor-smyth@slingshot.co.nz
Nu Dawn Oils	Contact: Dawn Cowan	dawncowan025@gmail.com52

EAT, DRINK, DINE

Coffee Culture

18 London Street, Lyttelton 8082

033 287 080

Contact: Leona & Marten Cooper

Talk@Coffeeculture.co.nz

www.coffeeculture.co.nz

Fishermans Wharf

39 Norwhich Quay, Lyttelton 8082

033 287 530

Contact: PJ Gemmel

Contact@Fishermanswharf.nz

www.fishermanswharf.nz

Governors Bay Hotel

52 Main Road, Lyttelton 8971

03 3299433 or 0275 329160

Contact: Jeremy Dyer

info@governorsbayhotel.co.nz

www.governorsbayhotel.co.nz

Lyttelton Arms

17A London Street, Lyttelton 8082

03 328 8085

Contact: Caroline & John Quinn

caroline@lytteltonarms.co.nz

www.thelytteltonarms.co.nz

Top Club

23 Dublin street, Lyttelton 8082

03 328 8740

lytteltontopclub@gmail.com

www.facebook.com/lytteltontopclub/

Wunderbar

19 London Street, Lyttelton 8082

03 328 8818

Contact: Alex and Vanessa

hi@wunderbar.co.nz

https://wunderbar.co.nz

PLACES TO STAY

Black Kiwi Apartment

78a Reserve Terrace, Lyttelton

0220541954

Contact: Sasha Stollman

blackkiwibnb@gmail.com

Dockside Accommodation

22 Sumner Road, Lyttelton 8082

021 152 3083

Contact: Julian Cross

dockside@fastmail.com

www.lytteltonaccomodation.co.nz

Governors Bay B&B

851 Governors Bay Road, Lyttelton 8082

329 9727

Contact: Eva Mason

eva@gbbedandbreakfast.co.nz

www.gbbedandbreakfast.co.nz

Governors Bay Hotel

52 Main Road, Lyttelton 8971

03 3299433 or 0275 329160

Contact: Jeremy Dyer

info@governorsbayhotel.co.nz

www.governorsbayhotel.co.nz

The Rookery

9 Ross Terrace, Lyttelton 8082

03 328 8038

Contact: Rene Macpherson

rene@amma.co.nz

www.therookery.co.nz

THINGS TO DO

Adventure by nature	210721464 Sarah English	sarah@adventurebynature.co.nz www.adventurebynature.co.nz
Akaroa Kayaks and Electric Bikes	211564591 Allie and Greville Walsh	contact@akaroakayaks.com www.akaroakayaks.com
Airborn paddling Inflatable SUP and kayak hire	022 0318420 Contact: Joe Jagusch	info@airbornpaddling.nz www.airbornpaddling.nz
Black Cat Cruises Level 2, 5 Norwich Quay, Lyttelton 8082	0800 436 574 Paul Milligan	sales@blackcat.co.nz www.blackcat.co.nz
Bosman Ballet Flow 75 Main South Road, Upper Riccarton	027 316 3631 Contact: Celia Bosman	celia@bosman.nz www.bosman.nz
Canterbury leisure tours	03 3840999 Kevin Eldin	info@leisuretours.co.nz reservations 0800484
Christchurch Attractions Shop 13 Cathedral Junction, 109 Worcester Street	03 366 7830 Contact: Emma Thomson	emma@christchurchattractions.nz www.christchurchattractions.nz
Hassel - Free Tours 296 Prestons Road, Marshlands, Christchurch	03 385 5775 Contact: Raina Roberts	bookings@hasslefree.co.nz www.hasslefree.co.nz
Ohinetahi House & Gardens 31 Governors Bay Teddington Road	3299 852 Contact: Ross Booker	info@ohinetahi.co.nz www.ohinetahi.co.nz
Stoddart Cottage Gallery Stoddart Cottage Gallery add Diamond Harbour	027 632 9709	info@stoddartcottage.nz

To become a member of the Lyttelton Harbour Information Centre please contact Ruth Targus 328 9093 or email office@lytteltoninfocentre.nz. \$99 a year enables your business to be listed in this directory, be on the website and have business information displayed at the Information Centre.

Important Local Information

This information comes from a variety of sources, websites, community contributions etc that we hope is useful. It's accurate to the best of our abilities at the time of publication. We have combined the bulletins 1 & 2 that were emailed out over the last few days.

Thanks to everyone for all the information you have sent since the bulletin, keep the information coming.

BANKS

ANZ

During the lockdown, we will continue to provide essential services, but staff numbers will be reduced in our contact centre, and branch locations, days and hours will be limited.

Our staff are following government guidelines around staying home to ensure your visit to the branch is as safe as possible.

We're doing everything we can to ensure we support the way you bank, whether that is using our ANZ goMoney app, Internet Banking, Phone Banking, ATMs, or talking to our staff.

Visiting branches

To help combat COVID-19, most branches will be closed during the lockdown.

Around 60 branches throughout the country will be open on Wednesdays between 9am and 12pm for simple cash transactions only. This is to support our most vulnerable customers, and those who haven't been able to do their banking online or over the phone.

ASB

ASB <https://www.asb.co.nz/page/covid-19.html>

BNZ

We're aiming to keep some branches open for limited hours one day a week to meet the needs of customers who cannot use ATMs, phone or online banking. We'll update you on locations and times as soon as we can.

Please do not use our branches if:

- you have been diagnosed with, or have been in contact with someone who has been diagnosed with, COVID-19 (coronavirus)
- as per guidance from the New Zealand Government, you have returned from travelling overseas and have not self-isolated for two weeks
- you are feeling unwell with a cough, sore throat or fever.

During the nationwide lockdown, we are open for business in other ways. If you need to talk to us, you

can call us on 0800 275 269. Our contact centre team is working from home.

KIWIBANK - not sure

WESTPAC

- Keeping branches open. We are working hard to keep our branches open. While there may be isolated branch closures over the coming period, we will have alternate options in place and a rapid response plan to re-open the branch as quickly as possible.
- Phone banking, online banking and ATMs. We have implemented plans to ensure Customer Care can remain open for all your banking needs. Our online banking service is available to bank anytime. When banking online, you are protected by the Westpac Protect™ Security Guarantee. We will also be continuing to fulfil and service our ATM network.
- Our Relationship Managers are here to help. Our team will remain available to help your business through this time, including via phone and video conference.

To speak to a Westpac Customer Care team member, call 132 032 for personal banking or 132 142 for business banking.

Community House

We have some reserves in our Food Bank and working to secure more. If you are in need, or know someone in need phone 03 741 1427 to leave a message.

If you have non-perishable food to donate please leave at Supervalu in the trolley.

Kids

Great to see people come on board with teddies (soft toys) in windows . . . Giving local children something to get out and walk for. Try and mix them up every couple of days . . . Get inventive. Put them in your car if your house windows not seen from the road. This is to encourage physical well being within your local streets. Please practice safe distance and non touching of property.

Christchurch City Council

Fitness Classes

CCC fitness instructors have started running online classes to help you stay fit during the COVID-19 lockdown.

You can take part in the classes through the Christchurch Recreation and Sports Centre's Facebook page.

"You don't need to be a member of one of our sport and recreation centres to join in the classes – they are open to everyone."

The classes are going to be held daily. The programme is still being finalised but over the next few days you can join in:

- A BAT conditioning class with Kirsten. You will get a 45-minute workout, heavily focused on leg work but with some upper body and core work also. This class starts at 9.30am Friday.
- A Stretch and Release class with Kirstyn. This 45-minute class combines some powerful poses with stretching and relaxing. It begins 4.30pm Friday 27 March.
- A 30/30/30 class with Erica. This 90-minute class will be split into 30 minutes of cardio, followed by 30 minutes of strength, and finishing off with 30-minutes of stretch and relaxation. It starts at 9.30am Saturday 28 March.
- Mindfulness with Mana. In this 45-minute class you will experience techniques that support being present in the moment. Learn breathing techniques to leave you feeling calm and aware. The class starts at 4.30pm on Sunday 28 March.

Information on upcoming online classes will be posted on the Christchurch Recreation and Sports Centre's Facebook page.

ECAN

Recreational boating

During this period of Alert Level 4 lockdown, the national directive is to stay at home and not undertake any activities where you may unintentionally end up needing emergency services. If you require further advice on how this might affect your recreational boating activities, please go to the following Government websites:

Maritime NZ: <https://www.maritimenz.govt.nz/public/news/media-releases-2020/20200324a.asp>

New Zealand Search and Rescue : <https://nzsar.govt.nz/>

Emergency Repairs

Plumber: Contact your regular person

Electrician: Contact your regular person

Cars: Repairs only if you are essential service provider however I am not sure if any local Lyttelton Garages are able to open.

Regional Parks

- The strong message from our prime minister is to **stay at home**.
- We understand that it's important to get out for fresh air and exercise, the national directive is to **do so locally and keep at least two metres away from other people at all times**.
- A good rule of thumb is if you live nearby (i.e. walking/cycling distance) then it's OK to use our tracks for your fresh air/exercise.

Lyttelton Farmers Market

The Lyttelton Farmers Market will temporarily close for the duration of the mandatory 'stay home' Level 4 alert issued by the New Zealand Government in an effort to contain the spread of coronavirus Covid-19 and help to protect our vulnerable people.

Some of the stallholders are continuing to supply food either via web site order or delivery box systems. See below.

Delicious – orchard to table

We are working on creating an online presence and as we sell essential products, we can despatch it out. www.orchardtotable.nz

Good Life Dressings

I have limited stock of Good Life Dressings available. Those interested can either order via my webpage www.goodlifedressings.co.nz or email me directly at radisolevoo@gmail.com.

Grown

You can order veggie boxes on line visit https://store.buckybox.com/grown?fbclid=IwAR0_806RPIEE2KEuHTJVeH1cN1dFFaxVDcr_V2WP569F5Rlo4XEdpwnPUgQ and check out their Facebook page

Mumma Bear Foods

Is still making our mueslis porridges and granolas for online orders with free delivery to christchurch including Lyttelton for orders of \$20 or more. <https://www.mummab.co.nz/>

Sheehan Honey

If you need honey I can supply from my private residence. email buzzbuzz1@xtra.co.nz

Spring Collective

In season fruit and vegetables plus Bellbird Bakery bread. <https://store.buckybox.com/spring-collective>.

Food

Local food businesses are all requesting that you pay by EFTPOS PAYWAVE to reduce hand contact.

Harbour Coop

Opening hours

Monday to Friday 10am to 5 pm
Saturday 9 am to 3 pm
Sunday 10 am to 3 pm.

These may require further adjustment, we'll keep you updated.

We have introduced customers and staff protection measures including staff wearing masks and gloves at checkout, and floor decals, communicating the appropriate 2m physical distancing length. We ask you to please comply with store signage and staff direction to maintain physical distancing.

To comply with physical distancing recommendations, and to ensure there is a steady flow of traffic in and out of the store within the 'one in, one out' system, we are asking you to please shop alone when coming into the store. This is to ensure the number of people in-store at any one time is kept to a minimum – by leaving your loved ones at home you are helping to keep them safe.

We encourage you to use EFTPOS payments such as as another way of reducing contact between you and staff. Help us keep you safe.

We ask you not to stockpile; this is so everyone has a fair shot at buying their essentials. Some customers might not have the resources to buy up or the ability to visit the store every day. Please buy what you need and be fair to others.

We are offering email and phone ordering especially for elderly, vulnerable or self isolating customers.

Email: shop@harbourcoop.co.nz

Phone: 03 3288544

The orders can be collected at the shop(payment with bank transfer or EFTPOS) or where and when possible we deliver it home, depending on staff and volunteers availability.

London Street Dairy

033287358 assume open normal hours but unable to confirm. One in one out rule applies.

Lyttelton Supervalue

7am to 9pm 7 days week. **Online Shopping coming soon.** We will let you know ASAP. Vulnerable people at the moment encouraged to shop before 9am. If you are insolation give them a call 328 7368. Keep an eye on the Facebook page as well.

Hi Lytteltonian's, I hope you are all safe and keeping busy on day 1,

I just want to let you all know a couple of things about the supermarket.

We are open our normal hours 7am to 9pm. If possible we would like to keep the first hour (7am to 8am) of the day for our senior citizens so they can shop safely.

For the safety of both my great staff and customers please, if you need to come down to the shop, nominate 1 person from the family to come down. MPI NZ have set very strong guide lines for supermarkets to be open, one is for a supermarket our size we can have no more than 25 people in the shop at any time so if we get to many people in at one time I will need to close the doors and let 1 person in as one person leaves.

To this end, so we can monitor store numbers, we will temporarily be closing the carpark entrance door. You can still use the carpark but please come round to the front door.

Please, for the safety of all, leave children at home if possible.

We are currently setting the store up for online ordering/home delivery which will be set up ASAP. This should make it easier for some people who are in self isolation.

For our local customers who have no internet, please call the supermarket and we will look at a way we can get groceries to you.

And above all stay safe.

Rob, Cheryl and the team at Lyttelton SuperValue

Fresh Food Delivery

Green Dinner Table

We play an important role in food distribution and helping people stay home. We will continue to provide the same service you all know and love.

We are cannot take any more orders for our next delivery; March 29th and 30th. Our next week's menu is up on the website delivering April 5th and 6th.

www.greendinnertable.co.nz/

Fuel

Your normal supplier will be open.

MAIL

The mail is classed as an essential service.

NZ Post only collecting mail not parcels at this time.

Medical

Lyttelton Medical Centre

Is open, Please phone first. The door is locked but please wait and someone will come out and see you but please ring first if possible.

3287309, lytteltonhealthcentre.co.nz

Can I leave my house to seek medical attention during an alert Level 4?

If you require any medical assistance, you must phone your doctor or the hospital first. Health and medical facilities are recognised as an essential service and will remain open. If you are in need of urgent assistance, contact emergency services (dial 111).

What do I do if I need a repeat prescription for my regular medication?

Your Doctor will have in place ways to get a prescription without seeing your Doctor face to face. Please ring your Doctor for further information.

Pharmacies are recognised as an essential service and will remain open, even in Level 4.

If you need to go to your local pharmacy, phone them first to ensure you are able to go in-store.

If you are an at-risk group you may need to ask someone to pick up your medicines on your behalf.

I'm feeling stressed, who can I talk to?

If over the following days and weeks you feel you are not coping, it's important to seek help and professional support. Your family doctor is a good starting point.

For support with grief, anxiety, distress or mental wellbeing, you can also call or text the 'Need to talk?' service on 1737. This service is free, available 24 hours a day, 7 days a week and gives you the chance to talk it through with a trained counsellor.

Lyttelton Pharmacy

If you are sick, in quarantine or in isolation please DO NOT come in. Please call us 328 8314

and we will deliver or drop off to you in your car. We are open just like normal with floor signs to help people keep their distance. We now have Paywave and prefer to use this, not cash. We will however still accept cash if you have no other way of paying.

Public Transport

Bus: From Thursday 26 March all bus services will run to the Sunday timetable, and will be for essential travel only. Essential travel is – trips to the medical centre, supermarket or work if you are classified as an essential worker.

The Bus Interchange will be closed from Thursday 26 March and all central city services will use the Manchester St super stops instead.

Ferry: The Diamond Harbour Ferry will also run for

essential travel and will also run to the Sunday timetable. http://www.metroinfo.co.nz/SiteCollectionDocuments/tt-ss/METRO_DiamondHarbourFerry_COVID-Timeatable.pdf?mode=full

Predator Free Port Hills

We encourage you to keep baiting and checking the traps in your backyard if you are in a position to do so. Every predator we catch helps our native birds, lizards and invertebrates.

All new trapper signups are on hold and we are changing our focus to supporting our existing trappers remotely:

- We will continue to work on our new website and reporting system
- We will be posting regular updates on our Facebook page <https://www.facebook.com/PredatorFreePortHills/> including videos, tips and tricks, resources and activities to keep the kids busy.
- We will be running zoom workshops with trapping experts. Zoom is an online meeting platform which enables us to connect through the internet.

Our focus is social connection in a world of physical distancing. More details soon! Like many of you, we are still getting our heads around how this might work and putting in place systems and processes for this shift to remote support.

Summit Road Reserves

Coronavirus – What you need to know

Our reserves remain open during the Covid-19 lockdown to neighbours. Going for a walk and spending time in nature is more important than ever. As per Commissioner Bush's advice, you should not drive for recreational purposes. You should only drive for essential purposes such as buying food or visiting the GP. However, if you live locally to one of our reserves and can walk from your house, you are welcome to visit provided you follow these key safety measures.

- Keep a 2m distance from other walkers. Please use common sense when passing other people. Move off the path or backtrack so you can find a safe space to pass each other.
- We must break the chain of transmission. The virus can survive on surfaces for hours or days. Be aware of this when opening and shutting gates or touching other surfaces. Bring some hand sanitiser with you so you can wash your hands often.

- Cough and sneeze into your elbow
- Do not touch your face

At Ohinetahi Reserve and Linda Woods Reserve, you may walk your dog. They must be on a short lead at all times and please clean up any mess. Dogs are not permitted at Omaha Bush. Due to the isolation of this reserve, we do not expect many visitors. For those of you who live further afield, please visit your local park or reserve instead. You will have the opportunity to visit the hills again when the current danger has passed.

We'll be watching the situation and posting updates as we learn more. Our volunteer work parties have all been suspended over the lockdown period. Look after yourself and your whānau, stick to your bubble and we will get through this together.

Unsafe Environment

Please know that if you are having to self isolate/ quarantine in an unsafe environment (psychological, physical, verbal abuse etc) you can still access help during this lockdown period!

Police will still respond and are preparing for the spike in family violence call outs.

You are not a burden, you deserve to be safe.

Some social services are still operating and government social services are deemed essential.

Womens refuge and Shine are still operating, all acute mental health crisis lines are still operating, some CADS services (mostly phone/online support), Oranga Tamariki are still responding to urgent call outs for child safety.

You do not have to suffer in isolation.

You also do not need to watch your neighbor/friends or family suffer and not know what to do.

Here are some helpful numbers:

0800REFUGE- Womens Refuge

0508FAMILY- Oranga Tamariki (Reports of concern for children's safety)

0508 744 633- SHINE

0800 787 797- Alcohol and drug helpline

0800 543 354 or free text 4357- Lifeline

0800 376 633 - Youthline

0800 111 757 Depression Helpline

0508 828 865 Suicide Prevention Helpline

Information for library customers

Your issues will be extended, so don't worry about overdues or fines.

Please don't return your books and items to the library. All returns bins will be closed.

Visit our website for the latest library information.

Explore a range of library resources you can access from home.

Contact us by phone, through our website, or social media.

Free wifi is still available outside libraries (except Tūranga).

For all information about COVID-19 visit covid19.govt.nz

For information about Council services, facilities and events visit ccc.govt.nz

TIPS

- **Treat anything coming into your bubble as if it has COVID 19.**
- Current scientific advice says the virus can live:
 - FOUR hours on a copper surface
 - TWENTY FOUR HOURS on cardboard and paper
 - Up to THREE DAYS on plastic and metal
 - It's important to clean these surfaces as soon as possible.
 - With the mail I have chosen to collect it with gloves and leave in a plastic bag for three days before opening.
 - You can leave cardboard food packages out doors and transfer food indoors to your sink. You can wash many things in soapy water and then rinse. I am still trying to find out more advice about this.

If you have symptoms of the coronavirus call the NZCovid-19 Healthline or 0800 358 5453 or call your local GP.

PLEASE DON'T GO TO THE MEDICAL CENTRE.

IF YOU HAVE MORE THINGS THAT YOU THINK WOULD BE USEFUL IN A BULLETIN PLEASE SEND THEM TO. review@lytteltoninforcentre.nz