



Close to Home



Te urupare i ngā waipuke me te huripari



Kua kitea e tātou ētahi kōrero whakamiharo mō ngā tāngata e mahi tahi ana ki te tautoko i a rātou, tētahi i tētahi, i muri mai i te Huripari Kaperiere me ngā waipuke i Tāmaki Makaurau i tēnei tau.

E mōhio ana tātou, tokomaha o tātou o Aotearoa kua rongoi te uaua o tēnei wā, nā reira, he mea nui te kōrerorero tonu ki ngā tāngata e aroha nā koe, me te toro atu ki ō kiritata. Heoi anō, kia tiaki koe i a koe anō, kia haumaruru te noho, ā, kia kaha koe.

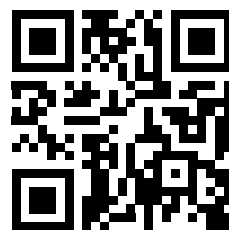
Ka tautoko tonu a Kāinga Ora i ngā tāngata kua pāngia e ēnei āhuatanga, i a mātou e whakatikatika tonu ana i ngā whare e tiaki nei mātou.

PĀNUI TONU KI TE WHĀRANGI 02

Ki te hiahia ki ētehi atu ratonga tautoko, toro mai ki [kiangaora.govt.nz/support-services](https://www.kiangaora.govt.nz/support-services)

He mea nui tonu te tiaki i tōu oranga i ngā wā o te aituā. Ina hiahia koe ki te kōrero ki tētahi atu, waea utukore atu, pātuhi atu rānei ki 1737, ahakoa te wā, kia tautokona ai koe e tētahi mātanga ngaio o te Manatū Hauora.

Mehemea kua pāngia tōu whare e ngā waipuke me ngā āwhā o muri tata nei, matawaingia te waehera QR nei ki te toro atu ki ētehi pārongo mō ngā āwhina ka taea e mātou.



Te urupare i ngā waipuke me te huripari

Kei te kimi āwhina koe?

Kua torotoro haere ā mātou kapa ki ngā kāinga me ngā kiritaki i te hapori, me te tautoko i ngā tāngata me ngā whānau i roto i ngā takiwā kua pāngia e te waipuke me te huripari.

He momo tautoko e tika ana mō tēnā whare, mō tēnā whānau, kia hāngai ai te tautoko ki ngā raru kua pā atu ki taua whare me ngā hiahia o taua whānau.

Ki te hiahia koe ki ētehi tautoko anō, tēnā, whakapā mai ki a mātou i 0800 801 601 kia tūhonotia ai koe e mātou ki ngā ratonga e tika ana me ngā rōpū ā-hapori hei āwhina i a koe.

Te tautoko mō ngā hauātanga

Kei te rite a Whakarongorau Aotearoa | New Zealand Telehealth Services ki te tautoko i a koutou ko tō whānau i ngā hāora 24 o ia rā.

Ka taea hoki e rātou te āwhina:

- Mehemea he āwangawanga e pā ana ki te hauora whānui
- Mehemea kāore i te wātea, kāore anō rānei kia tae mai tētahi kaimahi tautoko, tētehi kaitiaki rānei
- Ki te tūhono i a koe ki ngā pārongo me te tautoko e hāngai ana ki te huarere tino kino me ngā waipuke.

Kei a Whaikaha ngā pārongo hōu mō te huripari me ngā waipuke; tirohia www.whaikaha.govt.nz

E honohono ana ki ō tātou hapori

Kei te whakatakoto a Agapetos i te tūru o te motokā kia maha ake ai ngā kai ka ō ki tōna waka. E hia taihana ngā heri kai hei rato māna, e 45 ngā mōki i tēnā, i tēnā.

He Kaiwhakahaere Tautoko Whare ia i Kāinga Ora i te nuinga o te wā, engari i tēnei rā, he kaitaraiwa kawē kai ia – ka tohaina he kai mata, he kai utukore, ki ngā tāngata o ngā takiwā o Tāmaki Makaurau i waipukengia i te tino rangi a rire kua pā atu ki Tāmaki Makaurau i ngā wā o te ine ā-tuhituhi.

He kai e tika ana mā te hunga Muhirama. He kai kararehe kore. He kai mītikore. He kai miraka kore. He tohu e piri ana ki ngā BioPak hei whakamaumahara, he kai ēnei mā te hunga e hiahia ana – ahakoa he kiritaki o Kāinga Ora, ahakoa kāhore rānei.

He tuku kai mā roto i ngā puku o te iwi matekai, he toro atu ki te tangata, he kōrerorero, he pātai me pēhea tā mātou āwhina.

“E mahi tonu ana mātou i tua i ngā haora mahi ki te toha i ēnei kai ki ngā whānau,” e kī ana a Agapetos.

“I tere whakaae mātou ki te tautoko i te mahi ... i rangona te āmāmai i te korenga o te iwi i mōhio ki ngā āhuatanga ka hua mai, ka pēhea rānei ngā pānga ki a rātou, heoi, i āhei mātou ki te hoatu kai ki a rātou, me te whakamaumahara atu, i reira mātou hei ringa āwhina.”

Tāpiri ki ngā kai tini rau, i whakarato a Agapetos rātou ko ōna hoa mahi



Ko Agapetos, he Kaiwhakahaere Tautoko Whare mō Māngere, e kawē kai ana ki ngā kāinga i te hapori i muri i ngā waipuke i Tāmaki Makaurau.

maha – o Kāinga Ora me ētehi atu rōpū – i te tautoko me ngā tohutohu, pō rā anō i ētahi wā, i ngā rā i muri mai i ngā waipuke i Tāmaki Makaurau i te Hānuere.

I takaa ngā kai, i tākaia hoki e ngā marae o te takiwā me ētahi atu rōpū e mahi ana i te whare o Te Rākau Whakamarumarū, ā, ko Agapetos tētahi o ngā kaimahi e 20 pea o Kāinga Ora i kawē i aua kai ki ngā tōpito o Manukau. Ahakoa ngā wero tino kino o te wā, he maha ngā ara i kitea e te iwi ki te honohono, ā, i huihui ki ō rātou takiwā kāinga me ō rātou hapori ki te āwhina, ki te whakarongo.

I a tātou e titiro whakamua ana, kia maumahara koe, kei konei a Kāinga Ora hei āwhina. Tirohia te pouaka kei raro tata nei e kitea ai he tau whakapā me ētehi pārongo anō.

Mehemea he hononga ipurangi tāu, ka kitea ētahi atu pārongo ki te paetukutuku o Kāinga Ora, ki kaingaora.govt.nz

Ko ngā tau waea matua

Kāinga Ora

0800 801 601

Te Manatū Whakahiato Ora

0800 400 100

Whakarongorau Aotearoa

0800 111 213, patowaea rānei ki 8988

Ki te hiahia noa koe ki te kōrero, waea utukore, patowaea rānei ki 1737, kia tūhonoa koe ki tētahi mātanga ngaio o te Manatū Hauora.

Whakaritea he mahere mō ngā wā ohotata

Ahakoa te momo ohotata ka pā atu ki a koe, ka taea e koe te whakariterite; whāia te mahere o raro tata nei, tikiake rānei i tētehi rārangitohu i konei:

getready.govt.nz/supplies



1. Āta whakaritea

- ✓ He whakaputunga o ngā kai e kore e pirau, he wai, me ētahi atu mea e tika ana:
 - He wai mō te toru rā, roa ake rānei – me tino whakarite i te iwa rita, nui ake rānei, mō ia tangata. Ka nui tēnei hei unu, hei horoi iti nei hoki
 - He kai e kore e tere pirau, he kai ehara i te mea me tao (māna, he tō puninga tāu, he rorerore kapuni rānei), me ngā kai mā ngā pēpi me ngā mōkai
- ✓ He pepa wharepaku me ētehi pākete kirihou nui hei wharepaku wā ohotata
- ✓ He karapu mahi, he ārai kanohi P2, he ārai kanohi N95 rānei e tika ana te rahi mō ō koutou kanohi, me te pia patuero mō ngā ringa
- ✓ He rawa rongoā, hei tauira, te ine-mahana, te rongoā ārai mamae me ngā tākai.
- ✓ Ngā rongoā e rite tonu ana te kaingia e koe
- ✓ Ngā tohutohu ki ngā tāngata o te whare e hāngai ana ki ngā take ohotata e mate ai koe ki te wehe i tōu kāinga – hei tauira, he tohutohu mō te whāngai i ngā mōkai, mō te utu i ngā nama, mō te whāinu i ngā otaota
- ✓ He mahere wā ohotata me tētehi rārangi o ngā ingoa hoapā me ngā tau waea hira – tae atu ki tō tākuta. He tātaura i konei hei tikiake māu, hei whakakī:
- ✓ Āta whakaritea he pēke rarau ohotata, ā, whakaritea ētehi mea e tika ana mō roto i tō motokā, mō te tūpono me taraiwa atu koutou ko tō whānau ki tētehi wāhi haumarū



Tirohia ētahi atu pārongo ki getready.govt.nz

2. Whakaritea he mahere

- ✓ He tangata ka taea te āwhina atu, mehemea e hiahia ana koe ki ētehi kai, ki ētahi atu mea rānei
- ✓ Ka pēhea ngā tamariki, ā, ka pēhea mehemea nui ake i te kotahi ngā whare e noho nā ngā tamariki
- ✓ Te mahi i waho i te tari, te ako i waho i te akomanga
- ✓ Me pēhea te tiaki i ngā tāngata whakaraerae o te whānau, o te whare rānei
- ✓ He aha ngā whakaritenga mō ngā kaitiaki e mahi ana i roto i tō kāinga
- ✓ He mahi ngāwari hei whakangahau i a koutou ko tō whānau.

E kitea ai te āwhina me te tautoko e hāngai ana ki ngā wā ohotata, toro atu ki civildefence.govt.nz

4. Me mōhio ki ō mahere, me kōrero atu hoki i ō mahere

- ✓ Kōrero tahi – kia mōhio ngā tāngata katoa o tō whare (tae atu ki ngā tamariki) ki ngā mahere mō ngā wā ohotata
- ✓ Kōrerotia ō mahere ki ngā tāngata e tautoko ana i a koe, e āwhina ana i a koe (ki ngā tāngata rānei e tautokona ana e koe).
- ✓ Toro atu ki getready.govt.nz e kitea ai ētahi atu pārongo mō te whakarite mahere mō ngā wā ohotata.

3. Toro atu tō ringa āwhina ki ngā hoa me te whānau

- ✓ Kia honohono tonu – kia auau tonu tō kōrerorero ki tō whānau, ki ngā hoa me tō hapori, tirohia ō rātou oranga, ā, kōrerotia tō mahere mō ngā wā ohotata.
- ✓ Tautokona ō hoa, tō whānau, me ō hoamahi ki te whakarite i ā rātou ake mahere.
- ✓ Rangahaua ngā mahi a tō hapori – he rōpū pea e mahi ana i ētehi kai hei whakatio, e wānanga ana i ngā mahere, e whakarongo ana rānei ki ngā rongo kōrero o te wā?



Kōrerotia mai tōu e hiahia nā ki te pānui i Close to Home

Kōrerotia ōu whakaaro...

E hiahia ana mātou ki te tuku atu i ngā kōrero e tika ana hei pānui māu! Nā reira, e tono ana mātou kia whakautu koe i tā mātou rārangi pātai mō tēnei pānuirongo kia mōhio ai mātou ki tāu e pai ai, ki tāu e hiahia ai hoki i ngā pānuirongo o muri ake nei.

E toru noa iho ngā pātai o te rārangi, ā, torutoru noa iho ngā meneti ka pau – ka mutu, kei a koe te tikanga ki te whakautu rānei, ki te waiho rānei.

Matawaingia ki konei

