



Feilding
& District Manawatu
PROMOTION INC

Issue 20, 24 April 2020

ON-TRACK

LIVE | WORK | PLAY



**STAY HOME
STAY SAFE**

**COMMUNITY
WELFARE**

**BUSINESS
SUPPORT**

Feilding Home Guard WW II

#standatdawn apart, but together as one


This is the first time since Anzac Day services began in 1916 that New Zealanders are not able to gather nationwide to mark the anniversary.

Instead, New Zealanders are being encouraged to find other ways to remember and honour all those who served and are still serving New Zealand in conflict and peacekeeping, from within your bubble

Join the New Zealand Defence Force and RSA's #StandAtDawn campaign.

Join us at 6:00 am on Saturday 25 April.

Stand at your letterbox, at the front door, in your lounge rooms, balconies, in your driveway.

Lay a virtual poppy at Auckland Museum's Online Cenotaph for a loved one or for one of more than 235,000 New Zealand service men and women represented there > 

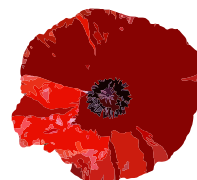
The Halcombe Community Development Group also has a virtual ANZAC service at 11am > 

Feilding RSA and Feilding Brass Band and the Christian leaders Network, have organised a virtual service which will also involve Her Worship the Mayor reading the message.

You can watch this service on YouTube on ANZAC Day 7.30am.

<https://www.youtube.com/watch?v=EOnViuEPVpE>

**CLICK ON THE POPPIES
TO FOLLOW THE LNKS**





Kia ora everyone,

I would like to say another big thank you to our essential workers. Your sacrifices and hard work have helped our community immensely! I would also like to acknowledge and thank everyone that has followed the rules to stay home, stay safe and save lives.

Kia kaha, kia maia, kia manawanui.
Be strong, be brave, be steadfast.

Wendy Carr

Feilding & District Promotion Manager.

Preparing to reopen for business

With the move to Level 3 next week, there are many businesses gearing up to reopen.

For food outlets, cafes, takeaway outlets, restaurants that will be offering takeaways and deliveries, it is important that you have a health and safety and hygiene plan in place and obtain sign off from the Manawatu District Council prior to opening.

For information on what measures you need to put in place, please visit the Ministry of Primary Industries website:
<https://www.mpi.govt.nz/protection-and-response/coronavirus/coronavirus-and-food-safety/covid-19-and-food-safety-in-alert-level-3/re-opening-or-making-changes-to-a-food-business-in-alert-level-3/>
and contact the council to ensure compliance.

For all other businesses opening under Level 3 there is great information from the Ministry for Business, Innovation and Employment website:
<https://www.business.govt.nz/covid-19/workplace-operations-covid-19-alert-levels/>

We want to hear from those of you that are reopening! We can share your Facebook posts, opening hours and other information you wish to let the public know. Please email me manager@feildingpromotion.co.nz, message us via Facebook or call or text me on 027 5111 022.

We are working alongside the Manawatu Chamber of Commerce, CEDA, MDC and PNCC with a combined Buy Local, Choose Manawatu campaign.

The objective is for local people to support local businesses.
Watch this space for more details to come!



What does ANZAC Day mean to you?

My whanau have attended ANZAC Day dawn services in Feilding for many years to pay our respects to our family that have served and all others that made such great sacrifices for us all.

Personally, both of my grandfathers and three great uncles served in the Second World War, a great great uncle at Gallipoli and a relation in the Boer War. I also had an Uncle that served in the Air Force in Vietnam.

We along with many Kiwis and Aussies will be Standing at Dawn by our letterbox, to honour and commemorate all those brave people.





Message from the Mayor

As we get our heads around what going to Alert Level 3 next week means for us, it is timely to reflect just how well we have done over the past weeks in Level 4.

Helen Worboys

Manawatu District Council Mayor

Pulling together and thinking local

Our community has been outstanding, following the lockdown rules and we are truly grateful to the many essential workers who have risked their own safety, to ensure we have the basics to live.

Our Mid Central DHB has had 31 cases of Covid-19, of which 27 have now recovered and there has been no community transmission cases - great news. 6 of the 31 cases were people living in the Manawatu District and all have recovered.

Our Feilding Health Centre report they have now immunised $\frac{3}{4}$ of our vulnerable residents against winter's chills, with the flu vaccine.

Council's Emergency Operations Centre has been and will continue to co-ordinate this crisis in conjunction with the many community and welfare agencies in our District. Daily zoom meetings with agencies has ensured we all know what the issues are, who needs help and ensuring support is done in a managed, caring way, with all the stats and data reported via the Civil Defence structure, back to central government.

Council had 7 teams active last week and to date have delivered over 2500 prescriptions and made 320 grocery deliveries to our elderly and vulnerable.



Plus those unable to pay for their groceries have been referred too and looked after by our foodbanks via Manchester House and Feilding Salvation Army with 190 packs gone out to date. Additional food and care packs continue to go out to our iwi whanau.

As lockdown continues, our requests for support are increasing and the colder weather bring new demands for heating and blankets. Loneliness and the mental wellbeing of our community is also being closely monitored and help provided where possible. This support will continue into Level 3. Phone us on 323 0000 for support.

Work has started on recovery plans especially around how we support our economy getting back up and operating.

With the great work of CEDA and Feilding & District Promotion, businesses are encouraged to apply for government wage and support packages, view the free business tips webinars and use the free mentoring services.

We are pulling together a Buy Local type campaign for our District. Level 3 allows our infrastructure, construction, forestry and manufacturing type businesses to start work again but my thoughts are with those retail and hospitality businesses who will still have to sit out another couple of weeks at least.

Surveys and one to one phone calls are taking place to identify just how our business community is faring and what more support can we offer them.

I encourage everyone to 'think and support local' in everything you do, buy and use, now and into the future.

Your Community Support Groups

Agency	Support Available	Website	Email	Phone
Christian Leaders Network	All local churches are available to offer fellowship and pastoral care	https://www.facebook.com/Feilding-Christian-Leaders-Network-103407184641749/		
Feilding & District Promotion	Business support; help with govt. applications; communication to public	www.feilding.co.nz	manager@feildingpromotion.co.nz	Wendy Carr 027 5111 022 9am – 5pm, Mon – Fri
Feilding Health Care		https://feildinghealthcare.nz/	hello@fhc.nz	06 323 9696
Manchester House Social Services	Food bank. Providing non-judgmental, non-discriminatory, compassionate, caring support for those in need	https://manchesterhousesocialservices.my-free.website/	reception@mhss.org.nz	06 323 7191
Manawatu Community Trust	Offers affordable housing for pensioners and disabled	http://www.manawatucommunitytrust.nz/	mctoffice@xtra.co.nz	06 324 0491
Manawatu District Council	Support with any needs of local community	https://www.mdc.govt.nz/Home	public@mdc.govt.nz	06 323 0000
Manawatu District Neighbourhood Support	Phone & Email support for residents; updating resident details; Sharing information to the public via social media and emails; forwarding important info	https://www.facebook.com/manawatu.neighbourhood/	info@manawatunsg.co.nz	Trish Balmer 027 3237387 or 06 3237386
	received from the public to police / MDC etc.			
Manawatu Rural Support Services	Phoning/emailing families, especially those with vulnerability.			
Ministry of Social Development	Wages subsidies, job seekers benefits, superannuation.	https://workandincome.govt.nz/	Tima mrssincrcw1@gmail.com Aevryl mrssincrcw2@gmail.com	027 422 3544 021 0823 4809
Police		https://www.police.govt.nz/105support		For emergencies please call 111, Non emergencies 105
Rapid Relief	Food parcels for families delivered via Police	www.nz.rapidreliefteam.org	feilding@nz-rapidreliefteam.org	Brett Wycherley 021 829 796
Salvation Army	Food bank for Feilding and surrounds	https://www.facebook.com/SalvationArmyFeilding	rance.stuart@salvationarmy.org.nz	Rance & Fi Stuart 029 771 2873
Te Manawa Family Services	Family Violence Services. Phone assessments, safety planning and programmes for adult men and women.	www.temanawa.org.nz	office@temanawa.org.nz	06 323 8330; 027 323 7330
Youthline	Support and guidance for young people	www.youthline.co.nz	talk@youthline.co.nz	0800 376 633 or Free text 234



COVID-19 IRD application for relief

During COVID-19 the IRD have said that tax payments not made during lockdown could have interest and penalties remitted.

Please note this is only for debt incurred during lockdown and due to being adversely effected by COVID-19, not previous IRD debt and it is different to instalment arrangement request.

This application will also need to be done for each business, entity or individual as these cannot be grouped under one application. It is also only for debt that has already been incurred so make sure the GST due 7th of May is filed before applying if you wish to seek remission for this.

To complete this application you will need to know:

- Assets
- Liabilities
- Shareholder
- Current account balance for a company
- Funds available to pay the tax obligation
- What changes you have made to ensure future tax obligations will be met
- Have you made an attempt for a loan to cover this debt

If you require some assistance please feel free to contact one of our team.

Kind regards,
Jess Stack

Atkins & Associates Limited
93 Fergusson Street
P.O Box 37
Feilding 4740
Telephone: (06) 323 9864

To apply for remissions and write-offs of IRD interest and penalties please:

Login to your business or personal MyIR account

Click on: I want to... "more"

Then scroll down to the heading: Other Actions
and select Application for Relief.



Are you in COVID-19 isolation?

DO YOU NEED SUPPORT,

NEED GROCERIES, JUST NEED TO CHAT?

For people who have a need for essential supplies but don't have the means or transport to get it themselves, are over 70 years of age (60 for Māori or Pasifika) or have underlying health problems, the Manawatū District Council can help.



Complete the short Covid-19 Support Request form at www.mdc.govt.nz



Call the Manawatū District Council Customer Service team on **06 323 0000**.

We'll work with our partner agencies to help you get the support you need.



**Unite
against
COVID-19**



Manawatū Rural Support Services

Manawatū Rural Support Services (MRSS) inc is a free, confidential service available to all individuals, couples, families, children and young people in rural northern Manawatū.

MRSS inc is a unique not-for-profit organisation that specialises in supporting the stability and well being of all rural individuals and their families/whanau who live within northern Manawatū, Pohangina Valley and Halcombe communities.

For free confidential information please contact:

Rural Community Workers (06) 323 7191
027 422 3544 or 021 0823 4809
Email: mrssincrcw1@gmail.com or
mrssincrcw2@gmail.com

During the Covid-19 crisis we would like to share some helpful sites:

Mentemia – Sir John Kirwan – Mental Wellbeing Coaching App (free during Covid 19 to help kiwis cope and thrive) <https://www.mentemia.com/>

Farmstrong – A nation wide wellbeing programme for the rural community. Information on the five ways to wellbeing. <https://farmstrong.co.nz/>

Rural support –0800 787 254 - Drought Recovery and Farming Focus Webinars <http://www.rural-support.org.nz/>

Beef & Lamb –Nation wide supporting farmers <https://beeflambnz.com/> or catch up on their podcasts <https://beeflambnz.podbean.com/>

MPI - Guidance on how to approach your bank manager during these hard times.
Email: Mark.Rutene@mpi.govt.nz



Manawatu Rural Support Services Inc

**Introducing
Aevryl and Tima**



PHONE 06 323 7191

COVID-19 Update

Here to help

As we all continue to feel anxious about the health and livelihood of our families, friends and communities, remember I am here to help and support you.

Please contact me on **06 323 7253** or **021 562 074** or email **ianmckelvie.feilding@parliament.govt.nz** if you need information or assistance with anything regarding the current Coronavirus situation. I want to help the community come through the pandemic by providing information, advocacy and connection with the right people and services that they need.

The most up-to-date health information is available on this Ministry of Health website: **health.govt.nz**, **covid19.govt.nz** or the free calling number **0800 358 5453**. If you have more questions, please don't hesitate to contact me.

Please observe the current level of restrictions and our combined efforts will all be worthwhile.

You are not alone - please stay in touch. Keep up the safe hand washing, stay connected with the elderly and vulnerable and we'll all get through this together.

Kia Kaha and best regards,



Ian McKelvie
MP for Rangitikei

06 323 7253
ianmckelvie.feilding@parliament.govt.nz



Authorised by Ian McKelvie MP, Parliament Buildings, Wgtn.





Here to help

As your
Rangitikei Electorate MP,
I am here to help
and support you.

We are very much
in this together.
Stay safe and take care
of each other.

Best Regards

Ian McKelvie

Member of Parliament for Rangitikei

Phone 06 323 7253 or 021 562 074
ianmckelvie.feilding@parliament.govt.nz

Level 3, increase in economic activity

As I write this from the comparative isolation of my home near Ohakea, the world feels like a very different place than it was four weeks ago when we entered Level 4 Lockdown.

For a start we have seemingly avoided the worst of Covid-19 and our isolation has certainly played a great role in that, as has our ability to secure our border. There is an advantage to being a small group of islands at the bottom of the world with a very effective moat!

The transition to Level 3 on Tuesday will be welcomed by many. The main difference between Level 3 and Level 4 is an increase in economic activity.

The number of people able to work is projected to double from the current 500,000 to an estimated one million.

It's great for forestry, manufacturing and construction but it still leaves much of the country playing a waiting game and in the case of many small businesses, facing financial ruin.

am particularly concerned about our region's cafes, bakeries, restaurants and bars, along with hairdressers and beauty salons and independent retail stores, which will continue to be hamstrung by the Level 3 rules.

A couple of months ago these places were thriving and added a vibrancy and unique social dynamic to our cities and towns.

If you're able to support a local business over the next couple of weeks by ordering a takeout dinner or making an online purchase from a local shop, then I would encourage you to do it.

Of course, New Zealand has one big advantage as we move to recover from the inevitable economic shock of Covid-19, and that's our ability to produce food for the world.

While the international recession will cause challenges for the industry with respect to market access, transport and price, the export receipts earned by selling our meat, fish, vegetables, milk, fibre and wood offshore are vital to our economic revival.

**Take care and stay safe.
Call if you need help with anything.
We're in this together.**



Coronavirus Symptoms?
Phone Healthline
0800 358 5453

Manawatū District Residents Health Services

A COVID-19 testing site is operating in Feilding. If you are feeling unwell, there are two ways to be referred to a testing site:

- ▶ Call the dedicated COVID-19 Healthline number on 0800 358 5453; or
- ▶ Contact Feilding Health Care by phoning 323 9696

A nurse or a GP will organise a test for you if it is needed.

In addition to the Feilding site, there are four other designated testing sites across the MidCentral District. Depending on where you live, you may be asked to go to another site for testing.

Feilding Health Care

Our General Practice staff are crucial to our national response to COVID-19 and are committed to keeping you well.

Feilding Health Care continue to operate as an essential service.

Many services will continue through the COVID-19 lockdown, including:

- GP and Nurse phone consultations
- GP video consultations
- Prescriptions
- Some immunisations and procedures
- Some face to face consultations, as determined by a Nurse or GP.

Face-to-face consultations

Before you have a face to face consultation, you will speak to a Nurse or a Doctor on the phone. Please listen to their instructions about what to do. You may be greeted at the door and asked questions before coming into the practice, or you may be asked to go to a different entrance rather than the one you usually go to.



Feilding Health Care will have some charges for phone, video and email consultation services. They will share this information with you. However, if you are unsure, please ask.

Community Pharmacy Services

Our Community Pharmacy teams are committed to keeping you well and will continue to work as essential services during the COVID-19 lock down. Community Pharmacies will be available for essential services only. This includes providing prescriptions, other medicines and advice. Pharmacies will not be available for casual shopping.

Going to your pharmacy in person

From now on, Community Pharmacies will have a limited entry policy. When arriving at a pharmacy, people will be asked basic health questions before entering the premises. If unwell, you will be asked to wait in your car or outside.

Prescriptions from Smiths, Central or Feilding Health Pharmacy will be delivered to you if you live in the Feilding township. Please do not go to the pharmacy to collect your prescription, unless your prescription is urgent.

Delivery options for rural areas

There are other delivery options available for rural addresses. Please ask the pharmacy about their delivery options.





Beth McMenamin and her fairy village

Time to get creative to improve health and wellbeing

With the level 4 lockdown, most of the businesses around the Feilding CBD have been closed.

The Art Studio & Gallery is no exception. That doesn't mean that local artist Joe McMenamin has been on holiday though. He has been working on an exciting new social enterprise called The Creativity Project.

This project aims to help artists produce great online art classes and workshops for our community. As part of the project, Joe has put out a free online art class of a pencil drawing of typography and foliage from around your garden. It's free at:

www.youtube.com/c/TheCreativityProject

The Creativity Project's mission is to 'improve the health and wellbeing of Manawatu residents using art and creativity.'

Being creative means making something with your hands. It might be cooking, gardening, sewing or doing a craft. Being creative can help you stay connected with how you are feeling and give you something productive to fill your time with. It's also really rewarding to get your kids involved with a creative project. Could they build a crazy Lego monster, bake gingerbread men and decorate them, or even build and paint a fairy village?

Joe's creative daughter Beth McMenamin is 8 years old and you may have seen the article in the Manawatu Standard about her fairy village on Church Street, Feilding. That was a cool project that they worked on together, and now lots of people in the community have been adding more things to the village. Families who walk past the fairy village are delighted to see a fun creative project like that come to life.



Joe's challenge to you is to do something creative in the next week!

Joe McMenamin



Supporting local business through challenging times

Are you facing challenges to your business, or concerned about the future impacts your business will encounter due to COVID-19?

The Central Economic Development Agency (CEDA) is available to support you through this unprecedented time and the challenges that will be faced. As providers of the Regional Business Partner Network across Manawātū-Whanganui, we have an important role, funded by government to link businesses to available support.

Some of the ways CEDA can help include:

Connecting you to professional service providers to assist you with the issues that you are facing e.g. cash flow management, business continuity management, HR support, marketing and more.

Provide you with relevant and up-to-date information on how and where to access Government support including navigating the Wage Subsidy Scheme and the recently announced Business Finance Guarantee Scheme.

Assist Māori businesses on Government support available.

Provide you with an experienced Business Mentor to provide additional guidance over the next 12 months. Business Mentors come with specific skills and are matched depending on your needs.

Facilitate funding for Research and Development including project grants.

COVID-19 Business Support Hub

For a summary of the Governments support package for COVID-19, and the key links and information regarding all things COVID-19, from workplace preparedness to tax relief and more,

visit: [CEDA.nz/covid-19-support](https://ceda.nz/covid-19-support).

CEDA have compiled the key resources to help you navigate and access the right information.



Mary-Ellen Steele
Business Growth Advisor

for the Feilding area would like to hear from you on the challenges your business is facing, to help support our local business community throughout this unprecedented time of change and disruption. To find out how CEDA can support you and your business contact

business.enquiry@ceda.nz or 06 350 1830.



Business Mentors New Zealand

Sign up to Business Mentors New Zealand to be matched with an experienced Business Mentor who can provide guidance for 12 months in the areas you need support. The programme fee has been waived during the COVID-19 pandemic.

Sign up today at
<https://www.businessmentors.org.nz/small-business-mentoring>



Rising from the Ashes

WITH Linda Jenkinson

Register Now

Embracing Change | Te Aho Tāmaka Webinar Series
Wednesday 29 April 2020
ManawatuNZ.co.nz/embracing-change



Te Aho Tāmaka Webinar Series: He rā kitua - Embracing Change

Over the coming weeks CEDA will be delivering a new webinar series with our Te Aho Tāmaka - Manawātū Leaders group.

This webinar series 'Embracing Change' is designed to offer advice, hope and inspiration during a period of recovery from COVID-19 and our leaders will focus on themes that complement their vast expertise.

The webinars will be hosted fortnightly, kicking off on Wednesday 29th April at 4pm with our first webinar: Rising from the Ashes with Linda Jenkinson - Global Entrepreneur.

In this webinar, Linda will share her journey including the challenges of losing 50% of her revenue in the aftermath of 9/11, surviving the dotcom bubble and the GFC – learn how her businesses survived and thrived and gain some creative ideas to support you through the COVID-19 crisis.

Link to the website page on

ManawatuNZ

- <https://www.manawatuNZ.co.nz/te-aho-tamaka/embracing-change-webinar-series/>



Navigating COVID-19 Webinar Series

Upcoming Webinars...





CEDA's Navigating COVID-19 Business Webinars

Discover next week's free business support webinars to help businesses navigate the impact of COVID-19 delivered by CEDA in partnership with the Regional Business Partners Network.

The 30 minute webinars will take place every Tuesday and Thursday and will include Q&A with the presenters at the end.

Upcoming Webinars

Navigating Contract Law

Date: Tuesday 28 April

Time: 2.30pm – 3pm

Join us for a practical, informative webinar with CR Law. The team from CR Law will help you navigate your contractual obligations such as lease of premises, equipment and cars, discuss supply chain contracts and explain the recent changes to the Companies Act to allow for issues around liquidations and insolvencies.

Navigating Employment Law

Date: Thursday 30 April

Time: 2.30pm – 3pm

After an intro from the Chairman of Horowhenua New Zealand Trust, Antony Young, join us for a practical, informative webinar with Steph Dyhrberg, Kāpiti resident and Wellington employment lawyer. Steph will explain the processes employers need to go through to deal with the COVID-19 fallout. This will include making changes to hours of work and pay, redundancies, recruitment and using trial periods correctly.

Visitor Sector Webinar Series

Digital Best Practice

Date: Thursday 30 April

Time: 11am

Hear from digital marketing guru, Alex Dykman, Founder and Head of Strategy at Maverick Digital on creating demand and driving bookings from the new kiwi traveller through digital marketing and communications. Register for upcoming webinars and watch previous webinars here.



Register for upcoming webinars and watch previous webinars here.



New Zealand COVID-19 Alert Levels Summary

**Unite
against
COVID-19**

- The Alert Levels are determined by the Government and specify the public health and social measures to be taken in the fight against COVID-19. Further guidance is available on the [Covid19.govt.nz](https://covid19.govt.nz) website.
- The measures may be updated based on new scientific knowledge about COVID-19, information about the effectiveness of control measures in New Zealand and overseas, or the application of Alert Levels at different times (e.g. the application may be different depending on if New Zealand is moving down or up Alert Levels).

- Different parts of the country may be at different Alert Levels. We can move up and down Alert Levels.
- Essential services including supermarkets, health services, emergency services, utilities and goods transport will continue to operate at any level. Employers in those sectors must continue to meet health and safety obligations.
- Restrictions are cumulative (at Alert Level 4, all restrictions from Alert Level 2 and 3 apply).

Published 16 April 2020

ELIMINATION STRATEGY – New Zealand is working together to eliminate COVID-19

Alert Level	Risk Assessment	Range of Measures (can be applied locally or nationally)
Level 4 – Lockdown Likely the disease is not contained	<ul style="list-style-type: none"> Community transmission is occurring. Widespread outbreaks and new clusters. 	<ul style="list-style-type: none"> People instructed to stay at home (in their bubble) other than for essential personal movement. Safe recreational activity is allowed in local area. Travel is severely limited. All gatherings cancelled and all public venues closed. Businesses closed except for essential services (e.g. supermarkets, pharmacies, clinics, petrol stations) and lifeline utilities. Educational facilities closed. Rationing of supplies and requisitioning of facilities possible. Reprioritisation of healthcare services.
Level 3 – Restrict High risk the disease is not contained	<ul style="list-style-type: none"> Community transmission might be happening. New clusters may emerge but can be controlled through testing and contact tracing. 	<ul style="list-style-type: none"> People instructed to stay home in their bubble other than for essential personal movement – including to go to work, school if they have to or for local recreation. Physical distancing of two metres outside home (including on public transport), or one metre in controlled environments like schools and workplaces. People must stay within their immediate household bubble, but can expand this to reconnect with close family / whānau, or bring in caregivers, or support isolated people. This extended bubble should remain exclusive. Schools (years 1 to 10) and Early Childhood Education centres can safely open, but will have limited capacity. Children should learn at home if possible. People must work from home unless that is not possible. Businesses can open premises, but cannot physically interact with customers. Low risk local recreation activities are allowed. Public venues are closed (e.g. libraries, museums, cinemas, food courts, gyms, pools, playgrounds, markets). Gatherings of up to 10 people are allowed but only for wedding services, funerals and tangihanga. Physical distancing and public health measures must be maintained. Healthcare services use virtual, non-contact consultations where possible. Inter-regional travel is highly limited (e.g. for essential workers, with limited exemptions for others). People at high risk of severe illness (older people and those with existing medical conditions) are encouraged to stay at home where possible, and take additional precautions when leaving home. They may choose to work.
Level 2 – Reduce The disease is contained, but the risk of community transmission remains	<ul style="list-style-type: none"> Household transmission could be occurring. Single or isolated cluster outbreaks. 	<ul style="list-style-type: none"> Physical distancing of one metre outside home (including on public transport). Gatherings of up to 100 people indoors and 500 outdoors allowed while maintaining physical distancing and contact tracing requirements. Sport and recreation activities are allowed if conditions on gatherings are met, physical distancing is followed and travel is local. Public venues can open but must comply with conditions on gatherings, and undertake public health measures. Health services operate as normally as possible. Most businesses open, and business premises can be open for staff and customers with appropriate measures in place. Alternative ways of working encouraged (e.g. remote working, shift-based working, physical distancing, staggering meal breaks, flexible leave). Schools and Early Childhood Education centres open, with distance learning available for those unable to attend school (e.g. self-isolating). People advised to avoid non-essential inter-regional travel. People at high risk of severe illness (older people and those with existing medical conditions) are encouraged to stay at home where possible, and take additional precautions when leaving home. They may choose to work.
Level 1 – Prepare The disease is contained in New Zealand	<ul style="list-style-type: none"> COVID-19 is uncontrolled overseas. Isolated household transmission could be occurring in New Zealand. 	<ul style="list-style-type: none"> Border entry measures to minimise risk of importing COVID-19 cases. Intensive testing for COVID-19. Rapid contact tracing of any positive case. Self-isolation and quarantine required. Schools and workplaces open, and must operate safely. Physical distancing encouraged. No restrictions on gatherings. Stay home if you're sick, report flu-like symptoms. Wash and dry hands, cough into elbow, don't touch your face. No restrictions on domestic transport – avoid public transport or travel if sick.

ARE YOU GETTING THE SUPPORT YOU NEED?

Mental Health and support services are still operating for those who have been receiving mental health treatment prior to the lockdown.

If your symptoms are getting worse; talk to your GP, counsellor, case worker or mental health team about how they can help. You may not be able to see them face to face but your appointments can take place over the phone, via email, text or video chat. They will advise you on tips and support to help you get through and if you do need urgent help who you can call.

EAT HEALTHY, EXERCISE AND SLEEP

Focus on the things you can control, not the things you can't

HAVE HOPE

We are all in this together

STAY CONNECTED

Phone, video call, group chats

MASTER YOUR ENVIRONMENT

Enjoy your time at home in your bubble

EXPRESS GRATITUDE

Be grateful for all the good things in your life

FIND PURPOSE

Keep thinking of the big picture

PRACTICE MINDFULNESS

Time to be at peace and reflect

ACCEPT THE SITUATION

Focus on the things you can control, not the things you can't

BE AN OPTIMIST

Stay positive



HELPLINES

Free call or text **1737** any time for support from a trained counsellor Lifeline – **0800 543 354** or free text **4357** (HELP)

Youthline – **0800 376 633** or free text **234** | Samaritans – **0800 726 666** | www.mentalhealth.org.nz/get-help/covid-19/



Community invitation to join in ANZAC remembrance

Halcombe's ANZAC day service will be online this year.

When the national lockdown was looming, the Halcombe Community Committee very quickly pulled together an alternative programme.

As we have videoed our services throughout the five year commemoration of WWI, we have some great footage to provide. The highlight being our Homecoming service last year with the steam train bringing 200 passengers to our event.

Many chose to dress up in period costume to enhance the theme...

This year we are still asking people to get involved and be a part of the service.

We'll be posting our video on facebook at 11:00am which is our normal service time. There will be other Anzac day messages posted throughout the day as well. Keep sending in the Anzac day messages (we have a very special one from the Playcentre children) and pictures of floral tributes to be posted on the day.

We'll also be asking people to share a photo of their wreath, posy or tribute prior to the day so that we can share these as well online. We're expecting that these tributes will be hung at their gateway or mailbox on Anzac Day as they are throughout the country.

All the details are on our website or Facebook page.



How to share your message for Halcombe's ANZAC Day Service 2020

- Ensure you have good lighting so we can see your face
- When recording turn your device to landscape view
- Record your message (max 1 minute)
- Private message your video to the Halcombe Community Facebook page or email to halcombe.community@gmail.com

We look forward to sharing the messages from our community on ANZAC Day

Keep an eye out as the committee share their ideas around an ANZAC Day message on Facebook





**Feilding
& District Manawatu**
PROMOTION INC

ON-TRACK

LIVE | WORK | PLAY



Feilding & Manawatu District 140 years of farming

The rural heart beats across the Manawatu District and it's pulse is found in Feilding town.

Since the earliest times, local Māori lived off the land, created community gardens, fished the waterways and gathered vegetation from the dense forest floors around Kawakawa.

The new settlers were to carry on that tradition of cultivating and harvesting crops and stock. They quickly developed a thriving commercial centre to service this rural industry.

By 1840 when New Zealand had become a British colony, three tribal groups - Rangitāne, Ngāti Raukawa and Ngāti Kauwhata - occupied the banks of the Manawatu River and its tributaries.

They retain their identity to this day, playing an active role in the social, political and economic development of our region.

Belong

In 1871 our town's namesake, Colonel William Feilding arrived in Wellington. He came to purchase land for the British immigration scheme.

By the end of month he had visited our area and bought 106,000 acres (43,000 hectares). This was the beginnings of the Manchester Block, the thin strip of bush covered land running between the Rangitikei River and the Ruahine Ranges, now known as the Manawatu District.

Today, our legacy of farming continues. We are an international agri-hub for growing and producing on the land to supply the food basket of the nation and the world.

The commercial hub for all of this activity was and remains in our town centre 140 years on. The Feilding Saleyards is among the biggest in the world and symbolizes the lifeblood of our district.

Everytime that you support a local businesses within Feilding and Manawatu district, you help to create and keep our local jobs. Thank you.

31,700 residents across our beautiful district belong, we're all in this together.

WWW.FEILDING.CO.NZ