

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 necessarily. 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.



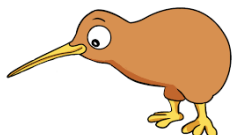
IF YOU HAVE FLU-LIKE SYMPTOMS, HAVE BEEN IN CONTACT WITH SOMEONE WHO HAS TESTED POSITIVE FOR COVID-19, TRAVELLED OVERSEAS IN THE LAST 2 WEEKS OR BEEN IN CONTACT WITH SOMEONE WHO HAS RECENTLY RETURNED FROM OVERSEAS STAY AT HOME AND CALL HEALTHLINE ON 0800 358 5453.

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

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