



**COLVILLE**  
COMMUNITY HEALTH TRUST

Kia ora,

With Covid now in our community, we hope all of you are keeping safe and well. Last month's edition of the Panui had advice for how to prepare your household. This advice is now on our website and Facebook page. Now we are asking everyone to think a bit farther afield. What about our friends and neighbours? There are people in our communities who may not have good internet and phone connection, or have challenges with transport and access to food, medical help and social support resources. Parents of small children and the vulnerable may need additional support. Can you help out?

Can you help someone phone in a grocery order to the Colville Store or Four Square and arrange safe (socially-distanced) delivery?

Can you help a neighbour access Rapid Antigen Tests or pharmacy supplies? (Phone the clinic or check out the ColvilleCommunity Facebook page for more information.)

Can you contact the clinic (07-866-66198) or CSSC / The Colville Junction (07-866-6920) for someone who needs medical or other help?

Can you help look after a pet, chooks, etc, if the owner becomes ill and can't do it?

Can you set up a system of regular communication so that a break in contact can be investigated promptly, enabling quick medical response if required?

Is there someone who would appreciate a hot meal? Some baking? Or just a phone call and a chat?

Thanks to all for being such great neighbours!