



ROSEHILL SCHOOL

Creating Inspiring Pathways for Real Life Success

He waihanga ara whakahihiri, kia angitu ai

Kia Ora Whanau,

Thank you for your ongoing support at this time. We understand that many families may find it tough going back into Alert Level 4. It can be challenging having children at home, being cut off from family and friends and providing for the family can be stressful and cause anxiety. Please see below a list of advice and support services you can access at this time.

Remember the Rosehill School staff are here to help, and you can email, text or leave a Seesaw message and one of the team will get back to you as soon as possible.

ME MAHI TAHI TĀTOU MO TE ORANGA O TE KATOA



We should work together for the wellbeing of everyone

Mahi Tahī 2020

Take care and stay safe,

Team Rosehill

Agencies you can contact for assistance

If you're in Auckland, [the Auckland Emergency Management website](#) may be useful.

If you or anyone you know wants some **advice or support** over this time here are some further options that might be useful.

Support Services

If you know someone is feeling anxious, frustrated or needs a listening ear, they can call or text **1737** to talk with a trained counsellor. It is free 24 hours a day, seven days a week.

EXPLORE

For people with disabilities or autism and their support people. This includes advice or support around challenging behaviours. To access this service, you don't need a referral and it doesn't matter whether you're new to Explore, currently on their waitlist or you've worked with them previously.

Phone: 0800 000421

The service is available Monday to Friday 9.00am–5.00pm. When you phone the 0800 number you will be connected with an administrator who will then book you an appointment with one of the specialists.

48-52 Rosehill Drive, Papakura 2113. Ph: 298 4569

Email: office@rosehill.school.nz www.rosehill.school.nz



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Work and Income services centres are closed. However, you can apply for assistance via MyMSD .	MyMSD or phone the contact centre on 0800 559 009.
Women's Refuge	0800REFUGE or 0800 733 843
Alcohol and Drug Helpline	0800 787 797
Oranga Tamariki call centre	0508FAMILY
CADS	0800 367 222
Narcotics Anonymous	0800 628 632
Alcoholics Anonymous	0800 229 6757
Lifeline	0800 543 354 or free text 4357
Youthline	0800 376 633 or free text 234
Samaritans	0800 726 666
Depression Helpline	0800 111 757
Suicide Prevention Helpline	0508 828 865
The Fono West (Social Services)	09 837 1780 Counselling Free Call or Text 1737
Healthline for COVID-19 health advice:	0800 358 5453

If you need some assistance with **food these food banks** may be able to help.

If you know someone who needs financial assistance, please tell him/her to call the free government **helpline 0800 779 997** (8am–1am, seven days a week).

Call first for instructions of how they are operating to ensure physical distancing:

Auckland City Mission (City)	09 303 9200
https://www.salvationarmy.org.nz/centres/nz/auckland/manukau/manukau-central-corps Food bank and food parcels. Contact call centre Mon-Fri 10am-12pm and 1pm-3pm and leave name and number and they will call back. Pick up only by appointment.	09 262 2332 for Manukau Community Ministry or 0800 53 00 00 for local ministry manukau.cm@salvationarmy.org.nz
Affirming Works NEW Food parcels for families needing support. Open to all, families are asked to do a brief (5 minute) registration. Pick up from 9 Moa Street, Otahuhu. Call if you have any queries.	0800 0AFFIRM

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<p>https://www.facebook.com/papakuramarae/</p> <p>Food Parcels available to Papakura and surrounding areas. Open Monday to Friday. Phone between 9am-11am to complete an assessment. providing ID and proof of address.</p>	<p>0800 8262 7454</p>
<p>https://www.facebook.com/rawiri.org/</p> <p>Food parcels and other free resources. Register first using online referral form. Pick up from 1 Rata Vine Drive, Wiri. Wed-Fri 10am</p>	<p>liz@rawiri.org www.facebook.com/rawiri.org/</p>
<p>http://www.sacfb.org.nz/</p> <p>Community dinners and food parcel delivery.</p>	<p>0508 242 643</p>
<p>http://www.facebook.com/TakaniniGurdwara/</p> <p>Help individuals who are struggling to buy food</p> <p>supremesikhsocietynz@gmail.com</p> <p>www.facebook.com/TakaniniGurdwara/</p>	<p>Contact by phone, email or Facebook. 09 296 2376 (Alternatively call 021 803 512 or 09 215 4647)</p>
<p>https://wecare.kiwi/</p> <p>Volunteer support network for anyone who is vulnerable, living alone, or caring for others can request check-ins or practical help. Register online. Low-cost food delivery service available.</p>	<p>0800 777 797</p> <p>https://wecare.kiwi/get-help/</p>
<p>Grandparents raising grandchildren</p> <p>https://www.grg.org.nz/What+we+do/COVID-19+Our+Response/Income+Support+and+Help+During+COVID-19.html</p>	<p>0800 472 637</p>

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