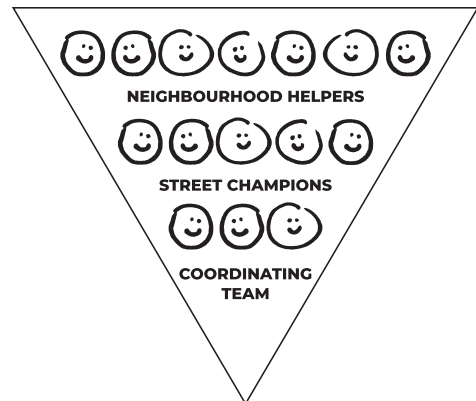


Loving our place!

We hope you all received our first community newsletter, and that you know about and feel invited into the system of neighbourhood helpers and street champions we have created. It's wonderful to see different groups organising to connect in different ways from Facebook pages to socially distanced musical gigs!



A chalk Easter Egg that was created around the bay last weekend.



There are so many people putting in place ways for us all to feel supported, cared for, and entertained. A shout out to the teachers! And the Scouts! And the Trading Page community! And the bears!

Thank you all for what you are doing, and thank you for doing it so safely!

News from your neighbourhood

While most people have some form of digital device, that isn't true for everyone. For that reason, we used printed flyers to deliver our first messages to you. There was a small risk of transmission with that approach, so from now on, these messages will come to you on the Residents Association website.

Here's where you can find the newsletters and lots more information that we are keeping updated:

- Pukerua Bay Residents Association: pukeruabay.org.nz
- Pukerua Bay Hub: facebook.com/PKBHub

What if your friend is not online?

We will post the newsletter on the noticeboard at the shops, but that won't work for everyone. If somebody you know would like a printout of this newsletter, we can arrange to get it to them safely. Please phone Helen on 0211466421.

Getting help from beyond our village

In our first newsletter, we focused on the help we can offer in our community, and the help that the government is providing. In particular, we pointed out the national **COVID-19 website** (www.covid19.govt.nz) and the free government **helpline** on **0800 779 997**.

porirucity

Our City Council has been getting busy, too. As you will know, all Council facilities are now closed, including our playgrounds and skatepark. You can read about the impacts in Porirua on the **Porirua City pandemic** page at www.porirucity.govt.nz/services/alerts-updates/covid-19-pandemic

We hope that everybody in our community knows that there is help among us to access essential supplies. But you should also know that the Council has set up a **welfare support helpline**. This is available throughout the week on **0800 141 967**.

Lovely loopy limericks

A huge thank you to the residents who put pen to paper (or finger to keyboard) to entertain us with their limericks! Some are not entirely suitable for a PG publication, but all have been enjoyed and appreciated! Here they are – prizes to come when can figure out how to lay our hands on some sanitiser!

*There was a young lass called Corona,
Who was likely to be always a loner.
Her name was a virus,
Which wasn't desirous,
And nobody wanted to own'er.*

JULIE ARMSTRONG

*There was a young lass called Corona,
Who said; "I don't want to seem a moaner.
But the thought of this "Flu",
Has made me quite blue,
'Cause I don't want to be a Goner"*

GRAHAM MCLAUCLAN

*There was a young lass called Corona,
Whose printer needed more toner.
The colour she forgot,
So yellow she got,
In line at WINZ now stands our Corona.*

TERENCE P.

*There was a young lass called Corona,
Who lived with her flatmate named Shona.
They stayed in their bubble,
Didn't cause any trouble,
And only spoke to friends on the phoner.*

JO ROBERTS

*There was a young lass called Corona,
Who hung up when I ventured to phone her.
She'd joined with the nation
In self-isolation,
Embracing the life of a loner*

JOHN JAMIESON

*There was a young lass called Corona,
Who originally came from Verona.
She contracted a virus,
Which spread all around us
And infected the world like a Jonah.*

HELEN DUREY

*There was a young lass called Corona.
She had a good friend called Ramona.
But Corona was scary,
And Ramona was wary,
Today, they are friends no more.*

MARIE BRYERS

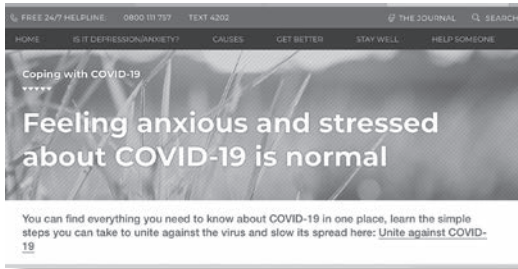


Kirk's challenge!

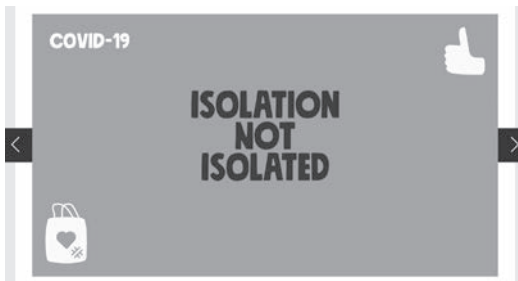
Check out this week's challenges and fun initiatives to connect our community together online. Go to the PKB Hub Facebook page or Residents Association website to find out all about them!

How are you feeling?

While none of us has the virus, we all feel its impacts. It adds to our daily stresses. Some of us were already going through a lot before all this happened. Some of us are dealing with grief, anxiety, difficult relationships, money problems ...



Depression. Org has excellent professional advice about how you can support yourself and others to get through this crisis:
www.depression.org.nz/covid-19



Getting Through Together is a new campaign to help all New Zealanders cope with the impact of COVID-19. Its got tips and advice on how to get through, stay connected, and support everyone's wellbeing. www.allright.org.nz/campaigns/getting-through-together

Worship through the Rāhui

Easter this year will have special meaning to many of us. Whatever our beliefs, it is a time of hope and connection. Sadly, this year, many of us are missing out on special occasions – reunions, weddings, holidays ... We don't need to miss out on our Easter services!

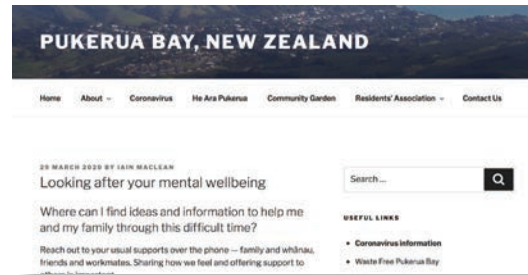
Here's a roundup of what we know – apologies that we know it is not a complete list of options

St Theresa's, Plimmerton

St Theresa's is offering an online Easter timetable, with services on Holy Thursday at 7.00 pm, Good Friday at 3 pm, and Easter Sunday at 9.30 am. You can take part by going to www.plimmertoncatholic.org.nz You'll also find a link to a daily online Mass.

It's really important that we find people who we feel safe to talk to about our worries. Don't add to them by thinking you need to "keep things in proportion". You matter.

Try to find a routine, and make sure it includes eating well, exercising, and getting sleep.



The **Residents Association website** has information about where you can get ideas and help. You'll find it on the home page. pukeruabay.org.nz



Sparklers at Home is a classroom wellbeing programme that has been re-purposed for parents and whānau to use with their children at home. www.sparklers.org.nz/parenting

Pauatahanui Anglicans

The parish is offering a daily Morning Prayer led by Miriam Freeman-Plume – go to www.pauanglican.org.nz.

In this Holy Week, the Diocese of Wellington has livestreamed services on Maundy Thursday at 7.30 pm, Good Friday at 10 am, Saturday at 7.30 pm, and Easter Sunday at 10 am. You can take part by going to movementonline.org.nz or **Freeview Channel 200**.

The Rock Church

The Rock Church has many messages and resources on its website, www.therock.org.nz