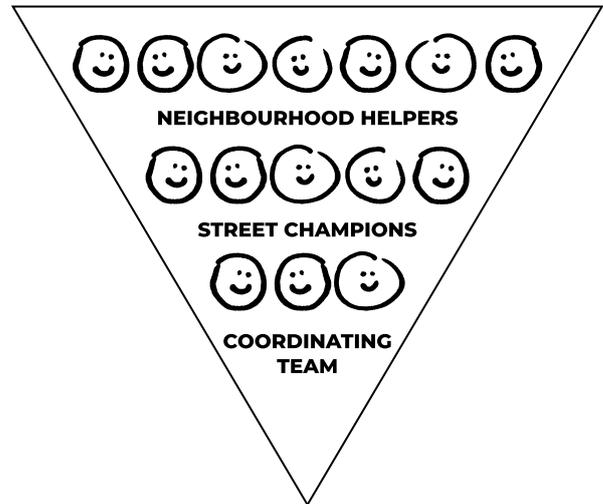


What next?

We're writing this on the "Sunday before the Monday" – the big day when we find out whether we are going to move from Level 4 to Level 3 this week. More uncertainty, but that's the state of things right now for us all – and will be for some time. One thing you can count on – we have a fabulous community!

By now, everyone should at least be aware of the system of champions and neighbourhood helpers. If you know of anyone who is being overlooked, please let the coordinating team know and we will try to reach out. You could:

- phone Helen on **0211466421**; or
- email Kelly at **pukeruabayhub@gmail.com**.



News from your neighbourhood

Remember that you can find information and support in these places:

- **Pukerua Bay Residents Association:** pukeruabay.org.nz
- **Pukerua Bay Hub:** [facebook.com/PKBHub](https://www.facebook.com/PKBHub)
- **the Residents Association noticeboard at the shops.**

Did you see the last issue of Covid Courier? We hope that you did – remember that we can organise safe delivery of a printout for people who are not online, using the contacts above.

Special ANZAC issue

Look out for the next issue of the Covid Courier. It's going to be special. There will be an article by Margaret Blair about Pukerua Bay's early servicemen, with ideas for us to safely commemorate their service this year.



The PKB Lockdown challenges

Did you see the photos that were submitted to the Pukerua Bay Picture challenge? Congratulations to all the people who took part – we loved your photos! This week's winner was Mark Quayle.

Go to the Hub to see the photos and learn about all the other challenges. There's something for everyone!

[/www.facebook.com/PKBHub](https://www.facebook.com/PKBHub)



A message from Helen

Helen Smith has opened up about what it is like to be managing self-isolation when living on her own. She has an important message for us all.

Hi fellow Covid19 lockdowners,

I've been wondering how everyone is doing after three weeks in lockdown. I recently discovered that I wasn't doing as well as I thought I was.

I live on my own, but I'm in a bubble with my 30-year-old daughter and my 2-year-old granddaughter. I look after my granddaughter for three hours a day while my daughter works from my home office. In addition to this, I shop for my partner (separate abode), my 88-year-old mother, and some neighbours in their 'seventies. I'm also painting my house, trying to keep fit and flexible by running and doing yoga. Oh, and I volunteered to be part of the Pukerua Bay Covid19 Volunteer Coordinators' Group!

So, it came as a surprise when I realised I was feeling a bit down – a bit too much 'doing' and not quite enough down time and relaxation. I discovered this after having a chat over the fence with my neighbour. (Appropriate two-metre distancing, of course!) On talking, we both realised we were having similar feelings.

I can really recommend finding a 'buddy' from outside your bubble. Someone you feel comfortable with. It's easy enough to keep the necessary physical distance – you could phone or chat over the fence like we did. The sharing of feelings (as well as backing off the house painting a little) has made a great difference in my mental wellbeing.

So, if you're feeling a bit down and maybe having trouble sleeping, please link up with someone. We have volunteers in the Bay willing to help with shopping or just a chat on the phone. Please ring or text me on 0211466421, and I can put you in touch with someone.

Here is a good Spinoff story we came across on The perils of loneliness in the time of Covid-19: www.thespinnoff.co.nz/society/14-04-2020/the-perils-of-loneliness-in-the-time-of-covid-19

*As well, John Kirwan has released a free mental wellbeing app called **Mentemia** that has many helpful suggestions on how to keep yourself well. www.mentemia.com*

Stay well, everyone, and hopefully we'll be able to come down to Level 3 soon.

Cheers,

Helen

Another lovely, loopy limerick!

We know you enjoyed the limericks in the last issue – here's one more. Thanks, Deb!

There was a young lass called Corona.

No way would you call her a loner.

Human company she craved,

Self-isolate to be saved,

From this scary young gal called Corona.

DEB HAWTHORN

If any of you have any more creative thoughts, please send them in. It doesn't have to be a limerick – how about a hilarious haiku or silly sonnet?

A couple requests

We've been asked to remind you about a couple matters.

First, dogs. It's great to see our four-legged friends out and about, enjoying lots more time with their families. However, Council has asked that at this time, we keep our dogs on leash at all times, even in off-lead areas.

Second, some people are burning off rubbish. Please think about the potential impact on neighbours and on emergency services if things get out of hand. Fire and Emergency's Check it's Alright site has advice: www.checkitsalright.nz

Till next time, folk!