

Members Advisory

Wednesday, 25 March 2020



Risk of domestic violence increases during lockdown

Kia ora

Sadly, Aotearoa New Zealand has alarmingly high rates of domestic violence and family harm. Rural Women New Zealand has spoken out against this violence while supporting campaigns and measures to curb violence against women and children for decades.

For many families confined to home during the Level 4 response to COVID-19, there will be increased stress and anxiety around the physical, financial, emotional and psychological impacts of the virus. For those living with domestic violence, this increased stress and anxiety will lead to an increased risk of violence. It has been reported that there has been a significant rise in people seeking support to escape domestic violence in China, the United States and Australia in recent weeks.

New Zealand has embarked on a period of enforced isolation and domestic violence support groups and the police advise that the lack of the ability to take time out will create extra tension in confined and isolated households. The Government has announced a support package today which includes resourcing agencies and groups which help victims of domestic violence.

Here is what you need to know:

- Help is still available to escape a dangerous situation during the COVID-19 lockdown period.***
- As always, if you fear for another person's safety, you should call 111 and report your concerns to the police.***
- Women's Refuge continues to offer emergency accommodation for those seeking safety from domestic violence during lockdown. Support can be accessed by calling 0800 REFUGE or 0800 733 843.***
- Shine provides support and advice about helping someone experiencing domestic violence by calling the Shine Helpline on 0508 744 633 between 9am and 11pm, 7 days a week or through www.2shine.org.nz. It is important to keep communications lines open to anyone that may be at risk. Be mindful and sensitive to their situation, perhaps tell them how you are managing in lockdown and that you are contacting others to see how they are.***

If you know someone who is isolation with a violent family member, here are some things you can advise:

- Identify safe areas and/ or ways to get out if they need to;
- If possible, keep a charged phone and numbers to call for help with them;
- Call the police on 111 if they are afraid for any member of the household's physical safety;
- Let trusted friends or neighbours know of the situation and develop a plan on how to tell

others they need help;

- If possible, check that they have access to a car with adequate fuel.

During the period of Aotearoa New Zealand's Level 4 response to COVID-19, it is essential that any person who needs to leave their home for safety reasons tells whoever they call if they are unwell so that the plan to stamp out COVID-19 is not compromised.

Sincerely

Liz Pennington and the National Office team

Members Advisory

Tuesday, 24 March 2020



Access to pharmacies and medications over the next 4 weeks

Kia ora

As we navigate our way ahead in the next four weeks we are anticipating what information and items we may need in that timeframe. We also know that that uncertainty can make this time even more challenging so we are endeavouring to get answers to key questions from Members and provide a steady stream of reliable, robust information about the practical things you want to know.

In this Advisory, we are providing some clarification and guidance about visiting pharmacies and obtaining medication over the next four week period with answers to some key questions we have asked on your behalf.

Here is what we know:

You can get what you need from the pharmacy but the way you get it will be a little different.

1. Pharmacies are deemed an essential service and will continue to operate throughout this time. They are operating as they always have in terms of their day to day operation of filling scripts and talking with customers;

2. Pharmacies will operate as a closed door service which means that you will be met by a staff member on arrival who will be wearing a mask and who will ask you to maintain a 2 metre distance. If it is a small pharmacy there may be a desk at the door instead;

3. You will not be able to walk around in any pharmacy and select items (eg: pick up talcum or lotion).

This is to restrict touching and handling of items and prevent transmission or viral spread through touch contact. Instead you can ask the pharmacy staff and they will get what you need for you;

4. You probably will not be able to pay with cash for your items. Using an EFTPOS card is ideal as, again, pharmacies are seeking to limit shared handling and virus transmission;

5. For your prescribed medicines, the advice is to carry on as you always do with your regular supply of medications at home;

6. If you need someone else to collect medicines for you, please phone the pharmacy first and let them know who will be picking up for you and that you have

arranged this. Pharmacies can not give your medications to another person without your permission and won't give them to someone who just turns up and asks for them;

7. If you are concerned about your medicines, call your pharmacy and talk to the pharmacist;

8. You can call and talk with your doctor if you have any concern about your medicines as they are also an essential service and are remaining open during Level 4 status.

9. If you have medications at home and children in the house, remember to safe store them away from small ones as we know how similar to sweets some medications can look. Extra care about storage and safety is best practise at this time.

Please stay connected with each other during this time and know that we will continue to be operating and providing support to you.

Sincerely

Liz Pennington and the National Office team (still at work but from home)

Members Advisory

Monday, 30 March 2020



Essential Services – Authority to travel

Kia ora

We have received information from our friends at Federated Farmers regarding authorising your employees and contractors travelling to and from your farm during the period of restricted travel as New Zealand responds to COVID-19.

Federated Farmers strongly advises that employees, contractors such as sharemilkers, contract milkers and other independent contractors, working with you should carry a letter authorising them to travel to and from the farm. They must also carry their driver licence with them when travelling.

This letter will explain the holder's reason for travel (Essential Services) and reduce any delay if stopped by the NZ Police who are checking the appropriateness and necessity of travel during lockdown.

Employees, contractors and service providers should be travelling in relation to work supporting our essential services only during this period.

Federated Farmers has prepared a pro forma letter which can be completed and issued as required. The letter can be completed on a computer or printed for hard copy use.

The letter can be found at <https://ruralwomennz.nz/wp-content/uploads/2020/03/Essential-Service-Workforce-Primary-Industries-Ltr-Interactive2.pdf>

Thanks again to Federated Farmers for this resource.

Sincerely

Liz Pennington and the National Office team

Members Advisory

Monday, 6 April 2020



Resources available during Level 4

Regional Services

Some areas have established responses to those who may need assistance. We are aware of the following:

Waikato: Freephone **0800 800 405** has been established for Waikato people struggling to get food, groceries, medication or other household goods and services. The freephone service established by the Waikato Civil Defence and Emergency Management Group is available between **7am and 7pm daily**, but does not replace other government helplines already in operation.

Tauranga/Bay of Plenty: An 0800 number has been set up to help the vulnerable and isolated members of our community during the Level 4 lock down. This number is for people who do not have networks or support from family, friends or neighbours and are worried about running out of groceries, warm blankets or other essential services they may rely on. The number is: **0800 884 222 (7am to 7pm)**

All Regions: Rural Support Trusts offer excellent source of resources and assistance in every region. They have local, rural people who know from experience that pressures can mount up. They also have networks and training to help with all kinds of situations and can point you in the right direction to get through your current challenges. You can reach your RST through their website [HERE](#) or by phoning **0800 787 254**.

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All Right? is a partnership between the Mental Health Foundation of New Zealand and Community and Public Health (a division of the Canterbury District Health Board). They are using the expertise they have developed over many years together to share the things they know are important to help in looking after your wellbeing and that of your whānau, colleagues and community as we unite against COVID-19.

They have developed this campaign from their homes – juggling time with their kids, pets, whānau and flatmates, worrying about the essential workers in their lives, watching the news and trying to get through.

This campaign is for us all, developed by people who are living this right alongside us. We'll learn what we need to do to get through, together.

Subscribe to : **[Getting Through Together - Whāia E Tātou Te Pae Tawhiti](#)** to register for updates on this new *All Right?* campaign.

If you'd like more background about the campaign and who's behind it we've got all that right here on their website at <https://www.allright.org.nz/campaigns/getting-through-together>

Funding for delivering community services during Level 4

Delivering community services during the COVID-19 L4 lockdown?

- The Ministry of Social Development have released their COVID-19 **[Community Awareness and Preparedness Fund](#)**
- Grants of up to \$5000 (+ GST) are available on application
- Funded community groups must be contributing towards the provision of essential community-led solutions to support local resilience and community wellbeing in relation to COVID-19
- Priority requests are those that support Maori, Pacific, older people, people with disabilities, people with current significant health considerations, migrant communities and people who are rurally isolated.
- A total budget of \$4.8M (+ GST) for grants is available. This is part of the NZ Government's \$27.0m support package for the community sector.

- For more information visit the Ministry for Social Development website [HERE](#)

Member's Question: Mail Service delivery safety

In response to a query from one of our Members asking whether it was safe to handle mail we received this reply from NZ Post's National Contact Centre:

As a result of the guidelines and processes issued by the Ministry for Primary Industries, NZ Post has been advised that mail is safe to be handled without gloves. However, if you feel uncomfortable, NZ Post recommends washing your hands or use hand sanitiser after collecting and opening your mail.

Message from the Office for Seniors

The Office for Seniors is very grateful for the information we have sent on the issues facing older people in our communities. It is using this information to report to the all of government welfare group so that policy and practical considerations are directly relevant for senior New Zealanders. This information is also being passed to Minister for Seniors, the Hon Tracey Martin, so that she is regularly updated on the issues facing older people.

The Office for Seniors is asking us again send information on any issues that the older people in your communities are facing. Please tell us if things are continuing to be a challenge, even if you raised the same problems last week. As so much is changing so quickly, you may also have seen new issues emerging that you can alert us to.

Thank you to all the responses we received last week. The deadline for this week is Wednesday, 7 April at Midday. Please send any issues you would like included in RWNZ's report.

Information for pet owners

RWNZ received some information from Virbac New Zealand which is an independent pharmaceutical manufacturer and distributor that offers New Zealand veterinarians, farmers and pet owners a comprehensive and practical range of products and services. You can view Virbac's guide on questions you might have about COVID-19 and your pets [HERE](#).

Advice for people living with cancer during lockdown

The COVID-19 pandemic is particularly challenging for those living with cancer, especially those undergoing active cancer therapy, and their whānau.

The Cancer Control Agency has been working closely with cancer treatment services to ensure they continue to be able to provide the best possible care for patients during the different Alert Levels of the COVID-19 pandemic.

They have provided advice to DHBs that cancer services should be continuing at this time. Patients may notice some changes, including virtual consults or changes to treatment delivery to keep them out of hospital. There is advice for people living with cancer on the Ministry of Health website. This will be updated as the situation changes. You can view this advice [HERE](#)

Adverse events: Resources for drought affected farmers

While the impact of COVID-19 is enormous, we are mindful that several regions of Aotearoa New Zealand are still facing weather induced adverse events and the follow on effects of those. The National Adverse Events Committee met recently by teleconference. National Board Member Gill Naylor is the Rural Women New Zealand representative on the Committee which is administered by the Ministry for Primary Industries and consists of groups and organisations with a primary industries focus and the relevant Government Agencies. The Committee meets regularly via teleconference to gather information that will inform a response to an adverse event.

New Zealand is currently experiencing widespread drought and has recently experienced severe flooding in some regions. The impacts on rural people and their farming businesses from these adverse events are considerable. Here are links to useful information on how to get through these testing times:

For information specific to the current droughts including useful information about feed planning and assistance available about budgeting, financial assistance, Rural Support Trusts please click [HERE](#)

For general information on working through any adverse event view the Ministry's website [HERE](#)

Please feel free to share this information with anyone who may find it useful.

[Inclusive Aotearoa Collective](#)

National Board Members, Gill Naylor and Sharron Davie-Martin, have been liaising with the **Inclusive Aotearoa Collective** which is a collaboration of people across the country committed to building a socially inclusive Aotearoa New Zealand.

This project was developed around the powerful concepts of connection, kinship and belonging. It is about an Aotearoa New Zealand founded on the partnership of Te Tiriti o Waitangi that provides a place for all. The Collective is holding a series of group conversations about Belonging and Inclusion that you may be interested in joining. You can do this by viewing the introductory information and times **HERE**

Stay well

Liz Pennington and the National Office team

Members Advisory

Wednesday, 22 April 2020



Preparing and planning for work under Level 3

Kia ora

On Tuesday, approximately half a million New Zealanders will start back at work as we transition from Alert Level 4 to Alert Level 3. Workers that can work from home should continue to stay home. Businesses that may open and resume operations on Tuesday can only do so if they take measures to ensure that their workers are safe.

The Government has outlined a set of **Golden Rules for businesses under Level 3**. These are:

- 1) If your business requires close physical contact it can't operate.**
- 2) Your staff should work from home if they can.**
- 3) Customers cannot come onto your premises** unless you are a supermarket, dairy, petrol station, pharmacy or permitted health service.
- 4) Your business must be contactless.** Your customers can pay online, over the phone or in a contactless way. Delivery or pick-up must also be contactless.
- 5) Basic hygiene measures must be maintained.** Physical distancing, hand washing and regularly cleaning surfaces. Workers must stay home if they are sick.
- 6) If you used PPE in your business before COVID-19, then keep using it in the same way. If you didn't use PPE in your business before COVID-19, you don't need it now.** This is advice for retailers, manufacturers and the service industries. Different advice applies to essential healthcare workers, border agencies, courts and tribunal staff, first responders and corrections staff.
- 7) You must meet all other health and safety obligations.**

Under Alert Level 3 businesses must have a COVID-19 Safety Plan as part of their **Health and Safety** obligations.

Worksafe has produced guidance and a template to help businesses prepare COVID-19 Safety Plans in accordance these obligations.

While businesses do not have to present this plan in order to operate from Tuesday, they will be expected to produce it when requested by WorkSafe staff who will be conducting checks across New Zealand and all sectors.

To visit the **Worksafe website** and access the template and guidelines, please go to: <https://worksafe.govt.nz/managing-health-and-safety/novel-coronavirus-covid-19/transitioning-from-alert-level-4/>

Businesses should carefully consider how to safely operate at each alert level based on their individual circumstances and we must prepare and plan to work under Level 3 now.

More resources and information on transitioning to Level 3 can be found at:

<https://covid19.govt.nz/latest-updates/new-zealand-be-at-alert-level-3-from-tuesday-28-april/>

<https://www.business.govt.nz/covid-19/workplace-operations-covid-19-alert-levels>

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-current-situation/health-and-disability-services-alert-level-3>

Sincerely

Liz Pennington and the National Office team

Members Advisory

Saturday, 25 April 2020



Resources available during Level 4 Part 2

Kia ora

RWNZ continues to receive large volume of emails and updates as we prepare and plan to move to our Level 3 response to COVID-19. With that in mind, we have pulled many of these together into one large Members Advisory and are providing links so you can access the information which is of interest or relevant to you.

Returning to work at Level 3 - Health and Safety Level 3

The **Worksafe** website has guidelines and a template for preparing a COVID-19 Plan to assist employers fulfill their Health and Safety obligations when reopening businesses at Level 3. You can view this information **HERE**.

Assistance for those affected by drought

Drought conditions across several regions means that pasture covers, stock condition and feed supplements are below average for this time of year. Have you started your winter feed planning now?

Pasture covers in Northland, East Coast, Hawkes Bay/Wairarapa, North Canterbury and Marlborough are down compared with a 'normal' year and available supplements are limited.

There is a **FREE** feed planning service available to help you with planning. Call either:

*Beef + Lamb: 0800 BEEFLAMB (0800 233 352)
or DairyNZ 0800 4 DairyNZ (0800 4 324 7969)
or if you're not strictly drystock or dairy try 0508 AGFIRST*

You do NOT have to be drought-affected to use this free service, and it's open to lifestylers as well as farmers. So make that call today or visit **<https://www.mpi.govt.nz/dmsdocument/40082-getting-support-with-your-feed-planning-pdf>**

Updates on drought and useful links around drought are here: **www.mpi.govt.nz/protection-and-response/responding/adverse-events/support-during-a-drought/**

To view this week's issue of Getting through the Waikato Hauraki Coromandel Drought, please click [HERE](#)

The Ministry for Primary Industries has provided a range of advice for Primary Sector businesses preparing to work at Level 3. Please click the links below for further details:

[List of businesses and service suppliers that can operate under Alert Level 3.](#)

[MPI's safe work practices for operating in Alert Level 3.](#)

[MPI's FAQ on operating in Alert Level 3.](#)

[MPI's dedicated COVID-19 website.](#)

Please feel free to share this information widely with those who may need it.

ThroughBlue Support group for women with experience of depression

[ThroughBlue](#) is now **offering support groups online** to all women in New Zealand that might be suffering from anxiety and depression in these difficult times.

They have provided successful women's support groups for depression and anxiety for over 18 years in Wellington and are a fully funded registered charity.

With more people seeking advice on how to cope with stress and anxiety during the lock-down and the Covid19 pandemic, their groups ensure no one is left sitting in silence at a time that they want to be connected.

The groups are run by qualified counsellors (Bachelor of Counselling) and they lead a student counsellor from our partnership with WelTec's student placement programme. So, there are two counsellors running every group to ensure the well-being and safety of all attendees.

Their counsellors teach clinically proven, evidence-based techniques to manage depression and anxiety.

In a nutshell:

Online - ThroughBlue is now an online support group. To join just fill out the form [HERE](#)

Time - Monday 6.30pm and Friday 12.30pm

Format - group format starts with a meditation, then a sharing round where each woman shares 'what's on top' (facilitated by our counselor), a break, then a workshop on managing depression and anxiety (run by our counsellor) and the final closing round.

Cost - 5 sessions are paid for in advance: \$25 for unwaged and \$50 for waged. As always, if you have any problems meeting this cost, please come to us and we can arrange something with you.

If you know of anyone who might benefit from additional support in these tough times please forward this information to them.

Cyber-security and safety online

Government guidelines have emphasised the need for contactless and online payments during New Zealand's response to COVID-19. We have received information from the Computer Emergency

Response Team on how to identify and protect yourself against cyber threats. You can view this information [HERE](#).

For more information on keeping yourself safe online and report any concerning incidents please visit the Netsafe website [HERE](#)

Hunting

Hunters will be able to hunt on private land with special restrictions when New Zealand moves to Alert Level 3, but not on public conservation land. From next Tuesday morning, hunters can hunt locally - as long as they have the landholder's permission and stick to the rules. You can read more about the rules regarding hunting under Level 3 [HERE](#).

For information on travel and transport in Alert Level 3 [visit this link](#) to the COVID19 website.

Message from the Office for Seniors

One thing that might be useful for you to know is a change made under the Emergency Preparedness Act as of 17 April to allow for the witnessing of oaths and declarations via an audio-visual or audio link. This change is in force during the Epidemic notice period as it isn't possible to do this in person. There are a number of associated requirements so people should contact their lawyer in the first instance.

NZSO concerts over ANZAC weekend

The New Zealand Symphony Orchestra continues to provide beautiful music and invite listeners to join them for three concerts this weekend at NZSO ENGAGE@Home. There are concerts on Saturday and Sunday. These concerts are free and online at live.nzso.co.nz

For more details of the programme for the weekend please visit the NZSO website [HERE](#)

Information re vehicle and driver licence during COVID

The Cabinet has agreed to extend all expired licences by up to 6 months, by way of a Rule change. The amended rules came into force on Wednesday, 15 April. The change applies to any licences that were due to expire from 1 January (unless they were otherwise already revoked), and applies for a period for up to 6 months. It applies to

- 1) WoFs and CoFs and driver licences that expired on or after 1 January 2020.
- 2) Other vehicle certifications which expired on or after 1 January 2020, including alternative fuel inspection certificates, permits authorising use of vehicles with conditions, and heavy vehicle specialist certifications of towing connections and log bolster attachments.
- 3) Endorsements (including drivers of small and large passenger services and dangerous good endorsements held by some truck drivers) that expired on or after 1 March 2020.

4)The legislative changes also allow a temporary suspension of the requirement to have a current vehicle licence if the vehicle licence expired on or after 1 January 2020.

Drivers over 75 is can continue to drive using their existing licence, as the term of the licence has been deemed to have been extended until further notice.

You can find a summary of the changes here: <https://www.nzta.govt.nz/about-us/coronavirus-disease-covid-19-services-update/frequently-asked-questions/rules-changes-general-faqs/>

Once we start adjusting back to business as normal, the Transport Agency will set expiry dates for these documents, which could extend up until 10 October 2020. They will advise these dates to ensure you have plenty of time to get your documents compliant. Please check that your correct contact details which you can do online by visiting the Transport Agency website [HERE](#).

#PlantASeedForSafety Project

The #PlantASeedForSafety Project is a space where women can share positive stories about health, safety and wellbeing in their rural communities and the agriculture, food and fibres sectors.

The Project aims to boost women's confidence in their ability to influence positive change and to inspire others to make safer, healthier choices.

Agriculture records the highest number of deaths in all industries in New Zealand, taking almost 20 lives a year in work-related incidents and contributes to many, many more injuries.

The #PlantASeedForSafety Project wants to share practical solutions from others, to shift the conversation around health and safety – because a bit of paperwork or taking a 'box ticking' approach to compliance doesn't inspire people to think differently, or to invest energy in changing the way they've always done something.

Aotearoa New Zealand needs a social change in attitudes towards health and safety, and the #PlantASeedForSafety Project knows that rural women are the key agent to drive that change forward.

So far they have the likes of Harriet Bremner, Elle Perriam, Sarah Perriam, Mairi Whittle and many more rural women based in all parts of their communities and the agriculture, food and fibres sectors on board.

#PlantASeedForSafety is the brain child of Australia's Alex Thomas and has already been rolled out Australia wide, with intentions to go global. She was the winner of the 2018 AgriFuturesTM Rural Women's Award (SA) and also the 2018 SafeWork SA Augusta Zadow Award.

The #PlantASeedForSafety Project will launch on Monday, 4 May.

Message from the Ministry for Women

Land Information New Zealand are seeking nominations for their Valuers Registration Board which oversees the registration and professional discipline of valuers.

To find out more or to apply email nominate@women.govt.nz

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Liz Pennington and the National Office team

Regional Services

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