

SAFE

*good people
doing
good things*



NEW ZEALAND
RED CROSS
RĪPEKA WHERO AOTEAROA

COVID-19

we are united



KIA ORA,

Over the past few months, we've experienced something very few people could have ever predicted.

A global pandemic has swept across the world, affecting millions of lives in irreversible ways. COVID-19 has changed almost every aspect of how we, as a nation and a global community, live.

New Zealand Red Cross has faced hundreds of disasters over the decades, yet the COVID-19 situation has presented unfamiliar challenges. In the face of these new challenges, we have shown that here in Aotearoa we are capable of unity and teamwork. To every New Zealander, thank you.



As a Red Cross whānau, we've supported Kiwis affected by COVID-19 in numerous ways. We were there from the very beginning, at the first COVID-19-related response in New Zealand, providing welfare support to people quarantined at Whangaparāoa after returning from Wuhan, China. As the virus reached our shores and Aotearoa went into lockdown, we've continued to assist on the front lines of the response, deliver Meals on Wheels to vulnerable people and support former refugees. Over the past few months, Red Cross people have shown that they are truly here for good, and I'm incredibly proud of what we've achieved.

As you read the stories in this COVID-19 edition of RED and get a glimpse of what we've been doing, I hope you'll be inspired to do good in your community too.

We know that the threat of COVID-19 remains. We also know that we and all Kiwis are ready to face this threat.

In Aotearoa and around the world, Red Cross will continue to support people in need – wherever they may be and whatever they may face.

Ngā mihi,

A handwritten signature in blue ink, which appears to be 'Niamh Lawless'. The signature is fluid and cursive.

Niamh Lawless
SECRETARY GENERAL



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COVID-19 responses around the world



Who are we?

New Zealand Red Cross is part of the largest humanitarian network in the world – the International Red Cross and Red Crescent Movement. We’ve been helping in New Zealand since 1915.

We’re helping Kiwis every day - whether that’s providing a hot meal, helping former refugees rebuild their lives or engaging with local communities to be better prepared for an emergency. And, right across the world, we help people affected by disaster and conflict. Our mission? To improve the lives of vulnerable people by mobilising the power of humanity and enhancing community resilience.

Our Fundamental Principles

- Humanity
- Impartiality
- Neutrality
- Independence
- Voluntary Service
- Unity
- Universality

Read more about them at redcross.org.nz/about-us/what-we-stand-for.

Whangaparāoa guests,
Lily Gao and her
daughter Ellis, with
Red Cross disaster
response volunteer,
Nicky van Praagh



Bringing 'Sunshine ON COLD WINTER DAYS' TO PEOPLE IN QUARANTINE

Weeks before New Zealand headed into lockdown, Red Cross volunteers were already supporting people impacted by COVID-19, offering comfort, care and friendly ears to Lily and 157 other evacuees from Wuhan, China.

At a time when COVID-19 was a far-off threat for most Kiwis, Lily Gao had already come face-to-face with the uncertainty and stress of the new virus. Lily was 13 weeks pregnant and was travelling with her two-year-old daughter, Ellis, when they were caught in the COVID-19 outbreak in Wuhan, China, earlier this year.

Lily is a Chinese Kiwi originally from Wuhan. She and Ellis were visiting family in January when the entire city was ordered into lockdown because of the rapid spread of COVID-19. Lily was chosen to board the first flight evacuating people back to New Zealand.

“When I was in Wuhan and we heard that the virus broke out, it was scary. We were not sure the hospitals would be able to look after us if we got sick. We were there for a month, in lockdown,” explains Lily.

After landing in Auckland on 5 February, their long journey home wasn't over yet. Lily, Ellis and 156 other evacuees went straight into quarantine for 14 days at the Defence Force training base in Whangaparāoa,

north of Auckland. This was the first COVID-19-related response in New Zealand, and Red Cross volunteers were there right from the beginning.

None of the Whangaparāoa guests had been able to prepare for two weeks of self-isolation, and luggage allowance had been restricted for their flight back to New Zealand, so the first thing our disaster response volunteers did was listen to what people were missing and work with other agencies to meet their needs.

“When we arrived, a kind lady asked me what we needed. I said my daughter only has winter shoes. So, the next day,



Red Cross disaster response volunteer, Monica Bearsley



Ellis learns how to use her mask, with her mum Lilly and Nicky

they brought summer shoes for her. They also brought basic things like shampoo, conditioner, towels and tissues, as well as toys and books,” shares Lily.

“One of the lovely Red Cross volunteers asked me if I had any concerns. I said I was a little bit worried about my pregnancy because my daughter was making me very tired and I felt quite stressed from the journey back to New Zealand.

“After communicating with me, the Red Cross volunteer invited a midwife to come and see me. What thoughtful and warm-hearted people! I never expected to get looked after so well by these people I have never met. After the midwife came, I felt a lot more secure because I knew my pregnancy was fine.”

Nicky van Praagh, one of our disaster response volunteers, remembers Lily well.

“Lily was quite anxious about both Ellis and her pregnancy. But once she’d seen the midwife, she appeared to be a lot less stressed. I could see that she was wandering around

the camp with Ellis in a stroller and just looking a lot happier.”

Experiencing an event like COVID-19 can be scary, stressful or worrying. These reactions are normal but can manifest in many different ways, which is why our disaster response volunteers are trained to provide psychosocial support. An important part of this support is hearing people’s needs and concerns.

“Because we are trained in psychological first aid, we have the skills to be able to listen,” says Monica Bearsley, another Red Cross volunteer at Whangaparāoa.

“People were in a situation where they felt vulnerable, concerned, stressed and worried, and our team was there to listen, take it in, then take action.”

A total of 19 disaster response volunteers were deployed during the 14-day quarantine period, volunteering well over 900 hours. They set up an information hub for guests, coordinated the distribution of food and other items, checked in with guests daily, set up

Zumba and yoga classes, and marked Chinese New Year and Valentine’s Day. The support Red Cross volunteers provided was varied and personalised.

“I really appreciated Red Cross’ help. Red Cross volunteers took a risk to look after us. I cannot say thank you enough,” says Lily.

“They did their very best to help us through daily life, as well as taking note of our emotional wellbeing. They’re good-natured and warm-hearted, like sunshine in the cold winter days.”

HOW TO HELP:

You don't have to be an expert to provide emotional and practical support to friends and family, but training can help. Call **0800 RED CROSS** to book your psychological first aid course.



Vera Farrant

THE MEALS ON WHEELS KEEP COMING



While most Kiwis stayed at home during COVID-19 Alert Level 4, thousands of dedicated Meals on Wheels volunteers stepped up to keep meals coming to people in need.

Wonderful news

Moving into lockdown didn't come at the best time for 89-year-old Vera Farrant, a Meals on Wheels recipient who lives in Hamilton. Her mobility was recently reduced due to a change in her health

condition, and Vera had just put everything in place to move into a retirement village unit when the country went into lockdown.

"It was wonderful news to find that the meals were continuing," says Vera. "I felt very relieved, and for the community as well, because they play such an important role. We always know Red Cross will do what they say they will do."

Vera has been receiving Meals on Wheels on and off for many years, accessing the service when she has needed support. Meals on Wheels is our longest-running service, delivering a hot meal to people who are unable to cook, less able or recovering

from an illness.

"I would normally act as if I didn't have mobility issues and try to cook, but when my situation really changed, I knew where I could get my meals," explains Vera.

While our volunteers have been maintaining physical distance during deliveries, they continue to connect with the people they are delivering to by stopping and having a chat.

Brooklyn Wilson, a disaster response volunteer who has stepped in to help with Meals

on Wheels, explains how volunteers have been checking in with recipients.

“We’re noticing that a lot of recipients are quite scared or they’re just unsure about the current climate. So, while we’re out giving these meals to people in our community, we’re also providing psychological first aid. That means making sure everything is going okay, and that they are feeling calm and collected.”

Stepping up to help out

Brooklyn isn’t the only person who has stepped up to help keep the meals coming. More than 300 people, including Red Cross volunteers from other areas and Kiwis who haven’t volunteered with us before, helped us to continue this service at a time when many of our regular volunteers were cheering us on from home.

“I did wonder what would happen to Meals on Wheels [when the lockdown was announced], but then I very quickly found out it was being re-staffed with younger people,” says Vera. “There were so many dear sweet volunteers

in the older brackets, who are always so kind and loving.”

But Vera need not have worried. While our valued volunteers aged 70 and over had to stay home, thousands of people rallied together to ensure that the service continued.

Another of the volunteers who stepped up to help is Donna Sanchez. Donna was very close with her grandparents and says the years she spent with them remind her of the importance of caring for the older generation.

“If my grandparents were still alive today, I’m sure that they would be safe and well with family members inside their bubble to support them not only physically, but also emotionally. I don’t think all elderly people are as lucky as they would have been,” Donna shares.

“By volunteering to help Meals on Wheels, I hope to lessen that feeling of isolation among vulnerable people in our community who rely on this service.”

Aside from bringing a meal, Donna gladly takes the time to interact with the people who she delivers meals to.

“I hope that the simple smile, friendly greeting and small talk I offer might somehow help brighten up their day. Most of the people I deliver to eagerly wait by their window, and you can see their faces light up.”

More than a meal

Both volunteers and recipients agree that providing meals to people in need is only part of the service. It’s also about the time spent connecting and checking in with people who might be especially isolated or vulnerable.

Jean Archbold has been helping at New Zealand Red Cross for more than 15 years. She knows how important the social connection is for people who receive the meals.

“Some of the people we serve don’t see many people during the day, so I’d also like to think that me saying ‘hi’ and having a short chat with them somehow contributes to making their day brighter.”

Vera agrees that these conversations are one of the best parts of Meals on Wheels.

“When you’re on your own, you really appreciate the visits,” Vera says.

DONATE

Become a monthly donor and support our work 
redcross.org.nz/donate.

Donna Sanchez





Lavina Anderson



Katrina Meads



Kerry Webb



Oliver Todd



James Newton from the Disaster Welfare and Support Team in Whanganui

Helping ON THE FRONT LINE AND OVER THE PHONE



From Whangarei to Invercargill, our disaster response teams have been helping Kiwis stay safe and well during COVID-19. While some volunteers are on the physical front lines, others are on the phone, providing support to people who are staying at home.



Maggie Jack (left) receives her food parcel, delivered by Thor Halidone

Help during testing times

Krystal Boyes leads the Disaster Welfare and Support Team (DWST) in Whanganui, which has been helping at the local community-based assessment centre. She says the work is varied but consistently busy.

“We are there to make the job of the medical staff easier and faster,” explains Krystal. “We help with traffic control, getting people to complete the questionnaire and cleaning equipment between each person.”

Aside from the practical tasks, Krystal and the team are also putting their psychological first aid skills to work by taking the opportunity to check on people’s welfare.

Juan Coffey, the Whanganui team’s deputy leader, says he has seen several people who are anxious and distressed come through the centre, and he and the team have spent a lot of time helping to ease people’s fears.

“There’s a lot of high anxiety, as you can imagine,” says Juan. “We have been applying a lot of psychological first aid to help lower anxiety levels.”

Looking after each other from afar

Around 11,000 amazing members and volunteers make up our New Zealand Red Cross whānau, delivering meals, helping new Kiwis settle in Aotearoa and supporting people before, during and after a disaster.

When Aotearoa moved to Alert Level 4, thousands of our volunteers who were immuno-compromised or aged 70 or over stepped down from their regular duties. To keep these people feeling connected, other members have been reaching out to them over the phone.

“The Phone a Friend team has been calling for a chat and a check-in on how people are managing during the lockdown,” explains Pip Mabin, New Zealand Red Cross’ Psychosocial Support Advisor. “With thousands of our people supporting Red Cross from home, we knew it was important to make sure that they felt supported too.”

The impact of these calls has been felt across the country, with people expressing how valuable the calls have been for them. Sam*, who was finding the lockdown particularly difficult, said that the call put them at ease and encouraged them to find the help they needed.

“We caught Sam during a really hard time,” recalls Tamsyn Settle, a Disaster Welfare and Support Team (DWST) member. “They were struggling with the lockdown and just feeling really down.”

“Sam had nothing but kind words to say about us checking in with them. They said that how we listened and advised

was so amazing. The last time Sam had dealings with Red Cross was in the aftermath of the Canterbury earthquakes where we also helped them in an awful time.”

The team has made more than 7,000 calls to people across New Zealand, many of whom are living alone or unable to leave home.

Getting Katikati through lockdown

In Katikati, the Red Cross team has been delivering Meals on Wheels and food parcels and providing emotional support to people in need. With online ordering systems struggling to cope with demand, Red Cross and other community groups worked together to shop for and deliver essentials to people in need.

Maggie Jack, a recipient, says her food parcel was a joy to receive.

“To my surprise a Red Cross van pulled into my drive. My heart stopped,” says Maggie, who immediately thought something had gone wrong. “Then I realised it was my groceries. I felt excited yet humbled that I was having people come to serve me.”

“Unpacking was like delving into a Christmas stocking – it was fun checking items off my list,” says Maggie.

GET INVOLVED

Head to  redcross.org.nz/ volunteer to find out more.

Virtual — SUPPORT

offering comfort to former refugees

Red Cross volunteers and staff have been using video calling and messaging apps to support newly arrived former refugee families amid the ongoing COVID-19 response.

For Feshale, Atsede and their children, who settled in Christchurch just five days before the lockdown, the virtual support has brought comfort, friendship and vital information.

“I am always thinking of you. I hope we can meet up soon, so we can really get to know each other,” says refugee support volunteer Jacqueline to the new Kiwi family, via online video chat.

Jacqueline is one of five volunteers supporting the family settle in Christchurch. Their first meeting would usually be at the airport or at the family’s new home, but because of COVID-19 Alert Level 4 restrictions, they were only able to meet online.

Feshale, his wife Atsede and their eldest son fled Eritrea in 2008 when Feshale was forced to do his military service.

As a priest with the Eritrean Orthodox Tewahedo Church, his religion forbids fighting and carrying a weapon, and the only way for him to avoid having to join the military was to leave his home country. The family lived in a refugee camp in Ethiopia for 12 years, where they had three more children.

Feshale’s family eventually settled in Christchurch in March 2020.

“When we heard we were coming to New Zealand, we were very happy, because in the camp, we couldn’t work and the kids couldn’t go to school. We didn’t know anything about New Zealand, but we knew it was a better place,” explains Feshale.

The recent lockdown has meant new families could not

attend the usual orientation sessions organised by Red Cross to help them settle in their new community. However, with the help of technology, our staff across the country have found innovative ways to support them.

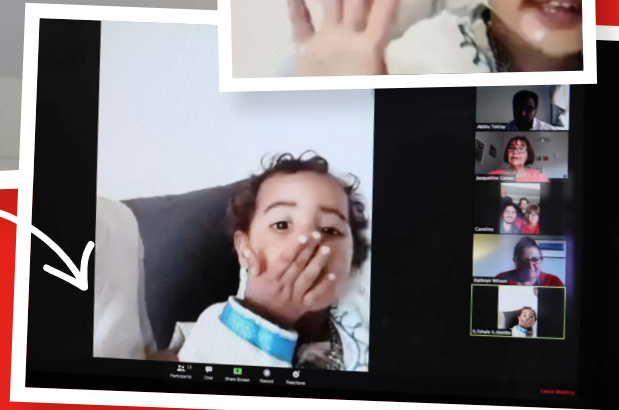
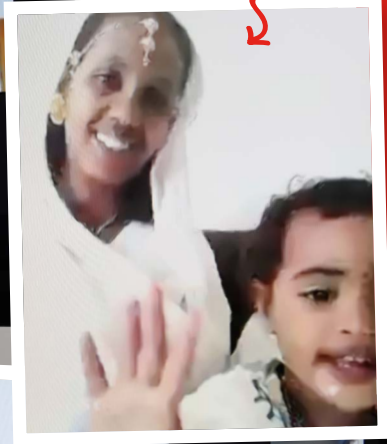
“The lockdown has made it difficult, but not impossible,” explains Aklilu Habteghiorghis, our Settlement Lead worker in Christchurch. “One of the first things we did with families before the lockdown was to ensure that they had group messaging and video calling applications set up on their phones and knew how to use them.”

“We’ve got WhatsApp groups to send translated materials about COVID-19 and government updates. We also organised presentations through video apps, so the families learn all the important information.”



Virtual meeting with Feshale and Atsede's family and their Red Cross volunteers

Atsede and Selam saying hello for the first time to their Red Cross refugee support volunteers



17-month-old Selam blowing goodbye kisses to her volunteers

For Feshale, the information he learnt through a video call with his caseworker, Aklilu, was very useful.

“We learnt about emergency services and we were told to dial 111 and what to say in an emergency. It was very clear and good information,” explains Feshale.

Physical distancing, not social distancing

Each newly arrived family is matched with a team of volunteers tasked to support them as they settle in the community. This may include taking them for their grocery shopping, explaining how to pay bills, enrolling with the doctor and showing the children their new school.

Volunteers often become former refugees’ first Kiwi friends. With the restriction around COVID-19 Alert Level 4, our volunteers and the new Kiwis they’re supporting have found ways of overcoming the challenge of physical distance.

For Feshale and Atsede, that meant organising an online call with their volunteers to celebrate Easter. In other parts of New Zealand, volunteers are using video calling apps with families to read bedtime illustrated stories to children, share photos of their daily activities and recipes, or simply

check in to ensure their new friends are not feeling alone.

“We’ve received a lot of support from Red Cross staff and volunteers. Whatever we needed, they were there. They check in with us regularly and listen to us. There’s nothing we’re missing, but we’d like to meet our volunteers face-to-face soon,” says Atsede.

VOLUNTEER

Become a refugee support volunteer  redcross.org.nz/volunteer.

DOUBLE

DISASTER:

Responding to Cyclone Harold during the COVID-19 pandemic

In early April, as the whole world faced the threat of COVID-19, Cyclone Harold battered some of our Pacific neighbours, causing extensive damage to infrastructure and crops.

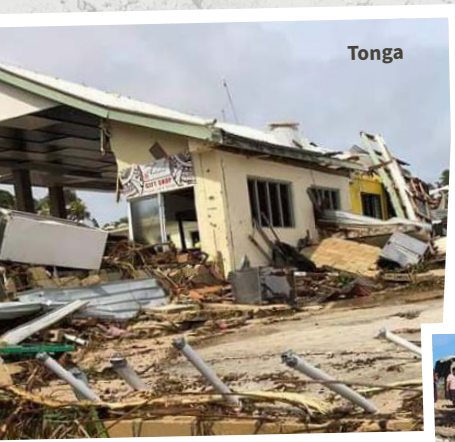
Among the worst hit was Vanuatu. The Category 5 cyclone, the strongest cyclone in the region since Cyclone Pam in 2009, left a trail of destruction that affected more than 127,000 people. It's estimated that 90 percent of housing in some areas was affected.

At the time of Cyclone Harold, Vanuatu was already dealing with immense humanitarian challenges. Vanuatu Red Cross was working hard to conduct COVID-19 awareness and hygiene promotion campaigns and had scaled up their extensive volunteer network throughout the country to support the needs of people affected by it. Aside from preparing for COVID-19, the country was also dealing with ongoing volcanic eruptions and flooding.

The International Federation of the Red Cross and Red Crescent Societies (IFRC) allocated an additional US\$675,000 from the Disaster

Relief Emergency Fund to boost the ongoing emergency response operations of Vanuatu Red Cross. These funds will mean 5,050 families are provided with emergency shelter needs, non-food relief items, water, sanitation and hygiene promotion.

Thanks to the generosity of our donors, New Zealand Red Cross was able to augment the IFRC contribution by sending parcels of essential non-food items to Vanuatu to help cyclone-affected communities. These parcels included tarpaulins and toolkits to help people build emergency shelters, and some essential household items like kitchenware, water containers, solar lamps and mosquito nets.





Mozambique Red Cross Society helps raise awareness about COVID-19 among vulnerable groups in the community.



Kenya Red Cross Society promotes proper handwashing to mitigate the risk of COVID-19 transmission.

COVID-19

responses

around the world

Take a look at how Red Cross Red Crescent staff and volunteers around the world have been hard at work preparing for, and responding to, COVID-19.



Georgia Red Cross delivers food parcels and hygiene products to vulnerable individuals who are self-isolating.



Italian Red Cross volunteers help build a temporary camp for people who don't have anywhere to self-isolate.



Bangladesh Red Crescent Society volunteers go door-to-door in Cox's Bazar camps to disseminate information on COVID-19.



Her journey to New Zealand as a refugee hasn't been an easy one but today, as a chef for Compassion Soup Kitchen and an essential worker during the COVID-19 lockdown, Suzanne* has found her purpose feeding hundreds of people in need in Wellington.

There's something about Compassion Soup Kitchen in Wellington that makes you feel welcome as soon as you walk in the door. From the warm, smiling staff, the delicious smell of freshly cooked food and the happy buzz of the dining room, Compassion Soup Kitchen is a hang-out for Wellingtonians experiencing challenges or simply looking for company.

The kitchen is where the magic happens. From outside, a noisy din of trays sliding, water running, fast chopping and

laughing can be heard. Inside, a team of women is preparing to cook hundreds of meals.

On the menu tonight is cheesy pasta and salad, prepared by Suzanne, with special elements from her Colombian heritage including "un poco de amor" (some love).

Suzanne is a former refugee from Colombia who fled to Ecuador with her three children in 2010. She has been building a new life in New Zealand for more than four years.

“Since the day we landed in New Zealand, I have enjoyed everything that has happened in my life,” shares Suzanne.

“I've had a very difficult and complicated life before. I have been abused since I was a little child, from the time I was in Colombia until I was in Ecuador. Being in New Zealand has been an experience like being reborn, because we had many problems prior to coming here.”

Meaningful work

For many former refugees like Suzanne, finding employment plays an important part in feeling at home in New Zealand. Employment offers more than just financial security, it also brings hope, pride and a sense of giving back to the country that welcomed them.

New Zealand Red Cross' Pathways to Employment programme supports new Kiwis on their career journey and helps hundreds of people find work every year. The Wellington team helped Suzanne find a job which combined her cooking skills and passion to help people.

"This job absolutely delights me because I love cooking, I love food, I love giving a gift back to people, and the gift that they give in return is their smile," says Suzanne.

"My family has been thoroughly blessed by everybody who has been involved in our life in New Zealand. From the Red Cross volunteers to the staff and the people here, we are truly blessed."

Working through COVID-19 Alert Level 4

Suzanne became an essential worker during Alert Level 4, as Compassion Soup Kitchen was allowed to keep their doors open. Suzanne's shifts increased to support the rise in the number of people coming through every day.

"Since the lockdown, we have

split into two groups. We have been working with great care, wearing protection and taking all the precautions. Obviously, there's still a need to carry on with the service because there are many vulnerable people to serve and there has been an increase in demand over the past few weeks," explains Suzanne.

While Suzanne and her team normally cook around 125 meals every day, recently that number has climbed to 185. Suzanne has enjoyed coming to work and being there for Kiwis in need during this tough time.

"I'm very happy to be helping. In fact, they are helping me, because they give me purpose and help keep my mind off coronavirus. I think it's a beautiful way to give," says Suzanne.

Suzanne is one of the many former refugees who has had a difficult journey to New Zealand, but an incredible strength to persevere. At the close of another busy but fulfilling day in the kitchen, Suzanne reflects:

“My message is for women, women who have had a really hard life, who have got stains in their past – never stop dreaming that your life will become better. Your life will be better, just don't stop dreaming.”

**Name changed to protect privacy. 'Suzanne' was the founder of Compassion Soup Kitchen and an inspiring woman to the Suzanne of this story.*



Offer a job to a former refugee
[redcross.org.nz/pathways-employment](https://www.redcross.org.nz/pathways-employment)





NEW ZEALAND
RED CROSS
RĪPEKA WHERE AOTEAROA

Our work, in numbers

As at June 2020

MEALS ON WHEELS



11,500

meals delivered weekly

33

locations



3,000

volunteers

“We know that people may be feeling particularly isolated at this time ... our volunteers are checking in with meal recipients from a distance to keep each other safe.”

DISASTER RISK MANAGEMENT

3,200+

people directly assisted



Psychosocial and practical support across the country

130+

disaster response volunteers deployed



22

disaster response teams are responding to needs in their community



Regular check-in with

358

refugee-background families



1000

refugee support volunteers around the country

130

people continue to receive trauma recovery support remotely



103

families receiving **extra support**

“Every time an update comes out, we translate it and get it out into the hands of people who need it.”



15 languages translated information about COVID-19



National mail drop

of wellbeing messages, in partnership with NZ Post



“Research shows that social support is the number one protective factor for individual and community wellbeing during and after emergencies. We’re working with our partners to make sure as many people as possible have access to the support they need.”



COVID-19 wellbeing resources available to

download



Distributed **psychological first aid guide**



Our disaster response volunteers at Whangaparāoa



Auckland/Northland

- Supporting quarantined guests at Whangaparāoa
- Sending wellbeing letters to spread kindness to people feeling isolated in retirement villages in Auckland

SNIPPETS FROM THE REGIONS

New Zealand Red Cross people are doing amazing work all over Aotearoa. Check out what's been happening in the regions.

Alex, 8, drew a picture of his neighbour Phillipa, a Meals on Wheels volunteer in Taranaki



Ryan Knofflock, one of our disaster response volunteers in Taranaki, delivered Meals on Wheels during lockdown



Taranaki/Manawatu-Whanganui

- Supporting at the community-based assessment centre in Whanganui

Waikato/Bay of Plenty

- Shopping for and delivering groceries to people in Katikati
- Delivering food packages to vulnerable people in Rotorua



Daniel Wilks in Katikati

Gisborne/Hawke's Bay

- Delivering medical supplies and groceries to people unable to leave their home during lockdown

Members of the Disaster Welfare and Support Team in Hawke's Bay



Our Meals on Wheels volunteers in Hastings show what two-metre physical distancing looks like at the meals collection point during the Alert Level 4 lockdown



Wellington/Wairarapa

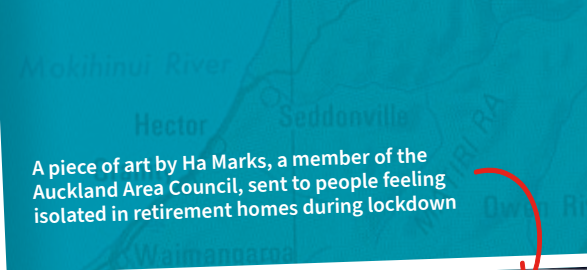
- Supporting food delivery requests
- Knitting winter warmers for the community



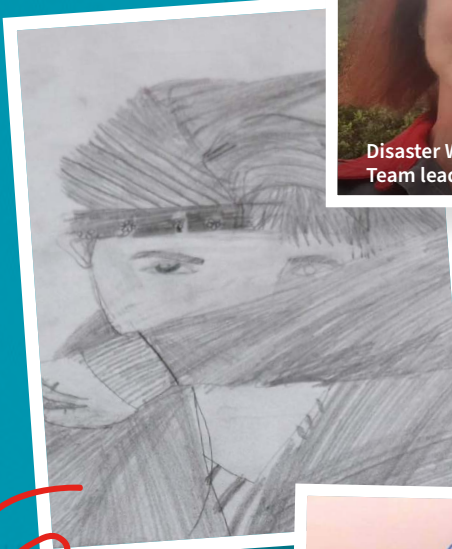
Donna Sanchez steps up to help deliver Meals on Wheels in Masterton after most of our volunteer drivers who are more vulnerable to COVID-19 had to stand down during the lockdown



Before lockdown - Refugee support volunteer Elena, Thang Lam, Vung Deih Cing, Niang Khan Lun & volunteer Sue at Nelson Airport



A piece of art by Ha Marks, a member of the Auckland Area Council, sent to people feeling isolated in retirement homes during lockdown



Disaster Welfare and Support Team leader in Nelson Jill Southon

A former refugee child, Asma, made this drawing of her family in their bubble in Dunedin



A drawing of a person sneezing into their elbow, made by 12-year-old Julia, a former refugee from Syria, now living in Dunedin



Nelson/Tasman/ Marlborough

- Logistics and support at campgrounds in Nelson
- Assistance and support to campers in Blenheim

Canterbury/West Coast

- Assisting with grocery deliveries in Kaikoura
- Screening visitors to local medical centre in Greymouth
- Providing warm winter clothing for Kiwis who have returned from overseas and are in quarantine in Christchurch

Otago/Southland

- Assisting at drive-through influenza vaccination stations in Dunedin
- Delivering groceries and blankets, chopping firewood and washing laundry for elderly in Invercargill

MEMBER SPOTLIGHT

Thousands of dedicated Kiwis make up our New Zealand Red Cross whānau. Tauranga Branch President and Meals on Wheels coordinator Barbara McComb is one of them. She talks about her work with Red Cross.



What does your role as a Meals on Wheels coordinator involve?

The role is very people-focused, with the primary objective of ensuring vulnerable people in our community receive their meals and that they have regular social contact with our wonderful volunteer drivers. To ensure this runs smoothly it relies on good people, robust communication and

organisational skills. During the COVID-19 lockdown it involved a lot of resilience with change, which I can say our wonderful volunteers and the general public showed in abundance. This was greatly appreciated by all.

What inspired you to get involved?

Red Cross has a fantastic reputation worldwide and I enjoy working with people involved with charitable organisations as they are generally so positive and passionate about what they

are doing. So, I thought it was a good match for me – I want to help and make a difference.

What do you know now that you didn't when you started volunteering?

How Meals on Wheels works in our community, the Red Cross volunteer hours involved and what such a wonderful service it is!

What is your favourite part about being a Red Cross member?

Knowing that I am making a difference.

Try our new shopping options

If you're short on time or your local Red Cross Shop is too far away, we think you'd enjoy the new remote shopping options we have to offer.

Five of our Red Cross Shops are now listing items for sale via TradeMe, so you can now shop from the comfort of your home! If you prefer a chat and a personal consultation, we'd still love to see you in our Red

Cross Shops, or you can call us and we can sell you items over the phone.

To find out more about these new shopping options we offer, or to get the links to our official TradeMe accounts, visit our website [redcross.org.nz/red-cross-shops](https://www.redcross.org.nz/red-cross-shops).

We always look forward to providing you with a great shopping experience.

See you soon!

**RED CROSS
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WE'RE BACK!

First Aid

Our face-to-face classes are back, and we are here to help you get Red Cross ready in a safe environment.

From Essential First Aid for business and individuals to Mental Health & Wellbeing, we have a range of courses to meet all your needs.







We are taking important steps to make sure that our first aid training is safe and adapt how we run our classes according to the Government guidelines around COVID-19 alert levels.

To book your course or find out more about our training options,  head to redcross.org.nz/firstaid.

If you'd like to find out more about our virtual training options, you can contact firstaid@redcross.org.nz.



GET INVOLVED

-  [Join today at redcross.org.nz/get-involved](https://redcross.org.nz/get-involved)
-  Volunteer with us
-  Learn first aid
-  Donate
-  Leave a lasting gift in your will
-  Fundraise to help others

Join the conversation


Follow us on Facebook, Twitter and Instagram for all the latest New Zealand Red Cross news and updates.

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HOW TO HELP:

 Head to redcross.org.nz/volunteer to find out more.



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