



Your Local Neighbourhood Support Newsletter

Lower Hutt Neighbourhood Support

October 2025: Prepared for anything

Dear Lower Hutt Neighbourhood Supporters,

We know that connected and prepared communities handle emergencies better than those without a plan. This month, we're encouraging everyone to take a few simple steps to get ready - whether it's learning first aid, stocking up on essentials, putting together a grab-and-go bag, or making a neighbourhood plan.

Joining or starting a Neighbourhood Support group is a great way to stay in touch, share ideas, and support each other no matter what comes our way.

New Zealand's national earthquake drill and tsunami hikoi, **ShakeOut**, will be taking place on Thursday 16th October

Let me know what's happening in your area - email huttns@gmail.com link to socials: <https://linktr.ee/huttns>



“When I was a boy and I would see scary things in the news, my mother would say to me, ‘Look for the helpers. You will always find people who are helping.’”

— Fred Rogers
(Mister Rogers' Neighborhood)



Creating safe, resilient, and connected communities.

Shake Out

New Zealand ShakeOut is happening this month on Thursday October 16th!



Are you ready to Drop, Cover and Hold on October 16?

Drop, Cover and Hold is the right action to take in an earthquake. But what happens if you can't Drop, Cover and Hold or you're not inside?

🌳 If you're outside, move a few steps away from buildings, trees, streetlights and power lines. Then Drop, Cover and Hold.

♿ If you have a mobility impairment, Drop by getting as low as you can or Sit on a chair or something sturdy. If you use a cane, keep it near you so you can use it when the shaking stops.

🚶 If you use a walker or wheelchair, Lock, Cover and Hold. Lock your wheels and get as low as possible.

🛏 If you are in bed, stay in bed and pull the sheets and blankets over you. You are less likely to be injured if you stay in bed.

Check out the different ways to Drop, Cover and Hold at getready.govt.nz/drop-cover-hold

Mental Health Awareness - all year round



MENTAL HEALTH AWARENESS – ALL YEAR ROUND

Although Mental Health Awareness Week has passed, its message is relevant every day. Life's challenges can disrupt our usual routines—like exercise, socialising, or eating well—and this can deeply affect our wellbeing. It's a reminder to care for ourselves first: fill your own cup before helping others, and recognise that we're all doing the best we can. For support or more information, visit mhaw.nz or call 1737 to talk to a counsellor.



LIVING WITH ADDICTION

One member shared how relying on substances to cope can make life even harder - impacting finances, sleep, mental health, and the ability to work. Starting young can lead to cycles of addiction and setbacks, and while recovery is possible, it often comes with real challenges and risks. Their story reminds us how important understanding and support are on the path to healing. Going to the gym is one way to improve health and have an outside interest. Going to kapahake is another.



WALKING FOR WELLBEING

One member shared how daily walking has become their main source of wellbeing—averaging 6.5km a day and aiming for 2,000km this year. Being outdoors offers perspective: "no matter your woe, it isn't big enough to fill the sky." They also enjoy reading, writing, painting, and making models—creative activities that keep the mind focused and worries at bay.



FINDING STRENGTH THROUGH GRIEF

One of our members shared that after the heartbreaking loss of their granddaughter, staying active—especially walking in peaceful places - has been an important way to cope and support their mental wellbeing. Now 77, they remind us that if the "black dog" of depression returns, they won't hesitate to seek help from trained mental health professionals, even knowing how hard that support can sometimes be to access.



Upcoming community events & info

THE HOME OF LOWER HUTT CITY BUDGETING

MANAGING YOUR FAMILY FINANCES + MAKING A MONEY PLAN = WELLBEING

Free Services to all who need help

Balancing family life and money hassles can be tough.

Getting control of your money makes life better for everyone.

<p>PROGRAMS:</p> <ul style="list-style-type: none"> Whanau Connect Skills-2-live Financial Mentoring Kahukura Navigator 	<p>BUDGETING with SUPERGRANS:</p> <ul style="list-style-type: none"> Building Financial & Whanau Resilience Create a Money Plan Debt management plan Kiwi Saver Hardship applications Create a Savings Plan Life Skills Mentoring Ethical loan support (criteria apply)
--	---

admin@supergran.org.nz
04 566 9778
 MacKay House, Level 6
 92 Queens Drive
 Lower Hutt

FRUIT & VEGE: STILL WITHIN REACH

Fixed freight cost Community impact Lower overheads

Affordable kai Join the movement. Affordable kai

www.hauorakai.nz

Te Ara Toi
o Te Awa Kairangi ki Tai

Art Awaits: Follow the Trail

Saturday 18 and Sunday 19 October 2025

lowerhuttarttrail.co.nz
 Lower Hutt Artrail



Fire safety isn't just for firefighters

When visiting your friends and whānau, here's what you should look out for:

1 Check they have working smoke alarms

Press and hold the button to sound the alarm to make sure they are working. If not, replace them straight away. We recommend long-life photoelectric smoke alarms in every bedroom, hallway, and living area and at least one on each level of the house.

Check the date on their alarm to make sure it isn't expired. You can do this by looking on the side or bottom of the alarm (you may need to remove it from the ceiling or wall). If the smoke alarm is close to, or older than 10 years – replace it.

For the Deaf or hard of hearing. There are specialised smoke alarm systems which have features such as extra loud or lower pitch alarm sounds, flashing strobe lights or vibrating devices.

For more information about smoke alarms for the Deaf or hard of hearing, contact one of the organisations below:

Your Way Kia Roha

- Call: 0800 008 011
- Email: info@yourwaykioroha.nz

Deaf Aotearoa New Zealand

- Call: 0800 332 322
- Email: hello@deaf.org.nz

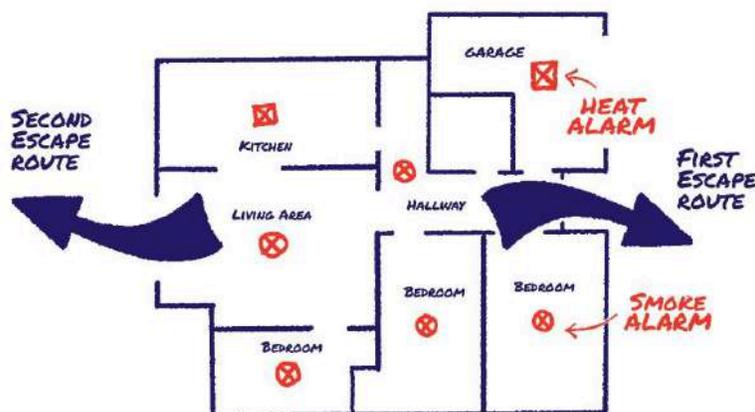
2 Check their escape routes

Ask them to show you how they'll get out in a fire and check those exits to make sure they are clear and easily accessible.

- They should have at least two ways out and a safe meeting place
- The safe meeting place should be located away from the house at the front of the property (e.g. letterbox), so they can safely call 111 from a distance and when firefighters arrive, they know all persons are safe.

For more information on how to help your friends and whānau to create a 3-step escape plan, go to:

escapemyhouse.nz



3 Be alert to home fire hazards

Prevent a fire before it starts by helping your friends and whānau to reduce the hazards in their home.

If you see something that looks unsafe, do something about it.

Did you know that one in four house fires start in the kitchen?

- Reduce the risk by making sure your loved ones' stove and rangehood filters are regularly cleaned and keep curtains and tea towels well away from the cooking area
- It is important that cooking is never left unattended.

Do you notice clothes or furniture too close to the heater when you visit?

- Heaters and indoor fireplaces should have at least a metre of clear space surrounding them while in use
- Ashes from fireplaces should be placed in a metal bin with cold water, and they should be cooled completely before disposing.



Look out for overloaded multi-boards in the home.

- At most, plug in one appliance per wall or multi-board socket
- Never plug a multi-board into another multi-board
- Make sure leads and cords are in good condition and are not frayed.

Check they are charging devices safely.

- Items such as phones should never be charged under a pillow or on the bed as they can overheat
- Once an item is fully charged, it should be disconnected from the charger.

Thank you for helping your friends and whānau to be fire safe.

For more information on what to look out for in the home go to:

[fireandemergency.nz/home-fire-safety/home-fire-hazards](https://www.fireandemergency.nz/home-fire-safety/home-fire-hazards)



Age Concern Wellington



[Age concern](https://www.ageconcern.org.nz) is an organisation we work with, supporting vulnerable over 65's in the community, and each month I will provide a link to Age Concern's newsletter. You can also find it on their website: <https://www.acwellington.org.nz> or if you want more information about Age Concern, call 04 4996646.

Police Information

Keeping Our Children Safe

New Zealand is generally a safe place to live, but we all share responsibility for protecting children in our families and communities. As the weather starts to improve (soon, hopefully!), children will be outdoors and in the community more often.

For parents, whānau, and caregivers:

- Listen to your child and take note of anything unusual.
- Know where they are and who they're with — only leave them with trusted people.
- Teach safe routes to and from school and encourage walking with friends.
- Stay connected with local parents and share contact details.
- Help children recognise and report unsafe behaviour.
- Encourage them to speak up and seek help from a trusted adult, teacher, or Police officer.

It's important to talk to children about what unsafe behaviour looks like — not just “unsafe people.”

Advice for children:

- Tell someone if you feel uncomfortable or unsafe.
- Leave the situation and trust your instincts. Keep asking for help until someone listens.
- Call 111 if something seems suspicious.



If you suspect harm to others:

- Ask gentle questions like “Are you OK?” or “Is someone hurting you?”
- Call Police if someone is in danger.
- Help them plan for safety and listen without judgment.
- Let them make their own decisions — offer support, not pressure.



Are you or someone you know interested in joining a Neighbourhood Support street group or even just receiving my newsletter by email?

Please email Kat huttns@gmail.com or link to my socials: <https://linktr.ee/huttns> or phone 021 770 594

