



Creating safe, resilient and connected communities.

# NAPIER NEIGHBOURHOOD SUPPORT

[www.neighbourhoodsupport.co.nz](http://www.neighbourhoodsupport.co.nz)

## *Kia Ora Neighbours!*

I feel like since the cyclone everything has stepped up a notch. Anyone else feel overwhelmed? Lets all focus on eating well, drinking lots of water, exercising, spending time with family and taking time out for our wellbeing.

### **What has been happening?**

We have completed the wind up of the society, one of the Napier Neighbourhood Support keystone founding members (Pat Macgill) passed away, we all had a cyclone, a number of amazing new group contacts have come on board for existing groups and a substantial amount of organised groups have found some time to have debriefs with their group following the cyclone.

It's times like experiencing a cyclone that the ongoing sustainable network that Neighbourhood Support provides really proves it's value. In the event of an emergency, your neighbours are your first responders. This realisation has brought on a surge of new groups and a refresh and restart of a number of existing groups.

Also post cyclone, we have had disability groups realise the importance of neighbourhood support, for example, during the cyclone there were staff stuck in Hastings and couldn't get across to check on their vulnerable members. We have been working with these organisations to connect their members with either existing groups or form new groups to ensure that there is a level of connection and support with neighbours during an emergency.

The priority for neighbourhood support is currently connecting and ensuring support for our vulnerable members of our community.

**Transfer to Napier City Council**

The benefit of transferring to Napier City Council is that we are able to work more collaboratively. The cyclone has helped to highlight areas where neighbourhood support may be most beneficial and it is exciting that we are working through how best this might look in collaboration.

As you will be aware, Neighbourhood Support has been under resourced for quite some time and new management is helping to work through how we can get the practical support and resources needed to ensure sustainability of Napier Neighbourhood Support.

Here is a link to our annual survey, if you wish to contribute any further ideas, we look forward to hearing from you - [Click Here](#)

**Group Debrief**

I have had a number of members ask what the benefits of debriefing are after an emergency. Debriefing can reduce the possibility of psychological harm by talking about what has happened; facts can be reviewed, misconceptions corrected, as well as valid and fair observations taken on board. Thus the information can be used to analyse the critical event and help prevent further untoward incidents.



If this is something that you are interested in, please reach out to your group contact person to help support and facilitate this to happen. Whether you would like to have an informal debrief i.e. chat about what worked well, what didn't and how it can work better in the future or make it a little more structured, a debrief at any stage is beneficial to further build connection and enhance wellbeing.

Please find following below some resources and information if your group would like to facilitate a more structured debrief;

- [Our Neighbourhood Resilience Plan](#)
- [Civil Defence Get Ready Information](#)
- [Log Into](#) GetsReady and Update your skills, needs and resources that you are happy to share with your group in the event of an emergency – [www.napier.getsready.net](http://www.napier.getsready.net)

JUNE 2023

For those needing help and support with updating your information on GetsReady, please reach out to your Group Contact person.

A message for our incredible group contact people; as always if you would like any help, support or have any questions, please reach out to me so I can help you out on either 022 362 2091 or [neighbourhood.support@napier.govt.nz](mailto:neighbourhood.support@napier.govt.nz)

Look Out, Reach Out, Help Out,  
Adrienne | Coordinator  
P - 022 362 2091  
[neighbourhood.support@napier.govt.nz](mailto:neighbourhood.support@napier.govt.nz)



NAPIER NEIGHBOURHOOD SUPPORT



JUNE | GET INVOLVED

NAPIER NEIGHBOURHOOD SUPPORT

### **Get Involved- June 1st to 30th**

This month we're rolling up our sleeves, putting up our hands, and saying 'YES' to giving our time and skills to projects that make Aotearoa a better place to live. As a mostly volunteer-led organisation, our members know first hand the value and impact that a single volunteer can make in our communities. Imagine then, how much can be achieved when several volunteers, or even an entire street or neighbourhood, decide to work together to achieve the same goal!

We would love to see and share your photos, please send through to us at [neighbourhood.support@napier.govt.nz](mailto:neighbourhood.support@napier.govt.nz)

M - 022 362 2091 | E - [NEIGHBOURHOOD.SUPPORT@NAPIER.GOVT.NZ](mailto:NEIGHBOURHOOD.SUPPORT@NAPIER.GOVT.NZ)  
[WWW.NAPIER.GETSREADY.NET](http://WWW.NAPIER.GETSREADY.NET)



*Meet New Group Contact, Sandy Keen.*

*Sandy was fortunate (or her group was) to come on board as a new group contact in Te Awa just prior to the cyclone. All Sandy's hard work connecting and updating her new group before the cyclone really paid off.*

*It was great to touch base after the cyclone and the hear how resilient Sandy's group was during and after the cyclone.*



*Post Cyclone Debriefs, Birthdays & Devastation  
(Thank you Brian Hall for sharing).*

JUNE 2023

NAPIER NEIGHBOURHOOD SUPPORT



Come together to enjoy food from all corners of the globe, stalls, cultural performances and fun activities at this free family event!

**11am - 3pm, Saturday 17 June\* 2023**  
**Napier Soundshell, Marine Parade**

*\*Postponed to 24 June if wet*

To find out more visit [fb.com/NapierCityCouncil](https://fb.com/NapierCityCouncil)

ORGANISED BY THE HAWKE'S BAY SETTLEMENT FORUM



NAPIER NEIGHBOURHOOD SUPPORT

**A Message from Napier Community Sergeant, Andrew Graham**

Wow what a year to date! Who's ready for 2024? Everything is moving at a faster and faster pace and we are all competing with the hectic pace of a changing world. The support of our friends and family is so important in balancing our lives.

The events that have occurred over the past few years has shown us the importance of being connected to the right people and supporting those around us in trying times. We saw communities come together to support those in need when normal communication lines stopped and we saw complete strangers go above and beyond to help those in need. All of these actions helped us to feel connected and safe.

We are at a point post cyclone where we are starting to see the chaos start to ease up and the gravity of what we still have to do is sinking in. Our new normal is far from normal, with parts of our communities still struggling to get back on their feet. Whether affected by flooding, silt or slips we are all trying to cope with getting our lives in order while trying to help others equally affected or more so.

We all know that we need to be taking some time to look after ourselves and those closest to us. But do we remember to talk about what **is going** well, do the things we enjoy in life and take the time to recover.

We recently had mental health awareness week (Monday, 15th May - Sunday, 21st May) and we were lucky enough to have the likes of John Kirwan, Mike King and Lance Burdett visit the Hawkes Bay to speak with our communities. They all recognise the pain everyone is going through and the importance of looking out for each other and our own mental wellbeing.

Mental wellbeing is something that effects all of us and can greatly impact our lives positively and or negatively.



This newsletter I want to ask everyone what do they do to give themselves a break? My list of things I should do is enormous, what I don't do though is take my own advice, eat better, sleep more, exercise..... and generally do things that make me smile.

Do you know anyone that you can take out for a coffee or sit and just talk? Can you help to get things off their chest or your own, or even just sit listen to each other without the interruptions of our everyday lives?

Celebrate one **positive** thing a day!

For me it is seeing a community come together during a catastrophe and the thousands of people making their own neighbourhood support groups and community hubs.

The challenge is, how can we continue to build on these positive actions to make our community safer and more connected?

## Are you new to Neighbourhood Support or do you need to update your details?

[NAPIER.GETSREADY.NET](https://napier.getsready.net/)

**Have you moved house recently?  
Has someone moved into your street?  
Changed email or phone number?**

We would encourage new members to sign up via GetsReady

<https://napier.getsready.net/>

If you need to update or change details, we would encourage existing members to update their contact details, emergency skills needs and resources to share with their group your login details on GetsReady

<https://napier.getsready.net/>

[Become A Neighbourhood Supporter Today!](#)