



If you need a hand:

Visit your **GP** team if you're feeling unwell, or after hours phone your GP's rooms for free advice from trained registered nurses.

The **Earthquake Support Coordination Service** can put you in touch with the services you need. Call 0800 777 846 and they will come to you if required.

Contact **Community Energy Action Trust** for information, advice, subsidies and extra funding to keep your home warm. Call 0800 388 588 or visit www.cea.co.nz.

If your main form of heating was lost or damaged in the earthquake, call **EQC** on 0800 DAMAGE (0800 326 243) or visit www.eqr.co.nz.

Age Concern can assist with repairs for homeowners who are elderly, and can arrange for a Community Nurse to visit if there are urgent health issues. Call 0800 803 344.

The **New Zealand Fire Service** offers a free fire safety inspection for your home before winter sets in or while you're awaiting repairs. This includes providing smoke alarms and batteries if needed. Call 0800 NZ FIRE (0800 693 473).

If you, your child, or your family has health issues this winter, you could be eligible for financial support from **Work and Income**. Financial assistance could also be available to meet essential heating needs. Call 0800 559 009.

The **Tenants Protection Association**, call 03 379 2297 or visit www.tpa.org.nz, has helpful information for both tenants and landlords. If you are having problems with your rental housing talk to your landlord first.

It's definitely all right to ask for help, and free help and support is still available to all Cantabrians through the Canterbury Support Line 0800 777 846 or check out www.allright.org.nz.

Most of these organisations have interpreters available if necessary.

healthy 
Christchurch

www.healthychristchurch.org.nz

*A CDHB led intersectoral partnership
with 200+ signatory organisations*



ARE YOU PREPARED?



STAY WARM AND WELL THIS WINTER.

The last two years have shown us how important it is to be prepared. How would you and your family cope if there were power cuts this winter?

Make sure you're prepared for power cuts

- Always keep a torch, battery radio, candles and matches handy.
- Get to know your neighbours so you can help each other if the need arises.
- Have a plan for cooking food when there's no power, for instance using a BBQ or portable gas cooker.
- Have at least one phone that does not require power.
- Keep your cell phone fully charged.

During a power cut

- Make plans to stay warm by using heating that does not rely on electricity (such as solid fuel heaters) or arrange to stay with friends or family with power.
- Ensure you and your family keep warm - particularly if there are elderly, ill or young people in your household.
- Make sure your family dresses warmly, even when inside. Wool or polyester (polar fleece) clothes are best.

- Use perishable food in your fridge first. Keep your freezer closed for as long as possible to help keep food frozen for a while.
- Until power returns, purchase and consume food that doesn't need refrigeration - such as fruit, tinned or packet foods.
- Once power has returned, do not refreeze defrosted food.
- If you use candles for lighting, place them on a fire proof surface and never leave them unattended.
- During the power outage, unplug all small appliances and electronics to avoid damage from a power surge. Leave one low wattage incandescent light switched on so you know when the power returns.
- Be a good neighbour and check on the people around you, particularly people with special needs. Elderly people, people with disabilities, and children who are home alone during a power outage may need your help.

For more information on how to prepare for an emergency, visit www.getthru.org.nz.

In emergencies phone 111

- If your power has been cut and it is an emergency, phone 111 and they can connect you with appropriate support services.

