

# Buoka aika a bongana



Unite  
against  
COVID-19

Akea te kanganga ngkana ko bubuti buokam. Ngkai ti karekebai ni makuri n totokoa te aoraki aio iai aomata ao botaki ni makuri aika a kona ni buoka kainnanom. Ko kona naba ni bubuti buokam n te raitaeka n am tai n tarebon ma angia taabo ni makuri n te tautaeaka ngkana e uarereke otam n te taetae ni I-Matang.

<b>I bukin te buoka ae e katawe</b>	Tarebonia <b>111</b> i bukin Fire ao Emergency, Bureitiman, Amburanti ke Civil Defence.	<b>111 (Tarebon i bukin te buoka ae e katawe)</b>
<b>Taeka ni ibuobuoki i bukin maurim</b> <i>E rangi ni kakawaki bwa ko na kakaea buokam ngkana ko aoraki. Tai tatanninga.</i>	Tarebonia am taokita, <b>Healthline</b> i bukin buokam ae e aki kaboaki mai irouia tan rabwakau aika a bwebwa ao a rangi ni mwatai.	<b>0800 611 116 (Healthline)</b> <a href="http://www.healthpoint.co.nz">www.healthpoint.co.nz</a>
<b>Buoka aika a bonganga i bukin marurungia merimeri ao ataei</b>	Tarebonia te <b>Plunket</b> ao taetae ma te nurse ikekei. Te tarebon aio e aki kaboaki ibukia karo ao e butimaia utu ni kabane/whānau ao tan tararua.	<b>0800 933 922 (PlunketLine)</b>
<b>Buoka i bukin aorakin te iango ao okiokiran karaon bwai tabeua aika aki raraoi</b> <i>Iai ae ko kona n taetae ma ngaia ngkana ko namakina kainnanon am iango.</i>	Tarebonia ke text nakon <b>1737</b> i bukin buokam ma irouia tan beku aika a mwatai ni buokiko. I bukin kainnanom ae e onoti ao reitaki ma <b>Depression Helpline, Alcohol Drug Helpline.</b>	<b>1737 (1737 Helpline)</b> <a href="http://1737.org.nz">1737.org.nz</a> <b>0800 111 757</b> (Depression Helpline) <b>0800 787 797</b> (Alcohol Drug Helpline)
<b>Buokan te utu ni kaineti ma te kiriwe n te mwenga ke te tautau</b> <i>Akea te kanganga ngkana ko kitana am buroburo i bukin kawakinam ke kawakinan mauria tabeman. Ngkana ko riai ni kitana am buroburo ao e kona n nakoim buokam.</i>	Tarebonia <b>111</b> ngkana iai te kanganga nakoim ke e na reke te ikoaki nakon temanna ke ngkana e na boni kaikuakia te aomata i bon irouna. Kakaea te buoka n am kawa, tarebonia <b>211 i bukin buokaia utu (Family Services).</b> Tarebonia te tabo ni katantan ibukia aine <b>(Women's Refuge)</b> i bukin kaotam, buokam ke te tabo ae e tan ibukim ngkana ko kaitara ma te kiriwe i nanon maium. Tarebonia i bukin Bainikinaki Kara <b>(Elder Abuse Helpline)</b> e aki kaboaki. A kona kaara ni kabongana ngkana a bwainikinaki ke ngkana ataia bwa a bwainikinaki tabeman.	<b>111 (Emergency Line)</b> <b>0800 211 211 (Family Services 211 Helpline)</b> <a href="http://www.familyservices.govt.nz/directory/">www.familyservices.govt.nz/directory/</a> <b>0800 733 843 (Women's Refuge)</b> <b>0800 32 668 65 (Elder Abuse Hotline)</b>
<b>Ngkana ko tabeaianga i bukin maurin ke mwengaraoin te tetei</b>	Tarebonia te <b>Oranga Tamariki</b> ngkana e mwebuaka te tei ke te roro n rikirake, e aki tau aron te tararua nakoina ke e maeanao ma ana karo ke te tia tararuaia.	<b>0508 326 459 (Oranga Tamariki)</b> <a href="http://www.orangatamariki.govt.nz">www.orangatamariki.govt.nz</a>
<b>I bukin te tabo ni maeka ae aki maan</b>	Tarebonia te Tabo ni Kareke Maeka <b>(Temporary Accomodation Service)</b> ngkana ko kainanoa am tabo n tiku n te tai ae e waekoa.	<b>0508 754 163 (Temporary Accommodation Service)</b> <a href="https://temporaryaccommodation.mbie.govt.nz/how-we-can-help/">https://temporaryaccommodation.mbie.govt.nz/how-we-can-help/</a>
<b>I bukin kabongananao kainanoakin te auti</b>	Tarebonia <b>Tenancy Services</b> i bukin kaotam ni kaineti ma inaomatam ian te tua.	<b>0800 836 262 (Tenancy Services)</b> <a href="http://www.tenancy.govt.nz">www.tenancy.govt.nz</a>

## I bukin karekean kainnanom aika a riai ao amwarake

*Ti bane ni kainnanao te amwarake ao bwai aika a riai ibukira n aekan bwain aoraki, ngaia ae te bubuti bwa kam na aki kataia n tiku n akea bwai aikai inanon bwaim, ngkai a bon rangi mwaiti anga i bukin karekean bwai aikai nakomi.*

Taetae nakoia aomata aika a kona ni buoki ngkami n aekaia ami utu, **whānau, raoraomi, iwi ao kain rarikimi** n noria ngkana a kona n nikiri bwai aika kam kainnanoi.

Ngkana akea aika a kona ni buoki ngkami ao kam kona ni karaoa ami bobwai i aon te internet man titoa tabeua.

Ngkana arona naba bwa e aki makuri aio ibukimi ke kam aki toma nakon te internet kam kona n reitaki nakoia nake tabeia katanan te aomata ma aia bwai n tain te kanganga (**Civil Defence Emergency Management Group**) bwa a na rikiri bwai aikai nakoimi, n aron:

- > Amwarake
- > Te ran
- > Am bobwai
- > Kanaia maan
- > Bwain aoraki
- > Bai ni kuka
- > Te bwa (bwai te kaa)
- > Kunikai
- > Bwai ni matu

[shop.countdown.co.nz/shop/content/priority-assistance](http://shop.countdown.co.nz/shop/content/priority-assistance) (Countdown)

[ishopnewworld.co.nz](http://ishopnewworld.co.nz) (New World)

[shop.sva.org.nz](http://shop.sva.org.nz) (Student Volunteer Army)

[www.civildefence.govt.nz](http://www.civildefence.govt.nz)

## Civil Defence Emergency Management Groups

Northland – **0800 790 791**

Auckland – **0800 222 296**

Waikato – **0800 800 405**

Bay of Plenty – **0800 884 222**

Tairāwhiti – **0800 653 800**

Taranaki – **0800 900 077**

Manawatū-Whanganui – **0800 725 678**

Hawke's Bay – **0800 422 923**

Wellington – **0800 141 967**

Nelson - Tasman – **0800 50 50 75**

Marlborough – **03 520 7400**

West Coast – **03 900 9329**

Canterbury – **0800 24 24 11**

Otago – **0800 322 4000**

Southland – **0800 890 127**

Chatham Islands – **03 305 0033 ex 715**

## I bukin tabo aika a raroa ma te kawa ao tan tararuai man/ununiki

Reitaki ma tan ibubuoki nakon tabo aika a raroa ma te kawa (**Rural Support Trust**). A kona ni kaota te tabo ae e na reke iai buokam.

**0800 787 254 (Rural Support Trust)**

## I bukin tararuakia maan

Tarebonia te botaki i bukin karikirake ao tararuai maan ngkana iai tabeaiangam i bukin tararuakia maan ao riboti ngkana iai tabeaiangam i bukin naba bwainikirinakia.

**0800 00 83 33 (MPI)**

## Buoka aika a bongana – i bukin am makuri

*Ata inaomatam ian te kammakuri ao kawakina maurim.*

Retiaki ma **Work and Income** ngkana ko tabe ni kakea am makuri ke ngkana iai te mwawa ae ko kainnanao iai te tia makuri.

Reitaki ma Botaki ni Kammakuri i Niutiran (**Employment NZ**) ke nakon aia website i bukin kamata ni kaineti ma inaomatam ian tuan te kamakuri.

Reitaki ma te tabo i bukin Kawakina maurim n te tabo ni makuri (**Worksafe**) i bukin kamata ni kaineti ma kamanoam ngkana ko makuri.

**0800 779 009**

(Work and Income's Job Search line)  
[www.workandincome.govt.nz](http://www.workandincome.govt.nz)

**0800 20 90 20** (Employment New Zealand)  
[www.employment.govt.nz](http://www.employment.govt.nz)

**0800 030 040** (Worksafe)  
[www.worksafe.govt.nz](http://www.worksafe.govt.nz)

## I bukin kainnanao te mwane ni buoka

*Akea te kanganga ngkana ko bubuti buokam te mwane ngkana ko namakinna bwa ko kainnanao.*

Nakon te **Work and Income** website i bukin kainnanao te mwane i bukin katawean karekean bwai aika ko kainnanoi ke bwai aika ko kainnanoi n tai nako.

Ko kona ni kanoa am beba ni bubuti i bukin buokam i aon te internet ao man noria naba bwa e kona n reke buokam i bukin te amwarake ke e aki.

[www.workandincome.govt.nz](http://www.workandincome.govt.nz)

<https://my.msd.govt.nz/>

(Food grant & benefit app – buoka i bukin amwarake ao buoka tabeua)

**0800 559 009** (MSD General Line)

**0800 552 002** (Kara are 65 aia ririki ni waerake)

**0800 88 99 00** (Ataein te reirei)

## Rongorongo i bukin kaotam ao buoka riki tabeua

*Iai botaki aika a kakaokoro aika a makuri i bukin buokan ao tararuan te bota n aomata ni kabane.*

Nakon **Unite Against COVID-19** website ao reitaki ma **New Zealand Government Helpline**.

**0800 779 997 (New Zealand Government Helpline)**

[www.Covid19.govt.nz](http://www.Covid19.govt.nz)

[www.govt.nz/about/about-us/contact-us/](http://www.govt.nz/about/about-us/contact-us/)