



CARING

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Aotearoa

BHARTIYA SAMAJ CHARITABLE TRUST MAGAZINE



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Jeet Suchdev has been announced as a 'Top Diverse Board-Ready Directors List 2021' by the Superdiversity Institute and the Ministry for Ethnic Communities.

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MORE THAN 160 ORGANISATIONS LEAD THE CHANGE FOR A UNITED COMMUNITY



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From the Founders' Desk

Jeet Suchdev

As we continue into the second year of this new normal, Bhartiya Samaj is proud of the courage and resilience shown by our communities in the face of this unexpected crisis.

The Indian community has one of the highest-rates of vaccination in the country. At the time of writing this, 78 percent of New Zealand's population is vaccinated and 92 percent of the Auckland DHB population is vaccinated. These are tremendous achievements and showcase the strength of our citizens, the commitment of our community organisations and the vision of the country's leadership.

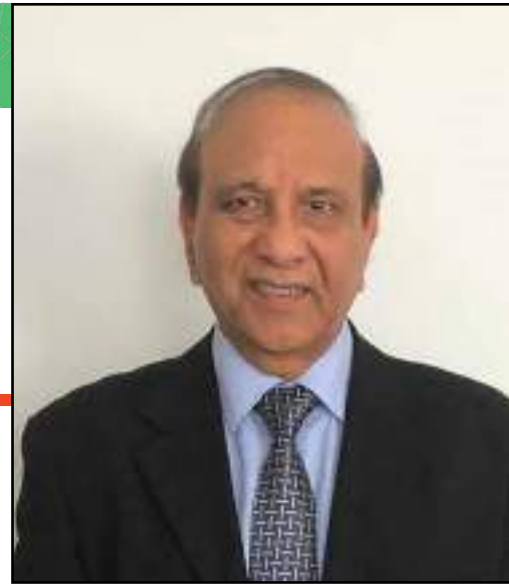
Since the start of May, Bhartiya Samaj has dedicatedly organised vaccination drives for our senior citizens and elders within the community. Our volunteers called up people, arranged for buses, and supported each other through these difficult times. I was heartened to see the initiatives shown by our elders to collectively look after the wellbeing of our community. And so, it is these volunteers that we are celebrating in this final issue of Caring Aotearoa for 2021. Bhartiya Samaj volunteers have always been the heart of the organisation. Their enthusiasm, smiles, blessings and love is what drives us everyday to give back to the community. 25 years on, Bhartiya Samaj has evolved into a well-respected, and recognised organisation for and by the Indian diaspora in New Zealand. It is the result of our volunteers.

COVID-19 has transformed our lives and now, in this new normal, Bhartiya Samaj has evolved and adapted to continue to be there for our members. Over the next few pages, we put a spotlight on those who work behind the scenes at this organisation. While this year has been tough on our team as well as our volunteers, they have never been deterred from being present for our members and continued to organise events as well as support each other and our members. For this, I am thankful and would like to extend my gratitude for all their hard work.

I would like to extend a special thank you to all our stakeholders and funders for their support this year. I know it has been a tough one, but the fact that you have continued to help us help the community, shows of your commitment and aroha for our people. In 2021, unexpectedly, we had to focus on survival. In this upcoming year, we will focus on recovery. Bhartiya Samaj along with its supporters is in talks to build initiatives, programs and funds that will provide aid and support for the welfare of the Indian community. Governed by leaders of the community, this welfare fund will provide support to the community in case of any future emergencies and hardships. Keep an eye out for more information about this in our future issues.

Lastly, I would like to thank our supporters. Whether you are a volunteer, funder, supporter or an event attendee, I want to thank you for being a part of our vibrant and diverse community. With your support, together we can, and we will. Here's to the things that are yet to come, and to the memories that we hold, may the New Year bless you with health, wealth, and happiness.

Yours in service,
Jeet Suchdev



BHARTIYA SAMAJ
CHARITABLE TRUST



wishes you

M E R R Y
CHRISTMAS
— & —
HAPPY NEW YEAR



True heroes of the community: *Bhartiya Samaj volunteers tell their stories*

BY PRITI GARUDE

Over the years, countless selfless souls have been the lifeline of Bhartiya Samaj as volunteers of Bhartiya Samaj. An organisation that started in a single room, Bhartiya Samaj has grown through sheer strength, belief, and power of its founder, Jeet Suchdev and his team of volunteers. Caring Aotearoa spoke to five from a team of 35 volunteers on what inspires them to donate their time, energy to the cause of Bhartiya Samaj.

“While planning the 25th anniversary, we chanced upon old videos from Bhartiya Samaj events. It was so incredible to see that this now massive organisation, started in a small room, with just 10 to 15 people. They held events just like we do today, starting with morning prayers and activities like shayari to keep the members engaged,” muses Bhartiya Samaj volunteer Mamta Bhatia when Caring Aotearoa spoke to her about her journey as a volunteer with the Charitable Trust.

Mamta along with countless other selfless souls have been the lifeline of Bhartiya Samaj over these past three decades. An organisation that started in a single room, Bhartiya Samaj has grown through sheer strength, belief, and power of its founder, Jeet Suchdev and his team of volunteers.

The Service of Bhartiya Samaj

Bhartiya Samaj Charitable Trust supports bringing “Positive Change” in the lives of Aotearoa’s diverse communities to empower them to become strong, confident and in control of their lives. A development organisation, Bhartiya Samaj is dedicated to enriching lives, and increasing people’s choices and possibilities for realizing their potential.

It is one of the largest multi-ethnic South Asian groups in the whole of Auckland with over 1500+ members on record. They offer a wide range of services through our Senior Citizens Wing, Children & Youth Wing, New Migrants Support Wing and Social Services Wing. Working responsibly to ensure people of the community

benefit by fostering healthy relations, they cater to the social, cultural, and emotional needs of these groups. Bhartiya Samaj aims to build connected and confident communities based on mutual Support and companionship. They look after enhancing the quality of life of older people in the community by helping elder have the best possible life in their own cultural environment



The team organises Kiwi English-speaking classes for seniors, assists newcomers in seeking jobs, reduces barriers to settlement, networking and building relationships, programmes to develop Hindi language skills for children along with creating a better understanding of cultural roots and value. These services are delivered with assistance from

Members of the Executive Committee of Bhartiya Samaj and Volunteers from the Community. On a regular basis, Bhartiya Samaj has over 35 volunteers who support the organisation throughout the year.

Volunteers are the heart

Caring Aotearoa spoke to a few dedicated volunteers of Bhartiya Samaj about their reason for donating their time, energy to the cause of Bhartiya Samaj.

For Mr Yatish Wadhwa, who has been a volunteer with Bhartiya Samaj for over three years, volunteering offered

him a mental satisfaction. He said, “When you volunteer at Bhartiya Samaj, there’s no controversy, there are external issues, it’s run very well by Jeet-ji, and you can come here and do your seva.”

He continues, “The main gain for me is the internal satisfaction that I get working at Bhartiya Samaj. Everyone works for themselves, you have fun working with others, along with that you are of service to others – the satisfaction you receive from that is pure.”

Mr Satish Sikhri has been a volunteer for more than a decade with Bhartiya Samaj. Through this time, he has helped to collect funds, record meetings, meet and greet new members, called members to attend meetings and check on their welfare.

For him, volunteering started with an intention to give back to the organisation. But he stayed because, in turn, it offered him a lot of happiness and mental satisfaction.

He said, “I joined as a member in 2009, when I first came to New Zealand. The love, care and support and selfless service that Jeet-ji and his team give really touched my heart. I felt like I should also give some of it back to the community. Volunteering at Bhartiya Samaj gave me that opportunity and I am thankful for it.”

“I feel that my time, effort and service at our Bhartiya Samaj makes a positive impact. Often when I contact members on phone to check their welfare, they tell me that talking to me makes them happy and feel positive. I often share happy things and jokes with them. It makes me happy as well as makes good connections,” he continued.

Kanika Ranga chanced upon a Facebook post from Bhartiya Samaj looking for teachers. She decided to volunteer for the role, since she was studying to become a teacher, and has since not looked back.

“Choosing to work for Bhartiya Samaj Charitable Trust is one the best decisions I have made, as it helped me in improving as a teacher and being able to work alongside amazing and knowledgeable teachers,” she said. For Ms Ranga, volunteering to conduct language and cultural classes for children every Sunday, not only offered internal satisfaction but it also aided her in her real-life career.

“I personally have gained a lot from working here. Under the guidance of Mr Jeet Suchdev, Ms Roopa Suchdev and Mrs Ruchika Agarwal I have learned a lot and they have been so supportive of me and committed towards development of our cultural classes. They have always been very approachable and humble. I gained self-confidence, learned new skills, built strong networks, learned practical teaching skills and gained a broader perspective for things, and a satisfaction of making a difference and helping our community,” she remarked.

Mamta Bhatia equates volunteering at Bhartiya Samaj to her days in India where she used to volunteer in her local temple in Chandigarh. After being introduced to the organisation after hearing stories from her brother, Ms Bhatia joined Bhartiya Samaj in 2019. Since then, she describes her journey as amazing! She said, “I have really





learnt a lot volunteering at Bhartiya Samaj. In India, we used to go to the temple every day to do seva, it's the same feeling. It fulfills you; you grow as a human with every visit, you feel connected to your community, and your helping people, your elders – it brings you peace.”

For Mrs Sadguna Patel and her husband Madhubhai Patel volunteering at Bhartiya Samaj started as a way to get rid of their loneliness. Mrs Patel said, “I would say instead of us choosing Bhartiya Samaj, I would Bhartiya Samaj choose us. When we came to New Zealand in 2005, we felt quite lonely. Then someone told us to go to Rocket Park, you will feel better. When we reached there, we found that it was like a mini-India – there were people from every community, welcoming us into their fold.”

Leadership starts from the top

They say true leaders don't create followers; they create leaders.

The volunteers of Bhartiya Samaj are within themselves leaders who have been inspired and empowered by the actions of Bhartiya Samaj Chairman, Jeet Suchdev and board member, Roopa Suchdev.

Ms Patel says, “You can call Jeet-bhai at 12 o'clock at night and he will receive your call no matter what. The organisation has such an incredible impact because you can see that Jeet-ji is dedicated to the members and all people.”

Ms Bhatia says, “One person cannot make a difference, it's always been a team effort at Bhartiya Samaj. But if you

ask me to name one person, it'll be Jeet-ji who is a thread that binds all these people together by inspiring them.”

The impact of Bhartiya Samaj has been far-reaching and quite powerful. The organisation is consulted by various local and national agencies, submitting recommendations and feedback on policies and proposals that affect the community. While the organisation has national significance, it also impacts every person on an individual level.

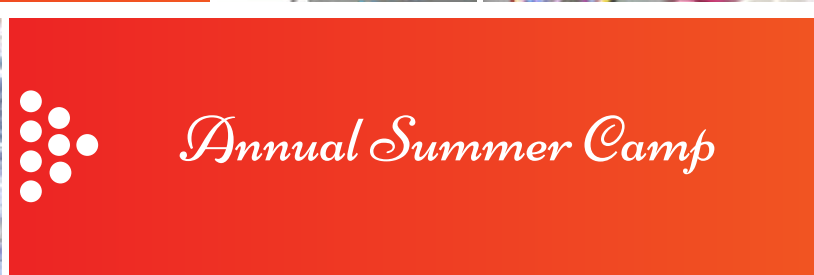
Mr Sikri said, “At Bhartiya Samaj, they care from the heart. They provide us a purpose in life. We look forward to our meetings and phone calls. They keep all senior citizens connected and make sure everyone is looked after. They provide a space and platform for seniors to meet, laugh and share with each other. Jeet-ji, Roopa-ji and Meeta-ji keep us all loved and connected as a family.”

“When volunteers come to Bhartiya Samaj events, we have often heard them say things ‘Oh mujhe mummy yaad agai.’ This is what Bhartiya Samaj does – it creates a whole loop for the younger population to remain in touch with their cultural values and roots, and for the elder population to share their love and seek support,” says Ms Bhatia.

Ms Bhatia continues “I feel most of the time, we don't even know the little things that Bhartiya Samaj does to contribute to the society – from serious issues like elder abuse or mental health issues.”

Mr Wadhera summed it up well when he said, “The volunteer service of the community is actually done by Bhartiya Samaj.”







More than 160 organisations lead the change for a united community

‘United Voice’, a group representing more than 160 organisations was instrumental in leading the conversation in the recent immigration policy changes announced by the Minister of Immigration. Caring Aotearoa sourced insights from 7 leaders who were instrumental in making a difference.

United Voice, a group representing more than 160 organisations and nearly all ethnicities living in New Zealand was instrumental in leading the conversation in the recent immigration policy changes announced by Minister of Immigration Kris Faafoi.

The plan to provide a cohesive approach was first initiated at the first meeting held with the Prime Minister and other Associate Ministers at Takanini Sikh Temple with community leaders, Daljit Singh, Prithipal Singh Basra and Bhartiya Samaj Chairman, Jeet Suchdev.

These efforts were further aligned with the parallel representation of more than 160 organisations collectively calling themselves ‘United Voice’. A core team comprising Ajit Randhawas, Prithipal Singh Basra, Daljit Singh, Ghouse Majeed, Gurdeep Talwar, Jaspreet Singh Kandhari, Jeet Suchdev, Navtej Randhawa and Rajeev Bajwa was formed to draft a memorandum with inputs from all the organisations.

United Voices vouched for a clear streamlined visa process for low and skilled onshore and offshore migrants who didn’t have a clear pathway to residency.

United Voice Chairperson, Jeet Suchdev said, “We would

like to thank the current government for listening to our concerns and responding with today’s announced policy. At the same time, the support from various political party leaders including those from opposition is duly acknowledged here for being vocal in representing the interests of migrants as well as the country.”

The members of the group, collectively released a statement, wherein they said, “We are pleased with the announcement and want to thank each and every organization that attended our meetings and contributed by sharing their concerns. Today’s news is a victory for all of the participating organizations. United we work, United we win. The United voice team will continue to advocate the concerns of the community for a brighter future.

This announcement has restored the faith of ethnic communities in the socio-political landscape of New Zealand as they believe that their long-standing demand of having certainty around their businesses and futures has been addressed. United Voice looks forward with a glimmer of hope to hear something positive for the rest of the categories under consideration which the Immigration Minister has already assured in his statement.”

In an interview with Indian Weekender, the group members shared their comments on the announcement:



Jeet Suchdev

I am humbled to be given an opportunity to invite so many organizations from various ethnic groups to join hands to stand together for the common cause. Thank you to all the core team members for your great contribution. It gives me a great sense of achievement as I was entrusted with an extra responsibility to bring together so many organizations on one single platform which has probably never happened before. Also, I would like to thank all the political personalities and the government for listening to our voices.

Navtej Randhawa

It's a step in the right direction, many individuals now have a clear pathway to residency which was need of the hour 'as a community joint efforts to work with the current government and achieve this outcome is truly historical' I am hopeful these promises will be delivered'



Rajeev Bajwa



Raising immigration concerns with PMO in a proactive and collective manner rather than protesting on roads was a challenging task, I personally thank all community leaders / all organizations who trusted and given this huge responsibility to the core team of United Voice.

Daljit Singh

Thanks to the Prime Minister, Immigration Minister, and the Labour Cabinet for listening to the voice of the ethnic communities and proved that every problem can be solved by communicating with the Government appropriately. Thank you once again on behalf of the community. Just as you managed COVID as a true leader, you gave us a chance to celebrate ethnic day today.



Ajit Randhawa



Its great to see that so many organisations came together to project the voice of communities to the authority.



Gurdeep Talwar

Sometimes you need to help the government to help you. And that's all we did. Pleased to be part of the core group right from creating the memorandum several weeks ago till the result today. What a journey!

Jaspreet Singh Kandhari

The coming together of over 160 ethnic organizations on a single platform was a major event in itself as everyone felt the pain of temporary migrants and it also reflects upon what we can achieve by being United. The entire core team deserves applause for the tireless efforts & passion of every single member involved.



Ghouse Majeed

Our Association is one among the 160 plus Organisations that came together to be part of this historical effort and we fully supported United Voice in the submission of the Memorandum. On behalf of MATA-NZ and United Voice, we congratulate everyone who took part in this great achievement. We thank the Hon'ble Prime Minister and Minister of Immigration for the Historic announcement that made thousands of people's life safe and secure. We congratulate the Government for leading Aotearoa to new heights in the world.

In September this year, the government announced a one-off Residence Visa to over 165,000 migrant workers and their families, a move which provided relief to many migrant families that have been split or living in anxiety over the past two years.

The one-off resident visa for up to 165,000 migrants provides certainty for New Zealand businesses and paves way for a residence pathway visa for over 5,000 health and aged care workers, about 9,000 primary industry workers, and more than 800 teachers; offers a streamlined application process for health, police and security, with the majority of applications to be granted within a year of the category opening.

Excerpts from this article were originally published in the Indian Weekender.



Mental health advocate shares tips on how to look after your wellbeing, this holiday season



It's been a long year and a half since the coronavirus pandemic began, and pandemic fatigue has well and truly set in for many around the world. With holiday season approaching, Caring Aotearoa spoke to Dr Anil Channa, mental health specialist and psychiatrist on how we can best cope and look after our mental health and wellbeing during this time.

■ The pandemic has been going on for almost two years, how do you think the community has been coping through this uncertainty?

This lockdown has been going on for more than three months, and this whole pandemic has lasted for nearly two years, so it has caused a lot of anxiety amongst people. Firstly, the uncertainty of the pandemic itself, whether it is ever going to end - that's caused a big anxiety in many people, and it has affected different people, differently.

For example, when you talk of loneliness, the elders in our community were used to going out, attending parties or events at Bhartiya Samaj, all these activities have been closed for them. It's hard to spend your day without any contact with other people, so it has adversely affected the elderly population. More than anxiety, there is depression amongst the elder population.

For the adult population those with jobs or in businesses, many have been affected financially, or have lost their jobs. That's a huge stress for people, especially those who are paying mortgages and are not able to do that. This is causing a lot of stress to people and that leads to anxiety, depression, even changes in their behaviors, more anger, violence. Those who have been working from home have also been affected. The whole idea of going to the office is not just about going to work, it's also about the whole routine, to get out of the house, get ready in the morning, go and meet a few friends - all of that is gone too. Now, you get up in the morning and you switch on your laptop and you sit in front of it till evening. This whole thing is repeated day after day after day, which has also caused a lot of distress to many people.

The last group that we usually forget are the children. Children used to go out to play. For example there were kids who would go swimming, meet and play with other kids, while their parents socialised - all of that is gone for them. Most days parents are working from home and the kids are expected to be quiet, because otherwise the parents can't work. Imagine the pressure on that five-year or seven-year old who is at home every day and is also told in the daytime to go and play quietly in your room. How much isolation has that created for the child? If there are two siblings, they are supposed to be running

around and making noise, but they are not allowed to do that. So this lockdown has affected them as well, along with everyone else.

Particularly within the Indian community, we are very focused on our jobs. People are focused on paying their mortgages, purchasing the properties, which is not happening at the moment. People are very particular about their children's education, so they have become very nervous about schools and education and the uncertainty of what's going to happen. These cultural factors that at the end of the day, still also affect our wellbeing and mindset.

■ Then, how should we take better care of our mental health during these trying times?

We cannot do anything about pandemic. I think our community has done absolutely fabulous in living through this pandemic. We are 98% double vaccinated already. As far as citizens of this country, all that we could do, we have done. Now on an individual level, what we need to do is communication, communication, and communication.

Communicate with your friends. Communicate with your families both here and abroad, wherever they are. Keep in communication, talk to them, let them know when you are feeling down or you're feeling low. Share with others. Second most important thing, if there's any doubt, your mood is low, you're not sleeping, you're feeling anxious, you don't feel like eating, you don't feel like sleeping, call your GP and have a chat with them.

You can also call Bhartiya Samaj or Roopa Aur Aap, we have been helping people through the pandemic.

So communication is the most important thing because the lockdowns and pandemic have taken away communication between human beings. Humans are meant for socialising and we thrive on communication. So once that is gone, it becomes difficult for us to manage our wellbeing. Call your friends or family, living locally or abroad, and just chat with them. Have lunch or dinner together. It may seem different, but it will make you feel connected and that's important.



Rise in family harm and mental health cases during the lockdown: *Roopa Suchdev*



In 2021, New Zealand Police reported that an act of family violence was called every four minutes. Police received calls to 155,000 family harm incidents this past year but predict the number will hit 209,000 calls – one every two and a half minutes – by 2025. But even those numbers could be the tip of the iceberg as almost two thirds of family violence goes unreported, according to the NZ Crime and Victims Survey.

Since the start of the lockdown last year, Roopa Suchdev, CEO of Roopa Aur Aap has been outspoken about the increase in cases of family harm, elder abuse and mental health breakdowns. She has been an advocate of a need to raise awareness about issues specific to the community.

Caring Aotearoa content writer, Priti Garude spoke to Ms Suchdev about the second lockdown, its impact on the Indian community and what Roopa Aur Aap has been doing to educate the community.

We are going through a second round of cases as a result of the lockdown, what situation are you seeing on the ground as a result of this?

Circumstances are very bad right now on the ground. It's bad not only for those who are already suffering from mental health issues like depression and anxiety, but people who previously didn't have any symptoms are now coming to us because they are feeling lethargic, or they want to do something but do not feel the urge to do it. For some, they understand that they are feeling lonely and sad, but they are just not able to get over it.

This has been happening since 2020, and we had thought that maybe people will start feeling better this year, but

this lockdown has made this worse for many.

COVID has impacted our life in more ways than we imagined. What is the type of work or cases you have had to work with this year?

Roopa Aur Aap has worked quite actively this year. We have seen a big increase in cases of family violence and depression among the community as well as people who were stranded in New Zealand and could not return to their home countries.

The problem is, when it is a normal working atmosphere, you are at work for about 8 hours of your day. When you come back home, you are tired - you do homework, watch TV, get entertained by the kids. Time passes away quite quickly.

But since the lockdown, people have been home the entire day. The first two weeks were like a honeymoon period, where the government was paying your salary, you were happy to be home.

But the moment this period increased, people's patience to bear each other waned and so began the fights.

Since the lockdown, our team has been working quite

tirelessly to ensure the safety of our community. Because of the lockdown, physical meetings were not possible, our staff has been conducting clients through Whatsapp, Zoom. If someone needed food, medicine, or just wanted to talk, our staff was always available.

In Indian culture we have this thing where we don't want to discuss our problems with anyone. Is this something you are dealing with?

There are two issues here. One is with the senior citizens. They feel ashamed to report cases of violence against them. They feel that whatever happens at home, needs to stay at home, and thus refuse to share their suffering with others. This has adverse effects on them as it not only beats them down physically, but mentally as well, they become weak.

The other aspect of this is, with young women who get married and come to New Zealand. We have seen so many cases of violence against these women, who have no one and can't open up to anyone, but rather have to suffer through because they don't either know their rights, or have been told by their families back home to not make a scene, or to stay quiet till they get their visa.

The secrecy around family violence is something that we at Roopa Aur Aap are trying to change. Roopa Aur Aap organises several workshops and seminars where we encourage people to talk, discuss their frustration or issues with others, even if it is anonymously. We have previously facilitated events for victims of family violence which is called "Share your burden" where people who were willing, were asked to talk about their experience.

We have organised "Resources and Services" events or "Know your Rights" events where we highlight the increase in family harm in south asian communities and

explain NZ police law and rights of the citizens. All our events are aimed at creating awareness and is our way of conveying to people that keeping family matters within the four walls of a house does not necessarily help you.

It's like saying if you stay stagnant in one place, and do not change your way of thinking, you will stay in one place, and your thinking will end up being narrow minded and not modern.

What is the long term vision for Roopa Aur Aap?

The purpose of Roopa Aur Aap is simple - to help the community, anybody who needs help. Doesn't matter what their situation is, which part of the country they are based in, or what their social status is - if I have the capacity to help elevate some of their pain, I will try to do as much as I can through my own efforts and that of my network.

However, to achieve more of this, we need resources. We receive a lot of cases through referrals from the police, mental health services, and income support. There are people who know me in the community, so we get cases from those who know about me and my work. There are a lot of vulnerable people in our community - addicts, victims of family violence, children who are caught up in harmful situations. We see such cases on a daily basis and till we are able to receive more funding, we can only take on a few cases at a time.

So, our vision is to have a big office, where we can employ 3 or 4 counsellors, social workers who are able to help the at-risk in our community. As a non-profit organisation, we not only require support in the financial front, but also in terms of manpower.



wishes you and your family

**Merry
Christmas**



HAPPY NEW YEAR!

www.roopaaurap.org.nz



Bhartiya Samaj follows the global 5 ways of well-being approach to look after its community

Over the last 25 years, Bhartiya Samaj has been at the forefront of community engagement, working towards empowering their members to become strong and confident individuals in the society.

The organisation offers a wide range of services for all sections of the community and facilitates these services through events, workshops, virtual engagements and more. These engagements follow the five principles of well-being, which when included into day to day lives leads to a heightened sense of wellbeing among individuals, families, communities and organisations. These five ways include connect, be active, give, take notice, and keep learning.

Take a look at how Bhartiya Samaj has over the years inculcated these principles into their organisational structure, values and operations.



Connect

"Strengthening relationships with others and feeling close to and valued by others, including at work, is critical to boosting wellbeing."

Bhartiya Samaj connects with its members through events, social gatherings, monthly catch-ups, awareness workshops and well-being check ups. The key to any Bhartiya Samaj event is the power of relationships developed during these events, that continue to nurture even outside the walls of Mount Roskill Memorial Hall, and keep the members and volunteers coming back to the community.

Despite a nation-wide lockdown, Bhartiya Samaj managed to keep its members connected through monthly virtual catch-ups that included India Independence Day, Navratri, Diwali, Children's Day, International Day of Older Persons, celebrations. These sessions were not only for adults but the organisation also facilitated virtual activities for children which included educational and cultural awareness programmes. Proving that distance is no barrier, Bhartiya Samaj members also connected with each other during the lockdown, via calls, to ensure everyone was keeping safe and well. The members and the wider community were also connected and kept up to date via Bhartiya Samaj's quarterly magazine, Caring Aotearoa.

Be active

Being physically active, including at work, improves physical health and can improve mood and wellbeing and decrease stress, depression and anxiety.



An active body inspires an active mind - Bhartiya Samaj has followed this philosophy since before the lockdown wherein fitness sessions were a regular part of their monthly Seniors meetings.

During the lockdown, the organisations ensured that members stayed active through these monthly catch-ups where they invited Ella Kumar JP to conduct fitness and dance sessions, along with Yoga and Meditation sessions with Bindi Chouhan from Art of Living. These fitness sessions were not only restricted to adults, but were a key element of the children's annual summer camps as well as on their online sessions during the lockdown.



Keep learning

Being curious and seeking out new experiences at work and in life more generally positively stimulates the brain. Learning never stops at Bhartiya Samaj for seniors as well as the young ones.

Every event or meeting of Bhartiya Samaj includes an element of learning whether that is through workshops, or awareness programmes with NZ Police, St John, Office of Seniors or any other government agency.

During this year's lockdown, Bhartiya Samaj conducted two workshops with Council, Wastewise 101 and Love Food Hate Waste, to encourage the community towards a zero waste approach.

Children were also taught virtually through a series of fun, educational and cultural workshops on daylight savings, power of electricity, Indian culture, significance of festivals, kindness and more.



Give

Carrying out acts of kindness, whether small or large, can increase happiness, life satisfaction and general sense of wellbeing.

Giving back to the community is the very foundation of Bhartiya Samaj. Throughout the lockdown, as well as prior to Covid, Bhartiya Samaj has worked towards ensuring they look after and nurture the well-being of the community.

In 2020 and 2021, Bhartiya Samaj undertook several relief initiatives with the support of Foundation North, Ministry for Social Development, the Indian High Commission and several other community organisations.

Various relief campaigns like food distribution, payment

support towards essential items and social support services for the people in distress were undertaken for the diverse communities of Auckland.

The work resulted in relief to over 700 families through various community organisations, including SPECTRUM care, a disability and support services organisation, Aotearoa Resettled Community Coalition (ARCC), a refugee support organisation, that helped support new mothers of low income strata with basic supplies and provide support to Somali and African Communities. In collaboration with Unichem Pharmacy, Bhartiya Samaj also organised flu and Covid vaccination drives, where senior members within the community and their families were vaccinated as soon as they were eligible.



Take Notice

Paying more attention to the present moment, to thoughts and feelings and to the world around, boosts our wellbeing.

The impact of Bhartiya Samaj is the love and attention that is showered upon each and every individual. The organisation has its finger on the pulse of the community and understands the needs of its people better than most organisations.

As a result of this, many government agencies tie-up with Bhartiya Samaj to reach out to the community at large. Over the years, NZ Police, Auckland Council, St John, Ministry for Social Development, Office of Seniors, and many others have collaborated with Bhartiya Samaj to provide the right information to its members, empowering them to be contributing members of the society.

During these lockdowns, the organisation arranged for Jeevan Praman Certificates (via a facilitator) for many members who were unable to do so due to border closures.

Individual needs are also looked after at Bhartiya Samaj, wherein the members stayed in touch with each other, via calls during the lockdown, ensuring that everyone was safe and feeling like they belonged to this wide community.

All activities and initiatives organised by Bhartiya Samaj are woven through the five ways of well-being, demonstrating once again that the organisation indeed brings about positive change in the lives of Aotearoa's diverse communities.

Influencing the wider communities

Jeet Suchdev nominated as a one of the top 100 Diverse Board-Ready Directors of 2021

Jeet Suchdev has been announced as a 'Top Diverse Board-Ready Directors List 2021' by the Superdiversity Institute and the Ministry for Ethnic Communities. Announced in September, the inaugural list identifies chairs and directors across a range of diversity/intersectionality dimensions and highlights the value they can bring into the world of governance.

The directors on the list were selected by a panel comprising of New Zealand Law Society President Tiana Epati, Chancellor of Auckland University of Technology Rob Campbell CNZM CFInstD and Director/CEO Venasio-Lorenzo Crawley, along with the support of Anya Satyanand, CEO of Leadership NZ.

Celebrating the appointment of Jeet Suchdev as a Trustee of Foundation North and a member of the Senior's Advisory Panel within Auckland Council

As an influential personality who has his fingers on the pulse of the Indian community in New Zealand, we celebrate the appointment of Jeet Suchdev as a Trustee of Foundation North and a member of the Senior's Advisory Panel within Auckland Council.

Mr. Suchdev is a well-known figure not just within the Indian community but also among the wider New Zealand society. His extensive experience of over 25 years



has seen him build strong relationships with ministers, leaders, stakeholders and businesspeople from all walks of life. This has helped build a solid foundation for Bhartiya Samaj that has evolved to become a vibrant and phenomenally successful community organisation.

Now, Mr. Suchdev will be able to extend the voice of the community a bit further with his appointment as a trustee of the biggest community trust of New Zealand, Foundation North.

Mr. Suchdev was also appointed as a member of Senior's Advisory Panel in Auckland Council governing body. The Senior's Advisory Panel identifies issues that are important to senior citizens, engages with them and offers advice based on their experiences to help improve outcomes for the communities and bring about social cohesion as set out in the Auckland Plan. Through this appointment and the work of Bhartiya Samaj with elders in the community, Mr. Suchdev is certainly in a position to influence positive change within the community.

Power of collaboration:

Auckland Indian Diaspora supports the Indian community during the lockdown

Last year, the Auckland Indian Diaspora, an informal organisation which represents almost every Indian community organization in Auckland organised a robust food drive for those in need. This year, the group was at it again and left no stone unturned to look after the wellbeing of the community.

Just when New Zealanders had settled into the everyday, this year's lockdown that lasted for more than 100 days in Auckland, took everyone by surprise. The habits that people formed last year - working from home, takeaways and living in bubbles, now needed to be the norm. While some enjoyed the additional time to spend with family and lack of travel to work, for many lockdowns tend to be difficult times to make ends meet.

Caring Aotearoa spoke to the Bhav Dhillon, Honorary Consul of India and Narendra Bhana, President of the Auckland Indian Association about the power of collaboration in the Auckland Indian Diaspora.

called out to Jeet- bhai for support who wholeheartedly endorsed the idea.

Since then, the idea of the Auckland Indian Diaspora has been driven by Auckland Indian Association, Bhartiya Samaj Charitable Trust, and Indian High Commission. So, if you look at the diaspora now, it's an informal organization as such, so when it comes to celebrating International Yoga Day or Independence Day or Republic Day and we all come together and unite, and each organization together, we become a strong, powerful force. In the Auckland Indian diaspora, everybody is a leader. Everybody's input is valued, everybody's contribution is counted. There is no ego, and while the whole diaspora is driven by Auckland Indian



Narendra Bhana,
President, Auckland Indian Association

■ Can you tell us how the Auckland Indian Diaspora came to life?

The idea for collaboration to combine the Auckland Indian diaspora came from Honorary Consul Bhav Dhillon. When I became the President of the Auckland Indian Association in 2018, which is one of the oldest Indian community organisations in New Zealand. We

Association, Bhartiya Samaj Charitable Trust, and Indian High Commission, it's everybody's organization. We are open, we listen to all individual organization's leaders regardless of their size, age or whatever the case may be. Everybody is respected and I think one of the best things we have done is that we have united all Indian community organisations.

■ Can you tell us more about the relationship between Auckland Indian Association and Bhartiya Samaj Charitable Trust?

Since then, the Auckland Indian Association and Bhartiya Samaj Charitable Trust's relationship has grown stronger. Jeet bhai and I, we have great respect for each other. We are always there at each other's celebrations. We celebrate each other's success together. We share a lot of common ideas, and we share a lot of success stories. We also share challenges as well and we try to learn from one another and work towards improving our own organization.

So, if you look at impact, it is benefitting the Indian community because we don't just share success, but also share challenges. They say two minds are better than one.

We have seen similar challenges together, so we try to find a way to solve problems for the community. It's working well for the community. Jeet bhai is an experienced, respected member in his own right. Personally, I have a lot of respect for him. His experience is helping me personally to drive the Auckland Indian Association. We are working well together.

Bhav Dhillon,
Honorary Consul of India, Auckland

■ How did the Auckland Indian Diaspora support the community during the lockdown?

Initially, the need was not very evident because people were on a high, there was a degree of bounce back after lockdown 1.0 and a bit of euphoria in the market. It took a while before things embedded into people's mind that lockdown 2.0 is here to stay and it's causing problems.

It's not just about religion, it's about food, clothes, lifestyle, culture, and heritage - we live together, work together in India and here. The Auckland Indian Diaspora Group is, an informal group, where nobody is the President, or the Chair of this group. Nobody stands up and tells everybody what to do. This is a very media shy group. Nobody gives statements on behalf of this group but still there's this spirit of camaraderie and working together for causes that is proven time and again by this group.

The food drive we organised was yet another example of how this informal group, which represents almost every Indian community organization in Auckland, worked together over a stretch of 5 to 7 days, to collect food, gain funding, organise volunteers to distribute food to over 2000 parcels, in just one day.

We did a drop in Onehunga which caused a traffic gridlock, and we realized that the need is indeed very high. So, the next time we organised it in a bigger place, the Mahatma Gandhi Centre, where we used technology, timed everyone, and gave time slots.

■ How has Bhartiya Samaj been instrumental in this collaboration within the Auckland Indian Diaspora?

Bhartiya Samaj has always recognized this concept of working together. It epitomises the need for collaboration, and they always lead in this, and set an example.



When we realized that there was a need in the community, all the organizations, the Diaspora came together and supported the community. And that showcased its true power.

The Auckland Indian Diaspora represents what India is truly about. India has 29 states and so many different languages, and still, we really define what multiculturalism stands for to the rest of the world.



When various groups work together, some organisations must set an example and others follow. Bhartiya Samaj is this organisation which has always been vociferous as well as a hands-on organisation, which sets an example of how organisation should work together for the greater good.



SuperGold Card - *A thank you to older New Zealanders*



The SuperGold Card, also called the ‘gold card’, is a card for people over the age of 65 in New Zealand. It is organised through the Ministry of Social Development as a ‘thank you’ to older New Zealanders for the contribution they have made to the country over their lifetime.

The card offers discounts and specials when it is presented at stores or service providers. You can get savings on essential services such as electricity, insurance, healthcare, and food, as well as getting discounts on entertainment, travel, and general retail. Many places also offer free off-peak public transport to card holders.

How do you get it?

The SuperGold Card is free to get and will be automatically issued to you when you receive Superannuation, Veteran’s Pension, or another benefit after the age of 65. You must be a resident of New Zealand or have lived in New Zealand for at least ten years since the age of 20 and plan on staying here to receive a SuperGold Card.

When does it expire?

The SuperGold Card does not have an expiry date on it. If you have an older card that does have an expiry date on it, you can contact SuperGold and they will replace it for you. If you have a combined Community Services Card and SuperGold Card, it will have an expiration date on it because your entitlement to a Community Services Card may change.

Can you use it as an ID card?

If you would like to add an ID photo to your SuperGold Card, you can do so by visiting an AA Centre or a Vehicle Licensing agent. You will need to bring your SuperGold Card and three documents to prove identity. This can be done free of charge at AA Centres. This card may work as a form of photo ID for when you may no longer have a current driver’s licence or passport, but must be used in conjunction with your birth certificate as there is no date of birth on the card.

The SuperGold App

The free SuperGold App is an easy way to find current discounts and offers near you. It can be downloaded to Android and Apple devices.

You can find out more information about the SuperGold Card, the SuperGold App, and the current discounts available on the SuperGold website.



Reflecting on having to cope with Covid lockdowns in Tāmaki Makaurau since mid- August this year, I truly feel the appreciation to our ethnic communities who have managed it with patience and resilience. Many of you who initiated to distribute food parcels and lend support to those who are in need is truly a reflection of your selfless generosity. The unity to encourage each other to get vaccinated and reaching high numbers was indeed inspiring.

From 15 December 2021, the announcement that the borders of Auckland will be opened must be exciting news especially when the holiday season is approaching. It is also important to remind yourselves in keeping safe.

Leaving Home

If you are going on a trip, please get a friend that you can trust to empty your letter box. A full and messy letter box is letting a thief know that no one is home. Make sure all your doors and windows are locked properly before you leave. All equipment around the house such as ladders, lawn mowers etc should be locked away as well.

Know where you are going

If you are driving long distances, take time to plan and understand your route to travel. Have your car checked including the tyres and oils etc. Have plenty of rests before taking the wheels. Take breaks in your journey so that you stay afresh. Drive to the conditions.

Drinking alcohol

Misuse of alcohol takes a huge toll in terms of crashes, disorders, family violence and crime. The festival seasons should be bringing the atmosphere of celebrations, enjoying family together and spending good time with neighbours and friends, however and sadly, there are those who go too far and will often end up spoiling the holiday season for themselves and others. Drinking so much booze to the point of getting drunk and throwing up is not enjoyment – rather it is suffering and can lead to people making choices that they may regret later. Drink sensibly. Be a responsible person – look out for your mates too, if they are drinking.

Drinking? Then don't drive

It's that simple, if you are drinking, then don't drive. Appoint a sober driver to drive you and the other friends who will be drinking. Or get an Uber or taxi.

Car Safety

Never leave your belongings visible inside the car. An item as ordinary as a gym bag may seem of little value to you, but a thief may suspect that there are things in there that could bring them some cash. Thieves will likely break into cars that have things left visible to them. Before moving away from your car, take another look to see if you've left anything visible inside your car. If so, put them away in the boot. Double check to see if you've locked your car properly.

Scams

Only give personal information to trusted people or organisations. Remember that legitimate businesses should never send you an email with a link to log in. Never reply to a scam message, even if you're curious. If you're unsure about any requests for details you receive, do some simple checks first. Navigate directly to the company's website instead of following an email link, call their office directly, or visit a local branch. Use a safe search option and reset your computers to use Quad9 DNS to help prevent criminals getting your information. For more information, visit: www.quad9.org

The New Zealand Police wish all our communities a wonderful and safe Christmas and a Happy New Year!

Jessica Phuang QSM
Tāmaki Makaurau Ethnic Responsiveness Manager



Composting Food Scraps

From Auckland Council and Compost Collective



Approximately half of what Auckland households send to landfill is compostable material. Out of this, 10% is from the garden and a whopping 40% is from the kitchen. This food waste alone weighs in at about 90,000 tonnes each year.

Did you know that when your food scraps are mixed with other rubbish in the landfill we lose all those valuable nutrients forever. And it gets worse.

Once buried it doesn't compost down. Compost needs air and there is no air in landfill. Instead it rots down anaerobically causing problems that then have to be managed.

Liquid from the rotting waste slowly filters through the landfill, washing out all the nasties. To stop that contaminated leachate from polluting our waterways, it has to be collected and treated onsite.

The other big problem is that when organic waste rots down anaerobically it gives off Methane gas (CH₄). Methane is a significant Greenhouse gas, being 25 times more potent at trapping heat in the atmosphere than Carbon Dioxide (CO₂). Modern landfills do capture some of that methane but not all of it.

There is something easy you can do to help fix all those problems. Instead of sending your kitchen and garden waste to the landfill, simply compost it onsite.

According to the Auckland Council Waste Assessment, half of a typical household's weekly waste can be composted, rather than sent to landfill.



Picture Courtesy: Auckland Council

Composting is a great way to keep the goodness in your garden and it's easier and cleaner than you may think.

Auckland Council provides support to help you get composting with workshops held regularly around the region. Those who attend workshops are eligible for a \$40 voucher to go towards a composting system

These free and informative courses introduce you to three of the most popular methods: traditional composting, bokashi bin and worm farming. To find out more visit the Compost Collective.

Sharewaste is also a new scheme in Auckland. It connects people who have compost bins with people who have scraps but nowhere to put them. It is just starting out, but the more people that sign up, the easier it will become.

This act is simple yet has so much meaning. Each deposit of waste shared enriches the soil and gives abundant harvest. This harvest is more than what we need so we share the excess with the community as a gesture of thanks.

Some Community Gardens around Auckland will accept food or bokashi scraps, and always welcome a helping hand. Find your local garden with Shared Waste, then get in touch with the contact person listed to see what waste materials they might accept, and how you can get involved.



Picture Courtesy: Auckland Council

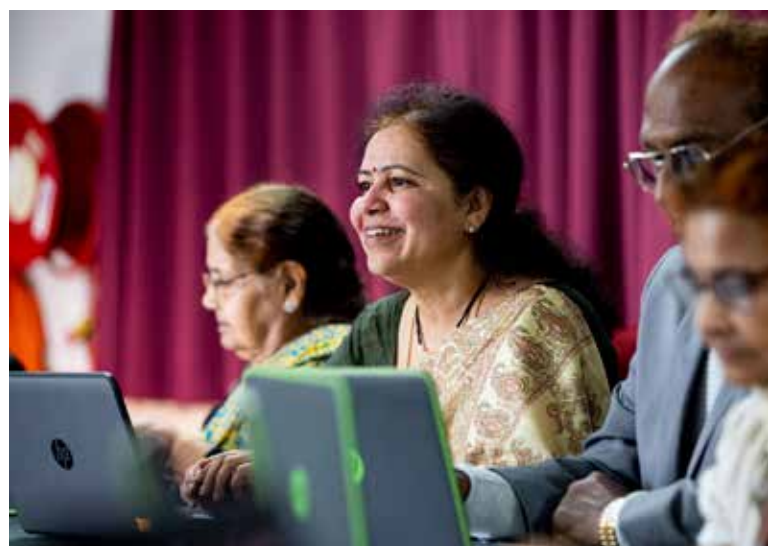


Common misconceptions about *insurance covers*

By the time people reach 50, they've usually experienced numerous insurance policies, like home and contents, vehicle, life, health and income cover. Unfortunately, despite this experience, the Insurance & Financial Services Ombudsman (IFSO) Scheme regularly sees complaints from people who thought their policy gave them cover but, when they came to make a claim, discovered that it didn't. A common misunderstanding lies in what exclusions can cut out.

The IFSO Scheme holds concerns about funeral insurance and expects to see the risk of paying more than the sum insured clearly notified to the consumer.

Because funeral cover is a risk-based policy, the insurer takes the risk of paying a claim before the premiums paid are equal to the sum insured. On the other hand, the insured risks paying more in premiums than the sum insured. Because funeral insurance can have relatively low



Take the example of Rebecca who came to the IFSO Scheme after her claim for carpet to be replaced was not accepted by her insurer. Rebecca said she was moving her large pot plant and suddenly discovered the carpet underneath it was ruined. She realised she had been over-watering the plant for months. Rebecca made a claim and she was horrified to have it rejected as being "gradual damage", which was an exclusion in her policy. Gradual damage means that, although Rebecca's discovery was sudden, the damage had been occurring over some time and, therefore, it was excluded from cover.

Another problematic area for seniors is funeral insurance. It's often sold as an "affordable way to ease the financial burden on your loved ones". But is it really? Consumers need to understand that, sometimes, they will pay more in premiums for funeral cover than the cover is worth. This will happen when funeral cover is held for a long time. It is not a savings product and, if premiums are not paid, the cover will usually lapse.

sums insured, the risk of premiums overtaking the sum insured increases as an insured person ages.

Take the case of Rachel, who complained to the IFSO Scheme that she had paid nearly \$10,000 in premiums over many years, and since she retired, couldn't afford to keep paying. She contacted the insurer which told her that, if she stopped paying the premiums, she'd lose the entire amount she'd paid over the years and would no longer be covered. A devastating situation and one we don't want consumers to have to deal with.

The Insurance & Financial Services Ombudsman Scheme resolves complaints about insurance and financial services. This service is independent and fair, and free for consumers. If you have a concern about a policy, or think you have not been treated fairly you can call 0800 888 202

This article was sourced from the Seniors newsletter written by the Insurance & Financial Services Ombudsmen.

Taking care of each other at Red, Orange and Green

Services for basic needs like supermarkets, pharmacies and public transport are open across every setting with or without *My Vaccine Pass*.

Red

Life at Red

- Wear a face covering on flights, public transport, taxis, shops, education (Year 4 and up including tertiary) and public venues (mandatory)
- You can visit public places like libraries and museums (with limits based on the size of the venue)
- Go to workplaces. Where appropriate staff may work from home
- Go to education places like schools and ECE (with health measures and controls in place).

My Vaccine Pass* allows you to go to the following:

- Cafes, restaurants and bars
- Gatherings like weddings and funerals, and gatherings at home
- Indoor and outdoor events
- Close-proximity businesses like your hairdresser
- The gym or other member-based businesses like dance or martial art studios.

You can also attend tertiary education in person (capacity limits will apply based on venue sizes).

*Up to 100 people based on the size of the venue. For gatherings at home, you can have up to 100 regardless of the size of the house.

Without *My Vaccine Pass* there are restrictions that apply:

- Only allowed contactless pickups at cafes, restaurants and bars
- Only attend small gatherings of up to 25 people. If held at home, maximum of 25 people regardless of the size of the house
- Cannot attend indoor or outdoor events, like concerts
- Up to 25 people can attend outdoor community events with uncontrolled access
- Only distance learning for tertiary education.

Orange

Life at Orange

- Wear a face covering on flights, public transport, taxis, shops and public venues (mandatory)
- You can visit public places like libraries and shops (with limits based on the size of venue)
- Go to workplaces
- Go to education places (with health measures in place).

***My Vaccine Pass* allows you to go to the following with no limits:**

- Cafes, restaurants and bars
- Gatherings like weddings and funerals, and gatherings at home
- Close-proximity businesses like your hairdresser
- The gym or other member-based businesses like dance or martial art studios.

Without *My Vaccine Pass* there are restrictions that apply:

- Only allowed contactless pickups at cafes, restaurants and bars
- Small gatherings can be up to 50 people, based on the size of the venue. If held at home, maximum 50 regardless of the size of the house
- Cannot attend indoor or outdoor events
- Outdoor community events with uncontrolled access have a maximum of 50 people
- Cannot go to the gym or other member-based businesses like dance or martial art studios
- Cannot visit close-proximity businesses like hairdressers.

Green

Life at Green

- Wear a face covering on flights (mandatory)
- Visit public places like libraries and shops
- Go to workplaces
- Go to education places.

***My Vaccine Pass* allows you to go to the following with no limits:**

- Cafes, restaurants and bars
- Gatherings like weddings and funerals, and gatherings at home
- Indoor and outdoor events
- Close-proximity businesses like your hairdresser
- The gym or other member-based businesses like dance or martial art studios.

Without *My Vaccine Pass* you can go to the following (with limits):*

- Gatherings like weddings and funerals
- Close-proximity businesses like your hairdresser (with masks and scanning in)
- The gym or other member-based businesses like dance or martial art studios.

*Up to 100 people based on the size of the venue.

How to get My Vaccine Pass

There are 3 ways to get your My Vaccine Pass

- **Online through My Covid Record,**
- **Over the phone,**
- **In person at a pharmacy**

The quickest way is through the website My Covid Record.

1. Online through My Covid Record

To get a My Vaccine Pass through the website My Covid Record, you will need a unique email address and a valid ID.

Request a pass

- Log in to My Covid Record
- In the 'Passes and certificates' section, select 'Request pass or certificate'.
- The 'Select a pass or certificate' screen will open. Select 'My Vaccine Pass' and then select 'Continue'.
- In the 'Your details' screen, enter the email address that your vaccine pass should be sent to and select 'Request pass'. A confirmation screen will appear.
- You should get an email with your pass within 24 hours.

Save a pass to your phone or print it out

The email gives you the option to save it to your phone:

- For Apple, click 'Add to Apple Wallet'
- For Android, click 'Save to phone'

Another way to save the pass to your phone is to take a screenshot of the QR code when you open the PDF in your email. You can save this to your phone. Make sure it is not blurry or pixelated and there is blank space around the edges. It is helpful if your name can be seen in the screenshot.

If you would prefer to have a physical copy of your pass, download and print the PDF attachment in the email.

2. Over the Phone

If you cannot access My Covid Record, or do not have a unique email address or valid ID, you can call the Ministry of Health to request a physical copy. It will help to have your NHI number ready.

Phone: **0800 222 478**

3. In person at a pharmacy

Pharmacies that are providing COVID-19 vaccinations can also help you request and print a My Vaccine Pass for free. Confirm in advance that they offer this service, and bring your NHI number if you can when you visit.

You do not need to have ID or an email address. You will be asked some personal details so you can be found in the system.





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कतारों में इंतजार करते-करते थक गए?
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भारतीय समाज चैरिटेबल ट्रस्ट के सहयोग से पिलड्रॉप फार्मसी आपके लिए है!

प्रिस्क्रिप्शन दवाएं आपके घर पर बिल्कुल मुफ्त पहुंचाई जाती हैं

बस अपने दवा के प्रिस्क्रिप्शन की एक फोटो लें और अपने घर बैठे आराम से ईमेल/व्हाट्सएप/वीचैट/लाइन के माध्यम से भेजें।

इनके लिए फ्री सेवा:

- ✓ **सभी 65 वर्ष और उससे अधिक उम्र के**
- ✓ **कम से कम 4 नियमित दवाएं लेने वाला कोई भी**



आप/आपके डॉक्टर यहां नुरखे भेज सकते हैं

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Email: delivery@pilldrop.co.nz



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ਸਾਡੇ ਕੋਲ ਇੱਕ ਹੱਲ ਹੈ!

ਭਾਰਤੀ ਸਮਾਜ ਚੈਰੀਟੇਬਲ ਟਰੱਸਟ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਪਿਲਡ੍ਰੌਪ ਫਾਰਮੇਸੀ ਤੁਹਾਡੇ ਲਈ ਹੈ।

ਤਜਵੀਜ਼ ਕੀਤੀਆਂ ਦਵਾਈਆਂ ਤੁਹਾਡੇ ਘਰ ਪੂਰੀ ਤਰ੍ਹਾਂ ਮੁਫਤ ਦਿੱਤੀਆਂ ਜਾਂਦੀਆਂ ਹਨ

ਆਪਣੀ ਦਵਾਈ ਦੇ ਨੁਸਖੇ ਦੀ ਇੱਕ ਫੋਟੋ ਲਓ ਅਤੇ ਆਪਣੇ ਘਰ ਦੇ ਅਰਾਮ ਤੋਂ ਈਮੇਲ/ਵਟਸਐਪ/ਵੀਚੈਟ/ਲਾਈਨ ਰਾਹੀਂ ਭੇਜੋ।

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- ✓ **ਸਾਰੇ 65 ਸਾਲ ਅਤੇ ਇਸ ਤੋਂ ਵੱਧ ਉਮਰ ਦੇ**
- ✓ **ਘੱਟੋ ਘੱਟ 4 ਨਿਯਮਤ ਦਵਾਈਆਂ ਲੈਣ ਵਾਲਾ ਕੋਈ ਵੀ**



ਤੁਸੀਂ/ਤੁਹਾਡਾ ਡਾਕਟਰ ਇੱਥੇ ਨੁਸਖਾ ਭੇਜ ਸਕਦੇ ਹੋ

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ਹੋਰ ਪੁੱਛਗਿੱਛ ਲਈ 0800-745537/0212221020 ਤੇ ਕਾਲ ਕਰਨ ਲਈ ਬੇਝਿਜਕ ਮਹਿਸੂਸ ਕਰੋ



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सारिते आपेक्षा करते करते ब्लाड?
आमारदर एकटि समाधान आछे!

भारतीय समाज चारिटेबल ट्रस्टेटर सहयोगिताय पिलड्रॉप
फार्मसी आपनार जाना!
**प्रेसक्रिप्शन औषधुगुलि आपनार बाडिते पौछे देओया
एकेबारे विनामूल्य**

अधु आपनार प्रेसक्रिप्शनर एकटि छवि निन एव
आपनार बाडितर आराम थेके ईमेल/व्हाट्सअप/वीछैट/
लाईनर माध्यामे पाठान।

एर जना विनामूल्य परिषेवा:

- ✓ सब 65 बछर एव तार बेसि
- ✓ ये केन्टे कमपफे 4 टि नियमित औषध सेवन कर



आपनि/आपनार डाक्टर एथाने प्रेसक्रिप्शन पाठारत पारैन

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आरओ जिअसास जना निर्विबाध 0800-745537/0212221020
तबारे कल करन



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कतारोमां राड जोईने याकी गया छो?
अमारी पासो उकेल छे!

भारतीय समाज चैरिटेबल ट्रस्टेना सहयोगिथी पिलड्रॉप फार्मसी तमारा
माटे छे!

**प्रिस्क्रिप्शन दवाओ तमारा घरे संपूर्णपणे भक्त पछोयाडवामां
आवे छे**

इकत तमारा दवाना प्रिस्क्रिप्शननो इटो लो अने तमारा घरे ब्रेडा
आरामथी छिमेछल, वोटसअप/ वीछैट/ लाइन, द्वारा मोकलो.

नीचेना माटे भक्त सेवा:

- ✓ लधा 65 वर्ष अने तेथी वधु छिभरना
- ✓ ओछामां ओछी 4 नियमित दवाओ लेनार कोछपछ



तमो/तमारा डॉक्टर अछी प्रिस्क्रिप्शन मोकली शको छो

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वधु पूछपरछ माटे 0800-745537/0212221020 पर नि 10:30:30 बल 8रो



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संदेसि सालिनली कायुवली अयुसगिओन्डियेयै?
नमूली परिकारविदे!

भारतीय समाज चारिटेबल ट्रस्टे सहायोगिताय पिलड्रॉप फार्मसी
पिलड्रॉप फार्मसी निमगागी इदे!

**प्रिस्क्रिप्शन औषधुगुलि आपनार बाडिते पौछे देओया
एकेबारे विनामूल्य**

निमू प्रिस्क्रिप्शन स प्रेसक्रिप्शनर एकटि छवि निन एव
आपनार बाडितर आराम थेके ईमेल/व्हाट्सअप/वीछैट/
लाईनर माध्यामे पाठान।

इदकागी लुबिच सैवे:

- ✓ एल्ल 65 बछर एव तार बेसि
- ✓ यारादरओ कनिष्क 4 सामान्य प्रिस्क्रिप्शनर



निएवु/निमू व्हाट्सअप अछी प्रिस्क्रिप्शन कलुहिसलकुदु

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कैबुन विचारकोगी 0800-745537/0212221020 गि करे माडल
किलुहियुबैरि



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रांगेत थांबून कंटाळा आला आहे का?

आमच्याकडे एक उपाय आहे!

भारतीय समाज चैरिटेबल ट्रस्टच्या सहकार्याने पिलड्रॉप फार्मसी
तुमच्यासाठी आहे!

प्रिस्क्रिप्शन औषधे तुमच्या घरी पूर्णपणे मोफत दिली जातात

फक्त तुमच्या औषधाच्या प्रिस्क्रिप्शनचा फोटो घ्या आणि तुमच्या
घरी बसून आरामात ईमेल/ व्हॉट्सअप/ वी चॅट लाईन द्वारे
पाठवा

यासाठी मोफत सेवा:

- ✓ सर्व 65 वर्षे आणि त्याहून अधिक वयाचे
- ✓ कोणीही किमान 4 नियमित औषधे घेत आहेत



तुम्ही/तुमचे डॉक्टर येथे प्रिस्क्रिप्शन पाठवू शकता

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अधिक चौकशीसाठी 0800-745537/0212221020 वर
मोकळ्या मनाने कॉल करा

Bhartiya Samaj extends its services to Christchurch

Caring Aotearoa spoke to Dr Surinder Tandon MNZM, who is the Chairman of the Christchurch branch about the purpose behind the organisation, the vision for the Christchurch branch and plans for 2022.

After years of work within the Indian community in Auckland and around various parts of New Zealand, Bhartiya Samaj has launched a branch in the Greater Christchurch and Canterbury area. The aim of the organisation is to make a positive difference in the lives of people of Indian origin belonging to diverse cultures and faiths, including Indian New Zealand citizens, permanent residents, overseas students, migrant workers or visitors.

■ Did you notice a need for an organisation like Bhartiya Samaj?

I've been following the work of Bhartiya Samaj for many years and have known Jeet Suchdev for several more. We started the conversation in late August about setting up a Christchurch branch of Bhartiya Samaj.

Although there are a number of Indian groups in the Greater Christchurch and Canterbury area – regional and country clubs and associations and more, I thought we needed an umbrella organisation here to serve people of Indian origin whether they are NZ citizens, residents, or migrants.

We set up this group to unify all the Indian groups here, primarily when we want to have a joint celebration or make a joint submission to the government, like the recent Immigration issue.

We felt a need for an organisation like Bhartiya Samaj to represent people of Indian origin.

■ What is the purpose for the Christchurch branch of Bhartiya Samaj?

The vision of the organisation is to help people of Indian origin to strive and excel socially, culturally, economically and professionally.

Our focus is unifying and focused on the community and its wellbeing. We want to work with and for the people of greater Christchurch and Canterbury on an individual, community and national level.

Through our events and get-togethers, we will promote cultural awareness and competencies, run and support activities for dealing with matters relating to social, cultural, economic and health well-being. e.g., domestic violence, mental health, employment etc.

We want to work with other Indian and community organisations in this region. We want to foster unity in diversity, equality, and social cohesion by participation in pan-ethnic events, meetings, workshops and forums. Bhartiya Samaj Christchurch will facilitate greater

communication and networking with various Indian groups for news, information, events. Along with this, we liaise with representatives of various Indian community groups for increasing networking, collaboration, and fellowship.

On a community level, we want to empower self-confidence, civic participation in the community. We intend to encourage the community to volunteer and be an example of team spirit and teamwork.

We will be advocates for the community on engagement with NZ and Indian Governments on the

matters of importance as well as be a voice of the Indian community for dealing with NZ Government authorities, as well as with Indian High Commission and Indian Government. We intend to also facilitate participation in visiting Indian Government programmes (art, cultural, economic etc.) and other activities happening in Canterbury region (e.g., cultural troupe, sports teams, and visits of dignitaries etc.).

■ What are the plans for Bhartiya Samaj Christchurch for 2022?

Since the launch of Bhartiya Samaj Christchurch in August, we have been running our activities mainly focused on COVID – encouraging people to go for vaccination, helping migrants with their visa situation. Next year, we will work on raising awareness on the existence of Bhartiya Samaj via social media, emails and our own network. We are looking at organising health forums for elders. Archana Tandon, who is Women Affairs Chair, will be organising activities for women like self-defense, women health forums.



We are planning to organise regular social get-togethers for the community, especially for our elders. We want to create an atmosphere where everyone is welcome, and feels at home.

In 2022, we intend to organise celebrations for Indian festivals as well as provide opportunities for the community to come together every quarter.

■ **Any message for the readers of Caring Aotearoa**

I would like to wish everyone a happy new year. May the New Year bless you with health, wealth, and happiness.



***Message from Jeet Suchdev on the launch of
Bhartiya Samaj Christchurch***

“Bhartiya Samaj Charitable Trust has always had a community-first approach, working with the aim to bring positive change in the lives of Aotearoa’s diverse communities. Irrespective of caste, color, age or religion we empower the communities by bringing them on a platform where they form social relations and become strong and confident.

I wish to urge the community of the Canterbury region to wholeheartedly support this initiative and become a part of this noble venture.”

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Senior Citizens:

Bhartiya Samaj Charitable Trust
0212221020 / 096200579

Age Concern New Zealand
0800652105

NZ aged care association
044733159

Elder Abuse
08003266865

Retirement villages association of NZ
044997090

Emergency:

Police, Fire and Ambulance- 111
Police Non Emergency contact- 105

Health:

Healthline (Ministry of Health)
0800611116

Mental Health foundation of NZ
08006885463

Suicide crisis helpline
0508828865

Anxiety Phone line
08002694389

Health and disability Commissioner
0800112233

Family Violence and Distress Support:

Roopa Aur Aap Charitable Trust
021665609/ 09-620 4606

Bhartiya Samaj Distress Support
0212221020

Victim Support
0800842846 (Volunteer-
0800865868)

Are You Ok (Family Violence
Helpline)
0800456450

National Network of Stopping
Violence
0276941051

Children:

Bhartiya Samaj Multicultural
Playgroup
096200579 / 02108881461

Plunket Line
0800933922

Parent Helpline
0800568856

Grandparents Raising Grandchildren
0800472637

General:

Youthline- 0800376633

Alcohol Drug Helpline- 0800787797

Arthritis New Zealand- 0800663463

Banking Ombudsman (Fixing bank
problems)
0800805950

Births, Deaths and Marriages
0800225252

Citizens Advice Bureau- 0800367222

Housing New Zealand- 0800801601

Inland Revenue- 0800775247

Insurance and Financial services
0800888202

Lifeline (24/7 support by qualified
counsellors and volunteers)
0800543354

Motor vehicle licensing and
registration 0800108809

Bond enquiries
0800737666

Mediation
0800836262

St John's Hindi Carer Calling Service
0800780780

Auckland Justice of Peace
Association
099169276



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Enabling diversity to thrive.

The Ministry for Ethnic Communities is the government's chief advisor on ethnic communities, ethnic diversity and the inclusion of ethnic communities in wider society.

We work with communities, other government agencies and a range of organisations to help increase social cohesion and ensure Aotearoa New Zealand is a place where everyone feels welcome, valued and empowered to be themselves.

We also provide information, advice and services to ethnic communities and administer funds to support community development and social cohesion.

One of these funds is the Ethnic Communities Development Fund. This fund has \$4.2 million a year available for projects that support ethnic communities to grow their skills, celebrate their culture and take part in society. It is also available for initiatives that support our communities as they deal with the challenges of COVID-19.

For more information about the Ethnic Communities Development Fund, including how to apply, please visit our website.

www.ethniccommunities.govt.nz



Ministry for
**Ethnic
Communities**
Te Tari Mātāwaka



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DOMESTIC VIOLENCE

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09-620-4606**

Roopa aur aap
CHARITABLE TRUST
www.roopaauraaap.org.nz



Together We Can & We Will

Roopa Aur Aap Charitable Trust (RAACT) has been working for domestic violence victims since 2008. The organisation focuses on the development of South Asian Community experiencing inequality and violence. RAACT adopts non-judgemental, non-political, and non-religious approach. The confidentiality of the client is strictly followed by the team. The organisation has multi-lingual skilled, experienced, and knowledgeable staff. We work hand in hand with immigration advisors, lawyers, police officials to provide services to our clients. The team has been continuously conducting workshops to empower and educate the society about domestic violence in various forms. All our services are free of cost.

Services Include

- **Counselling / Mediation**
- **Crisis Intervention**
- **Legal Support**
- **Ongoing Personal/Individual Services**
- **Elder Abuse Awareness**
- **Networking**

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