

Useful links and ideas during Covid-19 self isolation!

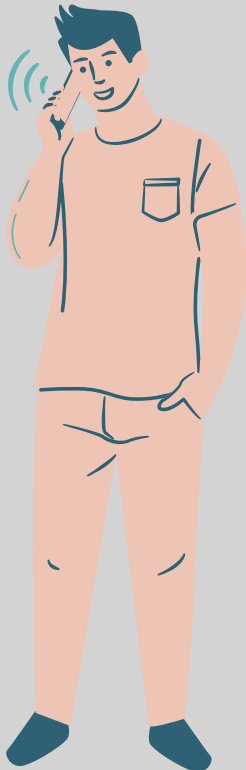
A quick and easy guide with links to information, CPS contacts and useful ideas to do whilst we are in a nationwide lockdown.

Helpful numbers.

Healthline: Free health advice and information, anytime – 0800 611 116

Counselling: Free call or text 1737 to have a chat with a trained counsellor. They're available for free, day and night.

The Depression Helpline: 0800 111 757
Healthline: 0800 611 116
Lifeline: 0800 543 354
Samaritans: 0800 726 666
Youthline: 0800 376 633
Alcohol Drug Helpline: 0800 787 797



Helpful web links.

Unite Against COVID-19
<https://covid19.govt.nz/>

Mental wellbeing
<https://bit.ly/3bNDLXf>

Kidz Cooking Creations
<https://bit.ly/2JTXjgS>



Information for disabled people and their family and whanau.

<https://bit.ly/347XO09>



Employment & financial support.

MOH Employment/financial support
<https://bit.ly/34kaiSB>

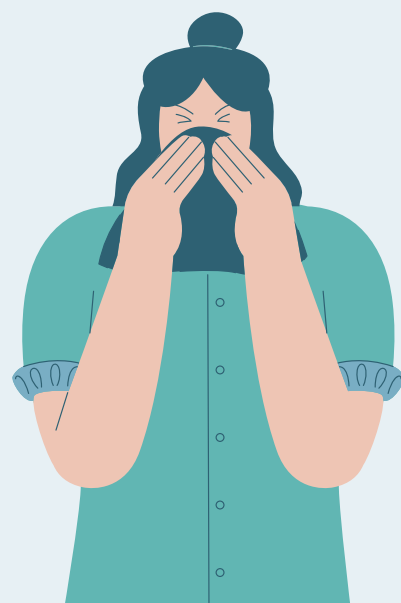
Individualised Funding.

Ministry of Health
<https://bit.ly/2RaWOhE>



MOH Flu tracking.

<https://bit.ly/2X7AIKR>



Call your doctor or hospital before visiting.

If you need to seek medical attention whether for viral symptoms or other medical care reasons, contact your doctor or hospital ahead of time so they can prepare and take precautions for your arrival.



Sign Language Information for hearing impaired.

<https://bit.ly/2xPV23j>



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Family resources.

<https://bit.ly/2JE2j9q>

Children in isolation

<https://bit.ly/2V2oTh0>

We Care

<https://bit.ly/2XstZWP>

All Right

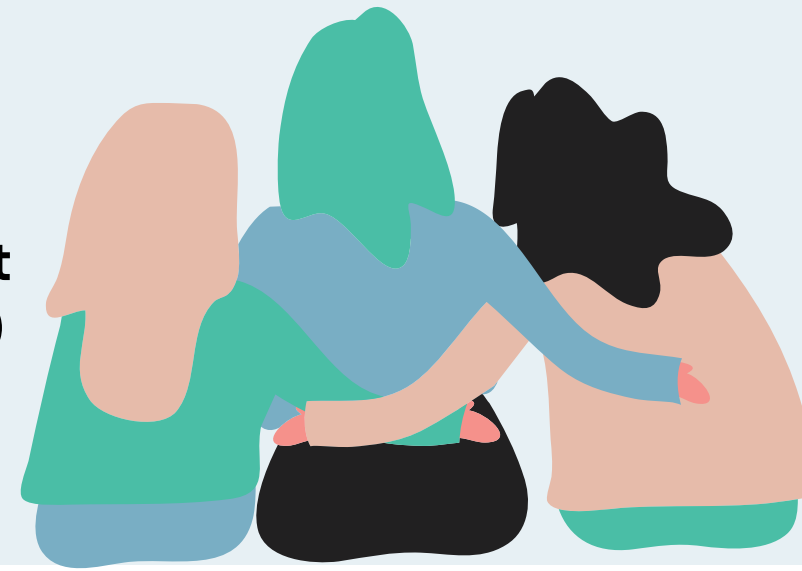
<https://bit.ly/2JYcAND>



Helping children cope in emergencies.

<https://bit.ly/2x4F2dZ>

Nano Girl, YouTube advise to children about COVID-19 (Coronavirus)
<https://bit.ly/3bJttaG>



ONLINE GAMES AND ACTIVITIES FOR CHILDREN.

We are actively updating the list so send your suggestions to:

Gemma@cpsociety.org.nz
or Sara@cpsociety.org.nz.



Fun for kids.

Help Kidz Learn

<https://bit.ly/2JENaEM>

I Am Bean

<https://bit.ly/2xlmMXL>

The Teacher's Corner

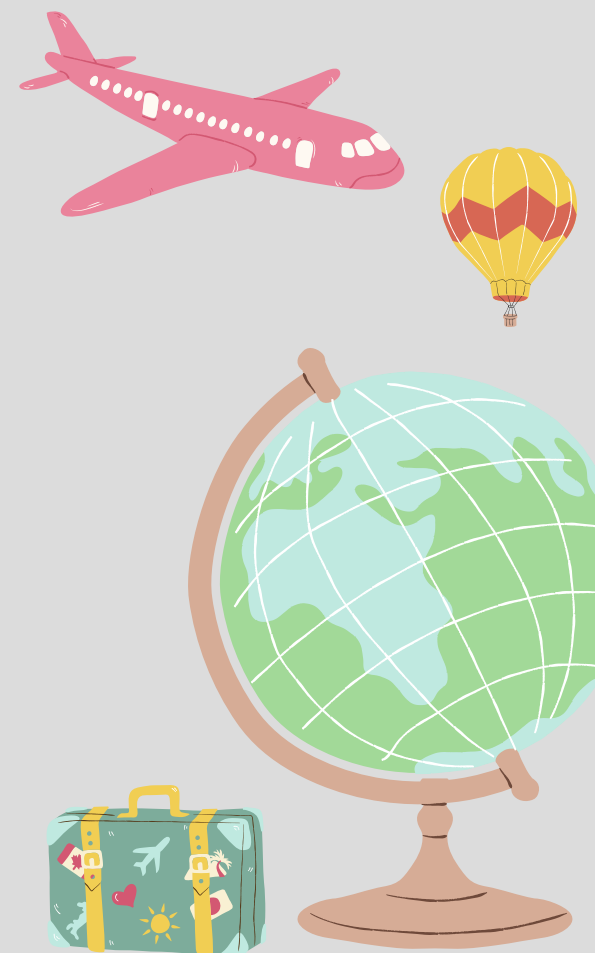
<https://bit.ly/3bPgwt>

Twinkl

<https://bit.ly/347ChEE>

World of David Walliams

<https://bit.ly/39E7oZB>



Functional Adaptive Movement.

Michael Haynard
Info@functionaladaptivemovement.com
021 826 453

Koha for online group sessions and a fee for personal training sessions- GetPhysical vouchers and IF respite funding can be used to pay for sessions.



We are here for you. Contact us!

<https://bit.ly/39G8Qed>

GoNoodle.

<https://bit.ly/39C4a96>

LegoDuplo

<https://bit.ly/2XoAOUq>

Tabletopia

<https://bit.ly/3aOB4k6>

Earth Cams

<https://bit.ly/2y3bh9>



#UniteCPS

Compassion. Connection. Care. Community