

Saving precious memories

Many people have commented that following the floods, photographs were amongst the most treasured of all possessions damaged. Some photographs have water damage, others silt and water damage; some negatives have been saved; and many albums were saturated.

Andrew Pettengell of Heritage Studios, Auckland has teamed up with the BOP Acacia Charitable Trust to provide free digital copying of photographs for flood-affected families. The service is being funded by the NZ Lottery Grants Rangitaiki River Stopbank Breach Recovery Fund.

The project will digitise, either by photographically reproducing the images, or scanning at high resolution. A memory stick will be provided at no cost to all project participants.

The project team encourages families with larger collections (100 plus images) to make contact with them to ensure that they can meet your requirements. Contact: Wayne Marriott – wpmariott@yahoo.com, or 021 226 0657.



The Digital Unit will operate between **10am and 6pm**; please note Sunday's venue is in Whakatāne

Thursday 29 June	St David's Presbyterian Church Lounge, 51 College Street, Edgumbe
Friday 30 June	St David's Presbyterian Church Lounge, 51 College Street, Edgumbe
Saturday 1 July	St David's Presbyterian Church Lounge, 51 College Street, Edgumbe
Sunday 2 July	Acacia House, Louvain Street, Whakatāne
Monday 3 July	St David's Presbyterian Church Lounge, 51 College Street, Edgumbe

Bargain boot camp opportunity

Nothing beats stress like a good workout and Edgumbe residents need look no further for one than the War Memorial Hall. Local man Brad Haimona is offering \$5 boot camp workouts on Mondays, Wednesdays and Fridays, from 5:30 to 6:15, and is welcoming all age groups and fitness levels. After three years as a fitness instructor in Auckland, Brad came 'home' in December and had built up a regular client list when the April floods changed everything. Now he wants to help people refocus and de-stress with a boot camp workout.

"After going through what Edgumbe has been through," he says, "it's important to try and get back to a regular lifestyle and some routine, and to think a bit about our

health and stress levels. But people are busy so I made this programme pretty flexible – you can just arrive on the night and get straight into it – no booking required." Need more inspiration? Contact Brad on 021 0836 8025

Brad's body-fit boot camp is just one of a programme of fitness and wellness classes organised by Recovery Events Coordinator Vicky Richards. Check out the Recovery Facebook Page, or pick up a flyer from Te Tari Awhina (Community Hub at Edgumbe Library).



Left to right, back row: Paul McCormack, Mary McCormack, Juan Haimona, Christina Orr-West. Front right, Brad Haimona

Business Support Fund

The first grants have been made from the \$200,000 Ministry of Business, Innovation and Employment (MBIE) business support fund.

The assessment committee met last week to consider two applications, both of which were successful.

Twenty-eight further businesses are in the process of making applications, and Recovery staff are working with the Eastern Bay Chamber of Commerce to contact businesses affected by the April storm events to ensure owners are aware of the fund and the application process.

Relief grants are available to businesses with less than 20 employees, which can show they have suffered significant and sustained losses as a result of the April flooding and cyclone events. Application forms and details of the funding criteria are available on the Chamber website (www.ebopchamber.co.nz) and the Whakatāne District Council website (www.whakatane.govt.nz). The fund will operate until the end of September.

Alongside the practical tasks of rebuilding affected communities, there sits another vital recovery process; where we look after each other and where we feel supported to help ourselves and others' health and wellbeing.

Common Reactions to Disasters

After a traumatic event, it's normal to experience feelings you may not have had before. These may happen straight away, or you may notice a gradual change during a crisis and after it is over. It will take time for you to feel your life has returned to normal.

Such feelings can affect how you act and how you think.

FIVE WAYS TO WELLBEING



Your time,
your words,
your presence



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

INTRODUCE THESE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

Mental Health Foundation
MORUHI TĪ. MĀHURI ĀPIH

HOW YOU FEEL

- Fear of it happening again
- Shock, not really believing what has happened
- Anger at the unfairness – why me?
- Sadness for what you have lost
- Shame that you may not have behaved as well as you could

HOW YOU ACT

- Not interested in, or able to enjoy things you used to
- Not wanting to be with friends or talk to people
- Drinking more alcohol than usual, smoking more
- Finding it hard to sleep, feeling tired
- Not wanting to eat, or eating more than usual

HOW YOU THINK

- Remembering what happened again and again
- Having unpleasant dreams, nightmares
- Finding it hard to make decisions
- Finding it hard to concentrate
- Having problems remembering things not related to the event

THESE STEPS MAY MAKE YOU FEEL BETTER Try to:

- ✓ **Follow your normal routine as much as possible: go to work, exercise and stay active**
- ✓ **Accept help from others and if you are able to, offer to help others in your community.**

If you need support or advice, or have feelings of anxiety, stress, prolonged fear, hopelessness or anger and need to talk to someone, you can phone Healthline on 0800 611 116.

Community Questions

Interested in responses to the questions posed at the Edgecumbe Community Hui on 10 May?

Whakatāne District Mayor Tony Bonne and Regional Council Chair Doug Leeder presented responses to the Rangitāiki Community Board last week, and a copy of the document is available at www.whakatane.govt.nz/recovery-project. Hard copies are also available at Te Tari Āwhina.

Whakatāne District Council provided information and also coordinated the responses from other agencies. Bay of Plenty Regional Council will respond directly to questions relating to the management of the Rangitāiki River Scheme and its flood defence systems.

The Edgecumbe Community Hui was a community-driven initiative to provide a platform for residents to present their concerns about the April flooding event to the relevant authorities. The recent Recovery Expo was also in response to the questions raised.

OTHER PLACES YOU COULD GO TO FOR SUPPORT INCLUDE:

- Your GP or local community health centre
- Eastern Bay Primary Health Alliance Mental Health Service – 07 307 0188
- DHB Mental Health & Addiction Services – adult, 0800 774545, child and youth – 0800 486947
- Ngati Awa Social & Health Services – 07 306 0096
- Tu Wharetoa Ki Kawerau Health & Social Services – 027 435 4994
- Te Puna Ora O Mataatua – 0800 294 462
- Tuhoe Hauora – 07 312 9874
- Rural Support Trust – 0800 787 254