



## Cyclone Gabrielle Rural Wellbeing Recovery – Events and Services

### Helplines and Online Resources and Support

National Helplines		
Name	Description	Link/Number
111	Emergency contact number for police, fire, and ambulance	111
1737 – Need to Talk?	Provides free counselling services with trained psychologists 24/7 via phone or text	1737 <a href="https://1737.org.nz/">https://1737.org.nz/</a>
Rural Support Trusts	Provides free and confidential support services	0800 787 254 <a href="https://www.rural-support.org.nz/">https://www.rural-support.org.nz/</a>
First Mate	Supports the health and wellbeing of people across the commercial seafood sector	0800 237 438 <a href="https://www.firstmate.org.nz/">https://www.firstmate.org.nz/</a>
Lifeline	Provides free counselling services via phone or text	0800 543 354 or text HELP to 4357 <a href="https://www.lifeline.org.nz/">https://www.lifeline.org.nz/</a>
Youthline	Provide free mental health (text, phone, webchat and email) and face-to-face counselling services for youth aged 12-24.	0800 376 633 or text 234
Samaritans	Provides free mental health support	0800 72 66 66
Alcohol Drug Helpline	Provides free counselling services via phone or text, also operates Māori and Pacifica services	0800 787 797 or text 8681
Depression Helpline	Provides free depression and anxiety support via phone or text	0800 111 757 or text 4202
Healthline	Provides free health advice	0800 611 116



Online Resources/Support		
Name	Description	Link/Number
All Sorts	Funded by Te Whatu Ora – Health New Zealand. Focuses on mental discomfort and distress to difficult times. Aims to address psychosocial wellbeing before professional support is needed.	<a href="https://allsorts.org.nz/">https://allsorts.org.nz/</a>
Farmstrong	Offers a range of resources to help manage rural wellbeing	<a href="https://farmstrong.co.nz/">https://farmstrong.co.nz/</a>
Te ao Māori wellbeing	Being Developed. Te Aka Whai Ora – Māori Health Authority is developing mental wellbeing solutions in te ao Māori.	
Groov App	Free to use app providing information, activities, and videos about mental and emotional wellbeing	App Store or Google Play
Headstrong App	Free to use app for building mental resilience and wellbeing	App Store or Google Play
<a href="#">NZVA Mental Health Webinars</a>	NZVA online webinars on mental health and wellbeing following Cyclone Gabrielle	<a href="https://nzva.org.nz/flood/mental-health/psychological-recovery/">https://nzva.org.nz/flood/mental-health/psychological-recovery/</a>
NZ Food & Grocery Council Webinars	Online webinars hosted by NZ Food & Grocery Council to support leaders through the immediate and longer-term impacts of Cyclone Gabrielle. Covers practical tools and resources to help leaders look after themselves, their whānau, and their workplace teams and communities in response to Cyclone Gabrielle, and during any civil defence emergency.	<a href="https://www.fgc.org.nz/mental-health-webinars-to-support-leaders/">https://www.fgc.org.nz/mental-health-webinars-to-support-leaders/</a>
<a href="#">Support Grants – First Steps</a>	Mental health support packages are available to business owners and managers to apply for three one-on-one counselling sessions	<a href="https://firststeps.nz/support-grants/">https://firststeps.nz/support-grants/</a>
B+LNZ factsheets	B+LNZ knowledge hub has several factsheets on flood recovery, health and safety, and managing adverse events	<a href="https://beeflambnz.com/knowledge-hub">https://beeflambnz.com/knowledge-hub</a>
Dairy NZ Farmer Wellbeing Page	Dairy NZ has a number of resources on their website about farmer wellbeing, including podcasts, webpages, and factsheets	<a href="https://www.dairynz.co.nz/people/farmer-wellbeing/">https://www.dairynz.co.nz/people/farmer-wellbeing/</a>
<a href="#">All of Government CDEM Factsheet</a>	Provides information about the various support available to those affected by Cyclone Gabrielle	<a href="https://www.civildefence.govt.nz/assets/emergency-uploads/Cyclone-Gabrielle/20230228-Cyclone-Gabrielle-AoG-factsheet_V.6-TCG.pdf">https://www.civildefence.govt.nz/assets/emergency-uploads/Cyclone-Gabrielle/20230228-Cyclone-Gabrielle-AoG-factsheet_V.6-TCG.pdf</a>



<p><a href="#">Mental Health Foundation Helplines &amp; Support Page</a></p>	<p>Provides a list of services available to offer support, information and help for mental health</p>	<p><a href="https://mentalhealth.org.nz/helplines">https://mentalhealth.org.nz/helplines</a></p>
<p><a href="http://www.heartsandminds.org.nz">Tai Tokerau Directory (heartsandminds.org.nz)</a></p>	<p>This directory is Northlands’s pathway to the support and resources available in Northland. Services listed include Community Information and Resources, Crisis and Emergency Disability/Special Needs, Hardship Support including foodbanks, Counselling/ Support and many more.</p>	<p><a href="http://www.heartsandminds.org.nz/support-services-directory/tai-tokerau-directory">www.heartsandminds.org.nz/support-services-directory/tai-tokerau-directory</a></p>
<p>Hauora Kotahitanga</p>	<p>Te Tai Tokerau Directory of Wellbeing Services and Resources. Hauora Kotahitanga is a hub that connects up Te Tai Tokerau iwi, community, government and non-government resources in one place. The directory is designed to provide consumers, social and healthcare providers with an up-to-date tool to find services or resources their clients need, all in one place.</p>	<p><a href="http://northlandwellbeing.org.nz">Home (northlandwellbeing.org.nz)</a></p>



## Wellbeing Events

Online Events					
Month	Date	Name of Event	Time	Organiser	Sector/Audience
March	9 March	Whakaora Humanitarian Assistance Programme - A Group EMDR Session for All	2:00pm – 4:00pm	Whakaora	All
	15 March	AWDT Know Your Mindset - Online	7pm	AWDT/Rural Leaders	Rural Women
	22 March	AWDT Know Your Mindset - Online	7pm	AWDT/Rural Leaders	Rural Women
	23 March	Whakaora Humanitarian Assistance Programme - A Group EMDR Session for All	2:00pm – 4:00pm	Whakaora	All
April	28 April	Whakaora Humanitarian Assistance Programme - A Group EMDR Session for All	2:00pm – 4:00pm	Whakaora	All



Northland/North Auckland					
Month	Date	Name of Event	Time	Organiser	Sector/Audience
March	6 March	Community BBQ – Te Kopuru	6:00pm	RST/Northland Collaborative Group	All
	7 March	Kaikohe Autumn Group - March	10:30am – 1:00pm	Dairy NZ	Dairy
	8 March	Surfing for Farmers Northland – Sandy’s Beach	5.30pm	Surfing for Farmers	All
	9 March	Surfing for Farmers Northland – Tutukaka Surf Northland at Waipu	5.30pm	Surfing for Farmers	All
	12 March	Open Farms Day	All Day	Open Farms	All
		Silver Fern Farms Community Whanau Day – Dargaville Town Pool	1-4pm	Silver Fern Farms	All
	14 March	Coffee Catch Up – Whangarei	10:30am – 12:00pm	Dairy Women’s Network	Dairy
	15 March	Puhoi welfare Drop-in day – govt agencies in attendance	10am-4pm	Auckland Emergency Management	Rural community
	17 March	Surfing for Farmers Northland - Ahipara	4.30pm	Surfing for Farmers	All
	TBC	Ahuroa welfare Drop-in day – govt agencies in attendance	10am-4pm	Auckland Emergency Management	Rural community
	Until Late March	Surfing for Farmers Northland – Tutukaka Surf Northland at Waipu	Every Thursday @5.30pm	Surfing for Farmers	All
Surfing for Farmers Northland – Sandy’s Beach		Every Wednesday @5.30pm			
April	2-5 April	World Avocado Congress 2023	All Day	NZ Avocado	Horticulture
	6 April	Community BBQ/Dinner – Tomorata Hall	TBC	RST/Northland Collaborative Group	All
	14 April	Time Out Tour – Whangarei, Northland	6:30pm – 10:00pm	RST	All



	15 April	Time Out Tour – Wellsford, Northland	6:30pm – 10:00pm	RST	All
	20 April	Community BBQ/Dinner – Helensville	TBC	RST/Northland Collaborative Group	All
May	4 May	Community BBQ/Dinner – Kawakawa Rugby Club	TBC	RST/Northland Collaborative Group	All
	25 May	Community BBQ/Dinner – Arapohue A&P Hall	TBC	RST/Northland Collaborative Group	All

There are also a number of informal events such as small group events and 1:1 check-ups that are held on an 'ad hoc' basis and not advertised online. There are also a range of industry events on a variety of farm management practices and advice that are not specifically aimed at wellbeing but will likely benefit wellbeing.



South Auckland/Waikato/Coromandel						
Month	Date	Name of Event	Time	Organiser	Sector/Audience	
March	2 March	Time Out Tour – Karapiro, Waikato	5:30pm – 11:00pm	RST	All	
	2 March	Rural Wellness Check Up - Northland FJ Guy & Sons Annual Weaner Fair	All Day	Carr Family Foundation	Beef	
	3 March		Rural Wellness Check Up – Kaeo Weaner Fair	All Day	Carr Family Foundation	Beef
			Time Out Tour – Waihi, Waikato	5:30pm – 8:30pm	RST	All
			Surfing for Farmers – Pauanui	5:30pm – 7:30pm	Surfing for Farmers	All
	8 March	Surfing for Farmers – Raglan	5:30pm	Surfing for Farmers	All	
	11 March	Flood Recovery Support & Information community event	11:00am – 1:00pm	RST	All	
	12 March	Open Farms Day	All Day	Open Farms	All	
	16 March	Flood Recovery Support & Information Event – Coromandel Fire Station	11:30am – 1:00pm	RST	All	
	22 March	Flood Recovery Support & Information community event – Kaiaua, Waikakaruru, and surrounding areas	11:30am – 1:00pm	RST	All	
	23 March	People Expo - Waikato	9:30am – 3:30pm	Dairy Women’s Network/Dairy NZ	Dairy	
	25 March	Te Akau Waingaro Community Complex Festival Fundraising Event	3:00pm	RST	All	
	31 March	Charity Golf Day - Reporoa	All Day	RST	All	
	Until Late March	Surfing for Farmers - Pauanui	Every Friday @4:30pm	Surfing for Farmers	All	
April	4 April	Rural Wellness Check Up - Fielding Weaner Steer Sale	All Day	Carr Family Foundation	Beef	
	28 April – 30 April	Rural Women NZ Triple F Challenge - Taupo	All Day	Rural Women NZ	All	



Bay of Plenty					
Month	Date	Name of Event	Time	Organiser	Sector/Audience
March	7 March	Tokoroa Autumn Group - March	10:30am – 12:30pm	Dairy NZ	Dairy
		Surfing for Farmers – Ohope Beach	5:30pm	Surfing for Farmers	All
	8 March	Growers Roadshow – Hawke’s Bay	9:00am – 11:00am	Zespri	Horticulture
	9 March	Growers Roadshow – Opotiki	10:00am – 12:00pm	Zespri	Horticulture
		Growers Roadshow – Matatā	2:30pm – 4:00pm	Zespri	Horticulture
	10 March	Growers Roadshow – Te Puke	9:00am – 11:00am	Zespri	Horticulture
		Growers Roadshow – Katikati	2:00pm – 4:00pm	Zespri	Horticulture
	12 March	Open Farms Day	All Day	Open Farms	All
	13 March	Growers Roadshow – Tauranga	6:00pm – 8:00pm	Zespri	Horticulture
	23 March	Bay of Plenty Dairy Industry Award Winners Fielday – 209 McGregor Road, Opotiki	10:30am	Dairy Industry Awards	Dairy
	Various	Dairy NZ is hosting various workshops and field days across the region in March and April	-	Dairy NZ	Dairy
	Until Late March	Surfing for Farmers – Waihi and Ohope	Every Tuesday @5:30pm	Surfing for Farmers	All
Surfing for Farmers – Pukehina and Mt Maunganui		Every Thursday @5:30pm			





Tairawhiti/Gisborne					
Month	Date	Name of Event	Time	Organiser	Sector/Audience
March	8 March	Growers Roadshow – Gisborne	4:00pm – 6:00pm	Zespri	Horticulture
	12 March	Open Farms Day	All Day	Open Farms	All
	14 March	Surfing for Farmers – North Makorori Beach	5:00pm	Surfing for Farmers	All
	22 March	RST/PGG Outreach Event – Waerenga-o-kuri	TBC	RST/PGG	All
	23 March	RST/PGG Outreach Event – Rere	TBC	RST/PGG	All
	24 March	Post-Cyclone Gabrielle Grower Meeting	10:00am – 12:00pm	FAR	Arable/Various
	Until Late March	Surfing for Farmers – Tolaga Bay	Every Sunday @5:30pm	Surfing for Farmers	All
April	5 April	RST/PGG Outreach Event – Whatatutu	TBC	RST/PGG	All
	12 April	RST/PGG Outreach Event – Tolaga Bay	TBC	RST/PGG	All
	13 April	RST/PGG Outreach Event – Gisborne	TBC	RST/PGG	All



Hawke's Bay					
Month	Date	Name of Event	Time	Organiser	Sector/Audience
March	2 March	Wairoa Rural Round Up	4:00pm	Wairoa Community Development Trust	All
	12 March	Open Farms Day	All Day	Open Farms	All
	13 March	Cyclone Gabrielle Support Q&A Session	6:30pm – 7:00pm	OSPRI	All
	14 March	Advice for business owners following TC Gabrielle	TBC	HB Chamber of Commerce	All
	16 March	Te Pohue Community Meeting	TBC	TBC	All
	18 March	Farmlands Hastings - Farmy Army Launch	8:30am	Federated Farmers	All
	21 March	Post-Cyclone Gabrielle Grower Meeting	TBC	FAR	Arable
	23 March	Dairy Industry Regional Awards Dinner	6:00pm	Dairy Industry Awards	Dairy
	29 March	Otane Community Meeting	1:30pm – 6:30pm	CHB District Council	All
	31 March	Charity Cricket Event	All Day	Vet Services Waipukurau	All
	Various	3-4 wellbeing events being run over the next 3 weeks in Wairoa District	-	Wairoa Community Development Trust	All
	Until Late March	Surfing for Farmers – Mahia	Every Wednesday @5:30pm	Surfing for Farmers	All
		Surfing for Farmers – Waimarama Beach	Every Thursday @4:00pm		
Surfing for Farmers – Porerere Beach		Every Thursday @4:00pm			
Surfing for Farmers – Porangahau Beach		Every Thursday @4:00pm			



Manawatu/Tararua					
Month	Date	Name of Event	Time	Organiser	Sector/Audience
March	3 March	Pohangina Community Relief & Recovery Meeting	1 – 3:30pm	Pohangina Catchment Care Group	Community, MPI, Manawatu District Council, Horizons Regional Council, RST + others
	9 March	Tararua Social Recovery Hui	9:30 – 12pm	Tararua District Council	All
	16 – 18 March	Central District Field Days (MPI & RST presence)	All Day	CD Field Days	All

Wairarapa/Wellington					
Month	Date	Name of Event	Time	Organiser	Sector/Audience
March	2 March	Flood Relief Workshop	4:00pm	RST	All
	12 March	Open Farms Day	All Day	Open Farms	All
	21 March	Post-Cyclone Gabrielle Grower Meeting	1:00pm – 3:00pm	FAR	Arable/Various
	23 – 24 March	AWDT It's About You Programme	All Day	AWDT	Rural Women
	24 March	Pirinoa Day – B+LNZ	2:00pm	B+LNZ	Various
	Until Late March	Surfing for Farmers – Riverdale Beach Surf Club	Every Thursday @5:30pm	Surfing for Farmers	All