

Foodbanks open for BOOKINGS/WALK-INS

- **Auckland City Mission**
Call 0800 223 663 for emergency food parcels
 Due to high demand, you must reserve a booking
 Operating Monday to Friday, 9am – 3pm
<https://www.aucklandcitymission.org.nz/contact/>
- **Auckland Council**
Call 0800 22 22 96 between 7am and 7pm, seven days a week.
 Callers must meet government criteria for assistance
www.aucklandcouncil.govt.nz/Pages/covid-19.aspx
- **Budgeting & Family Support Services**
Tuakau - Call 09 236 9804
Mangere – Call 09 275 2266
 To enquire about face masks and parcels.
mangerebudgeting.org.nz/
- **Foodbank NZ**
Call 022 045 8184 to find a foodbank near you.
 Due to high demand, you must reserve a booking
info@foodbank.co.nz
www.foodbank.org.nz
- **Manukau Urban Māori Authority**
Call 0800 686 232 from 10am to make an appointment.
www.facebook.com/muma.org
muma.co.nz
- **Papakura Marae**
Call 09 2972036 or 0800TAMARIKI between the hours of 9am – 11am (Mon-Fri)
 All whānau must complete an initial assessment over the phone
www.papakuramarae.co.nz/food-bank
- **Presbyterian Support Northern**
Call 09 309 2054 to check availability. No walk-ins.
 Collections between 11am - 12pm
 Monday to Friday from 8 Madeira Lane, Grafton.
www.psn.org.nz
- **Rawiri Community House**
Walk-In Service for Rata Vine community subject to availability
 Follow www.facebook.com/rawiri.org for daily pick up times, locations and availability
- **Salvation Army Manukau**
Call 09 262 2332 to make an appointment or text your name and postcode to 4114
 If you text a rep. will contact you within 48 hours. Bookings only
www.salvationarmy.org.nz/centres/#!/welfare

- **South Auckland Christian Foodbank**
Call **0508 242 643** or **021 468 643** to enquire
ian@sacfb.org.nz
www.sacfb.org.nz
Donate here givealittle.co.nz/org/sacfb
- **Southseas Healthcare**
Call **027 303 0064** for more info
www.southseas.org.nz/wellbeing-hub
www.facebook.com/southseashealthcare
- **St.Vincent De Paul Onehunga**
Free call **0800 680 090** or **09 815 6122** to reserve a booking
www.facebook.com/stvinniessouthauckland
- **Takanini Gurdwara Sri Kalgidhar Sahib**
Drive-by service. Email supremesikhsocietynz@gmail.com to register your interest, bookings only.
Please include your name, number and car rego in your enquiry
Follow www.facebook.com/TakaniniGurdwara
- **The Fono (Pasifika Only)**
Call **0800 366 648** or **021956633** to register your interest
Ask about the COVID-19 Pacific Family Package
www.facebook.com/thefonohealth
socialservices@thefono.org
- **The Otara Kai Village**
Walk-In Service for Otara and Papatoetoe locals subject to availability
120 East Tamaki Road
Follow www.facebook.com/TheOtaraVillage for times
www.otarakaivillage.co.nz
- **The Pride Project Aotearoa**
Bookings only. Fill out the form
https://form.jotform.com/ThePrideProject/ReferralForm2021?fbclid=IwAR1gW51K_EEfJT4J3kwY2K40ev2NFqVn63s5K6l9qhZmcXcP-VzdYk7Jfk
Donate here <https://givealittle.co.nz/org/the-pride-project-charitable-trust>
- **The Village Community Services Trust**
Delivery only. Fill out the online form to register your interest
form.jotform.com/210136456103847?fbclid=IwAR0HjBHbmwEE4xK9y917sUWIlvP8z7ciO5eIBin2heMxKb-muPOx9POvJFE
Follow to keep up to date www.facebook.com/thevillagecommunityservicetrust/
- **Waka of Caring**
Free food parcels for Manurewa community
Join the FB group www.facebook.com/groups/978559512159944 for times and availability
- **Work and Income**

You don't have to be on the benefit to qualify for food support.

Full info here www.workandincome.govt.nz/eligibility/urgent-costs/food.html

Foodbanks at capacity but subject to change.

Keep up to date on their socials or contact them directly to express interest.

- **Affirming Works Otahuhu**
Currently at capacity but still contactable for more info on the next intake.
Email food@affirmingworks.org.nz to express interest
Call 0800 'OAFFIRM'
Visit their website affirmingworks.org.nz/food/
- **LIFE Community Kitchens**
Not currently operating in Level 4 but subject to change.
Follow them to stay up to date www.facebook.com/lifecommunitykitchens
- **Manurewa Marae**
Bookings and deliveries only. Currently at capacity
Follow www.facebook.com/manurewamarae01 for the next intake
General enquiries www.manurewamarae.co.nz and 09-267 8768
- **Otara Health Charitable Trust**
Follow www.facebook.com/Otara-Health-Charitable-Trust-223677714431863 for availability
General enquiries 09 274 8355

WELLBEING SUPPORT

- **Anxiety Helpline**
Call the free 24/7 National Anxiety Helpline on 0800 269 4389 from anywhere in Aotearoa.
www.anxiety.org.nz/
- **Aroha**
An online Chatbot to help young people cope with stress
<https://portal.habits.auckland.ac.nz/Portal/#/landing-covid19bot-trial>
- **Le Va**
Wrap-around support service
www.leva.co.nz/
Follow www.facebook.com/LeVaPasifika
- **Rainbow Youth**
Support for the rainbow community
<https://ry.org.nz/support-services>
- **The Fono**

Free public health services

www.thefono.org/health

- **Tongan Health Society Inc**
Support for the community, specifically those of Tongan descent
www.tonganhealth.com/
- **Youthline**
Free confidential 24/7 support service
Free text 234
Free call 0800 37 66 33
Email talk@youthline.co.nz
Chat via [Webchat](#)
- **We.Care Kiwi**
Register to get day to day support and check-ins, or to help you deal with an issue you're struggling with - wecare.kiwi/get-help/
General enquiries [0800 777 797](tel:0800777797) or centre@carers.net.nz

[Full list of recommended support services available on Ministry of Health's website.](#)



Nga mihi nui to all the organisations mentioned above for the aroha you have extended to so many during this time.

Many blessings, the team at QES.

For more info on what we do follow us @qeslife on [Instagram](#) and [Facebook](#)

Check out our website www.qes.org.nz

Free call 0800 004 222 from Mon-Fri, 8am-5pm