



From the Shirley Community Trust

The world around us is changing constantly as COVID-19 impacts our daily life.

New Zealand is now currently at Alert Level 4 – ELIMINATE

This means we are to **stay at home**.



Stay within our bubble.



And be strong and be kind.

It is SO important to keep your distance

(2 metres) at **ALL** times from anyone **not** in your household – even when exercising or doing essential shopping.

However, we do need to stay connected with our whanau and neighbours. This can either be by phone, text or talking from a safe distance over the fence. If we all connect with those either side and over the back fence, everyone will be looked after.

Good questions to ask are: Whether they need some shopping done, medical supplies picked up or help in some other way?

If you know someone needs help but you are not in a position to do so, please contact us through Facebook, or contact Sharyn on 022 621 8269 or Ian 022 277 6288 as we may be able to help.

We are in uncertain times and it is ok to be fearful. It can be helpful to share your fears with someone you feel safe to do that with, a friend or family member.

We are here for our community and will keep connecting through our Facebook page: [shirleycommunitytrust](https://www.facebook.com/shirleycommunitytrust)

Be kind to yourselves and others, and keep smiling.



Kia Kaha

The Shirley Community Trust Team



Thankfulness:

The theme for the Shirley Community 2020

Each month in the newsletter there is a question you can reflect on. March's question was: **Who is a person you are thankful for and Why?**



Sharyn Burnett works as a **Community Worker for Shirley Community Trust**. She was asked the following questions:

Tell us about your role in this community.

I see my role is a connector: whether that be people to people, people to services, activities and information, or activities to people.

What gives you pleasure and fulfilment in your role?

I want to see people achieve and have the opportunities to fulfil their passions. I enjoy seeing people grow in their strengths and have the opportunity to use and gain skills.



As we enter our journey as a community on **Celebrating Thankfulness** this year, our March question to reflect upon was to think of one person we are thankful for and why? Who is one person, Sharyn, you are thankful for?

Well, I have two, my Mum and Dad. My Dad because he believed in the power of connection, and he ensured that as a family we lived and breathed that with the involvement we had in groups and activities. I love my Mum's energy for life, for people and the way she can break down barriers. My Mum would tell me 'never to stop thinking'; such wise and life-giving advice.

Thank you to all of you for sharing your responses on the noticeboards, or sharing them with Sharyn. Great to read.

Vera shared some inspiring thoughts on thankfulness. One appropriate for this time: 'Be thankful for each new challenge, because it will build your strength and character.'

April's Thankfulness Question: What is a food you enjoy? If that food triggers a memory, what is that memory? We would love to hear.

You can text your response to Sharyn 022 621 8269 or Carol 027 282 0693, or put it on Facebook.

Thank You

Through washing our hands, keeping our social distance and self-isolating you are helping to protect you and your family, our community and all of New Zealand!

But there is much we still can do as this poem reminds us:

**Going outdoors
is not cancelled,
listening to music
is not cancelled,
quality time with our families
is not cancelled,
reading a book
is not cancelled,
sharing with friends
by phone or text
is not cancelled,
singing out loud
is not cancelled,
laughing has not been cancelled,
sharing **HOPE** with others
has not been cancelled.**

