



Caring for Our Community



From left: Robyn Neville, Elaine Jeffery and Lesley Brazier.

Dedication

– this one word best describes the hundreds of volunteers who give their time to ensure that the lonely, the sick and those unable to cook for themselves receive one good meal each day.

These men and women undertake the delivery of sustaining meals to their fellow men and women right across New Zealand as part of the Meals on Wheels services provided by hospital boards and other organisations.

Here on the Kapiti-Horowhenua Coast, dozens of organisations work with meals providers Red Cross in Kapiti and Mid-Central Health in Horowhenua to distribute nourishment across the two districts.

Robyn Neville sees the volunteer drivers as "community watchdogs" as they are often the only contact the housebound have with the outside world. From time to time the volunteers may have to be more than the bearers of food. There are occasions when recipients may require a helping hand or even medical attention.

From her office in the Horowhenua Hospital where the meals are prepared by staff of Mid-Central Health, coordinator Debbie Jackson has 64 volunteer groups comprising hundreds of people who give their time throughout the year to deliver the always welcome dishes. Around 75 meals are delivered each day. The service here

Meals on Wheels

Responsibility for the Kapiti region rests on the shoulders of Louella Jensen, who finds this work extremely rewarding. "I have a great team of volunteers, mostly retired, but always require more due to the increasing number of people needing meals", she said. Meals are prepared at Keneperu Hospital and brought to distribution outlets where they are collected for delivery in Paekakariki, Raumati, Paraparaumu and Waikanae.

Among Mrs Jensen's team are three sisters – Lesley Brazier, Elaine Jeffery and Robyn Neville – who between them have logged up more than a century of service with Meals on Wheels.

"We've met some lovely people over the years," said Lesley Brazier who also mentioned that Meals on Wheels work was in the sisters' blood, as their parents, Mr and Mrs Les Whitfield were drivers for many years.

and in Kapiti is essentially a Monday to Friday operation, but with provision to provide additional meals to carry people over the weekend if necessary.

Debbie Jackson has a big network to call upon. "The families of the recipients of the meals find comfort in the delivery service," added Debbie, pointing out that the volunteers provide something of a safety net as well as helping people maintain their independence. Both Louella Jensen and Debbie Jackson can always do with more volunteers. Their contact telephone numbers are: Louella Jensen – Paraparaumu 298-2960 Debbie Jackson- Levin 366-0030

What to do if your power goes off

What causes the power to go off?

Your power supply can be interrupted for a number of reasons including adverse weather conditions and electrical faults. These electrical faults may be in your own property, on Electra's network, or on Transpower's network.

No Power?

If the power goes off suddenly follow these simple steps:

- Check your mains switch is turned on at the switchboard
- Check all your fuses

If both appear to be working there might be something wrong with your electricity supply, so please phone Electra on 0800 567 876.

What if a fuse has blown?

- Check your fuse box to see which fuse has the lever turned off, which button has popped out, or which one is blown.
- Turn off all the power points or lights on that circuit before attempting to repair the fuse.
- Repair the fuse with appropriately sized fuse wire, turn the lever back to "on", or push the button in again.

What if neighbours or the local area obviously have no power?

It is easier to check this at night, but if the no power is wide spread, then there is a power cut in your area.

General power cuts are usually picked up quickly so it is likely that a fault crew will be on the job soon.

However, please call Electra if you think that the fault is unlikely to be picked up quickly.

If you live in a rural area it is a good idea to always call Electra to make sure the fault has been reported.

It is also a good idea to turn off all your appliances. Heaters and stoves can be a fire hazard and some appliances such as TVs and computers may possibly be damaged when the power comes back on.



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