

COPING WITH COVID-19

Inkster Community Newsletter | APRIL 2020



The Covid-19 pandemic has profoundly changed our world during the past few weeks. For all of us, there continue to be many unknowns, fears, as well as changes at work and home. The same is true for all of us at NorWest. We have had to adapt quickly and creatively. The leadership team at NorWest has determined that, even during these times, the services we provide are essential and incredibly important to the health and wellness of you, our clients and community. Yet, to reduce the spread of the virus and ensure social distancing as well as the safety of each of you and our staff, we have had to make changes. Our groups and community events are cancelled for now. Instead of community meals we have shifted to take out meals and hampers. Screening is happening at all of our sites and we are offering many services virtually, by phone, online, using social media and so on. We look different wearing masks. We sound different on the phone. But the dedicated staff are here to support and serve you.

PRIMARY CARE

ACCESS NORWEST 785 KEEWATIN STREET
BLUEBIRD CLINIC, 100-97 KEEWATIN STREET

Call 204-983-5900 if you need to see a primary care provider or access our Walk-in Clinic. An appointment will be made to help you over the phone. You will be told if you need to come to the clinic to be seen in person.

You will be asked screening questions about COVID-19 over the phone and at our clinic.

Our Primary Care Clinic is Open

Monday – Friday 9:00 AM – 8:00 PM
Saturday/Sunday/Holidays 9:00 AM – 5:00 PM

Our Walk-in Clinic is Open

Monday – Friday 12:00 PM – 7:30 PM
Saturday/Sunday/Holidays 9:00 AM – 4:30 PM

Lab is Open

Monday – Friday 9:00 AM - 4:30 PM
Saturday/Sunday/Holidays Closed

We CANNOT test or treat COVID-19 at our clinic. If you think you have been exposed, please contact Health Links – Info Santé by going to <https://sharedhealthmb.ca/covid19/screening-tool/> or call 204-788-8200 or toll free 1-888-315-9257.

TO DONATE

<https://norwestcoop.ca/get-involved/donate>

NorWest Co-op Community Health AGM Postponed Until Further Notice

Help reduce the spread of COVID-19.

Follow the advice of the local Public Health Authority

Stay at home as much as possible and if you need to leave the house practice social distancing (stay at least 2m apart from other people).

Wash your hands often with soap and water for at least 20 seconds.

If you have symptoms or think you have been exposed to COVID-19 call Health Links-Info Sante at 204-788-8200 or toll free at 1-888-315-9257.


For up-to-date information on the situation in Manitoba please go to www.gov.mb.ca/covid19



NorWest Co-op
COMMUNITY HEALTH

YOUTH HUB

103-61 TYNDALL AVENUE
(204) 221-9800

   @NorWestYouthHub

Calls will be received Monday-Friday 11:00am-6:30pm

Follow us on Instagram to work through the Anxiety Canada program & for daily activities and online programs.

Norwest Youth Hub is currently offering scheduled virtual appointments for:

- Telephone counseling
- Support
- Brainstorming resources
- Resource navigation
- Coping tips
- Information around mental health, addictions, and employment

Call us at (204) 221-9800

Youth Activity Packs

Thursday @ CFC 5:30pm-6:30pm

Friday @ GPRC 11:00am-5:00pm

Friday @ Blake RC 10:30am-4:00pm

COPING WITH COVID

YOUTH QUARANTINE SUPPORT LINE



**CALL 204-792-2277 IF YOU NEED TO TALK
OPEN MONDAY-SATURDAY 3PM-8:30PM**

SUPPORT LINE 204-940-6624
MONDAY-FRIDAY 9AM-9PM
STARTING MONDAY APRIL 20TH, 2020

WHEN QUARANTINE ISN'T SAFE

A WOMAN'S PLACE IS HERE TO SUPPORT WOMEN WHO HAVE BEEN IMPACTED BY GENDER BASED VIOLENCE. THAT'S WHY WE'RE EXTENDING OUR SERVICES TO OFFER OVER THE PHONE SUPPORT MONDAY TO FRIDAY UNTIL 9:00 PM.

**GIVE US A CALL AT 204-940-6624
TO TALK TO ONE OF OUR COUNSELORS**



www.norwest.ca

FAMILY VIOLENCE (204) 940-6624

Open Monday-Friday 9:00am-5:00pm

A Woman's Place is here to help women and children impacted by family violence during COVID-19. We offer counselling and support, safety planning, protection orders, legal consults and representation. Interpreter services available to women who need it.

**To talk to one of our counselors call (204) 940-6624
Visit norwest.ca for more information.**



**GILBERT PARK RESOURCE CENTRE
& GOING PLACES**
7-35 GILBERT AVENUE
(204) 982-4429

 @GilbertParkRC  @GilbertParkGoingPlaces

Open Monday-Friday 11:00am-5:00pm

Hot & Ready Breakfast

Monday, Wednesday, Friday 10:30am-11:30am
While supplies last.

School Aged Children's Activity Kit Pickup

Monday 11:00am-4:00pm

Essential Food Hamper Pickup

Tuesday 11:00am-4:00pm

Good Food Bags

Fresh Fruit & Veggies
Thursday 11:00am-4:00pm

Cobbs Bread Giveaway

Monday 11:00am-4:00pm

Emergency Kits

Food kits and hygiene kits, including diapers
Monday-Friday 11:00am-5:00pm

Early Years Play-cation Activity Kit Pickup

Tuesday 11:00am-4:00pm
Limited quantities.

To go Coffee & Tea

Monday-Friday 11:00am-5:00pm



**Success Story:
Between March 16 - April 17th**

- Served 142 breakfasts & 173 Emergency Food Kits.
- Delivered 164 fruit and veggie hampers.
- Handed out 141 activity kits.

Community support line

9:00am-5:00pm Mon., Tues., Thurs. & Fri.
Sarah: (204) 795-8462.

BLAKE GARDENS RESOURCE CENTRE
312 BLAKE STREET
CONTACT NUMBERS PROVIDED BELOW

  @BlakeGardensRC

Open Monday-Friday 10:30am-4:00pm

Free Kids Breakfast

Monday-Friday 10:30am-12:00pm
Pickup only. 1 per child. Meals provided in to-go containers.

Free Food & Hygiene Kits

Monday 2:00pm-4:00pm

Early Years Play-cation Activity Kit Pickup

Tuesday 11:00am-4:00pm
Limited quantities.

Free Community Lunch

Tuesday, Wednesday & Friday 1:00pm-2:30pm
Pickup only. 1 per person. Meals provided in to-go containers.

Free Fruit & Veggie Market

Thursday 1:00pm-2:00pm

Outreach Drop-off in Weston & Brooklands

Monday 2:00pm-4:30pm
Tuesday & Wednesday 3:30pm-4:30pm
Thursday 2:30pm-4:30pm
Friday 3:30pm-4:30pm
Staff will deliver food, kits & hampers. Call for appointment.

Emergency Food Kits

Available for pickup Monday-Friday 10:30am-4:00pm

Adult & Youth Activity Kits

Available for pickup Monday-Friday 10:30am-4:00pm

**Success Story:
Between March 23rd - April 17th**

- Served 1,278 meals & 610 emergency food kits & deliveries
- Handed out 80 youth activity kits.

Need to talk?

Call to schedule a phone counselling session.
Mon-Wed 9:00am-5:00pm Wed-Fri 9:00am-5:00pm
Call Caprice at (204) 479-2426 Call Danae at (204) 918-618
* For crisis, please call (204) 786-8686.

Public Health Nurse?

Call (204) 612-0963 if you need prenatal and breastfeeding information, immunizations or have other health related questions.

NORWEST ON ALEXANDER (NOA)
1880 ALEXANDER AVENUE

Closed for Renovations.

Please access Blake Gardens Resource Centre for support.

 @NorWestOnAlexander

For support, please call Dano (204) 792-7933 or Marco (204) 918-1834.



COMMUNITY FOOD CENTRE

103-61 TYNDALL AVENUE
(204) 615-3117

   @NorWestCFC

**Open Monday, Wednesday, Friday 12:30pm-1:30pm
Thursday 5:30pm-6:30pm**

Take-Out Lunch

Monday, Wednesday, Friday 12:30pm-1:30pm
Pickup only.

Take-Out Supper

Thursday 5:30pm-6:30pm

Early Years Play-cation Activity Kit

Available on Wednesday & Friday during meal pickup.

Success Story:

Between March 16th - April 17th

- Served 1,738 meals served & 600 grocery bags distributed.



OLDER ADULTS SUPPORT - CALL 311

NorWest is part of the Seniors 311 line. We are able to connect with seniors in our community.

Services for Older Adults includes:

- Help with delivery of groceries & medications
- Specialized social services
- Access to other well-being resources

Supported by a partnership with the City of Winnipeg, United Way Winnipeg & A&O: Support Services for Older Adults Inc.



Inkster Parent Child Coalition offers children's Playcation activity kits

Please see preferred pick up sites for availability!

- NorWest Community Food Centre
- Blake Gardens Resource Centre
- Gilbert Park Resource Centre

Please call Roxanne at 204.782.8793 for more information or see IPCC on Facebook.

Success Story:

- Distributed 400 activity kits.

HANS KAI

 @NorWestHANSKAI

We do want to provide you with tools and resources to stay healthy and well during this difficult time.

We encourage you all to check it out the following for some fun & exercise:



Monday-Friday

2:00pm-2:30pm


Facebook Live Exercise with Mike Sadlowski

For those interested we will be sending out health tips and recipe ideas to any interested participants. Please message us on Facebook to be added to an email list.

FOLLOW US ON SOCIAL MEDIA


@BlakeGardensRC  




@GilbertParkRC 

@GilbertParkGoingPlaces 

@NorWestCFC   

@NorWestHANSKAI 

@NorWestOnAlexander 

@NorWestYouthHub   

There are many Mindfulness & Self-Care tips available through our social media.



Follow the advice of your local public health authority



Wash your hands often with soap and water for at least 20 seconds



Stay home as much as possible and if you need to leave the house practice physical distancing (approximately 2 m)

IF YOU HAVE SYMPTOMS



Isolate at home to avoid spreading illness to others



If your symptoms get worse, contact your health care provider or public health authority right away and follow their instructions