



"AUCKLAND VOICES"

Community Think talked with people in Tāmaki Makaurau Auckland about their experiences of Covid-19. These are the key themes that emerged from these conversations.

"I continue to feel a level of anxiety/tension within our communities due to the number of lockdowns we have had, the loss of employment, the negative impact on relationships, loss of supports, accommodation, inability to cope & negative impact on mental health."



"More mental health services! ...online webinars around managing wellbeing."



INCREASED MENTAL STRESS & HEALTH ANXIETY

"Jobs are increasingly harder to secure, food prices have gone up, my community is in turmoil since the homeless and needy have been housed in local motels, there is a lot more police presence in the community."

"I stopped eating so much because food is really expensive and it is stressful to meet the rent."



AMPLIFIED POVERTY

"Community gardens for sustainable food sources would be good."

"For students the world changed quickly and it wasn't always possible to do work if there was no device, internet or a power outage."

"Financial hardship, market instability brings to light the need to be flexible in how and when we operate, in work or study"



CHANGING WORK + STUDY CONDITIONS & VIEWS ON WORK LIFE BALANCE

"I am very wary of others around me if they are sick or show signs of being sick, I keep myself at home as much as I can in fear of contracting the virus."



"A place away from home that could enable remote study or work."



"Safe spaces facilitated by women of colour to share our experiences and our voices to be heard by the government and the public"



LOCAL COMMUNITY CONNECTION

"My community feels a bit disjointed and disconnected ... but now everyone is back to their own lives. Neighbours are not supporting neighbours anymore."



"Events where people can meet and share stories, skills and knowledge. It would be great to have events where you didn't have to travel long distances."



"Somehow there is less pressure from work now, maybe we realised we worked too hard before, for what?"

"My life has changed in terms of relationships, with my family and friends, what I think of the future, what I want to do in the future, my goals, my expectations, as well as my relationship with myself. I place a higher importance on my mental health."



"I would like to see more support for my South Auckland community and to discard the stigma in which we have had to endure of being criminalised and deemed uneducated. There are people here in low socio-economic living standards who have to sacrifice their education in order to work and make up for the financial situations that COVID-19 has amplified"



INCREASED MARGINALISATION

"I have never been so hyper aware of my 'race'. Hyper vigilant around public spaces, avoiding eye contact and making sure I never cough in fear of being called a 'China Virus' or to go back to your country."

