

# People Relying On People Newsletter



Tapu Thames Coast

OCTOBER 2024 - NOVEMBER 2024

## In this issue:

- A note from the PROP office ----- pg 1
- PROP calendar October 2024 ----- pg 2
- PROP calendar November 2024 ----- pg 3
- Important contact numbers and links --- pg 4

## Kia ora kotou

Welcome to our October/November newsletter, 2024.

I'm sure we are all looking forward to the warmer, drier weather which will hopefully be coming our way by the time this newsletter is out. We are certainly hopeful for some better weather for our PROP monthly group meetings going forward :) - check out when we are in your area for these on page 2 and 3 of our newsletter.

We have our PROP Fishing trip coming up in November. Please be in quickly if you want to join us for this event. It is such a relaxing day out with all expenses paid. All you need to bring is a bottle of water, sunscreen and a chilly bin for your catch. The details of this are on page 3 of the newsletter.

Our annual PROP AGM is in October. Anyone is welcome to attend and the details for this meeting are on page 2 of our newsletter.

Don't forget to check out the calendars on page 2 and 3 of our newsletter to see when Kim Bennett is available for PROP client massages. Please contact Kim on her cellphone - 027 2400 918 - to book.

It is with great sadness that we at PROP recently farewelled our treasured colleague Maggie Armstrong who passed away on August 16. We miss her greatly - her big personality and her wealth of knowledge and experience in her specialised field of addictions. She gave much to PROP as an organisation and to each and every one of us whose lives she touched.

## Kia pai to marama

Nga mihi nui  
Julie



IMPORTANT CONTACT NUMBERS (see page 4 for more)

**Talk 1737** - To talk to a trained counsellor anytime  
free call or text 24/7 to **1737**

Te Korowai Hotline for Whanau in Distress - **0508 111 555**  
Crisis Assessment & Treatment Team (CATT) **0800 50 50 50**



If you would like to donate to the work we do here at PROP, our bank details are below:

**People Relying On People Incorporated**  
**03-0458-0174360-000**

**Thank you**



# October 2024



Sun

Mon

Tue

Wed

Thur

Fri

Sat

		<b>1</b>	<b>2</b> <b>Tairua meeting</b> Community Facilitator will give details of group meeting	<b>3</b> <b>Online</b> Expressive Art Therapy <b>Group 2</b>	<b>4</b>	<b>5</b> 
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b> <b>Whangamata meetings</b> Community Facilitator will give details of group meeting	<b>10</b> <b>Paeroa meeting</b> Community Facilitator will give details of group meeting	<b>11</b> <b>Whitianga meeting</b> Community Facilitator will give details of group meeting	<b>12</b>
<b>13</b>	<b>14</b>	<b>15</b> <b>Thames meeting</b> Community Facilitator will give details of group meeting	<b>16</b> <b>Coromandel meeting</b> Community Facilitator will give details of group meeting	<b>17</b> <b>PROP Committee Meeting</b> 11am	<b>18</b>	<b>19</b>
<b>20</b>	<b>21</b>	<b>22</b> <b>Whitianga</b> Massages	<b>23</b>	<b>24</b>	<b>25</b> 	<b>26</b>
<b>27</b> 	<b>28</b> <b>Happy LABOUR DAY!</b> 	<b>29</b>	<b>30</b> <b>Waihi meetings</b> Community Facilitator will give details of group meeting	<b>31</b> <b>Thames</b> Massage day		



## Notice of AGM

People Relying On People Inc. (PROP)  
**Thursday 17 October 2024, 11.00am – 11.30am**  
**503 Queen St, Thames**  
**All welcome**



Please R.S.V.P. so we can keep you informed of any changes  
 Ph: 07 868 9673 or Email: [admin@prop.org.nz](mailto:admin@prop.org.nz)

# November 2024



Sun

Mon







Tue

Wed

Thur

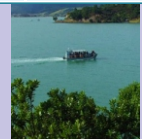
Fri

Sat

8 Oct PINK RIBBON DAY 					1 	2
3	4	5 	6 Tairua meeting Community Facilitator will give details of group meeting	7 Online Expressive Art Therapy Group 2	8 Whitianga meeting Community Facilitator will give details of group meeting	9
10	11	12 Thames meeting Community Facilitator will give details of group meeting	13 Whangamata meeting Community Facilitator will give details of group meeting	14 Paeroa meeting Community Facilitator will give details of group meeting	15	16
17 	18	19 Whitianga Massage day	20 Coromandel meetings Community Facilitator will give details of group meeting	21 PROP Committee Meeting 11am	22	23 PROP  Fishing Day
24	25 White Ribbon Day  whiteribbon.org.nz	26	27 Waihi meeting Community Facilitator will give details of group meeting	28 Thames Massage day	29	30



## PROP Fishing Day Out Saturday 23 November 2024



Enjoy a fun and relaxing day out fishing amongst the mussel farms and take in the awesome scenery in and around Coromandel Harbour

We will be meeting at Hannafords Wharf, Te Kouma to board our vessel for the afternoon.

PROP provides everything you'll need (lunch & drinks, hired rods & tackle, bait & salt ice).

All you need to bring is a chilly bin to take home your catch!

For all enquiries/registrations, please email Louise at [admin@prop.org.nz](mailto:admin@prop.org.nz) or text 027 273 0887

This day out is available to current adult and youth (12+yrs) members of People Relying On People and has been made possible by generous funding from Lottery Community and Trust Waikato.

There is no cost to attend.

## Useful Links

### Melon

Digital therapeutics for physical, emotional and social health. Melon combines behavior science, data and design to deliver evidence based wellness interventions supported by humans and enabled by technology. Join up for free online at [www.melonhealth.com](http://www.melonhealth.com)

### Allright

Whether the going's good or times are tough, there are lots of little things we can do to strengthen our wellbeing and boost the way we feel. For simple ideas on looking after yourself and others, go to:

[www.allright.org.nz](http://www.allright.org.nz)

### The Mental Health Foundation of NZ

This information service provides free support material for anyone who is going through a difficult time, or for people who are supporting someone they love and care about

[www.mentalhealth.org.nz](http://www.mentalhealth.org.nz)

### Farmstrong

An initiative to give farmers the skills and resources to live well, farm well and get the most out of life [www.farmstrong.co.nz](http://www.farmstrong.co.nz)

### Kina Families & Addictions Trust

Life strategies for families of people using alcohol and other drugs

[www.kina.org.nz](http://www.kina.org.nz)

### Health & Safety NZ

Online Health and Wellbeing resources can be accessed at [www.healthandsafety.govt.nz](http://www.healthandsafety.govt.nz) Click on search and look for "Mental Health" to access relevant resources.

### Bryant Womens Retreat Raglan

A free of charge retreat for women of the Waikato to recharge and refresh.

[www.bryanttrust.co.nz/retreat](http://www.bryanttrust.co.nz/retreat)

Talk to a  
counsellor,  
any time.

NEED TO TALK?

1737

free call or text  
any time

NEED TO TALK?  
1737.ORG.NZ

Free call or text 1737 a trained counsellor if you or someone you know is feeling down, anxious or just want someone to talk to.

## Important Contact Numbers

Talk 1737 - To talk to a trained counsellor anytime free call or text 24/7 to 1737

Te Korowai Hotline for Whanau in Distress -0508 111 555

Safe to talk txt 4334 or online chat to someone - Confidential advice for sexual harm issues

Depression Helpline 0800 111 757 txt 4202 24/7 or visit [www.depression.org.nz](http://www.depression.org.nz)

Anxiety NZ 0800 269 4389 (0800 ANXIETY) 24/7 helpline

Victim Support 0800 842 846, 24/7, for anyone affected or distressed by trauma. Practical support, information and connection to services that may help you

Lifeline 0800 543 354 or Text 'Help' to 4357 - Suicide Crisis Helpline Counselling advice and support

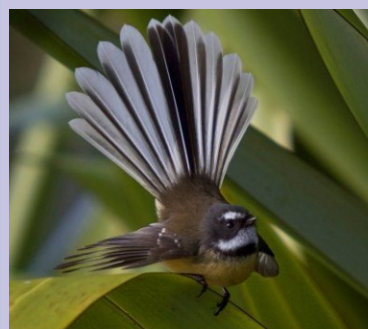
Rural Support Trust 0800 787 254 (0800 RURAL HELP) or visit the website [www.rural-support.org.nz](http://www.rural-support.org.nz)

Quitline 0800 778 778 or text 4006 or [www.quit.org.nz](http://www.quit.org.nz) for free online support

The Lowdown 0800 111 757 or free txt 5626, or send an email to [team@thelowdown.co.nz](mailto:team@thelowdown.co.nz) 24/7

Youthline 0800 842 846, 24/7, free text 234, email to [talk@youthline.co.nz](mailto:talk@youthline.co.nz) or webchat at [www.youthline.co.nz](http://www.youthline.co.nz)

What's UP 0800 942 8787 - Advice & counselling support for 5-18-year olds



### People Relying On People

503 Queen St, Thames 3500  
P O Box 330, Thames 3540  
Phone 07 868 9673  
Email: [info@prop.org.nz](mailto:info@prop.org.nz)  
Website: [www.prop.org.nz](http://www.prop.org.nz)