

# People Relying On People Newsletter



Port Jackson

DECEMBER 2024 - JANUARY 2025

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## Kia ora kotou

Welcome to our December 2024/January 2025 newsletter.

This is the last PROP newsletter for 2024 and the first for the new year, so please peruse our calendars carefully as some of our meeting days need to be changed at this time of year to fit in with statutory holidays and other holiday considerations. The only days when PROP will be closed will be on the usual statutory holidays. At all other times either Kim or I will be available.

Don't forget to check out the January calendar on page 3 of our newsletter to see when Kim Bennett is available for PROP client massages. (There are no massages available in December) Please contact Kim on her cellphone to book: 027 2400 918.

On page two of our newsletter we have a write-up about a new website from Anxiety NZ. Both caregivers and those they support will find great information on this website, including a help-line, various resources and the opportunity to book a therapist should you wish. There is also a free, self-paced, online course called Empowered which is offered through this website. For the Anxiety NZ helpline phone 0800269438. For other helpful numbers please see page four of our newsletter. For the Waikato crisis line phone 0800505050.

If you need to contact us over the holidays, please ring either Kim or I, via cellphone. At least one of us will be available on weekdays (excepting statutory holidays). From all of us at PROP, we wish everyone a safe and peaceful holiday season.

## Kia pai to marama

Nga mihi nui  
Julie

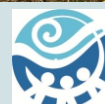


IMPORTANT CONTACT NUMBERS (see page 4 for more)

**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**

# December 2024



Sun      Mon      Tue      Wed      Thur      Fri      Sat

1	2	<b>3</b> <b>Thames meeting</b> Community Facilitator will give details of group meeting	<b>4</b> <b>Te Aroha &amp; Tairua meetings</b> Community Facilitator will give details of group meeting	<b>5</b> <b>PROP Committee Meeting 11am</b>	<b>6</b> <b>Whitianga meeting</b> Community Facilitator will give details of group meeting	<b>7</b> 
<b>8</b>	<b>9</b>	<b>10</b> <b>Paeroa meeting</b> Community Facilitator will give details of group meeting	<b>11</b> <b>Waihi &amp; Whangamata meetings</b> Community Facilitator will give details of group meeting	<b>12</b>	<b>13</b> <b>Coromandel meeting</b> Community Facilitator will give details of group meeting	<b>14</b>
<b>15</b>	<b>16</b>	<b>17</b> 	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b> 	<b>23</b>	<b>24</b>	<b>25</b> <b>Christmas Day</b>	<b>26</b> <b>Boxing Day</b>	<b>27</b>	<b>28</b>  Playing cards day
<b>29</b> <b>HAPPY New Year's EVE</b>	<b>30</b>	<b>31</b> <b>New Years Eve</b>				

# AnxietyNZ

[anxiety.org.nz](https://anxiety.org.nz)

HELPLINE: 0800 269 438

# 0800 ANXIETY

## Get Support

Get the support you need to work through everyday stress and anxiety.

[GET SUPPORT](#) ▾

## Get Resources

Take proactive care of your mental health and wellbeing, and empower your life.

[GET RESOURCES](#) ▾



Empowered is a free, self-paced, online course from Anxiety NZ to support your mental well-being.

# January 2025



Sun      Mon      Tue      Wed      Thur      Fri      Sat

			<b>1</b> New Years Day	<b>2</b> Day after New Years Day	<b>3</b>	<b>4</b> 
<b>5</b> International Bird Day 	<b>6</b>	<b>7</b>	<b>8</b> Tairua meeting Community Facilitator will give details of group meeting	<b>9</b>	<b>10</b> Whitianga meeting Community Facilitator will give details of group meeting	<b>11</b> Learn Your Name in Morse Code, Day 
<b>12</b>	<b>13</b>	<b>14</b> Thames meeting Community Facilitator will give details of group meeting	<b>15</b> Whangamata meeting Community Facilitator will give details of group meeting	<b>16</b> Paeroa meeting Community Facilitator will give details of group meeting	<b>17</b>	<b>18</b>
<b>19</b> National Popcorn Day 	<b>20</b> Whitianga Massage day	<b>21</b> Te Aroha meeting Community Facilitator will give details of group meeting	<b>22</b> Coromandel meetings Community Facilitator will give details of group meeting	<b>23</b>	<b>24</b>	<b>25</b> Opposite Day 
<b>26</b> Summer DAYS! 	<b>27</b> Auckland Anniversary Day	<b>28</b>	<b>29</b> Waihi meeting Community Facilitator will give details of group meeting	<b>30</b> Thames Massage day	<b>31</b>	<b>31</b> Happy Summer Days 

## PROP library

Going forward I thought I would use this space in our newsletter to introduce some of the books available in our PROP library. If you are interested in a book, we can courier it to you or you can call into the office to pick it up. However I suggest you text one of us to check that we are here first as we are often busy out in the community.

### Library Books for this Newsletter:

*“Talking to a Loved One with Borderline Personality Disorder”* by Jerold J. Kreisman MD - Communication skills to manage intense emotions, set boundaries and reduce conflict.

*“Loving an Addict, Loving Yourself. The top 10 survival tips for loving someone with an addiction”* Candace Plattor, MA - . How to shift your focus from your loved ones addiction to your own self-care and so get off the roller-coaster chaos of addiction, maintain your own sanity and serenity and live your best life.

## 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

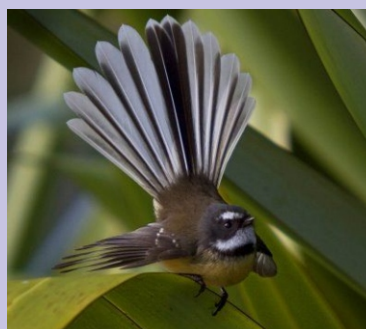
Rural Support Trust 0800 787 254 (0800 RURAL HELP) or visit the website [www.rural-support.org.nz](http://www.rural-support.org.nz)

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

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Website: [www.prop.org.nz](http://www.prop.org.nz)