

People Relying On People Newsletter



AUGUST 2024 - SEPTEMBER 2024

In this issue:

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

Kia ora kotou

Welcome to our August/September newsletter, 2024.

As I write this it is right in the middle of winter on a very cold and frosty morning. I am hoping by the time our PROP newsletter comes out the temperatures will have lifted a bit as we look forward to spring. It will be lovely to have some spring weather for our PROP monthly group meetings - check out when we are in your area for these on page 2 and 3 of our newsletter.

In this newsletter we have included quotes about "joy" to celebrate the International day of joy on August 1. Personally I have found it helps to be mindful as I go through my day, focusing on the moment so I notice when those (often small) opportunities for joy present themselves, usually disguised as ordinary moments in the day which suddenly show up as something lovely or funny.

The last week in September is MHAW (Mental Health Awareness Week). The theme for this year is: **Community is ... what we create together.** *Nau te rourou, naku te rourou, ka ora ai te iwi, With your food basket and mine the people will flourish.* This is a theme which suits the PROP philosophy and the relationship we have with you our clients, very well. We look forward to discussions at our group meetings with you all around this theme and how we can use the opportunity to help eliminate the stigma around mental health, as we head towards MHAW 2024.

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.

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

August 2024



Sun Mon Tue Wed Thur Fri Sat

			 World Day of Joy August 1	1 Online Expressive Art Therapy Group 2	2	3 
4	5	6	7 Tairua meeting Community Facilitator will give details of group meeting	8 Paeroa meeting Community Facilitator will give details of group meeting	9 Whitianga meeting Community Facilitator will give details of group meeting	10
11	12 	13	14 Thames & Whangamata meetings Community Facilitator will give details of group meeting	15 PROP Committee Meeting 11am	16	17
18	19	20	21 Coromandel meeting Community Facilitator will give details of group meeting	 IT'S DAFFODIL DAY	23	24
25 <i>Bloom where you are planted.</i> <small>— Mary Engelbrecht</small> 	26	27 Whitianga Massages	28 Waihi meetings Community Facilitator will give details of group meeting	29 Thames Massage day	30	31 

From a PROP client:

During my time with PROP I have gained valuable knowledge and learnt the skills that have ultimately enabled me to retain a relationship with my family member who lives with addiction and mental health issues. I have learnt that I need to put my own wellbeing at the forefront so I am equipped to cope with the stress of supporting them.

I decided to become part of the PROP committee in thanks for the life changing support they gave (and still give) me, and to help them continue to be able to support hundreds of other people like me.

If you have been supported by PROP and you're now in the space where you can give back by joining our committee, please do. You can attend a few committee meetings as a guest to see how it feels for you before you make a decision to join.



People Relying On People

Please consider giving an hour of your time a month.



Sept 2024



Sun Mon Tue Wed Thur Fri Sat

1 Father's Day	2 Sept 1 Random Acts of Kindness Day	3	4 Tairua meeting Community Facilitator will give details of group meeting	5 Online Expressive Art Therapy Group 2	6	7 HELLO SPRING
8	9	10 Thames meeting Community Facilitator will give details of group meeting	11 Whangamata meeting Community Facilitator will give details of group meeting	12 Paeroa meeting Community Facilitator will give details of group meeting	13 Whitianga meeting Community Facilitator will give details of group meeting	14
15 Suffrage Day Sept 19 	16	17	18 Coromandel meetings Community Facilitator will give details of group meeting	19 PROP Committee Meeting 11am	20	21 Sept 19 "TALK INTERNATIONAL TALK LIKE A PIRATE DAY"  Talk like a Pirate
22	23	24 Whitianga Massage day	25 Waihi meeting Community Facilitator will give details of group meeting	26 Thames Massage day	27	28
29 	30			MHAW Mental Health Awareness Week 23-29 September 2024		

MHAW
Mental Health Awareness Week

23-29 September 2024



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

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

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

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

Kina Families & Addictions Trust

Life strategies for families of people using alcohol and other drugs

www.kina.org.nz

Health & Safety NZ

Online Health and Wellbeing resources can be accessed at 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

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

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

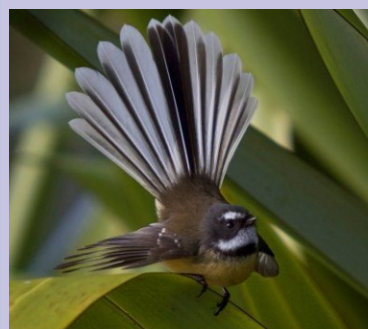
Rural Support Trust 0800 787 254 (0800 RURAL HELP) or visit the website www.rural-support.org.nz

Quitline 0800 778 778 or text 4006 or 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 24/7

Youthline 0800 842 846, 24/7, free text 234, email to talk@youthline.co.nz or webchat at www.youthline.co.nz

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



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