

# People Relying On People Newsletter



## October/November 2021

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### PROP FISHING DAY OUT

**13 November 2021**

Our annual Fishing Day Out for PROP clients will be held on Saturday 13 November.

Enjoy a relaxing, all expenses paid day fishing on the Coromandel harbour. Those attending will need to travel to our meeting point at Te Kouma where we will board our charter vessel.

This is open to current PROP clients, adult and youth (12yrs+).

For all enquiries/registrations, please contact Louise at [admin@prop.org.nz](mailto:admin@prop.org.nz) or phone 07 868 9673.

Please note that places are limited.



Kia ora koutou

How are we all doing?

The pandemic has certainly taken its toll on many of us in various ways.

Many people have mentioned that they have become fatigued to the extent where they feel they are not able to absorb one more piece of information about Covid-19, the pandemic or anything remotely connected to it.

Of course it is important to keep up with the basic pandemic news each day so we are able to keep ourselves and others safe and well. However it is just as important to take time out from the coronavirus topic for a good few hours each day and encourage others to do the same.

If those around us insist on talking non-stop about the coronavirus, it is possible to steer them away from the topic in numerous ways.

You could try using their own conversation about the coronavirus as a starter for a new discussion. Ask whether they have taken up any new hobbies or tried any new recipes during the lockdowns for example. Whatever TV series, movies, podcasts, music or books you are into right now make great topics of conversation. Or you and your housemates can break out the board games, cards and puzzles.

Don't forget it is okay to talk about your feelings and share your anxieties around the whole pandemic situation. After all, there are times when talking and sharing problems with someone makes us feel acknowledged and comforted.

Nga mihi

Julie



# October 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>"I go to nature to be soothed and healed, and to have my senses put in order."</i></p> <p style="text-align: right;">-John Burroughs</p> 					<p>1</p> <p>World Smile Day</p> 	2
3	4	5	6	7	8	9
						
10	11	12	13	14	15	16
		<p><b>Thames</b> Café Meeting</p>	<p><b>Whangamata</b> Café Meeting</p>	<p><b>Whitianga</b> Café Meeting</p> <p><b>Paeroa</b> Café Meeting</p>	<p><b>PROP</b> Committee Meeting 12.00</p> <p><b>PROP AGM</b> 12.30pm</p>	
17	18	19	20	21	22	23
			<p><b>Waihi</b> Café Meeting</p> <p><b>Coromandel</b> Café Meeting</p>	<p><b>Te Aroha</b> Café Meeting</p>		
24	25	26	27	28	29	30
	<p><b>Labour Day</b></p>		<p><b>Tairua Day</b> Appointments available</p>		<p><b>Massage Day</b> <b>Whitianga</b></p> <p>Appointments available - email <a href="mailto:kim@prop.org.nz">kim@prop.org.nz</a></p>	
31	<p>PROP support continues throughout all Covid-19 levels. When we aren't able to meet face to face, we will still be here to support you over the phone, by email or by video conferencing.</p> <p>We are looking forward to seeing everyone in person again soon, but for the meantime, please remember that our café meetings and massages are only able to go ahead at level 1.</p> <p>Individual face-to-face meetings can take place in our PROP Thames office at level 2 as needed.</p>					

# November 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <b>Massage Day THAMES</b> Appointments available Email: kim@prop.org.nz	2	3	4	5 	6
7	8 	9	10 <b>Whangamata Café Meeting</b>	11 <b>Whitianga Café Meeting</b>	12	13 <b>PROP FISHING DAY OUT</b> 
14	15	16 <b>Thames Café Meeting</b>	17 <b>Coromandel Café Meeting</b>	18 <b>Paeroa Café Meeting</b>	19 <b>PROP Committee Meeting</b>	20 International Children's Day 
21	22 	23	24 <b>Tairua Day</b> Appointments available  <b>Waihi Café Meeting</b>	25 <b>Te Aroha Café Meeting</b>	26 <b>Massage Day WHITIANGA</b> Appointments available Email: kim@prop.org.nz	27
28	29 <b>Massage Day THAMES</b> Appointments available Email: kim@prop.org.nz	30				

## Useful Links

### Melon

Self-care and support for New Zealanders during Covid-19. Melon is a safe space to connect and support each other through this difficult time with self-care resources for our emotional wellbeing. The Melon community is made up of people like you as well as support workers, gathered in one place to walk alongside you and get through this together. Join up for free online support at [www.melonhealth.com](http://www.melonhealth.com)

### Allright

Tough times affect each of us differently. For practical ideas on looking after yourself and your whanau, check out the Getting Through Together campaign at [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

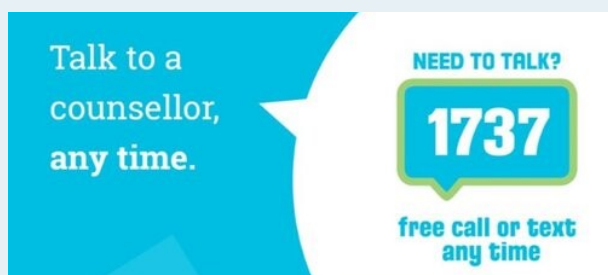
An initiative to give farmers the skills and resources to live well, farm well and get the most out of life [www.farmstrong.co.nz](http://www.farmstrong.co.nz)

### 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 accessed at [www.healthandsafety.govt.nz](http://www.healthandsafety.govt.nz) Click on Resources and look for "A Guide for Maintaining Health & Wellbeing" and "Mental Health Pocketbook".



Talk to a counsellor, any time.

NEED TO TALK?  
**1737**  
free call or text any time

NEED TO TALK?  
[1737.ORG.NZ](http://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**

**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)

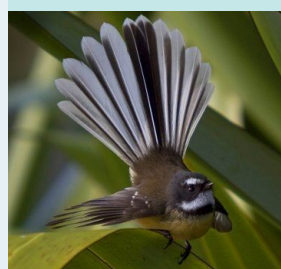
**Quitline 0800 778 778** or text **4006** or [www.quit.org.nz](http://www.quit.org.nz) for free online support

**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

**Kidsline 0800 54 37 54 (0800 KIDSLINE)** - Advice & counselling support for up to 14y olds



People Relying On People

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