

People Relying On People Newsletter



Coromandel Harbour

April / May 2022

This issue

A note from Julie	1
PROP April 2022 Calendar	2
PROP May 2022 Calendar.....	3
Important Contact Numbers & links.....	5

Kia ora koutou

We hope you are managing to stay healthy and well, knowing many PROP whanau, staff and committee have experienced personal hardships of late. Remember we are only a phone call or text away should you need support.

Here at PROP we have been making much more use of virtual meetings via Teams and messenger video conferencing. It is proving to be a popular, fun and easy way to meet “face to face” when people need more than a phone call provides.

We have had a number of our clients self-isolating either as close contacts or because they are Covid-positive. Video calls are a great way to feel connected to others and see a friendly face during those times when that can't be managed physically; whether it be with us, or with your extended family and friends.

A reminder to check the back page of our newsletter regularly. Although the links and important numbers included often don't change greatly; from time to time we add a new link we have found, or an important number, as we have in this issue of our newsletter. Check it out to refresh your memory as to what's available and see if you can pick out the new important number. 😊

Lastly, please remember to check our PROP Facebook page. It is a Facebook group called People Relying on People. You do not have to be a member of the group to see our posts. You can also react to our posts with the emoji button, without needing to be a member.

Special thanks to those of you who regularly contact us and interact with us via our FB page. While we are not having regular café meetings it is lovely to hear from you individually, whether it be for support or encouragement.

Stay safe everyone

Nga mihi

Julie



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.



*We can't heal
the world
today.
But we can
begin with
a voice of
compassion,
a heart of
love,
and an act of
kindness.*

Mary Davis

April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>"Nature is the best medicine for serenity. Peace, calmness, stillness. It's good for the heart." Karen Madewell</p>		1	2
3	4 	5	6	7	8 Whitianga Group Meeting <i>Community Facilitator will advise prior to the day, as to possibility of group meetings or alternative support</i>	9
10	11	12	13 Whangamata Group Meeting Tairua Appointments <i>Community Facilitator will advise prior to the day, as to possibility of group meetings or alternative support</i>	14 	15 Good Friday	16
17	18 Easter Monday	19 	20 Thames Group Meeting Coromandel Group Meeting <i>Community Facilitator will advise prior to the day, as to possibility of group meetings or alternative support</i>	21 Paeroa Group Meeting <i>Community Facilitator will advise prior to the day, as to possibility of group meetings or alternative support</i>	22 PROP Committee Meeting 12.00	23
24	25 Anzac Day	26	27 Waihi Group Meeting <i>Community Facilitator will advise prior to the day, as to possibility of group meetings or alternative support</i>	28 Te Aroha Group Meeting <i>Community Facilitator will advise prior to the day, as to possibility of group meetings or alternative support</i>	29 International Dance Day 	30

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <i>Life isn't about waiting for the storm to pass.. It's about learning to dance in the rain.</i> Vivian Greene	3 	4	5	6	7
8 <i>Mother's Day</i> 	9	10	11 Whangamata Group Meeting Tairua Appointments <i>Community Facilitator will advise prior to the day, as to possibility of group meetings or alternative support</i>	12	13 Whitianga Group Meeting <i>Community Facilitator will advise prior to the day, as to possibility of group meetings or alternative support</i>	14
15	16	17 Thames Group Meeting <i>Community Facilitator will advise prior to the day, as to possibility of group meetings or alternative support</i>	18 Coromandel Group Meeting <i>Community Facilitator will advise prior to the day, as to possibility of group meetings or alternative support</i>	19 Paeroa Group Meeting <i>Community Facilitator will advise prior to the day, as to possibility of group meetings or alternative support</i>	20 PROP Committee Meeting 12.00	21
22	23 Happiness is...  Getting a phone call from your loved ones QuotePix.com	24	25 Waihi Group Meeting <i>Community Facilitator will advise prior to the day, as to possibility of group meetings or alternative support</i>	26 Te Aroha Group Meeting <i>Community Facilitator will advise prior to the day, as to possibility of group meetings or alternative support</i>	27	28
29	30	31	<p>Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, "I will try again tomorrow."</p> <p>Mary Ann Radmacher</p> 			

Feeling stressed?
Breathe.
You're just one person.
Things will get done
when they get done.

NotSalmon.com



Overcoming our Pandemic-Induced Social Anxiety

Social interaction is essential to every aspect of our health and wellbeing.

Now, fewer social events taking place, means we are missing out on the many types of interactions that foster wellbeing and help us feel better about ourselves and others. Therefore, it's no surprise that having lived with the repercussions of Covid in our community for an extended period, many of us are noticing changes in how we are feeling.

Karen Nimmo, Wellington-based clinical psychologist says that "without these interactions, our social muscle weakens. We are experiencing a "new kind of social anxiety" the loss of "social fitness" brought about by two years of Covid lockdowns, restrictions on activities, working and schooling from home, isolation and loneliness, and health and safety worries."

"We feel more shy, awkward, or uptight in company, less inclined to meet new people or even get together with friends, and less interesting when we do."

"Feeling a little anxious is to be expected as we navigate our changing social landscape. But it is important to keep your social muscle in shape because it influences your wellbeing, relationships and enjoyment of life." says Karen.

In her Stuff.co.nz article published 23 March (follow the link below), Karen gives some great tips to help us deal with this.

It is important to point out that experiencing these social struggles triggered by Covid, is **not** the same as living with Social Anxiety.

Read Karen Nimmo's article in full to find out more about the difference between "pandemic-induced social anxiety" and "Social Anxiety", and for tips to help you out.

<https://www.stuff.co.nz/life-style/wellbeing/128132910/we-need-to-overcome-our-pandemic-induced-social-anxiety--heres-how>

Free Online Course: Social Anxiety

Learn practical skills to tackle social anxiety and build confidence

If you often worry in social situations about what others think of you, and find yourself wanting to avoid social experiences altogether, you may be experiencing 'social anxiety'. Fortunately, we don't have to get stuck with social anxiety forever!

In this course, you'll learn all about social anxiety and the practical skills you need to tackle it using one of the most effective approaches in the world, Cognitive Behavioural Therapy (CBT).

This course is available FREE to all New Zealanders - check it out at www.justathought.co.nz/social



When you need to ask for help

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

CATT 0800 50 50 50
(Crisis Assessment & Treatment Team)

Emergency 111

A message from



Feeling all sorts of emotions?

It's an uncertain and stressful time. Feelings can change day to day, and you may be going through all sorts of ups and downs right now. You might feel out of sorts, sort of uneasy, sort of down, sort of, well... happy! And all these emotions are normal. But our beautiful country is full of good sorts working together to care for themselves and each other. And we've got all sorts of ways to look after ourselves and each other through the hard times and the good times.

This site is here to provide support, tips and advice to help you look after your mental health as we experience more positive COVID cases, home isolation and working from home.
<https://mentalhealth.org.nz/covid-wellbeing-tips>

“Make someone smile today. Give a hug. Make a phone call you've been meaning to make. Write a letter. Look in the mirror and say I love you. Today is a gift, treasure it, live it, love it!,,

www.coachingbycodie.com
3 Dec 2013 7:59 am

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

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

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

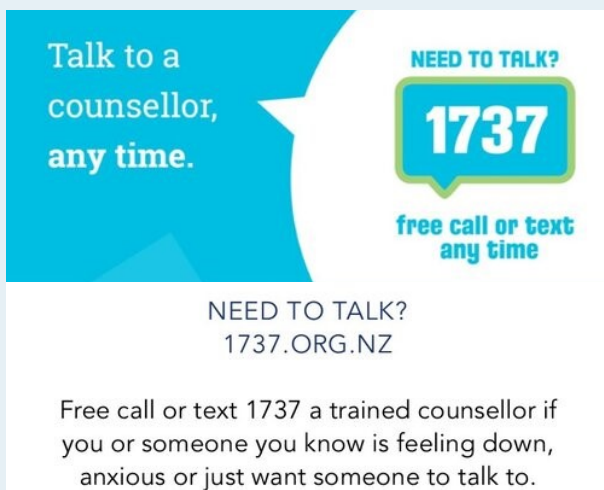
An initiative to give farmers the skills and resources to live well, farm well and get the most out of life www.farmstrong.co.nz

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 accessed at 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

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

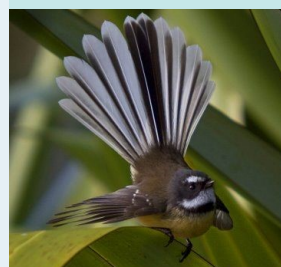
Quitline 0800 778 778 or text **4006** or www.quit.org.nz for free online support

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

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



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