

People Relying On People Newsletter



Tapu Thames Coast

OCTOBER 2026 - NOVEMBER 2026

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Kia ora kotou

Welcome to our October/November newsletter, 2026.

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 with some ice for your catch. The details of this are on page 3 of the newsletter.

The back page of our newsletter is full of information about various organisations available to you and your family. We update it regularly to keep our information accurate and fresh.

In this newsletter we have highlighted (on page 2) the website Depression.org.nz. This website outlines a number of options available to those experiencing depression, which we all know can be adversely affected by having come through the winter season.

Take a look at our Allright website information on the back page which has a service for primary school aged children to year 8, called Sparklers. Sparklers contains lots of awesome ideas for health and wellbeing for primary age children.

Hope you are all having a fabulous Spring.

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**



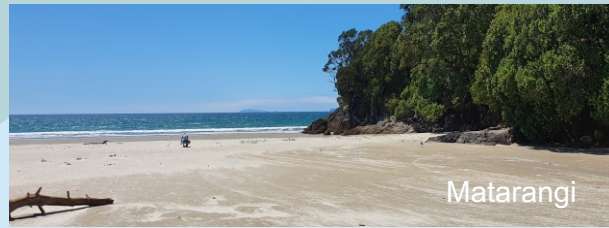
If you would like to donate to the work we do here at PROP, our bank details are available at the office by emailing us, as below:

admin@prop.org.nz

Thank you



October 2026



Sun

Mon

Tue

Wed

Thur

Fri

Sat

				1	2	
4	5	6 Thames meeting Community Facilitator will give details of group meeting	7 Tairua meeting Community Facilitator will give details of group meeting	8 Paeroa meeting Community Facilitator will give details of group meeting	9	10
11	12 Mental Health Awareness Week - Oct 12-18. Theme: Belonging Matters.	13 Te Aroha meeting Community Facilitator will give details of group meeting	14 Whangamata meeting Community Facilitator will give details of group meeting	15 PROP Committee Meeting 11am	16	17
18	19	20	21 Waihi & Coromandel meetings Community Facilitator will give details of group meeting	22	23 Whitianga meeting Community Facilitator will give details of group meeting	24
25 	26 Happy LABOUR DAY! 	27	28	29	30	31





November 2026



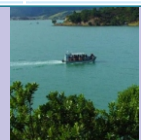
Sun Mon Tue Wed Thur Fri Sat

1	2	3	4 Tairua meeting Community Facilitator will give details of group meeting	5	6 	7
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	14 PROP Fishing Day 
15 	16	17 Te Aroha meeting Community Facilitator will give details of group meeting	18 Coromandel meeting Community Facilitator will give details of group meeting	19 PROP Committee Meeting 11am	20 Whitianga meeting Community Facilitator will give details of group meeting	21
22	23	24 White Ribbon Day 	25 Waihi meeting Community Facilitator will give details of group meeting	26	27	28
29	30					



PROP Fishing Day Out

Saturday 14 November 2026



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).

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

For all enquiries/registrations, please email Louise at 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

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 a free wellbeing toolkit called Sparklers for primary age children, 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

www.rural-support.org.nz

is a nationwide health and wellbeing organisation supporting rural people to heal and recover. They assist in a confidential and compassionate manner.

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

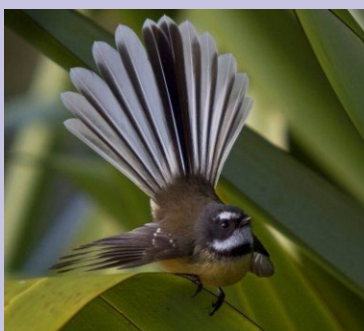
Rural Support Trust 0800 787 254 (0800 RURAL HELP) or visit the website www.rural-support.org.nz

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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