

# People Relying On People Newsletter



Karangahake Gorge -  
Life on the Road NZ



APRIL 2026 - MAY 2026

## In this issue:

A note from the PROP office -----	pg 1
PROP calendar April 2026 -----	pg 2
PROP calendar May 2026 -----	pg 3
Important contact numbers and links ---	pg 4

## Kia ora kotou

Welcome to our April/May newsletter, 2026.

The weather is starting to get cooler, reminding us that we are definitely coming into Autumn and that time of year when we start to pursue more indoor activities and are possibly out and about less.

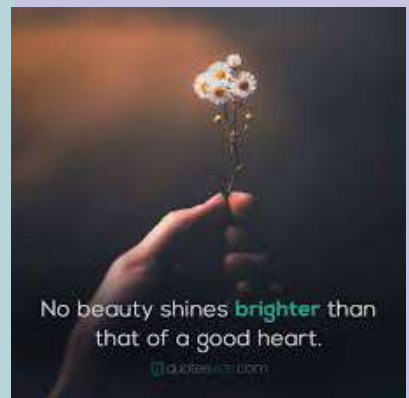
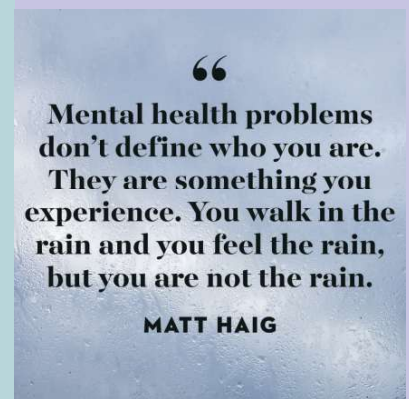
With this in mind I thought it might be a good idea to revisit our 5 Ways to Wellbeing, which has been advertised on our televisions lately in the form of "Top up your wellbeing"

Under our calendar on page 2 is a link to a page on the Mental Health Foundation's website, where it expands on the topic: "A guide to looking after your wellbeing online". The guide comes under six headings - use platform tools to take action, adjust your content and safety settings, curate your algorithm intentionally, set boundaries with others, pause notifications/set screen-time limits and report harmful or abusive content. It reminds us that taking a more mindful approach to social media use can really make a difference to our wellbeing and is written in easy to read language.

On page 3 under the calendar is a reminder of our 5 Ways to Wellbeing. Those 5 ways being - connect, be active, take notice, keep learning and give. It is often easier to be engaged in these five ways to wellbeing during summer months when we are out and about. So PROP are offering a timely reminder to keep these up for ourselves and our loved ones during the coming cooler months.

## 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**



# April 2026



Kauaeranga Kauri Trail - Pinnacles Track (All Trails)

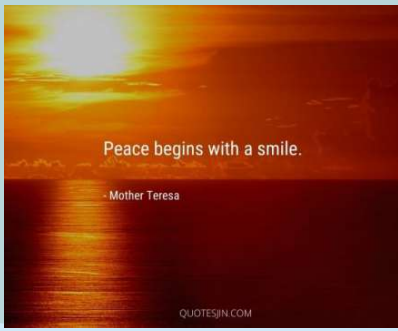
Sun	Mon	Tue	Wed	Thur	Fri	Sat
		 <b>1</b> <b>Tairua meeting</b> Community Facilitator will give details of group meeting	<b>2</b>	<b>3</b> <b>Easter Friday</b> public holiday 		
<b>5</b> <b>HAPPY EASTER</b> 	<b>6</b> <b>Easter Monday</b> public holiday	<b>7</b>	<b>8</b> <b>Whangamata meetings</b> Community Facilitator will give details of group meeting	<b>9</b> <b>Paeroa meeting</b> Community Facilitator will give details of group meeting	<b>10</b> <b>Whitianga meeting</b> Community Facilitator will give details of group meeting	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b> <b>Thames meeting</b> Community Facilitator will give details of group meeting	<b>15</b> <b>Coromandel meeting</b> Community Facilitator will give details of group meeting	<b>16</b> <b>PROP Committee Meeting 11am</b>	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b> <b>Te Aroha meeting</b> Community Facilitator will give details of group meeting	<b>22</b> <b>Waihi meeting</b> Community Facilitator will give details of group meeting	<b>23</b>	<b>24</b>	<b>25</b>  <b>ANZAC DAY</b> Te Rā o Ngā Hōia
<b>26</b> 	<b>27</b> <b>ANZAC DAY</b> holiday observed	<b>28</b>	<b>29</b>	<b>30</b> 		

**From the MHF:** <https://mentalhealth.org.nz/a-guide-to-looking-after-your-wellbeing-online>

There's a lot happening in the world right now, and with social media at your fingertips, it can feel like you're constantly plugged into every update, opinion, and unfolding event. While being online can help you feel informed and connected, it can just as easily leave you feeling drained. Endless scrolling, emotionally heavy news cycles, disinformation and perfectly curated influencer feeds all contribute to a digital environment that can impact your wellbeing more than you might realise.

In moments when your feed feels overwhelming or your scrolling habits leave you feeling flat, it's important to remember that you have more control than it might seem. What shows up on your feed isn't random; it's shaped by algorithms that respond to the content you pause on, interact with, or search for. Even lingering on a post for a few seconds can be enough for a platform to decide you want more of it.

The good news? You can take small steps to help you see more content that brings you joy, and less of the stuff that upsets you. We've teamed up with Netsafe to bring you some top tips to help protect your wellbeing online. See the website above for 6 helpful tips as outlined on page 1 of our newsletter.



# May 2026



Sun      Mon      Tue      Wed      Thur      Fri      Sat

<b>31</b>	<b>May 2</b>  <b>World Tuna Day</b>				<b>1</b> Whitianga Wellbeing Workshop in person with Kim Bennett	<b>2</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> <b>Tairua meeting</b> Community Facilitator will give details of group meeting	<b>7</b> Online Expressive Art Therapy <b>Group 2</b>	<b>8</b> <b>Whitianga meeting</b> Community Facilitator will give details of group meeting	 <b>9</b>
<b>10</b>	<b>11</b>	<b>12</b> <b>Thames meeting</b> Community Facilitator will give details of group meeting	<b>13</b> <b>Whangamata meeting</b> Community Facilitator will give details of group meeting	<b>14</b> <b>Paeroa meeting</b> Community Facilitator will give details of group meeting	<b>15</b> <b>Pink Shirt Day</b>  <b>16</b>	
<b>17</b>  <b>World Bee Day 20th</b>	<b>18</b>	<b>19</b> <b>Te Aroha meeting</b> Community Facilitator will give details of group meeting	<b>20</b> <b>Coromandel meeting</b> Community Facilitator will give details of group meeting	<b>21</b> <b>PROP Committee Meeting 11am</b>	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> <b>Waihi meeting</b> Community Facilitator will give details of group meeting	<b>28</b>	<b>29</b>	 <b>30</b>

**FIVE WAYS TO WELLBEING:**

**CONNECT**

Quality over quantity!  
Take time to listen and be there...

**BE ACTIVE**

Move more and sit less!

**TAKE NOTICE**

Be present in the moment and focus on the simple things!

**KEEP LEARNING**

Remember the importance of growth...

**GIVE**

Your presence and attention are the biggest gift!

1. Connect  
Building strong relationships with family, friends, colleagues, and communities improves emotional support, resilience, and belonging. Simple actions include: spending quality time together, reaching out to someone regularly, or participating in local groups or community events. Social connection promotes mental health and combats loneliness.

## Useful Links

**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 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)

[www.rural-support.org.nz](http://www.rural-support.org.nz)  
is a national health and well-being organisation supporting rural people to heal and recover. They assist in a confidential and compassionate manner.

## 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

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.



People Relying On People

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