

# People Relying On People Newsletter



Port Jackson

DECEMBER 2025 - JANUARY 2026

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## Kia ora kotou

Welcome to our December 2025/January 2026 newsletter.

This is the last PROP newsletter for 2025 and the first for the new year, so please peruse our calendars carefully as some of our meeting days need to be changed at this time of year to fit in with statutory holidays and other holiday considerations.

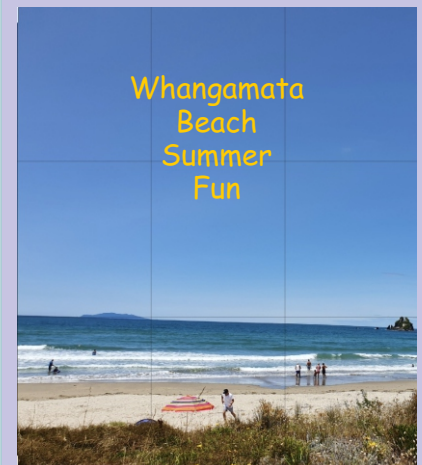
On page two of our newsletter we have a write-up about a new website from Anxiety NZ. Both caregivers and those they support will find great information on this website, including a help-line, various resources and the opportunity to book a therapist should you wish. There is also a free, self-paced, online course called Empowered which is offered through this website. For the Anxiety NZ helpline phone 0800269438. For other helpful numbers please see page four of our newsletter. For the Waikato crisis line phone 0800505050.

On page three is an example of one of the tools I gained from a professional development day I attended on "Vicarious trauma. Help for the helper". It is called "The tiny survival guide". There are also instructions on how to access this online so you can print it out and pop it on your fridge as a reminder, especially at this time of year which can be particularly stressful.

If you need to contact us over the holidays, please ring either Kim or I, via cellphone. At least one of us will be available on weekdays except for Christmas Eve - New Year. From all of us at PROP, we wish everyone a safe and peaceful holiday season.

## Kia pai to marama

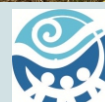
Nga mihi nui  
Julie



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**

# December 2025



Sun	Mon	Tue	Wed	Thur	Fri	Sat
1		<b>2</b> <b>Thames meeting</b> Community Facilitator will give details of group meeting	<b>3</b> <b>Te Aroha &amp; Tairua meetings</b> Community Facilitator will give details of group meeting	<b>4</b>	<b>5</b> <b>Whitianga Wellbeing Workshop</b>	<b>6</b> 
<b>7</b>	<b>8</b>	<b>9</b> <b>Paeroa meeting</b> Community Facilitator will give details of group meeting	<b>10</b> <b>Waihi &amp; Whangamata meetings</b> Community Facilitator will give details of group meeting	<b>11</b> <b>PROP Committee Meeting 11am</b>	<b>12</b> <b>Whitianga meeting</b> Community Facilitator will give details of group meeting	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b> <b>Coromandel meeting</b> Community Facilitator will give details of group meeting	<b>18</b> 	<b>19</b>	<b>20</b>
<b>21</b> 	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b> <b>Christmas Day</b>	<b>26</b> <b>Boxing Day</b>	<b>27</b>
<b>28</b> 	<b>29</b>	<b>30</b> <b>HAPPY New Year's EVE</b>	<b>31</b> <b>New Years Eve</b>			

## AnxietyNZ

[anxiety.org.nz](https://anxiety.org.nz)

HELPLINE: 0800 269 438

**0800 ANXIETY**

### Get Support

Get the support you need to work through everyday stress and anxiety.

[GET SUPPORT ▾](#)

### Get Resources

Take proactive care of your mental health and wellbeing, and empower your life.

[GET RESOURCES ▾](#)



Empowered is a free, self-paced, online course from Anxiety NZ to support your mental wellbeing.



# January 2026



Sun Mon Tue Wed Thur Fri Sat

				<b>1</b> New Years Day	<b>2</b> Day after New Years Day	
<b>4</b> International Bird Day 	<b>5</b>	<b>6</b>	<b>7</b> Tairua meeting Community Facilitator will give details of group meeting	<b>8</b>	<b>9</b>	<b>10</b> Learn Your Name in Morse Code, Day 
<b>11</b>	<b>12</b>	<b>13</b> Thames meeting Community Facilitator will give details of group meeting	<b>14</b> Whangamata meeting Community Facilitator will give details of group meeting	<b>15</b> Paeroa meeting Community Facilitator will give details of group meeting	<b>16</b> Whitianga meeting Community Facilitator will give details of group meeting	<b>17</b>
<b>18</b> NATIONAL POP CORN DAY 	<b>19</b>	<b>20</b> Waihi meeting Community Facilitator will give details of group meeting	<b>21</b> Coromandel meeting Community Facilitator will give details of group meeting	<b>22</b>	<b>23</b>	<b>24</b> NATIONAL OPPOSITE DAY 
 <b>25</b>	<b>26</b> Auckland Anniversary Day	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> HAPPY SUMMER DAYS 

**PROTECT YOUR MORNINGS**  
[or whenever you wake up]  
less cortisol, more intentionality.

 **GO OUTSIDE**  
[or look outside]  
perspective, context + something larger than this.

**BE ACTIVE**  
[avoid stagnation]  
in body, mind, spirit.

**CULTIVATE RELATIONSHIPS**  
those that are edifying + healthy.

**NURTURE GRATITUDE**  
what is one thing, right now, that is going well?

 **DETOX**  
if navigating addictions  
be wise + safe  
limit news + social media.

**SPEND TIME WITH ANIMALS**  
↓ stress hormones, ↑ comfort.

 **METABOLIZE ALL YOU ARE EXPERIENCING**  
re-regulate your nervous system.

I attended a professional development workshop recently where we were introduced to this "Tiny Survival Guide" which I hope may be useful for our whanau and their loved ones over the holiday period and beyond.


It is produced by the Trauma Stewardship Institute and is available online as a PDF to print out.

It has good reminders for promoting and maintaining wellbeing.


I hope you find it as useful as I have.

**SIMPLIFY**  
[less is more]  
be aware of decision fatigue + cognitive overload.

**ADMIRE ART**  
the gift of feeling transported.

 **LAUGH**  
pure humor = a sustaining force.

**FOSTER HUMILITY & EXTEND GRACE**  
self-righteousness + hubris = unhelpful.

 **SLEEP**  
to cleanse + repair brain + body.

**CLARIFY INTENTIONS**  
how can i refrain from causing harm, how can i contribute meaningfully?

**BE REALISTIC + COMPASSIONATE**  
[with yourself]  
be mindful of the quality of your presence. it means so much to others.

## 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 others, go to:

[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 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](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



### People Relying On People

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Phone 07 868 9673  
Email: [info@prop.org.nz](mailto:info@prop.org.nz)  
Website: [www.prop.org.nz](http://www.prop.org.nz)