

# People Relying On People Newsletter



Karangahake Gorge -  
Life on the Road NZ



APRIL 2024 - MAY 2024

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## Kia ora kotou

Welcome to our April/May newsletter, 2024.

As I write this newsletter I notice the weather getting cooler and am reminded that we are definitely coming into Autumn. Of course this heralds the end of summer daylight saving time, a time when many of us struggle to adjust our sleeping patterns accordingly.

I possibly had this in mind when I researched and wrote the excerpt on sleep you can find in this issue of our newsletter (under the calendar on page 3). It is taken from a Kim Hill interview by Radio New Zealand, with Dr. Michael Mosley and contains some new and interesting ideas about getting a good night's sleep. If you are interested you can listen to the original interview and read the subsequent article on the Radio NZ website: <https://www.rnz.co.nz/>

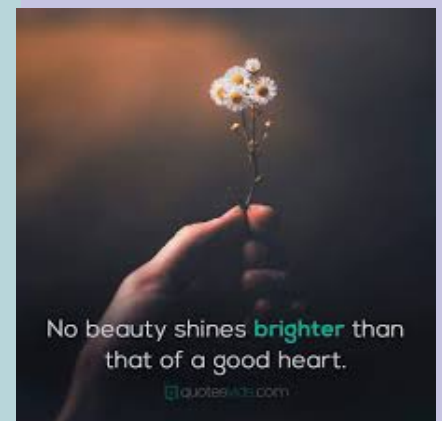
I have been asked to mention that the PROP Committee is still in need of new members. (see page 2, under the calendar for extra information regarding this) If you would like to give back to PROP or "pay it forward" this is a wonderful opportunity to do that. It involves only one, 1 hour meeting per month and can easily be attended remotely online from anywhere in our area. Please email or phone me or Louise if you are interested, or would like more information.

Reminder to see the PROP calendars on pages 2 and 3 as to when Kim Bennett is available for massages.

Please contact Kim on her cellphone to book in for these. Her number is 027 240 0918.

## 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 2024



Kauaeranga Kauri Trail - Pinnacles Track (All Trails)

Sun      Mon      Tue      Wed      Thur      Fri      Sat

	<b>1</b> <b>EASTER MONDAY</b> public holiday	<b>2</b>  April 1	<b>3</b> <b>Tairua meeting</b> Community Facilitator will give details of group meeting	<b>4</b> <b>Online</b> Expressive Art Therapy Group 2	<b>5</b> 	<b>6</b> <b>International Pillow Fight Day</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> <b>Waihi &amp; Whangamata meetings</b> Community Facilitator will give details of group meeting	<b>11</b> <b>Paeroa meeting</b> Community Facilitator will give details of group meeting	<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>Thames meeting</b> Community Facilitator will give details of group meeting	<b>17</b> <b>Coromandel meeting</b> Community Facilitator will give details of group meeting	<b>18</b> <b>PROP Committee Meeting 11am</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b> 	<b>23</b> <b>Online Wellbeing &amp; Whitianga Massages</b>	<b>24</b> <b>Thames Massage day</b>	<b>25</b> <b>ANZAC DAY</b> public holiday	<b>26</b>	<b>27</b>
<b>28</b> 	<b>29</b>	<b>30</b>				

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**From a PROP client (on the rewards of becoming a committee member):**

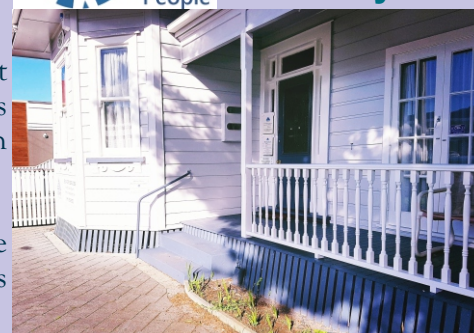
I decided to become part of the PROP committee in thanks for the life changing support they gave (and still give) me, and to help them continue to be able to support hundreds of other people like me.

During my time with PROP I have gained valuable knowledge and learnt the skills that have ultimately enabled me to retain a relationship with my family member who lives with addiction and mental health issues. I have learnt that I need to put my own wellbeing at the forefront so I am equipped to cope with the stress of supporting them.

If you have been supported by PROP and you're now in the space where you can give back by joining our committee, please do. You can attend a few committee meetings as a guest to see how it feels for you before you make a decision to join.



**Our PROP Committee needs you**





# May 2024



Sun      Mon      Tue      Wed      Thur      Fri      Sat

 <p>May 2 World Tuna Day</p>		<p>April 1st</p>	<p><b>1</b> <b>Tairua meeting</b> Community Facilitator will give details of group meeting</p>	<p><b>2</b> <b>Online</b> Expressive Art Therapy <b>Group 2</b></p>	<p><b>3</b></p>	<p><b>4</b></p>
<p><b>5</b></p>	<p><b>6</b></p>	<p><b>7</b></p>	<p><b>8</b> <b>Whangamata meeting</b> Community Facilitator will give details of group meeting</p>	<p><b>9</b> <b>Paeroa meeting</b> Community Facilitator will give details of group meeting</p>	<p><b>10</b> <b>Whitianga meeting</b> Community Facilitator will give details of group meeting</p>	 <p><b>11</b> <b>Migratory Bird Day</b></p>
<p><b>12</b></p>	<p><b>13</b></p>	<p><b>14</b> <b>Thames meeting</b> Community Facilitator will give details of group meeting</p>	<p><b>15</b> <b>Coromandel meetings</b> Community Facilitator will give details of group meeting</p>	<p><b>16</b> <b>PROP Committee Meeting 11am</b></p>	<p><b>17</b> <b>Pink Shirt Day</b> <b>Speak UP STAND TOGETHER STOP BULLYING</b></p>	<p><b>18</b></p>
 <p><b>19</b> World Bee Day 20th</p>	<p><b>20</b></p>	<p><b>21</b></p>	<p><b>22</b> <b>Waihi meeting</b> Community Facilitator will give details of group meeting</p>	<p><b>23</b></p>	<p><b>24</b></p>	<p><b>25</b></p>
<p><b>26</b></p>	<p><b>27</b></p>	<p><b>28</b> <b>Whitianga</b> Massage day</p>	<p><b>29</b> <b>Online Wellbeing</b></p>	<p><b>30</b> <b>Thames</b> Massage day</p>	<p><b>31</b></p>	

## Dr Michael Mosley: The secrets of a good night's sleep.

An excerpt from a Radio NZ article

Tips to consider for getting a good night's sleep. (PS, I found these interesting because they are not restricted to just the usual tips. Julie)

Dr. Mosley recommends creating a pattern of getting up at the same time every day. Then, first thing in the morning, expose yourself to plenty of bright light to reset your circadian clock.

Eating a Mediterranean-style diet rich in fibre and legumes can be helpful. It's good for gut bacteria and will also help reduce stress, anxiety and inflammation in the brain.

Also melatonin – which you can buy online as a vitamin supplement – is worth investigating.

"There have been numerous studies that have shown melatonin – particularly over the age of about 55 – improves the quality of sleep. It seems to have almost no side effects and you don't get habituated to it like you do sleeping pills."

If you wake in the night and don't feel sleepy, he recommends getting up and reading until you do.

If you feel sleepy-ish, breathing exercises can be very effective in getting you back to sleep, he says - ie: try 4-2-4 breathing - in for 4, hold 2, out for 4 counts. Do this until you feel relaxed enough to fall asleep.



## Useful Links

### Melon

Self-care and support. Melon is a safe space to connect, with self-care resources available to support emotional wellbeing. The Melon community is made up of people like you and me as well as support workers, gathered in one place to walk alongside you. 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 be accessed at [www.healthandsafety.govt.nz](http://www.healthandsafety.govt.nz) Click on search and look for "Mental Health" to access relevant resources.

## 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.

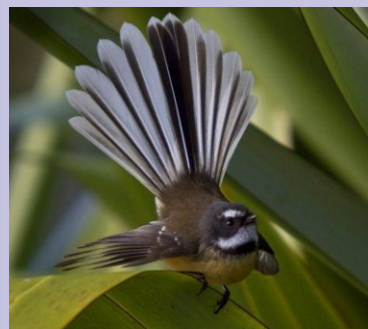
NEED TO TALK?

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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