

People Relying On People Newsletter



Piako River, Ngatea

FEBRUARY 2024 - MARCH 2024

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Kia ora kotou

Welcome to our Feb/March newsletter, 2024.
We hope everyone has had a smooth and peaceful start to 2024.

This month sees the reinstating of Kim Bennett's Thames massages at the PROP office. Now that the Taparahi bridge is up and running on 25A, Kim will once again be able to travel to Thames monthly, to provide our very popular massage service.

We suggest you get in quickly as Kim can only fit in a fixed number of clients during her day in Thames.

Please contact Kim on her cellphone to book in for the day. Her number is 0272400918.

Thank you Kim for once again offering this service to our Thames and Hauraki clients.

See the PROP calendars on pages 2 and 3 as to when Kim is available in Thames for massages.

It is that time of year again when we ask our PROP clients we haven't heard from in some time, whether or not they wish to continue as a PROP client. Please don't be offended if we ask you. We need to keep our database up to date with the details of active PROP clients.

If you don't need our services currently you can ask to be a PROP member rather than a currently active client, in which case we will keep providing you with our regular newsletter, without including you on our phone lists.

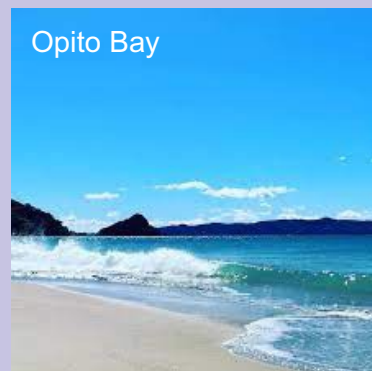
We can reinstate you as an active, current client at any time upon request.

Kia pai to marama

Nga mihi nui
Julie



Tuataewa Reef



Opito Bay



Otama Bay

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**

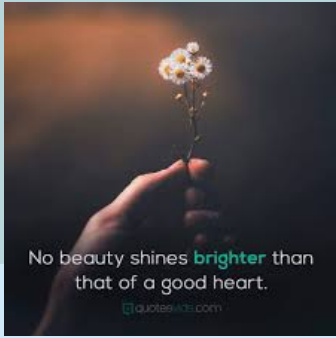
Crisis Assessment & Treatment Team (CATT) **0800 50 50 50**



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



February 2024



Sun Mon Tue Wed Thur Fri Sat

		1 Online Expressive Art Therapy Group 2	2	3		
4	5	6 Waitangi Day, pub hol 	7 Tairua meeting Community Facilitator will give details of group meeting	8 Paeroa meeting Community Facilitator will give details of group meeting	9 Whitianga meeting Community Facilitator will give details of group meeting	10
11 	12	13 Thames meeting Community Facilitator will give details of group meeting	14 Whangamata meeting Community Facilitator will give details of group meeting 	15 World Hippo Day	16	17
18 World Whale Day 	19	20	21 Coromandel meeting Community Facilitator will give details of group meeting	22 Waihi meeting Community Facilitator will give details of group meeting	23	24
25	26	27	28 Online Wellbeing & Whitianga Massages	29 Thames Massage day		

From a PROP client:

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.

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.

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.



People
Relying
On
People

Please consider
giving an hour of
your time a month.





March 2024



Sun Mon Tue Wed Thur Fri Sat

31					1	2
3  World Wildlife Day	4	5	6 Tairua meeting Community Facilitator will give details of group meeting	7 Online Expressive Art Therapy Group 2	8 Whitianga meeting Community Facilitator will give details of group meeting	9  International Day of Forests 21 March
10	11	12	13 Whangamata meeting Community Facilitator will give details of group meeting	14 Paeroa meeting Community Facilitator will give details of group meeting	15	16
17  World Frog Day March 20	18	19	20 Thames & Coromandel meetings Community Facilitator will give details of group meeting	21	22	23
24	25	26 Whitianga Massage day	27 Waihi meeting Community Facilitator will give details of group meeting Online Wellbeing	28 Thames Massage day	29 Good Friday Public Holiday	30 

**Pause
Breathe
Smile**



Brought to schools
by Southern Cross



Pause Breathe Smile is a free (fully funded) initiative in which schools can participate in order to assist students regulate emotions, pay attention and build positive relationships.

As a result students develop resilience, increase self-awareness and improve overall happiness.

It is a whole-school approach providing everything the school needs to implement a robust, evidence-based wellbeing programme.

This is delivered via professional development for staff, resources and ongoing support, all for free.

To find out more head to the website:
<https://pausebreathesmile.nz/>

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 be accessed at www.healthandsafety.govt.nz Click on search and look for "Mental Health" to access relevant resources.

Talk to a
counsellor,
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



People Relying On People

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