

People Relying On People Newsletter



Coromandel
School of mines

JUNE 2023 - JULY 2023

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Kia ora kotou

Welcome to our June/July newsletter, 2023.

This newsletter finds us in the middle of winter, fast approaching the shortest day.

With summer in our area being so wet and wild, we can be forgiven for feeling "over it" already with winter even though it has hardly begun.

So this newsletter is all about finding local things to do that don't cost a fortune and are winter weather friendly.

We have suggested a few ideas as to local places which are affordable, free and family friendly.

Places which are not subject to the elements, so which will be warm and dry. The exception being the hot pools (not forgetting Hotwater beach - Te Puia) available around our area - and in the greater Waikato area if you don't mind a bit of travel.

Don't forget your local library as a source of more than simply books. Our local libraries are the hub for many and varied activities as mentioned on page 3 of our newsletter. Our area also has a good variety of galleries and museums to visit.

Or you can wrap up warmly and brave the elements to embark on one of the many easy bushwalks or the rail trail.

Kia pai to marama

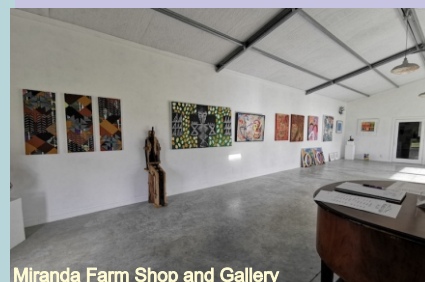
Nga mihi nui
Julie



Discovering inviting places to be when the winter weather closes in



Whitianga Art Group, School Rd



Miranda Farm Shop and Gallery



Hot mineral pools Te Aroha

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**



Thames Society of Arts

“It was only a sunny smile,
and little it cost in the
giving,
but like morning light
it scattered the night
and made the day worth
living.”

-F. Scott Fitzgerald

June 2023



Sun Mon Tue Wed Thur Fri Sat

				1 Online virtual meeting Expressive Art Therapy Group 2 Wrkshp 4	2	
4	5 Kings Birthday Holiday	6	7	8 Whangamata meeting Community Facilitator will advise regarding details of group meeting	9 Whitianga meeting Community Facilitator will advise regarding details of group meeting	10
11	12	13 Thames meeting Community Facilitator will advise regarding details of group meeting	14 Coromandel meeting Community Facilitator will advise regarding details of group meeting	15 Paeroa & Whangamata meetings Community Facilitator will give details of group meeting	16	17
	19	20 Whitianga Massage day	21 Waihi meeting Community Facilitator will advise regarding details of group meeting	22 Midwinter Shortest day	23	24
25	26 Online virtual meeting Expressive Art Therapy Group 1 wrkshp 9	27	28 Te Aroha meeting Community Facilitator will advise regarding details of group meeting	29		

Tairua visits - On the afternoon of Whangamata Meeting
Community Facilitator will advise as to possibility of group meetings or
alternative support

With the winter weather upon us we tend to stay indoors much more. It can be enjoyable to sit in our own home, snuggled up with a hot drink and a cuddly blanket. However it is good for our mental health to venture out, meet other people and take in some of the winter-friendly activities in our area. Check out pg 1 for some great suggestions.

Hahei



July 2023



Sun Mon Tue Wed Thur Fri Sat

2	3	4	5	6	<p>Online virtual meeting</p> <p>Expressive Art Therapy</p> <p>Group 2</p> <p>Wrkshp 5</p>	7	8	
9	10	11	12	13	<p>Te Aroha meeting</p> <p>Community Facilitator will advise regarding details of group meeting</p>	<p>Whangamata meeting</p> <p>Community Facilitator will advise regarding details of group meeting</p>		15
	17	18	19	20	21	22		
	25	26	27	29				
		<p>Thames & Whitianga meetings</p> <p>Community Facilitator will advise regarding details of</p>	<p>Coromandel meeting</p> <p>Community Facilitator will advise regarding details of group meeting</p>	<p>Paeroa meeting</p> <p>Community Facilitator will give details of group meeting</p>				
		<p>Online virtual meeting</p> <p>Expressive Art Therapy</p> <p>Group 1</p> <p>Workshop 10</p> <p>Whitianga</p> <p>Massage day</p>	<p>Waihi meeting</p> <p>Community Facilitator will advise regarding details of group meeting</p>					

Whitianga

One resource which is low-cost and a warm, welcoming environment in winter, that many of us tend to overlook, is the local library. A quick perusal of library websites gives an outline of events and activities available - from reading clubs, coffee mornings, craft groups, educational and film sessions - to a variety of children's activities such as stories and games.

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.or.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 Resources and look for "A Guide for Maintaining Health & Wellbeing" and "Mental Health

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



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