

People Relying On People Newsletter



Thames Coast

DECEMBER 2023 - JANUARY 2024

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Kia ora kotou

Welcome to our Dec/Jan newsletter, 2023/24.

We hope this newsletter finds everyone well, and ready for some holiday relaxation with whanau and friends.

It is fast coming up to that time when the PROP office closes for the holiday season, but not to worry as our organisation will still be operating with facilitators Julie, Kim and Maggie still delivering our service to clients remotely. This year the PROP physical office space will be closed from Monday Dec 18.

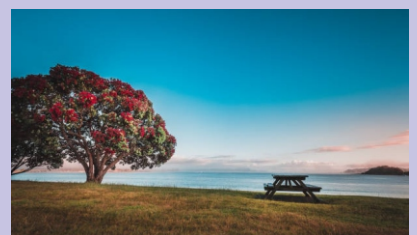
The PROP facilitators will not be available on days which are public holidays. Please see our calendars for these days. Remember if you need crisis support for your loved one, phone 0800 505050, 24/7 for the Waikato crisis helpline. Other important numbers can be found on the back page of our newsletter.

We recently held our PROP AGM and I would like to take the opportunity to thank our existing Committee members who have stepped up once again to ensure PROP continues to operate for another year.

We currently have a small committee and would love it if you as a PROP client could give back to us by donating one hour a month of your time to being a committee member. Although the meetings are held in Thames there is the option to join in our monthly meeting remotely via online video conferencing. Please contact me by phone or email if you would like to give back to PROP in this rewarding way.

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 2023



Sun	Mon	Tue	Wed	Thur	Fri	Sat
31 New Years EVE				1	2 	
3	4	5 Thames & Tairua meetings Community Facilitator will give details of group meeting	6	7 Online Expressive Art Therapy Group 2	8 Whitianga meeting Community Facilitator will give details of group meeting	9
10 	11	12	13 Waihi & Whangamata meetings Community Facilitator will give details of group meeting	14 Paeroa meetings Community Facilitator will give details of group meeting	15 Coromandel meeting Community Facilitator will give details of group meeting	16
17	18	19 Whitianga Massage day	20	21	22	23
24 	25 Christmas Day Public Holiday	26 Boxing Day Public Holiday	27	28 29		30

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.

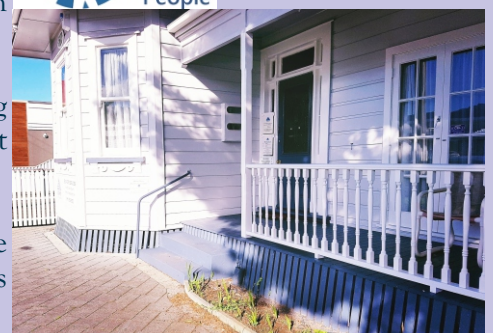
I decided to become part of the PROP committee in thanks for the life changing support they gave (and still give) me, and to help them continue to be able to support hundreds of other people like me.

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.





January 2024



Sun Mon Tue Wed Thur Fri Sat

	Public Holiday	2 Day after New Years Day Public Holiday	3	4	5	6
7	8	9	10 Tairua & Whangamata meetings Community Facilitator will give details of group meeting	11	12 Whitianga meeting Community Facilitator will give details of group meeting	13
14 	15	16	17 Coromandel meeting Community Facilitator will give details of group meeting	18 Committee Meeting 11am	19	20
21	22	23 Whitianga Massage day	24	25	26	27
28 	29 Auckland Anniversary Public Holiday	30	31	Hauraki meetings in January Hauraki clients can phone or meet with Julie or Maggie as usual during January. However we have postponed fixed date café meetings during this month as they are not generally well attended.		

Local beaches depicted on our December calendar: Whangamata, Stony Bay, Port Jackson, Matarangi and Buffalo Beach (Whitianga).

Have fun in the summer sun!

According to Dr. Mike Rucker play and having fun is good for the mind, body and soul and it has become even more of an essential in our world full of stressors.

He has researched and found that leisure time and fun are as essential as sleep for us and goes on to suggest "all fun is finding pleasure in the things you're doing".

So living in the beautiful place we do, why not make the most of summer and find your fun enjoying the most our local outdoors has to offer in the serenity of the bush and on our fabulous beaches.



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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503 Queen St, Thames 3500
P O Box 330, Thames 3540
Phone 07 868 9673
Email: info@prop.org.nz
Website: www.prop.org.nz