

# People Relying On People Newsletter



Karangahake Gorge -  
Life on the Road NZ



APRIL 2025 - MAY 2025

## In this issue:

|                                     |            |
|-------------------------------------|------------|
| A note from the PROP office         | ----- pg 1 |
| PROP calendar April 2025            | ----- pg 2 |
| PROP calendar May 2025              | ----- pg 3 |
| Important contact numbers and links | --- pg 4   |

## Kia ora kotou

Welcome to our April/May newsletter, 2025.

For PROP events and activities please see the calendars on pages 2 and 3 of the newsletter.

Also check out the calendars to see when Kim Bennett is available for PROP client massages. Kim is starting a new round of her popular online wellness classes and possibly a face to face wellness workshop in Whitianga. For details on the new workshops see page 2 of the newsletter. Please contact Kim on her cellphone to book for a massage or discuss the online wellness course and face to face wellness workshop: phone Kim on 027 2400 918.

Underneath the calendar on page 3 we once again briefly review one of the books from our PROP library. This month we look at "Talking to a Loved One with Borderline Personality Disorder"- Communication skills to manage intense emotions, set boundaries and reduce conflict, by Jerold J. Kreismann MD. This book "is directed specifically at those who are committed to communicating with someone with Borderline Personality /disorder (BPD). It will provide you with a framework to maintain and improve your relationship with the one you care about."

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



“  
**Mental health problems  
don't define who you are.  
They are something you  
experience. You walk in the  
rain and you feel the rain,  
but you are not the rain.**

**MATT HAIG**

No beauty shines **brighter** than  
that of a good heart.

@quotesand.com

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 2025



Kauaeranga Kauri Trail - Pinnacles Track (All Trails)

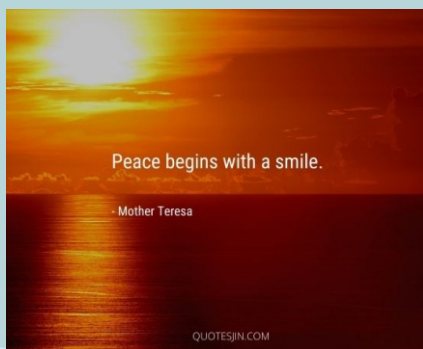
| Sun           | Mon  | Tue  | Wed   | Thur  | Fri  | Sat  |
|---------------|--|--|---|---|--|--|
|               |  | <b>1</b><br><br>April 1  | <b>2</b> <b>Tairua meeting</b><br>Community Facilitator will give details of group meeting      | <b>3</b> <b>Online</b><br>Expressive Art Therapy<br>Group 2                                 | <b>4</b>   | <b>5</b><br><br>International Pillow Fight Day |
| <b>6</b>      | <b>7</b>   | <b>8</b> <b>Thames meeting</b><br>Community Facilitator will give details of group meeting | <b>9</b> <b>Whangamata meeting</b><br>Community Facilitator will give details of group meeting  | <b>10</b> <b>Paeroa meeting</b><br>Community Facilitator will give details of group meeting | <b>11</b> <b>Whitianga meeting</b><br>Community Facilitator will give details of group meeting | <b>12</b>                                      |
| <b>13</b>     | <b>14</b>  | <b>15</b> <b>Online</b><br>Wellbeing Workshop  | <b>16</b> <b>Coromandel meeting</b><br>Community Facilitator will give details of group meeting | <b>17</b> <b>PROP Committee Meeting</b><br>11am   | <b>18</b> <b>Easter Friday</b><br>public holiday   | <b>19</b><br><br>Easter 2025                   |
| <b>20</b><br> | <b>21</b> <b>Easter Monday</b><br>public holiday | <b>22</b>  | <b>23</b> <b>Waihi meeting</b><br>Community Facilitator will give details of group meeting      | <b>24</b> <b>Thames Massage day</b>   | <b>25</b><br><br>ANZAC DAY<br>Te Ra o Ngā Hōia   | <b>26</b>                                      |
|               | <b>28</b> <b>Whitianga Massages</b>              | <b>29</b>  | <b>30</b><br>   | <br>Published 2021  |  |  |

## Face to Face Wellbeing Workshop for 2025 - Kim Bennett

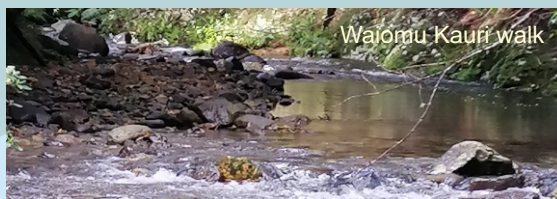
For those who prefer face to face as opposed to online, I am trialing a face to face wellbeing workshop in Whitianga at 3pm on the first Friday of the month. The workshop will cover tips, tricks and life hacks I have learnt both through my own life experience and in my professional life, that have helped me to stay physically and emotionally well.

The course will include different breathing techniques and when to use them, quick, simple relaxation techniques to relax both the body and mind, exercises that will help with back, knee or neck problems and life hacks for those times when life becomes unmanageable. There will also be time to try these during the session to see which suit you best and to reflect on things that have worked well previously for individuals.

Please contact me, Kim on 0272400918 or at [kim@prop.org.nz](mailto:kim@prop.org.nz) for more details or to be part of the workshop.



# May 2025



Sun

Mon

Tue

Wed

Thur

Fri

Sat

|   |  |  |   |   |  |   |
|---|--|--|---|---|--|---|
| <p>May 2<br/><b>World Tuna Day</b></p>      |  |  |   | <p><b>1</b><br/>Online<br/>Expressive Art<br/>Therapy<br/>Group 2</p>                                       | <p><b>2</b> Whitianga<br/>Wellness<br/>Workshop in<br/>person with Kim<br/>Bennett</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> Tairua<br/>meeting<br/>Community<br/>Facilitator will<br/>give details of<br/>group meeting</p>       | <p><b>8</b> Paeroa<br/>meeting<br/>Community<br/>Facilitator will<br/>give details of<br/>group meeting</p> | <p><b>9</b> Whitianga<br/>meeting<br/>Community<br/>Facilitator will<br/>give details of<br/>group meeting</p> | <p>World Migratory Bird Day<br/>2023<br/>WATER 10</p> |
| <p><b>11</b></p>                            | <p><b>12</b></p>                               | <p><b>13</b> Thames<br/>meeting<br/>Community<br/>Facilitator will give<br/>details of<br/>group meeting</p> | <p><b>14</b> Whangamata<br/>meeting<br/>Community<br/>Facilitator will<br/>give details of<br/>group meeting</p>  | <p><b>15</b> PROP<br/>Committee<br/>Meeting<br/>11am</p>  | <p><b>16</b> Pink Shirt Day<br/><b>Speak UP<br/>STAND<br/>TOGETHER<br/>STOP BULLYING</b></p>                   | <p><b>17</b></p>                                      |
| <p><b>18</b><br/>World Bee<br/>Day 20th</p> |  | <p><b>20</b><br/>Online<br/>Wellbeing<br/>Workshop</p>   | <p><b>21</b> Coromandel<br/>meetings<br/>Community<br/>Facilitator will<br/>give details of<br/>group meeting</p> | <p><b>22</b></p>  | <p><b>23</b></p>   | <p><b>24</b></p>                                      |
| <p><b>25</b></p>                            | <p><b>26</b> Whitianga<br/>Massage<br/>day</p> | <p><b>27</b></p>   | <p><b>28</b> Waihi<br/>meeting<br/>Community<br/>Facilitator will<br/>give details of<br/>group meeting</p>       | <p><b>29</b> Thames<br/>Massage<br/>day</p>   | <p><b>30</b></p>   | <p><b>31</b></p>                                      |

## PROP library

Going forward I thought I would use this space in our newsletter to introduce some of the books available in our PROP library. If you are interested in a book, we can courier it to you or you can call into the office to pick it up. However I suggest you text one of us to check that we are here first as we are often busy out in the community.

### Library Books for this Newsletter:

This month we look at "Talking to a Loved One with Borderline Personality Disorder"- Communication skills to manage intense emotions, set boundaries and reduce conflict, by Jerold J. Kreismann MD.

In this compassionate guide you'll find a powerful set of tools to help you cultivate healthy and productive communication. The strategies outlined in this book are simple yet effective, and will allow you to address your loved one's accusations, demands, and emotions, while still making room for your own needs. This guide will show you how to help your loved one feel validated while still maintaining your own boundaries.



## 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.

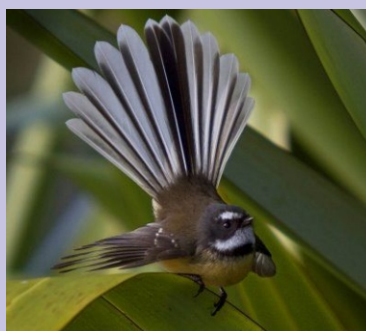
NEED TO TALK?

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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