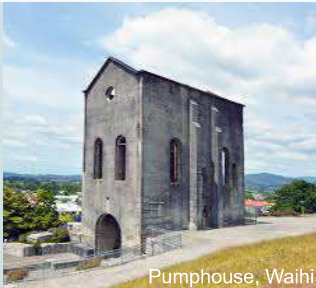


People Relying On People Newsletter



Pumphouse, Waihi

JUNE 2026 - JULY 2026

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Kia ora kotou

Welcome to our June/July newsletter, 2026.

This month sees the beginning of cooler weather arrive as we move from Autumn into winter. This time of year generally sees all mental health services become busier and PROP is no exception. No matter how busy we are however, we always have time for you, our clients. So keep in touch as we are only a text or phone call away. Reminder - we also have our regular monthly group meetings - check out when we are in your area for these on page 2 and 3 of our newsletter.

This month in our newsletter we have a short piece on the Bryant Raglan Women's Retreat. If you are interested head on to their website for more information, or you can contact me for more details as I enjoyed a stay at the retreat a couple of years ago and can highly recommend it. We have also added the Retreat to the back page of our newsletter where there are many useful links and important mental health resources.

On page 2 is an excerpt from the Mental Health Foundation website. It gives us a few thoughts to consider around the types of news we are watching and the frequency with which we are watching. Personally I find limiting my news consumption and also keeping a check on the quality of news sources helps keep me more positive.

July 30 is Friendship Day. Possibly a good reminder in the middle of our winter to reach out to those in our midst who might benefit from some friendly kindness :)



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



June 2026



Sun Mon Tue Wed Thur Fri Sat

| | | | | | | |
|---|--|---|---|---|--|---|
|  | 1 Kings Birthday Public Hol | 2 | 3 Tairua meeting Community Facilitator will provide details | 4 Online Expressive Art Therapy Group 2 | 5 Whitianga Wellbeing Workshop | 6 June 5  World Environment Day |
| 7 | 8 | 9 Thames meeting Community Facilitator will provide details | 10 Whangamata meeting Community Facilitator will provide details | 11 | 12 June 12  WORLD DAY AGAINST CHILD LABOUR | 13 |
| 14 14 June WORLD BLOOD DONOR DAY  | 15 | 16 Te Aroha meeting Community Facilitator will give details of group meeting | 17 Coromandel meeting Community Facilitator will give details of group meeting | 18 Paeroa meeting Community Facilitator will give details of group meeting | 19 Whitianga meeting Community Facilitator will give details of group meeting | 20 |
| 21  shortest day Winter Solstice | 22 | 23 | 24 Waihi meeting Community Facilitator will give details of group meeting | 25 | 26 | 27 INTERNATIONAL PINEAPPLE DAY JUNE 27  Celebrating a Tropical ground Fruit |
| 28 | 29 | 30 | | | |  |

From the Mental Health Foundation - www.mentalhealth.org.nz

WELLBEING TIPS:

if you've been experiencing difficult thoughts and feelings about news events recently, you're not alone in that. Hearing about these negative news events could lead to feelings of powerlessness, sadness, anger, fear or instability. You might feel worry for people you love, yourself, or topics you care about, such as climate change. However you feel, know that your feelings are valid for you.

For tips on how to look after your own mental health during this time, see how to implement these wellbeing tips on the Mental Health Foundation website. Learn how to: practice radical acceptance, create digital boundaries, stay connected to your community, take positive action and generally look after your own wellbeing.

It's okay to consume the news, but try not to let it consume you. Leave online conversations if they become unkind or unproductive, and try to limit your news sources to those you trust.

It can help to talk about how you're feeling with someone you trust. It also helps to make time for fun - like engaging in hobbies - and ensuring you're sleeping well.



July 2026



Sun Mon Tue Wed Thur Fri Sat

| | | | | | | |
|---|--|---|--|---|---|---|
|  <p>Friendship Day July 30</p> | | | <p>1 Tairua meeting Community Facilitator will give details of group meeting</p> | <p>2 Online Expressive Art Therapy Group 2</p> | <p>3 Whitianga Wellbeing Workshop</p> |  |
| <p>5</p> | <p>6</p> | <p>7 Thames meeting Community Facilitator will give details of group meeting</p> | <p>8 Whangamata meetings Community Facilitator will give details of group meeting</p> | <p>9 Paeroa meeting Community Facilitator will give details of group meeting</p> | <p>10 Matariki  Public Holiday</p> | <p>11  World Population Day</p> |
| <p>12</p> | <p>13</p> | <p>14 Te Aroha meeting Community Facilitator will give details of group meeting</p> | <p>15 Coromandel meetings Community Facilitator will give details of group meeting</p> | <p>16 PROP Committee Meeting 11am</p> | <p>17 Whitianga meeting Community Facilitator will give details of group meeting</p> | <p>18</p> |
| <p>19</p> | <p>20  INTERNATIONAL CHESS DAY JULY 20</p> | <p>21</p> | <p>22 Waihi meeting Community Facilitator will give details of group meeting</p> | <p>23</p> | <p>24</p> | <p>25</p> |
| <p>26 </p> | <p>27 Whitianga Massage day</p> | <p>28</p> | <p>29 </p> | <p>30 </p> | <p>31 </p> | <p>31</p> |

www.bryanttrust.co.nz/retreat

Plenty of "me" time. I chose to walk and enjoy the extensive water views.



The Raglan Roast was a fave :)



I will always treasure the awesome experience I had staying at the Bryant Raglan Women's Retreat. It was the most relaxing

THE BRYANT RETREAT FOR WOMEN RAGLAN

experience I have ever had. The food was delicious, I had my own

room and the staff there were caring and attentive. It is also free of charge. Take a look at their website if you are interested:

www.bryanttrust.co.nz

The view of Raglan harbour from the retreat dining room window is spectacular



Useful Links

Allright

Whether the going's good or times are tough, there are lots of little things we can do to strengthen our wellbeing and boost the way we feel. For simple ideas on looking after yourself and others, go to:

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.

Bryant Womens Retreat Raglan

A free of charge retreat for women of the Waikato to recharge and refresh.

www.bryanttrust.co.nz/retreat

www.rural-support.org.nz

is a national health and well-being organisation supporting rural people to heal and recover. They assist in a confidential and compassionate manner.

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

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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