

People Relying On People Newsletter



OCTOBER - NOVEMBER 2023

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Kia ora kotou

Welcome to our Oct/Nov newsletter, 2023.

Hi everyone, Kim Bennett here in Whitianga, I am writing this newsletter's 'blurb' about Mental Health Awareness Week in Julie's absence.

For me Mental Health Awareness Week (MHAW) started mid August via meetings with other MH providers in our area, to plan what would happen in the Coromandel / Peninsula during MHAW .

As I work from out of Whitianga, my contribution involved the setting up of a stall outside Whitianga Countdown, to help raise awareness of MH services in our region. This took place on Monday, September 18 and I was joined by Mere Ngapo from Pathways Hauraki, and Tanya Arnold PROP Committee member.

It was lovely having people stop and talk with us while we gave away free goodies (muffins and shortbread) from our stall. We were also able to share information available on our stall regarding local MH services. (photos page 3)

Thanks Mere and Tanya for your help and support.

Kia pai to marama

Nga mihi nui
Kim



"Maintaining my friendships is so important to me. I also connect weekly with some of the people who I met at group therapy. We operate an online peer-led therapy group where we discuss the therapeutic skills we have used or struggled with in the past week, and set small weekly goals."

Read more: mhaw.nz

"I find it easiest to take notice when I am practising mindfulness regularly. I do this at the end of the day, before bed, by setting a timer for whatever feels achievable for me that day. Doing this regularly helps me be more observant and at peace with my own thoughts."

Read more: mhaw.nz

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



October 2023



Matarangi

Sun Mon Tue Wed Thur Fri Sat

| | | | | | | |
|---|--|---|--|---|--|------------------------------------|
| | 2 | 3 | 4 Te Aroha & Tairua meetings Community Facilitator will give details of group meeting | 5 Online Expressive Art Therapy Group 2 | 6 | 7 |
| 8 | 9 | 10 Thames meeting Community Facilitator will give details of group meeting | 11 | 12 Paeroa & Whangamata meetings Community Facilitator will give details of group meeting | 13 Whitianga meeting Community Facilitator will give details of group meeting | 14 |
| 15 INTERNATIONAL STUDENTS DAY | 16 | 17 | 18 Coromandel meeting Community Facilitator will give details of group meeting | 19 | 20 | 21 |
| 22 | 23 Labour Day Holiday | 24 Whitianga Massage day | 25 Waihi meeting Community Facilitator will give details of group meeting | 26 Committee mtg 10.30am AGM 11am | 27 | 28 Animation Day |
| 29 World Stroke Awareness Day | 30 | 31 Online Expressive Art Therapy Group 1 | | <i>Dance when the sun comes up.</i> | | Endless sunshine |

Notice of
PROP
AGM
OCT 26



Notice of AGM

People Relying On People Inc. (PROP)



Thursday 26 October 2023, 11.00am – 11.30am
503 Queen St, Thames

All welcome

Please R.S.V.P. so we can keep you informed of any changes

Ph: 07 868 9673 or Email: admin@prop.org.nz

Please
RSVP

078689673

admin@prop.org.nz





November 2023



Sun Mon Tue Wed Thur Fri Sat

| | | | | | | |
|--|---|---|--|--|---|---|
|  | | | 1 Te Aroha & Tairua meetings Community Facilitator will give details of group meeting | 2 Online Expressive Art Therapy Group 2 Online Well-being workshop | 3 | 4 World Animal Day  |
| 6  | 7 | 8 Paeroa meeting Community Facilitator will give details of group meeting | 9 Whangamata meeting Community Facilitator will give details of group meeting | 10 Whitianga meeting Community Facilitator will give details of group meeting | 11 PROP Fishing Day | |
| 12 | 13 | 14 Thames meeting Community Facilitator will give details of group meeting | 15 Coromandel meeting Community Facilitator will give details of group meeting | 16 Committee Meeting | 17 | 18 |
| 19  | 20 | 21 Whitianga Massage day | 22 Waihi meeting Community Facilitator will give details of group meeting | 23 | 24 | 25 |
| 27 | 28 Online Expressive Art Therapy Group 1 | 29 | 30 | |  | |

Mental Health Awareness Week 18 – 24th September 2023

The theme for Mental Health Awareness Week this year was Five Ways, Five Days - in other words, doing something for your well-being every day.

Left: Mere Ngapo, Pathways healthy lifestyle co-ordinator and Kim Bennett, PROP family facilitator Whitianga.

Right: The MHAW stall outside Whitianga Countdown, raising awareness for mental health in our area :)



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

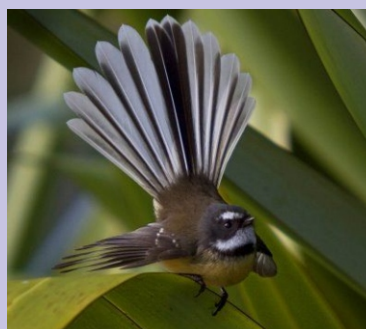
Rural Support Trust 0800 787 254 (0800 RURAL HELP) or visit the website www.rural-support.org.nz

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



People Relying On People

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Email: info@prop.org.nz
Website: www.prop.org.nz