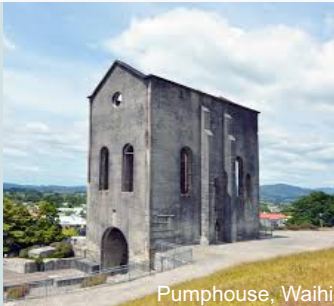


# People Relying On People Newsletter



Pumphouse, Waihi

## JUNE 2025 - JULY 2025

### In this issue:

A note from the PROP office -----	pg 1
PROP calendar June 2025 -----	pg 2
PROP calendar July 2025 -----	pg 3
Important contact numbers and links ---	pg 4

## Kia ora kotou

Welcome to our June/July newsletter, 2025.

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.

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 :)

Don't forget to check out the calendars on page 2 and 3 of our newsletter to see when Kim Bennett is available for PROP client massages. Kim has found it necessary to change her massage days to month and month about, Whitianga then Thames. Please contact Kim on her cellphone - 027 2400 918 - to book.



## 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 2025



Sun

Mon

Tue

Wed

Thur

Fri

Sat

29	30			June 5  World Environment Day		
1 	2 <b>Kings Birthday Public Hol</b>	3	4	5 <b>Online</b> Expressive Art Therapy Group 2	6	7
8 	9	10	11 <b>Thames Tairua &amp; Whangamata meetings</b> Community Facilitator will provide details	12 <b>Paeroa meeting</b> Community Facilitator will give details of group meeting	13 <b>Whitianga meeting</b> Community Facilitator will give details of group meeting	14 <b>14 June</b> <b>WORLD BLOOD DONOR DAY</b> 
15	16	17	18 <b>Coromandel meeting</b> Community Facilitator will give details of group meeting	19 <b>PROP Committee Meeting 11am</b>	20 <b>Matariki</b> 	21 
22 	23	24	25 <b>Waihi meeting</b> Community Facilitator will give details of group meeting	26 <b>Thames</b> Massage day	27 <b>Whitianga</b> Wellbeing Workshop	28

From the Mental Health Foundation - [www.mentalhealth.org.nz](http://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 2025



Sun	Mon	Tue	Wed	Thur	Fri	Sat
6	7	8 <b>Thames meeting</b> Community Facilitator will give details of group meeting	9 <b>Whangamata &amp; Tairua meetings</b> Community Facilitator will give details of group meeting	10 <b>Paeroa meeting</b> Community Facilitator will give details of group meeting	11 <b>Whitianga meeting</b> Community Facilitator will give details of group meeting	12 <b>World Population Day</b>
13	14	15	16 <b>Coromandel meetings</b> Community Facilitator will give details of group meeting	17 <b>PROP Committee Meeting 11am</b>	18	19
20 <b>INTERNATIONAL CHESS DAY</b> JULY 20 	21	22	23 <b>Waihi meeting</b> Community Facilitator will give details of group meeting	24	25 <b>Whitianga Wellbeing Workshop</b>	26
27	28 <b>Whitianga Massage day</b>	29	30	31		

[www.bryanttrust.co.nz/retreat](http://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](http://www.bryanttrust.co.nz)

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





## Useful Links

### Melon

Digital therapeutics for physical, emotional and social health. Melon combines behavior science, data and design to deliver evidence based wellness interventions supported by humans and enabled by technology. Join up for free online at [www.melonhealth.com](http://www.melonhealth.com)

### 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](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.

### Bryant Womens Retreat Raglan

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

[www.bryanttrust.co.nz/retreat](http://www.bryanttrust.co.nz/retreat)

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.

## 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

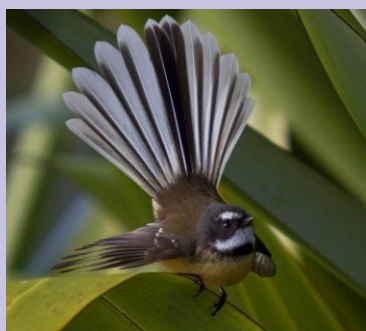
Rural Support Trust 0800 787 254 (0800 RURAL HELP) or visit the website [www.rural-support.org.nz](http://www.rural-support.org.nz)

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



### People Relying On People

503 Queen St, Thames 3500  
P O Box 330, Thames 3540  
Phone 07 868 9673  
Email: [info@prop.org.nz](mailto:info@prop.org.nz)  
Website: [www.prop.org.nz](http://www.prop.org.nz)