

People Relying On People Newsletter



TAKING CARE OF OURSELVES Tiakina i a Mātou

Mental Health Awareness Week
September 18 - 24



AUGUST - SEPTEMBER 2023

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Kia ora kotou

Welcome to our Aug/Sept newsletter, 2023.

We have recently been asked about access to our newsletter other than through email. So just a reminder that our newsletter and all our details are available on our website: www.prop.org.nz.

We also post a copy of the newsletter on our Facebook page, which can be viewed by all as a public page.

In our newsletter this month I am including part of an email from one of our clients regarding donations to PROP:

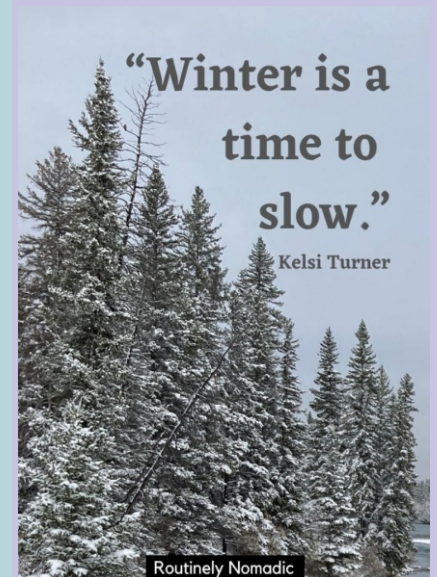
"I appreciate ALL the work that PROP does to support us, so could you maybe put your bank account number in the newsletter to give us the choice of whether we want to or are able to donate or pay an annual fee to support the wonderful work you do?"

Thanks for your feedback and kind words. As a Charitable Trust we do rely on donations in order to operate as PROP.

We will add our bank account number and details to our regular newsletter in case anyone else would like to donate to our organisation (see below right).

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**

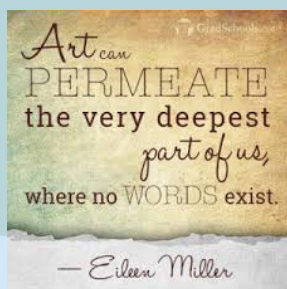
Crisis Assessment & Treatment Team (CATT) **0800 50 50 50**



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



August 2023



Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1	2 Te Aroha meeting Community Facilitator will advise regarding details of group meeting	3	4	5 
6	7	8 Thames meeting Community Facilitator will advise regarding details of group meeting	9 Paeroa meeting Community Facilitator will give details of group meeting	10 Whangamata meeting Community Facilitator will advise regarding details of group meeting	11 Whitianga meeting Community Facilitator will advise regarding details of group meeting	12
13	14	15	16 Coromandel meeting Community Facilitator will advise regarding details of group meeting	17	18	19
20	21	22 Whitianga Massage day	23 Waihi meeting Community Facilitator will advise regarding details of group meeting	24	25	26
27 	28	29 Online Expressive Art Therapy Group 1	30 	31  Cancer Society Daffodil Day		

Tairua visits - On the afternoon of Whangamata Meeting
Community Facilitator will advise as to available support.

Fishing Day Out

Saturday 11 November 2023

Enjoy a fun and relaxing day out fishing amongst the mussel farms and take in the awesome scenery in and around Coromandel Harbour

We will be meeting at Hannafords Wharf, Te Kouma to board our vessel for the afternoon.

PROP provides everything you'll need (lunch & drinks, hired rods & tackle, bait & salt ice).

All you need to bring is a chilly bin to take home your catch!

For all enquiries/registrations, please email Louise at admin@prop.org.nz or text 027 273 0887

This day out is available to current adult and youth (12+yrs) members of People Relying On People and has been made possible by generous funding from Lottery Community and Trust Waikato.

There is no cost to attend.



September 2023



Sun	Mon	Tue	Wed	Thur	Fri	Sat
31					1  RANDOM ACTS OF KINDNESS DAY!	2
3 	4	5 Thames meeting Community Facilitator will advise regarding details of group meeting	6 Te Aroha meeting Community Facilitator will advise regarding details of group meeting	7 Online Expressive Art Therapy Group 2	8 Whitianga meeting Community Facilitator will advise regarding details of group meeting	9
10 	11	12	13	14 Whangamata meeting Community Facilitator will advise regarding details of group meeting	15	16
17	18 MHAW	19 MHAW	20 MHAW Coromandel meeting Community Facilitator will advise regarding details of group meeting	21 MHAW	22 MHAW	23 MHAW
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18 - 24 SEPTEMBER 2023 Mental Health Awareness Week
www.mhaw.nz

This year's Mental Health Awareness Week theme is Five Ways, Five Days. Life has been a rollercoaster lately, with stress and overwhelm hitting us from all angles. We've faced uncertainty, unfamiliarity, and hardships that have left us with mixed emotions. That's why we're bringing you the Five Ways for the Five Days of MHAW, to give us a set of proven tools to boost our mental health when we need it.

Mā te whakarongo, ka mōhio - through listening, comes knowledge

Mā te mōhio, ka mārama - through knowledge, comes understanding

Mā te mārama, ka matau - through understanding, comes wisdom

Mā te matau, ka ora - through wisdom, comes wellbeing

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

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

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

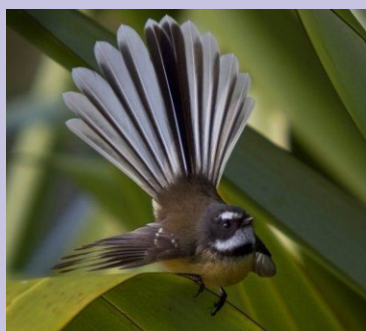
Rural Support Trust 0800 787 254 (0800 RURAL HELP) or visit the website www.rural-support.org.nz

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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