

# People Relying On People Newsletter



## February/March 2022

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*PROP support continues throughout all Covid-19 levels. When we aren't able to meet face to face, we will still be here to support you over the phone, by email or by video conferencing.*

Kia ora koutou

Hoping everyone has kept safe and well during the summer break and managed some self-care time to re-energise and recuperate.

I'm sure everyone is aware by now that our entire nation has moved to Red Level within the Protection Framework (otherwise known as traffic light) System.

Under this level and with the highly-transmissible Omicron variant of Covid19, the MOH has given guidelines which highlight the necessity for organisations to work in ways which will enable them to "stay open as a service". These include:

- \* Working from home when possible.
- \* Wearing an appropriate mask in all face to face situations.
- \* Organising our office in a way which minimises staff passing the virus on from one to the other, thus reducing the possibility of our small staff of four being ill or self-isolating at the same time – which of course would see our organisation grind to a halt for as long as it took for our employees to be ready to re-enter the workplace.

We are such a small organisation that even one staff member suddenly needing to take time off work for the required amount of time to self-isolate or recover from Covid-19 would put remaining staff members under a huge amount of pressure.

As a result, for the next 2 months PROP will use phone, email and video conferencing as the main means for our support. One-on-one, face to face meetings will be held when absolutely necessary and only at the office, where protocols for scanning in, mask wearing and hand-sanitising are readily available.

Group meetings will be organised by individual Community Facilitators only where a large enough venue allows for appropriate seated distancing. Our usual food and drink will sadly not be able to be consumed at the group meetings, due to masks needing to be worn at all times. This is for the safety of everyone attending the meetings.

We know you will all support us in our endeavours to keep PROP clients, staff and committee members safe. The delivery of our service as described above will be reviewed in two months or if and when necessary. We will keep everyone posted as to changes at regular intervals via text and emails. Don't forget to check our People Relying on People group page on Facebook for regular updates also.

Thank you everyone for your patience and kindness both to us at PROP and to each other as PROP clients.

Nga mihi

Julie



### **New Free Online Course Launched: Social Anxiety**

Learn practical skills to tackle social anxiety and build confidence

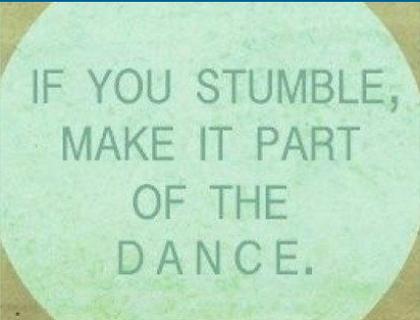
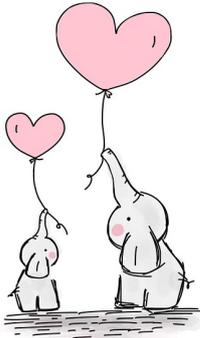
If you often worry in social situations about what others think of you, and find yourself wanting to avoid social experiences altogether, you may be experiencing 'social anxiety'. Fortunately, we don't have to get stuck with social anxiety forever!

In this course, you'll learn all about social anxiety and the practical skills you need to tackle it using one of the most effective approaches in the world, Cognitive Behavioural Therapy (CBT).

**This course is available FREE to all New Zealanders - check it out at [www.justathought.co.nz/social](http://www.justathought.co.nz/social)**



# February 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7 Waitangi Day	8	9 <b>Whangamata Group Meeting</b> <i>Community Facilitator will advise prior to the day, as to possibility of group meetings or alternative support</i>	10	11 <b>Whitianga Group Meeting Tairua Appointments</b> <i>Community Facilitator will advise prior to the day, as to possibility of group meetings or alternative support</i>	12
13	14 <i>Valentines Day</i> 	15 <b>Thames Group Meeting</b> <i>Community Facilitator will advise prior to the day, as to possibility of group meetings or alternative support</i>	16 <b>Coromandel Group Meeting</b> <i>Community Facilitator will advise prior to the day, as to possibility of group meetings or alternative support</i>	17 <b>Paeroa Group Meeting</b> <i>Community Facilitator will advise prior to the day, as to possibility of group meetings or alternative support</i>	18 <b>PROP Committee Meeting 12.00</b>	18
20	21	22	23 <b>Waihi Group Meeting</b> <i>Community Facilitator will advise prior to the day, as to possibility of group meetings or alternative support</i>	24 <b>Te Aroha Group Meeting</b> <i>Community Facilitator will advise prior to the day, as to possibility of group meetings or alternative support</i>	25 <b>Massage Day Whitianga</b> Unfortunately massages are unable to go ahead during Red Traffic Light setting Email kim@prop.org.nz to be notified when they are up and running again	26
27	28 <b>Massage Day Thames</b> Unfortunately massages are unable to go ahead during Red Traffic Light setting Email kim@prop.org.nz to be notified when they are up and running again	 <p>Among the things you can give and still keep are your word your smile and a grateful heart.</p> <p style="text-align: right;">Zig Ziglar</p>				

# March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><i>Do what you can, With what you have, Where you are.</i></p> <p><i>Theodore Roosevelt</i></p>	1	2	3	4	5	
6	7	8	<b>Whangamata Group Meeting</b>  <i>Community Facilitator will advise prior to the day, as to possibility of group meetings or alternative support</i>	10	<b>Whitianga Group Meeting Tairua Appointments</b>  <i>Community Facilitator will advise prior to the day, as to possibility of group meetings or alternative support</i>	12
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27	<b>Massage Day Thames</b> Unfortunately massages are unable to go ahead during Red Traffic Light setting Email kim@prop.org.nz to be notified when they are up and running again	29	30	31	 <p><i>"Friends are like flowers. They fill the world with beauty."</i></p> <p><i>- Celeste Barnard</i></p>	

## 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](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 accessed at [www.healthandsafety.govt.nz](http://www.healthandsafety.govt.nz) Click on Resources and look for "A Guide for Maintaining Health & Wellbeing" and "Mental Health Pocketbook".



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**

**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

**Kidsline 0800 54 37 54 (0800 KIDSLINE)** - Advice & counselling support for up to 14y olds



### People Relying On People

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