

People Relying On People Newsletter



Kaueranga - short bush walk

APRIL 2023 - MAY 2023

In this issue

A note from Julie -----	pg 1
PROP calendar April 2023 -----	pg 2
PROP calendar May 2023 -----	pg 3
Important contact numbers and links ---	pg 4

Kia ora kotou

Welcome to our May/April newsletter, 2023.

We hope this newsletter finds everyone safe and well after the somewhat tumultuous start weather-wise, for our region.

You will see much in this newsletter about local bush walks and the many positive effects gained when we engage in these types of activities. Have a flick through our newsletter - we hope you are inspired to give some a try.

Sadly, most of us weren't able to manage the number of outdoor activities we usually engage in over the summer due to the bad weather. However all is not lost, as autumn brings plenty of opportunities for enjoyable walks in our area. The added bonus of course, is that these walks are also beneficial for our well-being.

Previously we have introduced clients at PROP to the Just a Thought online courses at www.justathought.co.nz

Just a Thought have recently added an online course for those experiencing OCD. Their previous courses for depression and anxiety are also still available. Please check out their website above for details.

Kia pai to marama

Nga mihi nui
Julie



Relaxing and finding time to explore our beautiful outdoors



Waiomu Kauri Trail



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

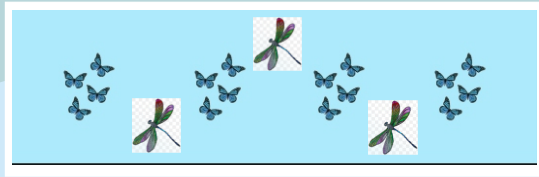
Walks On And Around The Hauraki Rail Trail

- *Windows Walk, Karangahake Gorge.
- *Victoria Battery, Waikino
- *Karangahake Gorge Historic Walkway
- *Karangahake Tunnel Loop Walk
- *Historic Walks of Thames (6 walks)
- *Crown Tramway Track to Dickey Flat, Waitawheta/ Ohinemuri
- *Martha Mine Pit Rim Walkway, Waihi



Owharoa waterfall, Waikino
Photo credit Hauraki Rail Trail

April 2023



Sun Mon Tue Wed Thur Fri Sat

30	<i>it's okay to be YOUR SELF</i> 		<i>You smile, I smile.</i> 			1 FUN at WORK day <i>April 1</i>
2 WORLD AUTISM AWARENESS DAY 2ND APRIL	3 <i>HAVE A BEAUTIFUL DAY</i> Find a Rainbow Day	4	5	6 Online virtual meeting Expressive Art Therapy Group 2 Wrkshp 2	7 Good Friday	8
9 <i>HAPPY EASTER</i> 	10 Easter Monday	11 Thames meeting Community Facilitator will advise regarding details of group meeting	12	13 Paeroa /Whangamata meeting Community Facilitator will give details of group meeting	14 Whitianga meeting Community Facilitator will advise regarding details of group meeting	15 Titanic Remembrance Day
16	17 <i>Happy BLAH BLAH BLAH Day</i>	18 Whitianga Massage day	19 Coromandel meeting Community Facilitator will advise regarding details of group meeting	20	21	22
23 <i>ST. GEORGE'S DAY</i> 	24 Online virtual meeting Expressive Art Therapy Group 1 wrkshp 7	25 ANZAC DAY <i>Lest we Forget</i> ANZAC DAY 2023 	26 Te Aroha meeting Community Facilitator will advise regarding details of group meeting	27 Waihi meeting Community Facilitator will advise regarding details of group meeting	28	29 Happy World Dance Day April 29th Go Out & Dance!!!

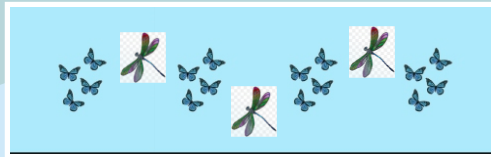
Tairua visits - On the afternoon of Whangamata Meeting
Community Facilitator will advise as to possibility of group meetings or
alternative support

What we see, hear and experience can change our mood.

Being in nature reduces blood pressure, heart rate, muscle tension and the production of stress hormones. Stanford University concluded that walking in nature can lead to a lower risk of depression. Specifically, the study found that people who walked for 90 minutes in a natural area showed decreased activity in a region of the brain associated with depression, as opposed to participants who walked in a high-traffic urban setting.
www.allright.org.nz



May 2023

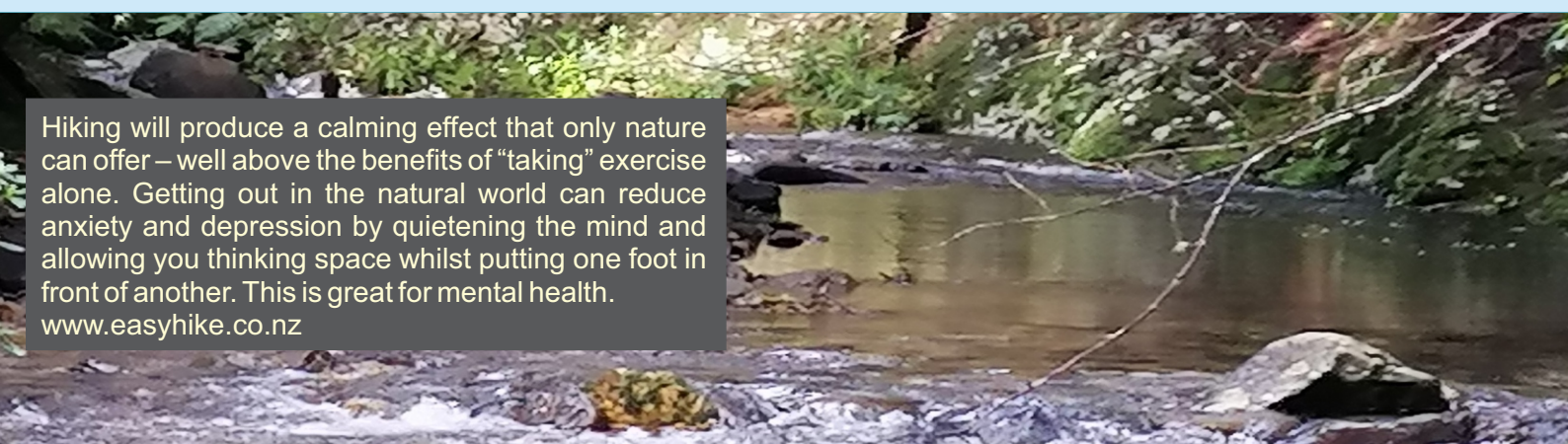


Sun Mon Tue Wed Thur Fri Sat

	1	2 Brothers And Sisters Day 	3	4 Online virtual meeting Expressive Art Therapy Group 2 Wrkshp 3	5	6 International No Diet Day
7 * WORLD Laughter DAY	8	9 Thames meeting Community Facilitator will advise regarding details of group meeting	10	11 Paeroa /Whangamata meeting Community Facilitator will give details of group meeting	12 Whitianga meeting Community Facilitator will advise regarding details of group meeting	13 FROG Jumpin' Day!
14	15 	16	17 Coromandel meeting Community Facilitator will advise regarding details of group meeting	18	19	20 World Bee Day!
21 World Baking Day!	22	23	24 Te Aroha meeting Community Facilitator will advise regarding details of group meeting	25 Waihi meeting Community Facilitator will advise regarding details of group meeting	26	27 Forever: The time it takes to brew the first cup of coffee on a winter morning.
28 International Women's Day 8th March 2023 	29	30 Online virtual meeting Expressive Art Therapy Group 1 Workshop 8	31	<p>Laughter is the sun that drives winter from the human face. -Victor Hugo</p>		

Tairua visits - On the afternoon of Whangamata Meeting
 Community Facilitator will advise as to possibility of group meetings or alternative support

Hiking will produce a calming effect that only nature can offer – well above the benefits of “taking” exercise alone. Getting out in the natural world can reduce anxiety and depression by quietening the mind and allowing you thinking space whilst putting one foot in front of another. This is great for mental health.
 www.easyhike.co.nz



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

503 Queen St, Thames 3500
P O Box 330, Thames 3540
Phone 07 868 9673
Email: info@prop.org.nz
Website: www.prop.org.nz