

People Relying On People



NEWSLETTER

April/May 2021



Coromandel

this issue

A note from Julie.....	P.1
Addictions Information & Education Workshops for whanau.....	P.2
PROP Youth/Family Day Out	P.3
Pink Shirt Day 2021.....	P.3
Important contact numbers & links.....	P.4



Check out our new PROP website
www.prop.org.nz

Kia ora koutou

Welcome to the second edition of our bi-monthly PROP newsletter. We hope you are enjoying the new format. We know how busy our whanau are as carers for their loved ones and hope you are all benefitting from knowing what's on at PROP a couple of months ahead 😊

Easter break is almost upon us as I write for the newsletter this month and people all around me are expressing their heightened anxiety regarding how quickly the year has already sped by. We are experiencing so many major changes in our lives - sometimes on a daily basis - that it makes it challenging to manage life calmly - making it difficult for us to remain mindful and in the moment – a state of mind which is necessary for successful negotiation of such times of increased stress.

You, our clients at PROP, have many, many gifts and talents to share with us as to how you manage all that you do in your daily lives. We would love to hear of the ways you achieve this and invite you to share with us the ways large and small, that you bring peace, calm and crucial self-care into your ever-busy lives, so we can share them through our newsletter and on our facebook page.

If you are open to this, please send your contributions to info@prop.org.nz, sharing your idea(s) and whether you wish your name to be used or would rather keep your contribution anonymous. Also whether we can share your contribution in the newsletter, on our PROP facebook page, or both.

I see this as an ongoing project, so whenever you share it will be gratefully accepted – no timeline and no deadline, just as you can.

I hope by the time you receive this newsletter you have all had a peaceful Easter break. Maybe like me, you will have had a “staycation”, enjoying a close to home, relaxing, break. Or maybe you will have the opportunity to enjoy being a tourist in our own, fabulous Aotearoa. Either way we would love to hear from you. Please state whether you are simply sharing with us as your PROP whanau or whether you are open to us sharing your experiences via the PROP newsletter or facebook page. Photos are always welcome and we are forever on the lookout for fabulous pics of our area for our newsletter. We will give you photo credit if you would like 😊

Thank you in advance and hoping you all have a calm and peaceful break.

Nga mihi

Julie



Monthly Messages for PROP clients

Monthly client massages with masseuse Kim Bennett are available in **Whitianga on 30 April** and in **Thames on 28 May**.

To book, please contact Kim by: email kim@prop.org.nz or text 027 2400 918

(These massages are free to PROP clients as part of our service)

Covid-19 Vaccine Roll-Out

Our government has secured enough doses of Pfizer/BioNTech vaccine (the main Covid-19 vaccine being used in NZ) for everyone in NZ over the age of 16. If you want to know more about the vaccine and when you can expect to receive yours, go to:

<https://covid19.govt.nz/health-and-wellbeing/covid-19-vaccines/getting-a-covid-19-vaccine/find-out-when-you-can-get-a-vaccine/>

The information on this website will be updated regularly.

Addiction Information & Education for Whanau

Workshops for families/whanau who are supporting a loved one living with addiction

with

Maggie Armstrong

B.Alc.d.s, PG CertHealSc, Senior AOD Clinician

Maggie will introduce each session with AOD education followed by an open forum including question and answer time – so come ready with your questions.

This is a valuable opportunity to utilise Maggie's wealth of experience and knowledge.

Upcoming Workshops

Tuesday 13 April	Waihi	Venue tba
Tuesday 11 May	Whitianga	Venue tba
Tuesday 25 May	Thames	PROP, 503 Queen St, Thames (parking avail. at rear of building)

Time: 11.00am (we will be finished by 2pm)

Coffee & Tea will be provided

Please bring your own lunch

To register, contact: Julie Taituha-Gibson info@prop.org.nz

There is a limit to the number of people we can accept, so please put your name down as soon as possible, or contact Julie with any questions.

Please note that these workshops are facilitated to help family members/whanau of someone experiencing addiction issues – they are not designed for the service user to attend.

Live your life.

Regardless of what stage your family, whanau member, or friend is at, your first responsibility is to look after yourself.

No matter where your family, whanau member, or friend is in the change process, you look after yourself and live your life. Remember, by doing this, you provide an example for others in your family and whanau. You are change in action.

Living Well – Kina Families & Addictions Trust

People Relying On People Youth/Family Day Out

Saturday 13 May 2021

If you have a young person in your family impacted by someone close to them experiencing mental illness or addiction, this is an awesome opportunity for them to enjoy a fun day out, where they can benefit from spending some time away from their home environment.

We have hired the track at Blastacars in Hamilton for an exciting Grand Prix and are looking forward to seeing our young people (and those who are young at heart) having a great time together. This is a friendly competition - no experience is necessary.

The racing will be followed by pizza delivered to us at Blastacars where we will enjoy lunch together before heading back home. All expenses are covered so there is no cost to you. We will also have petrol vouchers available on the day.

The People Relying On People Youth/Family Day Out is open to PROP clients only. Youth attending need to be at least 8 years old to participate in this activity and must be accompanied by an adult family member/caregiver.

Please contact us ASAP at admin@prop.org.nz if you would like to put your names down, or to find out if you are eligible to attend. More information will be provided on request. Please note that spaces are limited.



We would like to thank Lottery Community for their generous funding which has made this day possible.

PINK SHIRT DAY
Friday 21 May

Wear pink on Friday 21 May to show your support for Anti-bullying.



Celebrated annually around the globe, **Pink Shirt Day** began in Canada in 2007 when two students took a stand against homophobic bullying, after a peer was bullied for wearing a pink shirt. In Aotearoa, **Pink Shirt Day** works to create schools, workplaces, communities and whānau where everyone feels safe, valued and respected.

pinkshirtday.org.nz

When David Shepherd and Travis Price heard about the bullying of a younger student and decided to make a stand on his behalf, they had no idea that their actions that day would start a world-wide movement. To read the full story on how the pink shirt movement began, copy and paste the link below:

<https://www.cbc.ca/news/canada/bullied-student-tickled-pink-by-schoolmates-t-shirt-campaign-1.682221>



Gentle

REMINDER:

Take care of myself
today.



Lisa A. McCoslin, www.bacfootac.com

Useful Links

Melon

Self-care and support for New Zealanders during Covid19. 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.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

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 accessed at www.healthandsafety.govt.nz Click on Resources and look for "A Guide for Maintaining Health & Wellbeing" and "Mental Health Pocketbook".

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 www.safetotalk.nz

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 or visit www.anxiety.org.nz

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.ruralsupport.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 txt **234**, send an email to talk@youthline.co.nz and for webchat or to find out more about the programmes and trainings available, visit 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

NEED TO TALK?



**free call or text
any time**

Free call or text 1737 to talk to a trained counsellor if you or someone you know is feeling down, anxious or just wants someone to talk to

People Relying On People



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