

# People Relying On People

## Newsletter



### August/September 2021

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## Mental Health Awareness Week 27 Sept – 3 Oct 2021

This year's theme for Mental Health Awareness Week is **take time to kōrero – mā te kōrero, ka ora**, which is all about connecting with the people in our lives and creating space for conversations about mental health and wellbeing. For more information, go to [www.mhaw.nz](http://www.mhaw.nz).



#### Not alright?

For many of us, new challenges and the loss of our regular routines is causing stress. This can really erode our wellbeing over time. While it's important to remember to do the little things that help recharge us, it's also important to know there is someone to talk to and free help is available.

It's all right to reach out if you need to - we all need a bit of support from time-to-time.

Call or text 1737 to speak with a trained counsellor anytime—it's free and completely confidential. You can also call Lifeline on 0800 543354 or text HELP to 4357. Check out this page on the Mental Health Foundation's website if you'd like some further advice on how to stay mentally well during this time <https://mentalhealth.org.nz/getting-through-together>

Kia ora koutou

Welcome to our August/September newsletter.

During July, Coromandel Peninsula facilitator Kim Bennett and I attended a Mauri Ora Seminar facilitated by Sir Mason Durie. While there we also purchased some much-needed resources for our library. Among them Sir Mason Durie's book "Mauri Ora, The Dynamics of Maori Health", a sequel to "Waioara" containing fresh new insights and guidelines.

The seminar was crammed full of essential information, based around Te Whare Tapa Whā model and the concept of mauri ora – mauri being the 'life force', vitality, integrity and energy within a person. Ora being healthy, having a state of wellness. PROP uses Te Whare Tapa Whā as the model for our health philosophy, as stated in our constitution. So the seminar was particularly relevant to us from this perspective as well as from a general health perspective.

The concept of Mauri Ora for the purposes of the seminar was built around the two 'levels' of mauri: mauri noho, or languishing and mauri ora, or flourishing. The seminar took us on a journey of possibilities for moving from mauri noho to mauri ora, with plenty of robust conversation from attendees and our presenter along the way.

We left the seminar feeling we have now embarked on a journey of questioning ourselves, and our health system as a whole, as to how we can support whanau and their loved ones on their journey from mauri noho to mauri ora, while focusing on the potential to move forward with dignity and hope.

Nga mihi

Julie

Massages for PROP clients are now available  
monthly in both Thames and Whitianga.

For bookings email: [kim@prop.org.nz](mailto:kim@prop.org.nz), text: 027 2400 918

See our calendars  
on pages 3 & 4 for  
dates



# Miranda Carer's Retreat

17-19 September 2021

Adult members of People Relying On People are invited to attend our upcoming Miranda Retreat.

*Join us for a relaxing two night stay at Miranda Holiday Park*

*Enjoy the soothing mineral waters and be treated to a therapeutic massage*

*Sit back and enjoy the lovely atmosphere and good company, or unwind with some peaceful time to yourself*

*All meals are provided*

We would like to encourage new clients of PROP to come along. This opportunity is only available once a year, and places are limited, so please don't hesitate to call us now for more info.

If you are interested in attending, please contact the office by email or phone to receive your registration form. All enquiries are welcome.

Email: [admin@prop.org.nz](mailto:admin@prop.org.nz) or phone our office: 07 868 9673 or text Louise on 027 273 0887



Thanks to the generosity of Lottery Community and COGS we are able to make this wonderful retreat available to PROP clients at no charge.



Mental Health  
Awareness Week  
27 Sept – 3 Oct 2021

TAKE TIME  
TO KŌRERO  
MĀ TE KŌRERO, KA ORA

A little chat can  
go a long way



# August 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2	3	4	5	6	7
8	9	10	11 <b>Whangamata</b> Café Meeting	12 <b>Whitianga</b> Café Meeting	13	14
15	16	17 <b>Thames</b> Café Meeting	18 <b>Coromandel</b> Café Meeting	19 <b>Paeroa</b> Café Meeting	20 PROP Committee Meeting	21 
22	23	24	25 <b>Tairua Day</b> Appointments available  <b>Waihi</b> Café Meeting	26 <b>Te Aroha</b> Café Meeting	27 Massage Day <b>Whitianga</b> Appointments available - email kim@prop.org.nz  Daffodil Day	28
29	30 Massage Day <b>Thames</b> Appointments available Email : kim@prop.org.nz	31	<p>"A friend is someone who helps you up when you're down, and if they can't, they lay down beside you and listen."</p> <p>Winnie The Pooh</p> 			

# September 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>"A kind word is like a spring day" - Russian Proverb</p>			1	2	3	4
5 Father's Day 	6	7	8 Whangamata Café Meeting	9 Whitianga Café Meeting	10	11
12	13	14 Thames Café Meeting	15 Coromandel Café Meeting	16 Paeroa Café Meeting	17 PROP Committee Meeting  Miranda Retreat Starts	18   Miranda Retreat
19 Miranda Retreat  <i>International Talk like a Pirate Day</i> 	20	21 World Peace Day 	22 Tairua Day Appointments available  Waihi Café Meeting	23 Te Aroha Café Meeting	24 Massage Day WHITIANGA Appointments available Email: kim@prop.org.nz	25
26	27 Massage Day THAMES  Mental Health Awareness Week 27/9 to 3/10	28 MHAW	29 MHAW	30 MHAW		

## 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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