

TE WHARE WHAA RAU MA TAHI CENTRE 401 TRUST

# PLANET 401



NOVEMBER

WHIRINA-A-RANGI

WHAA RAU MA TAHI

WRITTEN BY AND  
FOR PEOPLE WITH  
EXPERIENCE OF  
MENTAL HEALTH



 @centre401trust

[www.centre401.co.nz](http://www.centre401.co.nz)

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# OCTOBER CONTENTS

## 2023

rua CENTRE NOTICE  
toru BOARD

whaa  
rima **Garden Wisdom**

ono **Mad Pride**

whitu **Wellbeing tips**

waru **CHRISTMAS BBQ**

iwa **Summer tips**

tekau **Funny farm**

tekau-ma-tahi **Wordfind**



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**Random Riddle:**

What's always in front of you but can never be seen?







# YOUTH ZONE!

GET YOUR OWN RADIO SHOW AND PODCAST IN THE FREE FM



#FREEFM89  
@FREEFM89  
#FREEFMYOUTHZONE

# RECORDING

*group*



Every Thursday



see reception to book a time

MORE INFO

Talk to Tony or contact  
reception@centre401.co.nz



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Centre 401 Trust

## Mens Walk Rapu Ara Nga Tane

A 12 week mens only group that creates an environment and opportunity to share, pick up new skills and learn from the experience of other men. Group participants can expect to gain some education, fellowship and peer support.



Starting: THURSDAY  
SEPT 7TH

THURSDAY 10:00AM  
- 11:30AM

CONTACT US FOR MORE  
INFO OR TO BOOK A  
SPOT

838-0199    stephen@centre401.co.nz



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## SCHOOL of Emotions

# 2023

School of Emotions is a 16-week series of workshops aimed to increase awareness of emotions and how they can impact our behaviours and lives.

The workshops include life skills to help improve overall well-being and understanding of our emotions and how they affect us in our daily lives.


School of Emotions is a workshop designed to give you new ways to cope with challenging or strong emotions in healthy ways.

TUESDAY 10:30AM  
- 11:30AM

CONTACT US FOR MORE  
INFO OR TO BOOK A SPOT!

Rua ☎ 838-0199 ✉ liliana@centre401.co.nz



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Centre 401 Trust

# WEEKLY WORKSHOPS

|                            |  |   |   |
|----------------------------|--|---|---|
| <b>Raahina</b><br>Monday   | <b>COUCH TO 5K</b><br>9.30AM<br>Departing C401 | <b>TE REO RANGATIRA</b><br>9:30-11<br>Training Room         | <b>TECH CLUB</b><br>11-12<br>Care Café  |
| <b>Raatu</b><br>Tuesday    | <b>COUCH TO 5K</b><br>9.30AM<br>Departing C401 | <b>SCHOOL OF EMOTIONS</b><br>10:30 - 11:30<br>Training Room | <b>JOBSQUAD</b><br>1-2PM<br>Care Café   |
| <b>Raapa</b><br>Wednesday  | <b>COUCH TO 5K</b><br>9.30AM<br>Departing C401 | <b>FUNFIT</b><br>10:30-11:30<br>Courtyard                   | <b>NGAA TOI</b><br>1-2PM<br>Training Room   |
| <b>Raapare</b><br>Thursday | <b>COUCH TO 5K</b><br>9.30AM<br>Departing C401 | <b>MADJAM</b><br>11AM-1PM<br>Training Room                  | <b>A WHOLE NEW MOOD</b><br>12:00 - 1:00PM<br><b>STATE OF MIND</b><br>1:30-2:30<br>Training Room |
| <b>Raamere</b><br>Friday   | <b>WAIATA</b><br>9:30-10<br>Training Room      | <b>ART O CLOCK</b><br>10:30-12<br>Training Room             | <b>MADJAM</b><br>1-3PM<br>Training Room   |
|                            |  | <b>CHESS CLUB</b><br>12:30-1:30<br>Training Room            |   |

We look forward to seeing you :)

## NEED FOOD SUPPORT?

### Work and Income

Contact Work and Income for a food grant on 0800 559 009 or my.msd.govt.nz (criteria will apply)

### Community FreeStores

Kaivolution distributes food to a number of community houses in Hamilton:

- Glenview Community Centre, 12 Tomin Rd, Glenview
  - Mon, Wed and Fri 1-1.30pm
- Good News Community Centre, 78 Breckons Ave, Nawton
  - Mon - Fri from 1pm
- Pukete Neighbourhood House, 43 Church Rd, Pukete
  - Mon - Fri from 11am
- Te Papanui Enderley, 66 Tennyson Rd, Enderley
  - Tues and Thu from 1pm
- Te Whānau Pūtahi, 37 Oxford St, Fairfield
  - Mon and Fri 11.30-12.15pm
- Te Whare Kokonga, 58 Bader St, Bader
  - Mon - Fri 1.30-2.30pm
- Te Whare o te Ata, Clarkin Rd, Fairfield
  - Wed 11am
- Waimarie, 53 Wellington St, Hamilton East
  - Mon - Fri 11am-1pm
- Western Community Centre, 46 Hyde Ave, Nawton
  - Mon - Fri from 1pm

### Local Food Banks (For emergency food parcels, criteria will apply)

- heretohelpu.nz or 0800 568 273 (Can refer you to your closest food bank)
- Anglican Action (Hillcrest): Ph 07 856 5820
- Catholic Family Support Services (Hillcrest): Ph 07 856 3760
- Desert Spring Ministries (Peachgrove): Ph 07 855 2728
- Methodist City Action (Central): Ph 07 839 3917
- Pukete Neighbourhood House (Pukete): Ph 07 849 1115
- Saint Vincent De Paul (Frankton): Ph 07 847 4044
- Salvation Army (Central): Ph 0800 530 000
- Te Whānau Putahi (Fairfield): Ph 07 855 0990
- Te Whare Kokonga (Melville): Ph 07 843 8811

June 2023

# Psycoffogee



**Monday 10am - 11am**  
Centre Place Foodcourt

**Wednesday 1.30pm - 2.30pm**  
Feedzone, Fastlane Fitness

**Thursday 10am - 11am**  
Hood Street Bistro

**Thursday UNDER 30's**  
4.30pm - 5.30pm  
Coffee Culture, Five  
cross Roads

**Friday 1pm - 2pm**  
Centre Place Foodcourt





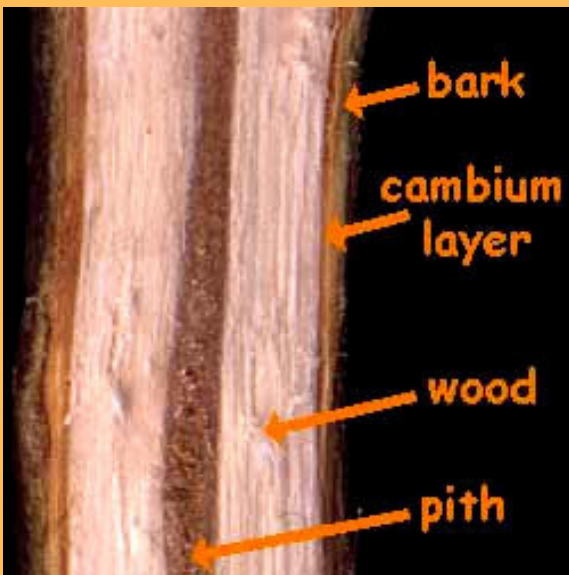
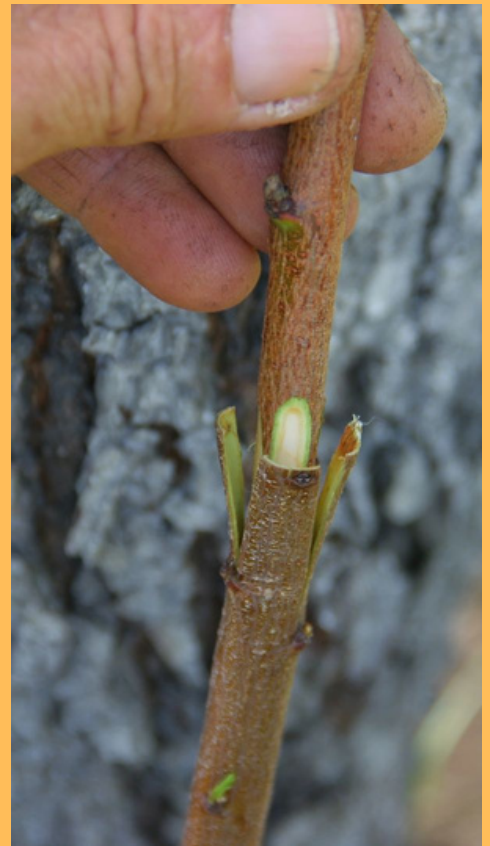
# Garden Wisdom

## With Kevin

### GRAFTING

No, not work or dishonest means, but the joining of two different plants together so the tissues of plants are joined and they continue their growth together. The upper part of the combined plant is called the scion while the lower part is called the rootstock. You can only graft two plants if they are related such as different apple trees, or roses, or citrus trees.

The advantage of grafting is that you can use a vigorous rootstock and have a scion that has the characteristic you want. For instance, the lemon tree on the deck at Centre 401 is a graft. The rootstock produces branches that have massive spikes on them and produces poor fruit. The scion grows slower, has no spikes and produces great lemons. Between them you have a tree with a vigorous root system, no spikes and great fruit. Roses are often grafted with a strong rootstock and a lovely flowering scion.



If you take a longitudinal section (cut the stem longwise rather than across) you can see the various parts. The pith, wood and bark are familiar, but the cambium layer is vital as it is the only living part of the stem. Just towards the outside of the stem from the cambium are phloem cells which transport photosynthesized sugars and other products downward from the leaves. Towards the centre of the stem from the cambium are xylem cells which transport water and dissolved salts upward from the roots.



This is important as any grafting must join the cambium (along with the phloem and xylem cells) from the rootstock and the scion. If this is not done the scion will die. When you ringbark a tree you are cutting the phloem and xylem and so stopping the tree distributing water and sugar, so the tree dies.

Using grafting techniques it is possible to do odd things like have an apple tree that produces different type of apples, or a citrus that has different citrus on it. It is also possible to produce a plant that produces potatoes and tomatoes called a pomato or tomtato. This has been done since at least 1833 so is not a new technique. It works because both tomatoes and potatoes belong to the Solanaceae or Nightshade family.

I haven't gone into grafting techniques here as this is already too long. There is a good article on grafting on Wikipedia at: [A desert shrub called Zuckia brandegei produces flowers that are only male or only female \(but both types of flowers on the same plant\). Half the plants open with male flowers first, and half open with female flowers first. This means that a plant will not fertilise itself.](#)

[Some plants produce only male or only female flowers. These are called dioecious plants. New Zealand has a high percentage of dioecious plants \(about 12%\) such as rimu, kahikatea, kauri as well as kiwifruit \(not native\). This means that to get rimu seedlings you need to have two trees of different 'sex'. Some flowers have developed ways to have a say in who pollinates them. The snapdragon is mainly pollinated by bumblebees as the smaller honey bee is unable to open the jaws to get to the nectar \(and pollen\). if you want to follow up.](#)







# MAD PRIDE

Our 2023 Mad Pride event was spooktakular! With a wide range of performances, a ton of laughs, some (bad) jokes and some spectacular costumes it went off.

A huge shout out to our members who preformed, they were incredible. And thanks to the volunteers, staff and especially Louisa we give a huge thanks. We couldn't have this wonderful event without you!



## Feedback comments:

"The whanau at Centre 401 should be super proud!"

"My favourite part of the night was the involvement from everyone and the amazing talent from the live original preformaces!"

"The costumes were awesome."

"Great atmosphere and amazing decor!"

"The food provided was delicious!"



# Wellbeing Tips

These tips are designed to help get you thinking about What will help your mental wellbeing aT The moment. these simple actions are big mood boosters – find what Works for you and keep aT it!



## Take noTice – me aro tonu

Notice the things that make you feel good and do them more often! It could be your morning coffee, a walk around the block or playing games with your tamariki/children.



## give – Āwhina

Think about a skill you have you could share with your whānau, offer to pick groceries up for elderly neighbours or simply give a compliment to a loved one!



## get moving – kia kori

Regular movement and exercise helps release tension and stress and gives you an energy boost!



## connect – tūhono

Keep in touch with your friends, whānau and colleagues on the phone, through social media, video chats and text.



## Stay Curious – mewhaiWhakaaro

Learning new things helps to focus your mind and gives you a sense of purpose. It could be learning a language, a craft, or even mastering a tricky recipe.



## sTICK to a rouTine – whai mahere

It will help you get through each day and adjust to regular life when it goes back to normal.



## relax – mauri tau

Find ways to rest, switch off and recharge. Reading, mindfulness, yoga and deep breathing are all great ways to unwind.

# GETTING THROUGH TOGETHER

Whitu WHĀIA E TĀTOU TE PAE TAWHITI

# ALL RIGHT?

 Mental Health Foundation  
mauri tū, mauri era OF NEW ZEALAND



HO

HO

HO



# MEMBERS *Christmas bbq*

COMMITTEE MEETING  
**FRIDAY 10TH NOVEMBER**

**10:10AM**

Kia Ora Centre 401 Whanau, This friday we are having our members Christmas BBQ meeting.

This will be run and organised by members otherwise it won't be going ahead. So c'mon team get involved and make our christmas awesome!!



Waru





# TIPS FOR THIS SUMMER

## 1 Wear Sunscreen!

Make sure to apply sunscreen before your under the sun. And the most important part to re apply every few hours or so! Make sure you apply it everywhere, including all those places you don't necessarily think about such as ears, lips, and the tops of your feet.

## 2 Wear your sunnies!

Wearing sunglasses not only makes you look cool but also prevents any damage being done to your eyes by the harsh NZ uv rays. .

## 3 Stay hydrated!

Staying hydrated aids in stopping sunstroke, headaches, fatigue (tiredness) and a whole bunch more. You would these happening to ya while your enjoying your summer so drink up.

## 4 Swim in between the flags!

Swimming in between the flags is very important. First of all your in a clear direct line of sight if the life gaurds need to help you. Secondly it is the safest place on the beach to swim as you avoid rips e.t.c. And lastly .





# FUNNY FARM

"jokes from you folks"

You become what you believe.



Oprah Winfrey

## FAMOUS QUOTATIONS

Life is 10% what happens to me and 90% how I react to it.



Charles Swindol

Turn your wounds into wisdom.

R.I.P boiling water, you will be mist...

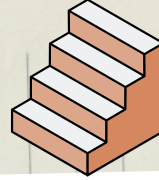


I once wrote a song about a tortilla but it's more of a wrap.

I wouldn't buy anything with Velcro, it's a total rip off.



How do celebrities stay cool? they have many fans!



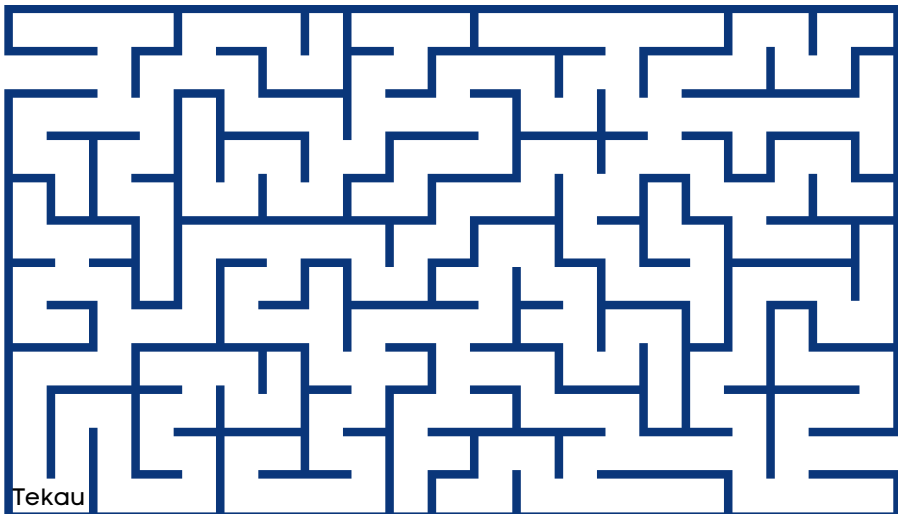
I don't trust stairs their always up to something.



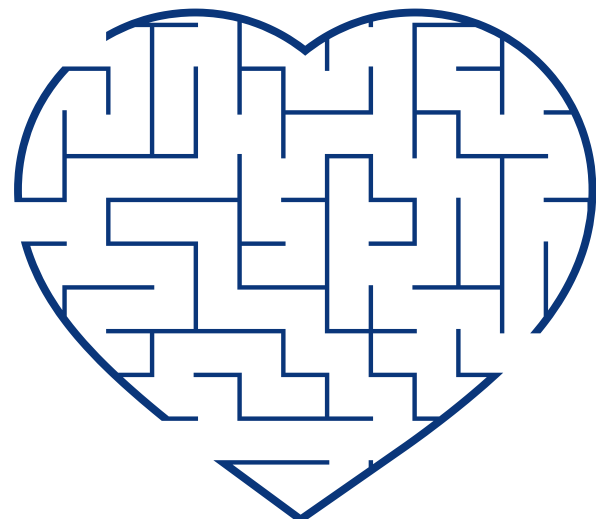
How many tickles does it take to tickle an octopus? Tentickles!

If you have anything funny that you think may lift some ones mood - email to [reception@centre401.co.nz](mailto:reception@centre401.co.nz)

## PUZZLE OF THE MONTH



Tekau





# PLANET 401



WHAA RAU MA TAHI

## WORDFIND

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| S | E | C | N | A | M | R | O | F | E | R | P | A | M |
| C | A | B | S | C | O | B | M | U | S | I | C | W | A |
| O | E | U | P | F | Y | D | E | E | Y | R | E | F | E |
| G | F | R | I | T | A | I | G | A | T | O | A | T | R |
| S | A | U | D | W | I | N | G | S | R | I | A | U | D |
| I | K | H | E | N | A | A | G | R | R | O | W | R | I |
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| V | O | G | O | M | E | D | I | T | A | T | I | O | N |
| E | P | N | B | U | T | T | E | R | F | L | Y | T | A |
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| D | U | I | A | T | O | P | N | I | K | P | M | U | P |
| K | P | W | O | R | D | S | E | A | R | C | H | O | U |
| H | E | R | Y | R | R | E | B | W | A | R | T | S | U |
| A | T | C | O | W | B | O | Y | K | O | O | P | S | I |

- wordsearch
- fairy
- bear
- meditation
- gratitude
- ngahuru
- Preformace
- butterfly
- fang
- wings
- pumpkin
- spider
- Silver
- poaka
- strawberry
- spooky
- dream
- music
- tepu
- awa
- orange
- turu
- cowboy
- potai

HAVE AN AWESOME NOVEMBER!!