

TE WHARE WHAA RAU MA TAHI CENTRE 401 TRUST

PLANET 401

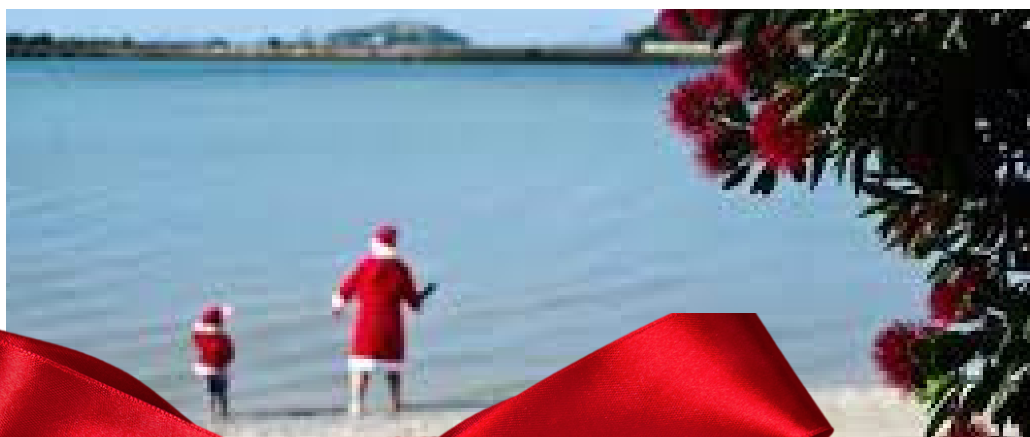


DECEMBER

WHAA RAU MA TAHI

Hakihea

WRITTEN BY AND
FOR PEOPLE WITH
EXPERIENCE OF
MENTAL HEALTH



@centre401trust

www.centre401.co.nz

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2023

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iwa **Updates & artwork!!**

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?



Psycoffogee

YOUR RECOVERY PITSTOP

MONDAY 10AM-11AM
Centre Place Food Court

WEDNESDAY 1.30PM-2.30PM
Feedzone, Fastlane Fitness

THURSDAY 10am-11am
Hood St Bistro, cnr Hood & Victoria St

THURSDAY 4.30-5.30pm (under 30's)
Coffee Culture, Five Cross Roads

FRIDAY 11:30AM-12:30PM (LGBTQ+)
Crave cafe

FRIDAY 1pm-2pm
Centre Place Food Court



Psycoffogee is an informal peer support gathering offered by Centre 401 Trust.

Join us for great coffee, friendship, laughter and support.



You can identify us by the Rubik's Cube on the table



PH: 07 838 0199 ADMIN@CENTRE401.CO.NZ


RECORDING

group

"HEALING THROUGH MUSIC"
A RECORDING STUDIO EXPERIENCE

DEALING WITH MENTAL HEALTH CHALLENGES?
COME EXPLORE THE HEALING POTENTIAL OF
MUSIC IN OUR RECORDING STUDIO.
CONNECT, CREATE, AND HEAL THROUGH THE
POWER OF SOUND. NO MUSICAL EXPERIENCE
NECESSARY

 **Every Thursday**

 contact.reception@centre401.co.nz



TE WHARE WHAA RAU MA TAHI
Centre 401 Trust

GET YOUR OWN RADIO SHOW AND PODCAST IN THE FREE FM

YOUTH ZONE!



@FREEFM89

#FREEFMYOUTHZONE

 **Free FM 89**
Independent COMMUNITY MEDIA



TE WHARE WHAA RAU MA TAHI
Centre 401 Trust

WEEKLY WORKSHOPS

Raahina
Monday

COUCH TO 5K
9.30AM
Departing C401

TE REO RANGATIRA
9:30-11
Training Room

TECH CLUB
11-12
Care Café

Raatu
Tuesday

COUCH TO 5K
9.30AM
Departing C401

SCHOOL OF EMOTIONS
10:30 - 11:30
Training Room
Starting 8th of August

JOBSQUAD
1-2PM
Care Café

Raapa
Wednesday

COUCH TO 5K
9.30AM
Departing C401

FUNFIT
10:30-11:30
Courtyard

MADJAM
11AM-1PM
Training Room

NGAA TOI
1-2PM
Training Room

Raapare
Thursday

COUCH TO 5K
9.30AM
Departing C401

A WHOLE NEW MOOD
11:30-12:30
Training Room

STATE OF MIND
1:30-2:30
Training Room

Raamere
Friday

WAIATA
9:30-10
Training Room

ART O CLOCK
10:30-12
Training Room

MADJAM
1-3PM
Training Room

CHESS CLUB
12:30-1:30
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

Psycoflogee



Monday 10am - 11am Thursday UNDER
Centre Place Food Court 30's 4.30pm - 5.30pm

Wednesday 1.30pm - 2.30pm Friday 11:30am - 12:30 pm
Fastlane Fitness, Foodzone Crave Cafe

Thursday 10am - 11am Friday 1pm - 2pm
Hood Street Bistro Centre Place Food Court

toru

OPENING & CLOSING DATES



CLOSING DATE 2023:
FRIDAY 22ND DECEMBER @ 12PM



REOPENING 2024:
8TH JANUARY @ 9:00AM



Have a groovy Christmas & Summer break!!



TE WHARE WHAA RAU MA TAHI
Centre 401 Trust

Garden Wisdom

With Kevin

FUNGI

We have all come into contact with fungi at some stage be it a yeast infection, a drink of beer, a portobello mushroom, blue cheese, or penicillin, or maybe a psychedelic variety. Fungi come in many types with some being beneficial to us and others harmful. Fungi, like animals, are heterotrophs; they acquire their food by absorbing dissolved molecules, typically by secreting digestive enzymes into their environment. Fungi do not photosynthesize like green plants. Fungi perform an essential role in the decomposition of organic matter and have fundamental roles in nutrient cycling and exchange in the environment.

The question of what is a toadstool versus what is a mushroom of crops up. The answer: there is no answer. There's no accepted scientific categorization between the two. Therefore, if you're wondering when to refer to a toadstool as a mushroom and vice versa, it boils down to your preference. After all, some people refer to toadstools as inedible and poisonous mushrooms, especially those with colourful caps.

The question of what is a toadstool versus what is a mushroom of crops up. The answer: there is no answer. There's no accepted scientific categorization between the two. Therefore, if you're wondering when to refer to a toadstool as a mushroom and vice versa, it boils down to your preference. After all, some people refer to toadstools as inedible and poisonous mushrooms, especially those with colourful caps.

A number of fungi glow in the dark and are therefore classed as bioluminescent.



The mushroom (and toadstool) we see is just the fruiting body of the fungi. The main body of it is in the ground (or rotten trunk or whatever) and looks like thin strings of cotton. These are the tubular, elongated, and thread-like (filamentous) structures called hyphae, which may contain multiple nuclei and extend by growing at their tips. Of course, some fungi are single celled, but many have this threaded form. Truffles have a fruiting body which is underground and so trained dogs or pigs are used to find them.

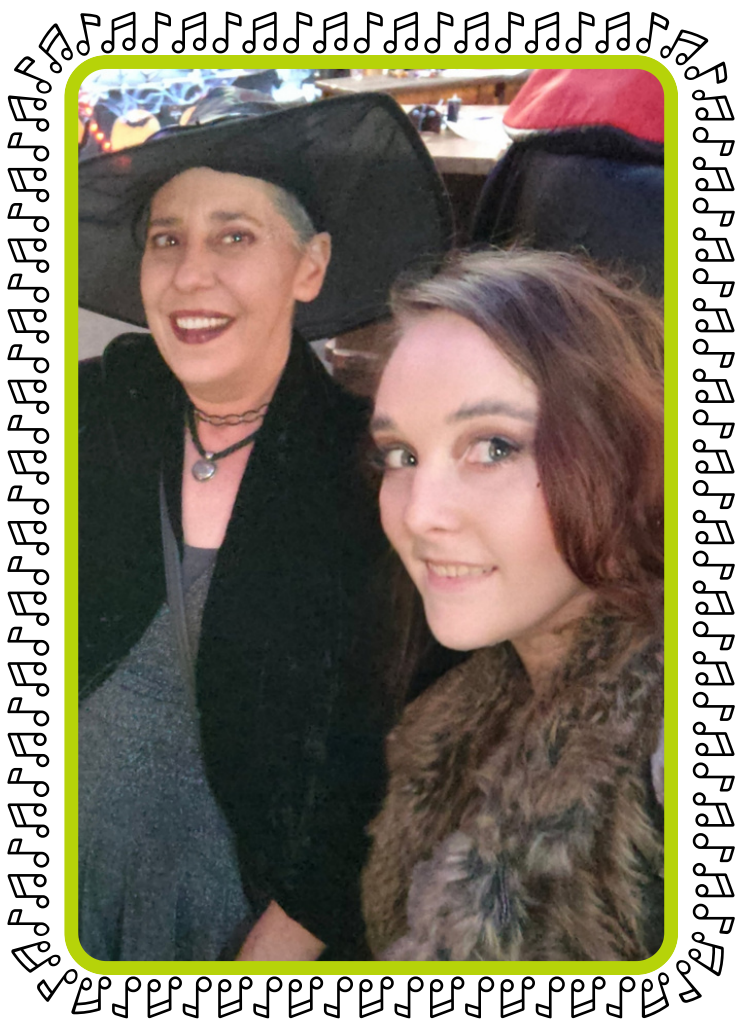
Many fungi have symbiotic relationships with plants. It is thought that over 90% of all plant species have a mycorrhizal relationship with fungi. This is when the hyphae and the tree roots interact. The plant gets nutrients while the fungi get sugars.

Some fungi like the basket fungi have odd shapes while the stinkhorns smell like rotting flesh to attract insects to disperse their spores (in January and February these can be found on the walk around the Hamilton Lake).

There are a great many edible fungi, some with odd shapes. The morel is considered by some to be the king of mushrooms, but unless you know what it is you would probably bypass it as inedible. Many puffballs are edible as well.

So next time you see a mushroom or toadstool poking it's head up, be thankful that it is doing its' job of recycling the dead material around it so other things can grow.





IN LOVING MEMORY OF

Louisa Talbot

13.08.1967 - 1.11.2023

We recently lost one of our treasured staff members, Louisa.

She was passionate about teaching music and supported so many people during their music journey. You will be missed by everyone here at the centre!



Prayer for Louisa

May our earth mother accept your body with compassion.

May the radiant sun remind us of your light and show the way in all the realms of your journey.

May your song, be held by the hearts of those who your passion has touched.

May you be guarded by the most Valliant, to the next world.

Let all gods know, how deeply you were loved in this life, and that you loved many in return.

Whenever we pass a body of water

May we see the reflection of your face.

In the well of wisdom.

Whenever the rain falls

May we hear your song in it's rhythm.

Your love in it's melody.

All hail Louisa.

Received by her ancestors, in whose noble company, will not know shame.

Missed and loved by those of us still here.

Forever an ancestor

Seated among the gods.

Written by - Stephen Rohan

ono





TE WHARE WHAA RAU MA TAHI
Centre 401 Trust

Psycoffogee



LGBTQ



**EVERY FRIDAY 11:30AM -
12:30PM @ CRAVE CAFFE
130 ROSTREVOR STREET,
HAMILTON, NEW ZEALAND**

**PSYCOFFOCEE IS AN INFORMAL PEER
SUPPORT GATHERING OFFERD BY
CENTRE 401 TRUST. JOIN US FOR
GREAT COFFEE, FRIENDSHIPS,
LAUGHTER AND SUPPORT.**



**YOU CAN IDENTIFY US BY THE
RUBIK'S CUBE ON THE TABLE**



Whitu

PH: 07 838 0199

PAULA@CENTRE401.CO.NZ

SURVIVING THIS CHRISTMAS

1 MAKE TIME FOR STRESS RELIEF In moments where you feel stressed, pause and take a moment to ground yourself. This could like like deep breathing and ask yourself are my thoughts helping me to plan, or out of my control?

2 SOCIALIZE Face-to-face communication has been shown to improve our mental and physical well-being as this interaction produces the hormone, Oxycontin, which can benefit our immune system, heart health and cognitive function.

3 HELPING OTHERS Helping others is good for your own mental health and wellbeing. It can help reduce stress, improve your mood, increase self-esteem and happiness and even benefit your physical health. This could look like volunteering in your area!

4 REGULAR SLEEP Getting regular sleep over the holiday period is super beneficial for your mental and general health. It puts you into a regular routine and makes sure your getting enough rest over this busy period!

5 MAKE A LIST For some people christmas can be a challenging time. Making a list of services that you can get in contact with can be super helpful! Below are some useful numbers and organisations that may be able to help you.

Support over the Festive Season (Remember you are not alone; Reach out should you need Support)

Crisis Assessment Team (CAT) -

Mental Health Crisis and Emergency

0800 50 50 50, 24hrs, 7days

Lifeline Waikato 0800 543 354 or free text 4202

Youth Line 0800 376 633

Depression Helpline 0800 111 757

Quit line Smoking 0800 778 778

Family Violence Information 0800 456 450

Health line 0800 611 116

Alcohol & Drug Helpline 0800 787 797

Plunket line 0800 933 922

Gambling Help 0800 654 655

WINZ 0800 559 009

LGBTIQA+/Rainbow support 0800 688 5463 Need to Talk

call 1737

Remember Over the holidays some WINZ Payments will be paid early .

If you normally get paid on : Tues 26 Dec you'll be paid on Fri 22 Dec.

If you normally get paid on : Wed 27 Dec you'll be paid on Sat 23 Dec.

If you normally get paid on : Thur 28 Dec No changes.

If you normally get paid on : Tue 2 Jan you'll be paid on Fri 29 Dec.

If you normally get paid on : Wed 3 Jan you'll be paid on sat 30 Dec.

If you normally get paid on Thur 4 Jan No changes.

Waru



GET TO KNOW ME!

Hey, i'm Tony and i'm running the recording group at centre 401. I've been making music for the last 6 years which all started as an outlet to deal with the challenges of mental health and life.

Music has taught me how to communicate, how to be in tune with my emotions, how to see the beauty in things, how to make use of what I've got, and so much more and i'd love to share what I've learned with you as that's what music is all about at the end of the day. To connect. I'm at centre 401 every Thursday, so pop in whenever and we can figure out the logistics. I look forward to being a part of this community. This family.



LOUISA'S ANGEL

Because of the recent tragic passing of Louisa I felt inspired to create a piece of artwork in her memory. Louisa had a love and passion for music so I based my theme of decorations around this. We will all miss her a lot, but I know she would want us to carry on her legacy of music!

Created by: Anonymous member



FUNNY FARM

"jokes from you folks"

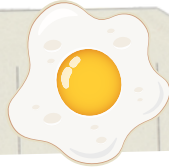
If you change the way you look at things, the things you look at change.

You either control your mind or it controls you.

FAMOUS QUOTATIONS

Always remember that your present situation is not your final destination. The best is yet to come.

How do you make an eggroll? You push it...



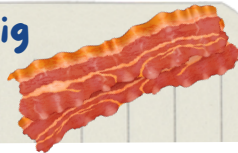
What did the volcanoes say to each other? I lava you!



What do kids play when they have nothing to do? Bored Games!



How can you tell if a pig is hot? Its bacon.



How do you cook a crocodile? In a croc-pot...

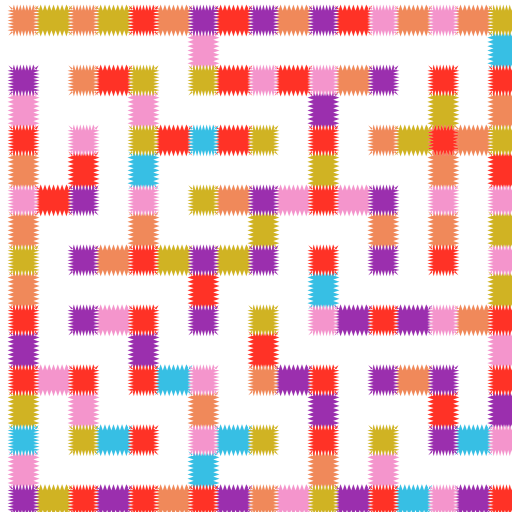
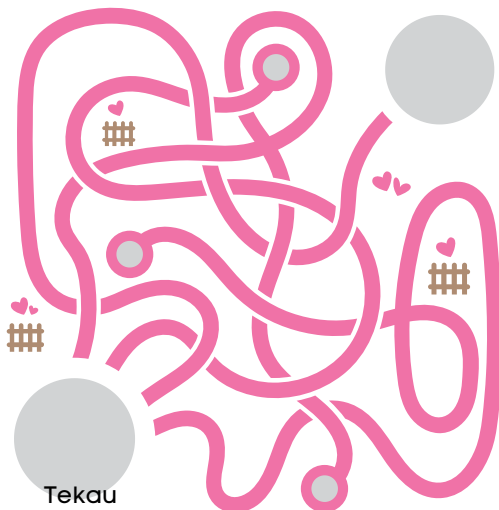


What do you call a rude cow? Beef jerky.



If you have anything funny that you think may lift some ones mood - email to reception@centre401.co.nz

PUZZLE OF THE MONTH



PLANET 401



WHAA RAU MA TAHI

WORDFIND

X G N I K C O T S F L Y V A D
J W C A N D L E S W A B B V E
O H L H M W L A J T K S R L C
L G I P R E S E N T S O V H E
L E H E I I J A K X Q E R J M
Y T A G C R S O U L S G D S B
W T D L E I M T R E E F L Y E
H F J R L A Q S M W I N T E R
G I N G E R B R E A D X N G M
Q A M U B T N J E O S A E J Y
G I O E R P L I G H T S M P R
G X L F A W F Z E Q L M A N R
N L E O T E L T S I M J N F E
S U J A E Q H N O P A T R S M
R R E I N D E E R X S N O W B

BELLS	ELVES	MISTLETOE	SNOW
CANDLES	GINGERBREAD	ORNAMENT	STOCKING
CELEBRATE	JOLLY	PRESENTS	TREE
CHRISTMAS	LIGHTS	REINDEER	WINTER
DECEMBER	MERRY	SANTA	WREATH

HAVE AN AWESOME DECEMBER!

WWW.CENTRE401.CO.NZ