

TE WHARE WHAA RAU MA TAHI CENTRE 401 TRUST

# PLANET 401



WHAA RAU MA TAHI

**FEBUARY**  
**hui-tangaru**

**WRITTEN BY AND  
FOR PEOPLE WITH  
EXPERIENCE OF  
MENTAL HEALTH**



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**Random Riddle:**

What begins with an "E" and only contains one letter?



# 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



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# YOUTH ZONE!



@FREEFM89

#FREEFMYOUTHZONE





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

**JOBSQUAD**  
1-2PM  
Care Café

**Raapa**  
Wednesday

**COUCH TO 5K**  
9.30AM  
Departing C401

**FUNFIT**  
10:30-11:30  
Courtyard



**NGAA TOI**  
1-2PM  
Training Room



**MADJAM**  
11AM-1PM  
Training Room



**Raapare**  
Thursday

**COUCH TO 5K**  
9.30AM  
Departing C401

**A WHOLE NEW MOOD**  
11:30 - 12:30PM  
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

**GAMES CLUB**  
12:30-1:30  
Training Room

**MADJAM**  
1-3PM  
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, Newton
  - 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, Newton
  - 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 Whanau Putahi (Fairfield): Ph 07 855 0990
- Te Whare Kokonga (Melville): Ph 07 843 8811

June 2023

# Psycoffogee



**Monday 10am - 11am**

**Centre Place Food Court**

**Wednesday 1.30pm-  
2.30pm**

**Fastlane Fitness, Foodzone**

**Thursday 10am - 11am**

**Hood Street Bistro**

**Thursday UNDER**

**30's 4.30pm - 5.30pm**  
**Coffee Culture, 5 Cross Roads**

**Friday 11:30am -**

**12:30 pm**  
**Crave Cafe**

**Friday 1pm - 2pm**

**Centre Place Food Court**

toru



# Garden Wisdom

With Kevin

## GENERAL GARDEN INFO

This is a small garden article this week and covers some general things in the garden. Our swanplant has got an infestation of milkweed aphids, (probably *Aphis nerii*). Unlike the black aphids in the last Planet, these are a nice orange. Still not a nice pest to have.



The courgette plant has powdery mildew on the leaves. This is a very common thing to get on cucumbers, pumpkins, zucchini and the like. It is a fungal infection and only seems to affect the leaves. If you look closely you can see the hyphae of the fungi as it spreads across the leaf.



Our bay tree has scale insects. These look like small domes on the stems of the plant. These are the females which have soft bodies and no limbs, and are concealed underneath domed scales, extruding quantities of wax for protection. The males look like small flies and look like a completely different species. The waxy covering protects the female against most pesticides, but an oil solution seems to work.

The zinnia flowers (near the training room) are a favourite with monarch butterflies and multiple ones are often seen feeding there.



# WAITANGI DAY

**FEBRUARY 6TH 2024**

## **What is Waitangi day?**

Waitangi Day is recognised as New Zealand's national day and is the most important marker in the country's history. The Waitangi Day Act 1960 declared 6 February to be Waitangi Day; a national day of thanksgiving in commemoration of the signing of the Treaty of Waitangi.

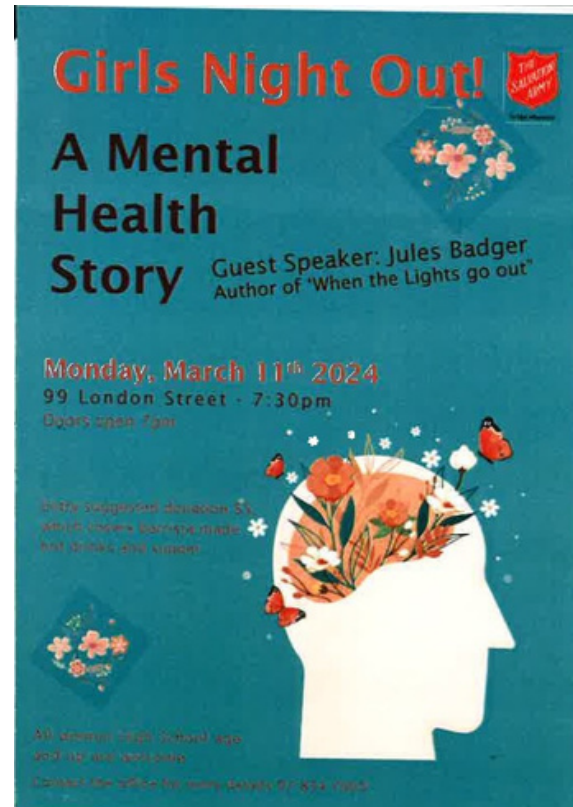
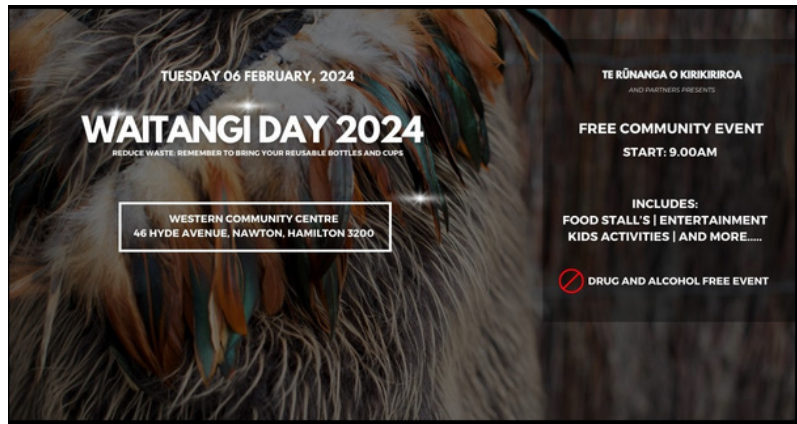
## **What are we doing to celebrate?**

Te Ropu Korowai Ngaa Tangata has decided to have a members only BBQ on the 9th of February at Te Whare Whaa Rau Ma Tahi. So nau mai haere mai whanau come join us to celebrate. As said before, this is a members only event, aroha mai.



# Activity's in Kirikiriroa

1. Western Community Centre is holding a free community event for waitangi day.





# Arts and crafts!



Hello fellow crafters. This is a spot where we can all share our crafts and encourage each other to keep growing our own chosen field. I'll start off, but I hope others will feel they can contribute about their own craft. Mine has grown in the past year. I started making small frames with dried flowers and leaves. I'm now making three dimensional items like bird houses and floating pyramids as well as experimenting with resin. Through it all I try to use natural items and am always picking things up. A cicada husk here, an acorn, a flower and soon I have an overload of items with no current purpose (they all find a use eventually).

I press a lot of items so they are flat and easy to stick on things, and to preserve them. My press is really simple - paper under some paving bricks. I usually leave things in there for three months to ensure they are totally dry. It's over time to remove a load of this from the press, but I'll get to it sometime. Some things, like pansies, seem to press really well, but others like agapanthus press really bad as the petals are mainly water and once dry there isn't much left. I've found red flowers tend to go dark or black when pressed. I suspect this is because there is air in the press and this reacts with the red and breaks it down.

I started using PVA glue for things but now tend to use Mod Podge as it makes a good sealer over the finished article as well as a glue. You can get it in different types like matte or gloss as well as an aerosol. I find combining the matte and gloss on different parts of an item (like matte on the background and gloss on the items stuck to it) can create a nice effect.

That's a real quick glimpse at what I do. Please contact Iylla at reception if you would like to contribute, or to suggest things that can be covered in this section.





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**



Iwa

PH: 07 838 0199

PAULA@CENTRE401.CO.NZ



# FUNNY FARM

"jokes from you folks"

"I'm selfish, impatient and a little insecure. I make mistakes, I am out of control and at times hard to handle. But if you can't handle me at my worst, then you sure as hell don't deserve me at my best."



## FAMOUS QUOTATIONS



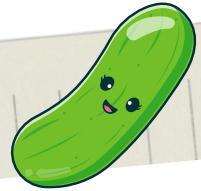
"Always forgive your enemies; nothing annoys them so much."

How does the ocean say hi?  
It waves!



Why are snails slow?  
Because their carrying a house on their back.

What did one pickle say to another?  
Dill with it!



What do birds give out on halloween?  
Tweets...



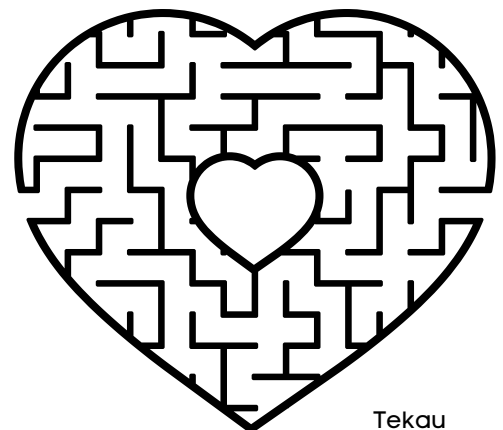
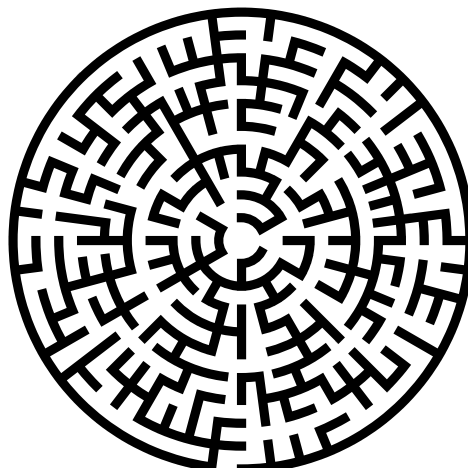
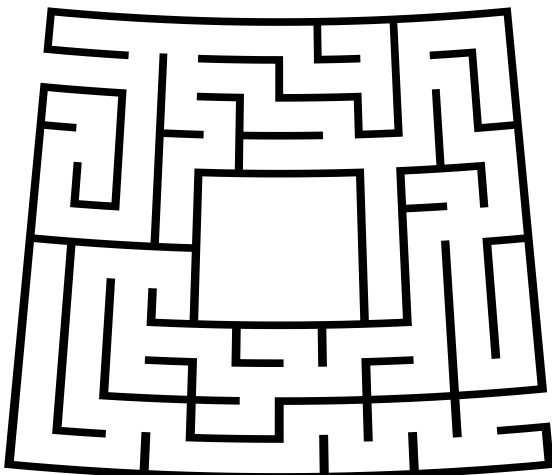
What is brown hairy and wears sunglasses?  
A coconut on vacation!



Why can you never tell a joke around glass?  
Because it might crack up.

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



# PLANET 401



WHAA RAU MA TAHI

## WORDFIND

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

WAITANGI  
CHEIF  
AROH  
CORN  
SIGN

TREATY  
FOUNDING  
LEMON  
TELEPHONE  
KIRIKIROA

WHARE  
DOCUMENT  
FLOWERS  
VALENTINE  
AWA

HAVE AN AWESOME FEBRUARY!

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