

TE WHARE WHAA RAU MA TAHI CENTRE 401 TRUST

PLANET 401



WHAA RAU MA TAHI

APRIL

Apereira

WRITTEN BY AND
FOR PEOPLE WITH
EXPERIENCE OF
MENTAL HEALTH



@centre401trust

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Random Riddle:

What can you break even if you never pick it up or touch it?



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



TE WHARE WHAA RAU MA TAHI
Centre 401 Trust

What's Happening in 2024

We have heaps on again this year. Loads of Awesome Workshops and Heaps of amazing Events for you to check out.

6 Feb Waitangi Day

4-8 Mar Kai Hakiri

24-28 Jun Matariki

26-27 Jul Tune Up

16-23 Sep Te Wiki O Te Reo

17 Oct Mad Pride

12 Dec Members Christmas

- Check out Planet 401 every month to find out what's happening around the Centre.
- We have Workshops/ Groups & Events happening all the time so come in and check us out
- Signing up to become a member is easy as... just pop in or give us a call to find out more.

☎ 07 838 0199 🏠 306 Tristram St

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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

JOBSQUAD
1-2PM
Care Café

Raapa
Wednesday

COUCH TO 5K
9.30AM
Departing C401

WOMEN'S GROUP
10:30-11:30
MADJAM
10 - 12PM
Training Room

NGAA TOI
1-2PM
Training Room

Raapare
Thursday

COUCH TO 5K
9.30AM
Departing C401

Depression & Anxiety Support
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

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:

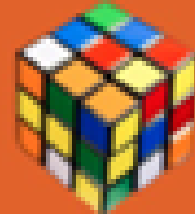
- Glenview Community Centre, 12 Tomin Rd, Glenview
 - Mon, Wed and Fri 1-1.30pm
- Good News Community Centre, 78 Breckons Ave, Nawton
 - Mon - Fri from 1pm
- Pukete Neighbourhood House, 43 Church Rd, Pukete
 - Mon - Fri from 11am
- Te Papanui Enderley, 66 Tennyson Rd, Enderley
 - Tues and Thu from 1pm
- 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 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



Garden Wisdom

With Kevin

DRUPE OR BERRY?

For this month I thought I'd touch on evergreen versus deciduous trees. This is easy: an evergreen keeps its' leaves throughout the year while deciduous trees lose theirs in autumn. Thus, a pine tree is evergreen while an oak is deciduous. There, article done.

So, why do some plants lose their leaves in autumn while others keep theirs? Wouldn't it make sense to keep the leaves so the tree can continue to photosynthesize throughout the year? In New Zealand this is basically true, and we have very few deciduous plants native to the country (according to the New Zealand Plant Conservation Network there are only 11 species which are completely deciduous and these are small to medium shrubs). This is mainly because deciduous trees are an adaption to seasonal cold and New Zealand generally has a temperate climate without the extremes.



TŌTARA TREE



DECIDUOUS TREE

While not classed as a deciduous tree, the tōtara will lose its leaves in very cold locations. In other locations the extreme cold can mean leaves get frozen or the ground freezes and so the plant is unable to get enough water to service the leaves. As well, days tend to be very short and so the time the plant can actively photosynthesize is limited. Plants have found the getting rid of their leaves is a good way to survive this. We all know that deciduous trees in autumn put on a nice display of red and yellow leaves, but why? It is not for our benefit. As the autumn days get shorter and colder deciduous trees decrease the production of chlorophyll which is the green pigment we usually see in leaves. As the amount of chlorophyll lessens other pigments that have been there all the time but masked by the green chlorophyll become visible.

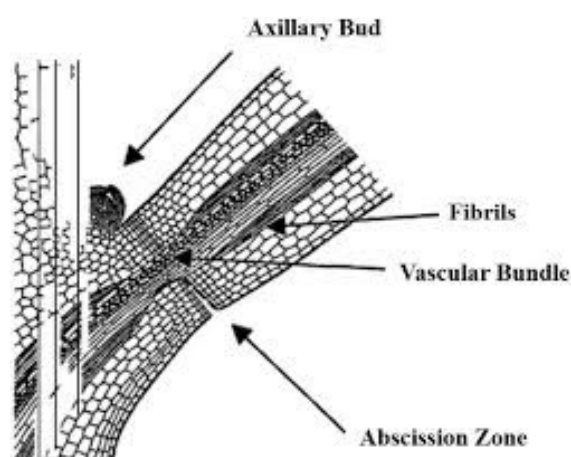
These are anthocyanins which are red, purple or blue hues, carotenoids which are yellow, orange or red (as in carrots and pumpkins), and tannins which are brown. The relative amounts of each of these give the leaves their various colours. As well as lessening the production of chlorophyll in the leaves the plant reabsorbs minerals such as nitrogen and phosphorus into the stems, roots or developing buds so they are not lost when the leaves shed. In the growing season many plants store carbohydrates in the leaves. In autumn these are broken down and stored elsewhere in the plant. This is what is tapped in sugar maples (*Acer saccharum*) and without a cold season they do not produce such sweet sap.



An abscission zone forms at the base of the petiole or leaf stalk where it attaches to the stem. This zone is weaker than normal to help the leaf fall off and also helps protect the plant from the introduction of disease.

So those pretty autumn colours are the trees way of getting through the cold winter months with the least impact to itself.

Rima



Love yourself!

Have you ever questioned what your purpose is in life? I have had that thought running around in my head for years! Nothing so serious it makes me unwell today, though I will admit a few years ago it actually did drive me a tad crazy. I questioned my very existence. It was one of the toughest times in my life. I had a beautiful & loving whaanau, great job, awesome partner, great friends, and a successful sporting career; yet I felt lost. I spent a lot of time questioning myself as to 'what the heck are you doing!' Hours of talking out loud to myself, telling myself off, trying to reason with my thoughts, encouraging and telling myself what was great about me, what made me awesome.

This went on for a long time and I'm not too sure what it was that made me begin to be kind to myself again. I wasn't exactly the perfect patient, and I sure didn't do counselling because that to myself meant I was vulnerable and that was a definite no no!

'Got to be in control' was my mantra.

I do believe 'time' and allowing myself the space and the permission to be OK with not needing to rush into a solution or to find answers as to why I felt the way I did. The many questions I was asking of myself, slowly faded away.

It was a weird thing to acknowledge that I liked the person looking back at me in the mirror.

To this day I gain strength in liking the person looking back at me.

'We' get along pretty bloody good!

Written by: Anonymous

Easter Colouring



EASTER



Arts and crafts!



If you have anything creative to submit whether it be art work, sculptures anything! Please send it to reception@centre401.co.nz



In women's group this month there was a mindfulness focused workshop that happened just before Easter. So in the Easter spirit our facilitator thought art would be an awesome example of mindfulness. Here are a few pieces that were completed!

Our favourite was the pineapple lump chicken. Some of our members shared other ways of mindfulness such as going for walks and reading books while others mentioned they like to clean, cook, paint their nails, knit clothing, or take long hot baths.



Women's Group

COME ALONG AND JOIN AN AMAZING BUNCH OF LIKE-MINDED WOMEN TO DISCUSS IDEAS THAT ARE IMPORTANT AND WHAT MATTERS TO US. THIS IS A WOMEN'S ONLY GROUP FOR THE WAHINE AT CENTRE 401. WE LOOK FORWARD TO SEEING YOU!

WEDNESDAY:
10:30 - 11:30





FUNNY FARM

"jokes from you folks"

"What lies behind us and what lies before us are tiny matters compared to what lies within us."

Ralph Waldo Emerson

FAMOUS QUOTATIONS

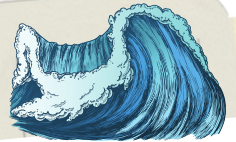
"Nothing will work unless you do."

Maya Angelou



Why is Peter Pan always flying? Because he neverlands!

Whats the most detail oriented ocean?
The pacific...



I used to hate facial hair, then it grew on me!

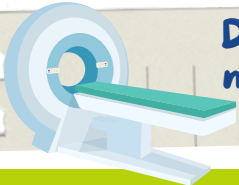
What kind of drink can be bitter and sweet?
Reali-tea!



Sundays are always a little sad, but the day before is a sadder-day..



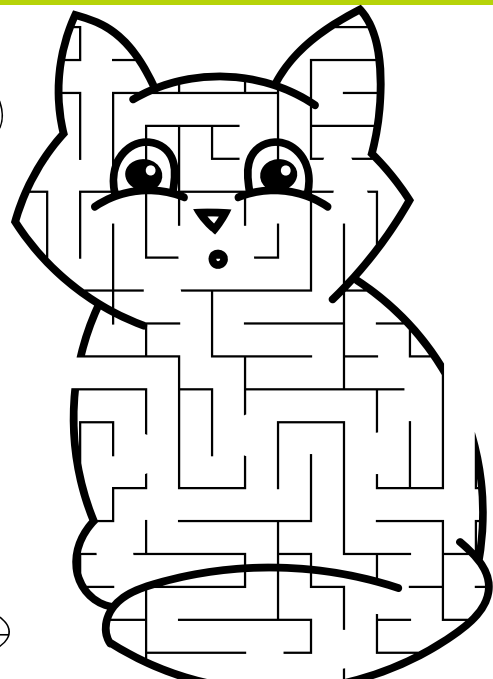
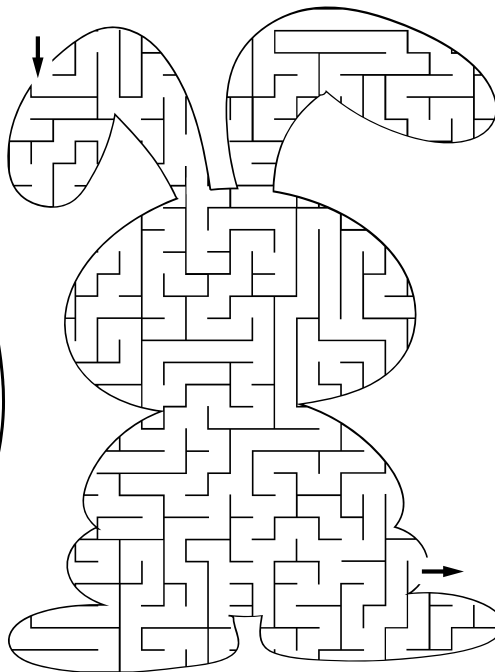
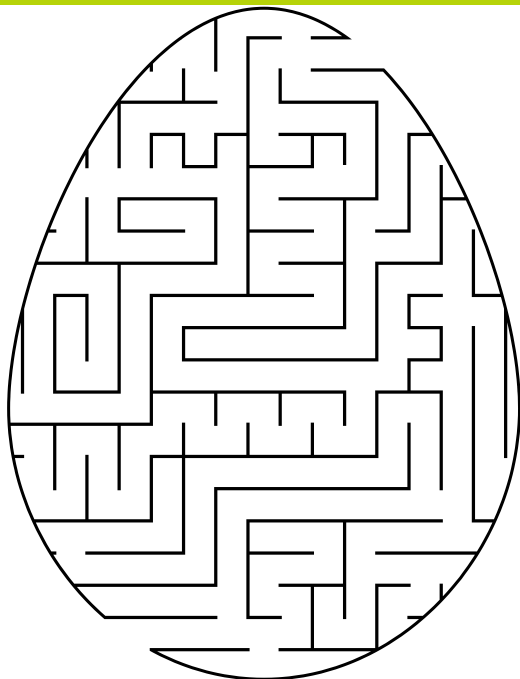
Dogs can't operate MRI machines. But catscan...



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

PUZZLE OF THE MONTH

Tekau



PLANET 401



WHAA RAU MA TAHI

WORDFIND

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

autumn

carrot

crab

egg

flipper

honu

membership

passionfruit

starfish

travel

waterfall

awa

cinnamon

easter

emotions

goggles

kindness

mindfulness

peace

starfruit

turtle

winter

bunny

coral

eel

fish

happiness

kiorana

moana

snorkel

tane

wahine

workshops

HAVE AN AWESOME APRIL!

WWW.CENTRE401.CO.NZ