

TE WHARE WHAA RAU MA TAHİ CENTRE 401 TRUST

PLANET 401

DECEMBER

Tīhema

WHAA RAU MA TAHİ

WRITTEN BY AND
FOR PEOPLE WITH
EXPERIENCE OF
MENTAL HEALTH



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@centre401trust

www.centre401.co.nz

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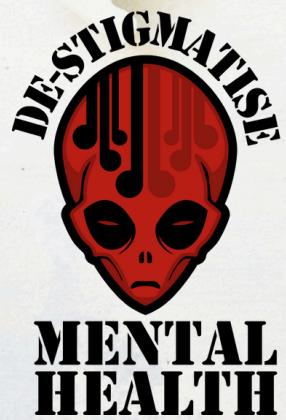
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How many of Santa's reindeer's names start with the letter "D"?
Name them.





TE WHARE WHAA RAU MA TAHİ
Centre 401 Trust

WEEKLY WORKSHOPS

Raahina
Monday

COUCH TO 5K - WALK
9.30AM
Departing C401

TE REO RANGATIRA
9:30-11
Training Room

TECH CLUB
11-12
Care Café

Raatu
Tuesday

COUCH TO 5K - WALK
9.30AM
Departing C401 - Offsite walk

JOB SQUAD
Care Café
By appointment only

Raapa
Wednesday

COUCH TO 5K - WALK
9.30AM
Departing C401

WOMEN'S GROUP
11-12PM
Training Room

NGAA TOI
1-3PM
Training Room

Raapare
Thursday

COUCH TO 5K - WALK
9.30AM
Departing C401

SCHOOL OF EMOTION
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

We look forward to seeing you :)

YOUTH ZONE!

GET YOUR OWN RADIO SHOW AND PODCAST IN THE FREE FM

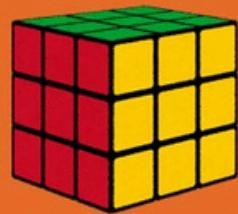


@FREEFM89
#FREEFMYOUTHZONE



Psycoffogee

YOUR RECOVERY PITSTOP



Psycoffogee Christmas Hours 2025

Friday 19th December - Crave Cafe **CLOSED**

Friday 19th December - Centre Place Food Court 12pm **OPEN**

Monday 22nd December - Centre Place Food Court 10am **OPEN**

Wednesday 24th December - Feedzone, Fastlane fitness 1:30pm **OPEN**

Thursday 25th December - Coffee Culture **CLOSED** - Christmas Day

Thursday 25th December - Hood Street Bistro - **CLOSED** - Christmas Day

Friday 26th December - Crave Cafe **CLOSED**

Friday 26th December - Centre Place Food Court 12pm **OPEN**

Monday 29th December - Centre Place Food Court 10am **OPEN**

Wednesday 31st December - Feedzone, Fastlane fitness 1:30pm **OPEN**

Thursday 1st - **CLOSED** - New years day

Thursday 1st - **CLOSED** - New years day

Friday 2nd - Crave Cafe **CLOSED**

Friday 2nd - Centre Place Food Court **CLOSED**

Monday 5th January - **NORMAL HOURS RESUME**

rua



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What's Happening in

20
25

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

6 Feb

COMPLETED

4-8 Mar

COMPLETED

16-20 Jun

COMPLETED

25-26 Jul

COMPLETED

15-22 Sep

COMPLETED

16 Oct

COMPLETED

11 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

Centre 401 Trust

Christmas BBQ

THURSDAY, 11th DECEMBER

AT 11:00 AM

Food, Games, Music

It's that time of year again! Come and celebrate the christmas season with our Centre 401 whānau.

You **MUST REGISTER** at reception if you want to attend. This ensures everyone is catered for!

306 Tristram Street - HAMILTON

07 838 0199



MERRY
CHRISTMAS
FROM
CENTRE 401

WE WILL BE CLOSING ON THE
19TH DECEMBER
RETURNING: ON 5TH JANUARY
2026

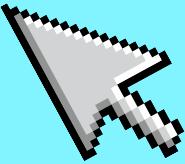
Ngaa mihi o te kirihiomete me te Tau Hou



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Tech talk



STAYING WELL IN A DIGITAL CHRISTMAS

Christmas can be a beautiful time of year, but it can also feel busy, loud, and overwhelming. Technology is often part of that mix. It keeps us connected, helps us celebrate, and brings sparkle to the season, but it can also add pressure. The key is finding a balance that supports our mental health while still enjoying all the digital fun.



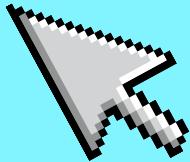
Social media is one of the biggest holiday stress points. Every feed fills with perfect trees, perfect gifts, and perfect families. It can make us feel like we need to keep up. One way to protect your peace is to remind yourself that people only share the best parts. Taking small breaks from scrolling can give your mind some breathing room and help you stay grounded in what really matters.

Connection is another huge part of mental health at Christmas. For people who feel isolated, video calls, group chats, and online communities can provide comfort. A quick message or virtual cuppa can make someone feel seen and supported. It's a digital way of saying "you're not alone."

It also helps to set boundaries with tech. Turn off work emails for a few days. Put your phone away during meals. Create small moments where you can be present without notifications buzzing. Your mind needs rest the same way your body does.

Christmas in a digital world can be joyful and warm when we use tech with intention. Let it help you connect, unwind, and celebrate, but give yourself permission to step back when you need to. A calmer mind makes the season shine brighter, and that's a gift worth giving yourself.

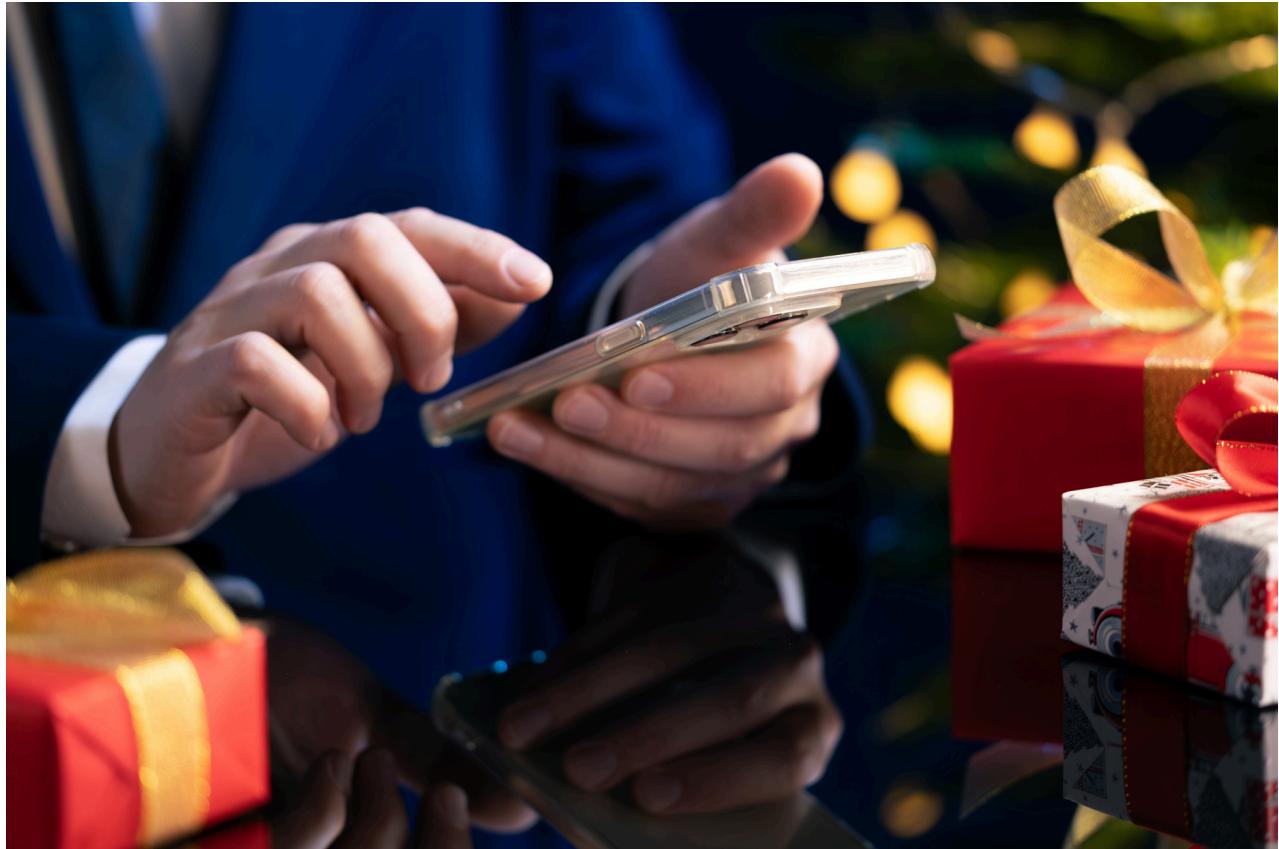
Tech talk



CHRISTMAS IN THE CLOUD

Christmas used to be all about handwritten lists, posted cards, and guessing what everyone wanted. Now the cloud does half the organising for us. Need a gift idea? Your browser history already knows. Need to remember who's bringing what to Christmas lunch? Shared notes keep everyone on track.

Photo sharing has also become a huge part of the season. Instead of waiting for someone to print photos, everything goes straight to shared albums. Families can upload their own snaps from wherever they are. It's a modern way of keeping everyone connected and makes Christmas memories so much easier to save.



Even Santa has gone digital. Kids can email letters, track the sleigh online, and get personalised video messages. It keeps the magic alive while blending old traditions with new tech.

Christmas in the cloud doesn't replace the holiday spirit. It just makes everything smoother. You still get the fun, the laughter, and the memories. Technology just helps keep it all in one place.

Centre 401 Trust

Christmas BBQ



THURSDAY, 11th **DECEMBER**

AT 11:00 AM

Food, Games, Music

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306 Tristram Street - HAMILTON



07 838 0199



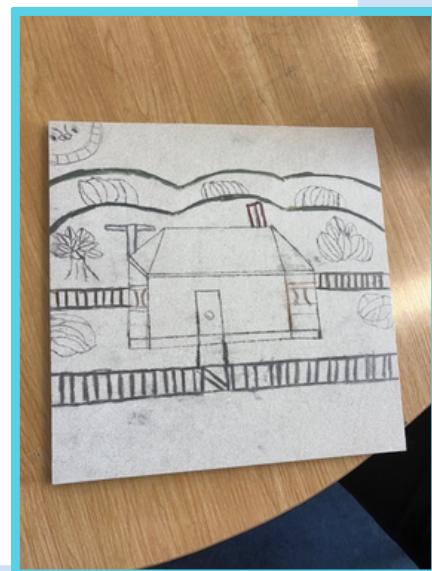
MOSAIC TILING

Art 'o' Clock - Centre 401 Trust

**TILE
SPACE**

Our Art O'Clock workshop has been buzzing with creativity as members explore the colourful world of mosaic tiling.

This project has given everyone the chance to design unique patterns, learn new techniques, and express themselves through bold textures and colours. We want to give a huge thank you to **Tile Space** for generously donating all the tiles and some supplies, making this hands-on creative experience possible for our community.



Whitu

Gardening at Centre 401

Over the past month, our team has been putting in some serious mahi to bring our garden beds back to life. After receiving a fresh dump of rich soil, we rolled up our sleeves, cleared out the overgrown weeds, and turned the space into a blank canvas ready for planting. It's been a steady, hands-on effort with everyone pitching in where they could, creating a sense of teamwork and pride in the space we're growing together.

With the gardens prepped and refreshed, we've now planted a new round of seedlings including broccoli, cauliflower, and capsicum. These will add to the kai already growing on site and will eventually make their way onto the table for our whānau to enjoy. Watching the beds fill with new life has been a rewarding part of the process, and we're excited to keep tending to the garden as everything begins to sprout and flourish.

This project has been a great reminder of how nurturing the land also nurtures our community, giving us fresh produce, shared purpose, and a peaceful space to enjoy.

We're looking forward to seeing the harvest in the months ahead!



Merry Christmas

Centre 401 Holiday Hours

We will be closed from:

Friday the 19th December 2025
to the

Sunday 4th January 2026

There will be NO Workshops from
15th December 2025 until Monday the
12th of Jan.

There will be NO appointments from 5th
January 2026 until 12th January 2026.

Some Holiday Events

Christmas At The Lake

Saturday 13th Dec at 5.30pm

FREE EVENT

Music, Performances, Fireworks & More

EVENTS IN HAMILTON

Temple View Christmas Lights

Where: 509 Tuhikaramea Road,
Hamilton,

When: 6 - 20 December

First Credit Union Christmas Parade

Where: Down Anglesea Street
Central, Hamilton,

When: 7 December from 2pm -
3.30pm.

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 4357

Youth Line 0800 376 633 or free text 234

Depression Helpline 0800 111 757 or free text 4202

Quit Smoking Line 0800 778 797

Family Violence Information Line 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

LGBTQIA+ / Rainbow support 0800 688 5463

Remember Over the holidays

some WINZ Payments will be paid early .

Tuesday, 23 December 2025, will be made earlier on
Monday, 22 December.

Thursday, 25 December (Christmas Day), payments
will be processed on Wednesday, 24 December.

Friday, 26 December (Boxing Day), payments due will
be made on Thursday, 24 December.

Tuesday, 30 December 2025, payments will be
processed earlier on Monday, 29 December.

Thursday, 1 January 2026 (New Year's Day),
payments will be made on Wednesday, 31 December
2025.

Friday, 2 January 2026 payments will be processed
earlier on Thursday, 1 January 2026.

Home Alone over Christmas?

Check out these fun ideas

#Volunteer at the free meals

#Walk along the river.

#Visit Hamilton gardens and take a picnic lunch.

#Have lunch at one of the parks around city central.

#Have coffee in the main street.

#Watch your all-time favorite videos, invite a friend.

#Come to centre 401 place a tablecloth on the bbq table,
have lunch and enjoy our garden.

Make home made Christmas cards to place in letterboxes.

Visit a rest home and talk with the elderly.



OP Shop Late night shopping

Where: - Lake Road Hospice Shop, 72 Lake Road, Frankton
- Hospice Online Store, online with a pop up inside the Lake Road

Hospice Shop

- SPCA Op Shop Frankton, 42 Lake Road, Frankton

- Orphans Aid Opshop Hamilton, 117 Commerce Street, Frankton

- Vinnies Frankton, 118 Commerce Street, Frankton

- Red Cross Shop Frankton, 189 Commerce Street, Frankton

- Habitat for Humanity Reuse Centre, 60 Lincoln Street,

Frankton

- Habitat for Humanity Restore, 29 Bryant Road, Te Rapa

- Dress for Success Pop Up Shop, 325 Victoria Street, Hamilton

Central

- Red Cross Shop Hamilton CBD, 83A Tristram Street, Hamilton

Lake

- Different Avenue (formally known as Again & Again

Consignment), 127 Alexandra Street, Hamilton Central

- Fossick Collectables, 300 Barton Street, Hamilton Central

- Salvation Army Family Store, 716 Victoria Street, Hamilton

Central

- Op Shop for Breast Cancer, 750 Victoria Street, Hamilton

Central

- Re:Circle Hamilton CBD, 313 Victoria Street, Hamilton Central

- Red Cross Shop Five Cross Roads, Shop 3/12 Fifth Avenue,

Enderley

- Hospice Shop Waikato - Va Va Voom Boutique, 546 River Road,

Fairfield

- Red Cross Shop Hamilton East, 300 Grey Street, Hamilton East

- Recycle Boutique Hamilton, 322 Grey Street, Hamilton East

- SPCA Op Shop Hamilton East, 369 Grey Street, Hamilton East

- The OPP Stop, 384 Grey Street, Hamilton East

EVENTS IN HAMILTON

#Waikato Christmas Market

Where: The Barn claudelands event
centre, Hamilton

When: 29 November 9am - 4pm

Trees at the meteor!

Where: 1 Victoria Street, Hamilton
Central

When: 10th - 19th December

Our friends at BUSIT are offering free rides for event-goers on the Meteor bus. No Bee Card needed – just let the driver know you're heading to the op shop late night event. Check out the bus timetable here <https://www.busit.co.nz/hamilton-routes/>



FUNNY FARM

"jokes from
you folks"



Dr Suess,
The grinch!

"Then the Grinch thought of something he hadn't before! What if Christmas, he thought, doesn't come from a store. What if Christmas...perhaps...means a little bit more!"



What's an elf's favorite music genre? Wrap music.

Why do reindeer like Beyoncé so much? She sleighs.



Elves use what kind of money? Jingle bills.

QUOTATIONS



Why did Santa win an award? He was very present-able.



What did one snowman say to the other who was complaining? "Don't worry you'll melt under pressure."

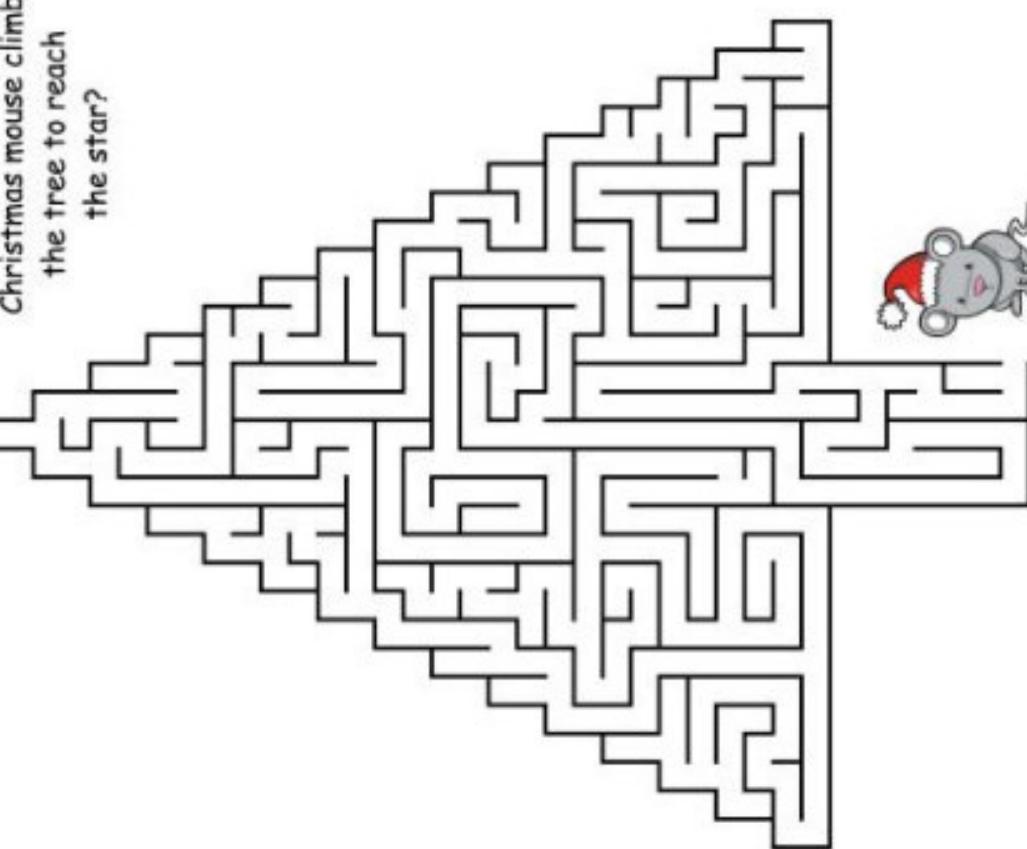


If you have anything funny that you think may lift some ones mood - email to reception@centre401.co.nz

PUZZLES OF THE MONTH

Christmas Tree Maze

Can you help our Christmas mouse climb the tree to reach the star?



PLANET 401

WHAU RAU MA TAHU

WORD FIND



TINSEL
STOCKING
SANTA
REINDEER
MERRY
FROST
GARLAND
CHIMNEY

BAUBLES
STAR
LIGHTS
ANGEL
MAGIC
BOWS
MILK

SNOWMAN
SPARKLE
CAROLS
CELEBRATION
FESTIVITIES
PEPPERMINT
PRESENTS
WREATH

HAVE AN AWESOME DECEMBER!

Tekau Ma Tahi

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