

TE WHARE WHAA RAU MA TAHI CENTRE 401 TRUST

PLANET 401

WHAA RAU MA TAHI

JANUARY

Hānuere

WRITTEN BY AND
FOR PEOPLE WITH
EXPERIENCE OF
MENTAL HEALTH

ISSN 2253-4385 (print)
ISSN 2253-4393 (online)



@centre401trust

www.centre401.co.nz

JANUARY 2026 CONTENTS

rua CENTRE NOTICE BOARD
toru C401 UPDATES

whaa
rima *Tech Talk*

ono MEMBERS CHRISTMAS
whitu BBQ

waru *Starting the Year Gently*
iwa *Small Wins Matter*

tekau FUNNY FARM
tekau-ma
-tahi *Birdfind*



Want to receive a Planet401 issue?
email: admin@centre401.co.nz & subscribe.

Disclaimer:

The information in this newsletter is for general information only. Planet 401 is subject to copyright in its entirety. All letters and other material sent to Centre 401 Trust will be assumed intended for publication unless clearly labelled "not for publication". Opinions expressed in Planet 401 are those of the contributors and not necessarily those of Centre 401 Trust and its staff.



Random
Riddle:

I speak without a mouth and hear
without ears. I have no body, but I
come alive with wind. What am I?





TE WHARE WHAA RAU MA TAHI
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

JOBSQUAD
Care Café
By appointment
only

Raapa
Wednesday

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

**WOMEN'S
GROUP**
11-12PM
MADJAM
11-1 PM
Training Room

NGAA TOI
1-3PM
Training Room

Raapare
Thursday

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

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

Raamere
Friday

WAIATA
9:30-10
Training Room
GAMES CLUB
12:30-1:30
Training Room

ART O CLOCK
10:30-12
Training Room

MADJAM
1-3PM
Training Room

We look forward to seeing you :)

New
workshops
coming
soon!

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

What's Happening in 2026

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

2-6 Mar Kai Hakiri

6-9 Jul Matariki

TBC Tune Up

14-18 Sep Te Wiki O Te Reo

15 Oct Mad Pride

16 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

Psycoffogee



Monday 10am - 11am
Centre Place Food Court

Wednesday 1.30pm - 2.30pm

Fastlane Fitness, Foodzone

Thursday 10am - 11am
Hood Street Bistro

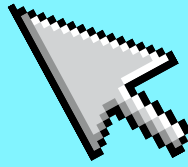
Thursday UNDER 30's 4.30pm - 5.30pm

Coffee Culture, 5 Cross Roads

Friday 1pm - 2pm
Centre Place Food Court



Tech talk



NEW YEAR – NEW TECH HABITS

The start of a new year often brings a sense of reset. Fresh goals, new routines and a chance to rethink how we move through our days. Technology is already a big part of our lives, but the new year can be a great time to reflect on how we're actually using it and whether it's helping or hindering our wellbeing.

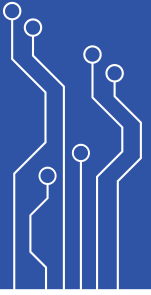
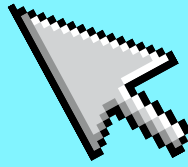


Small tech changes can make a big difference. Turning off unnecessary notifications, organising apps into folders, or setting limits on screen time can help reduce overwhelm and make devices feel more supportive rather than demanding. Even something as simple as keeping phones off the table during meals or before bed can improve focus and rest.

Technology can also be a powerful tool for growth. From calendar reminders that support routines, to apps that help with budgeting, creativity, learning or mindfulness, tech can work alongside us rather than against us. The key is intention. When we choose how and when we use technology, instead of reacting to it, it becomes something that supports our goals rather than distracts from them.

As we move into the new year, Tech Talk encourages everyone to think about what role technology plays in their life. Not more tech, not less tech, just better tech habits that work for you.

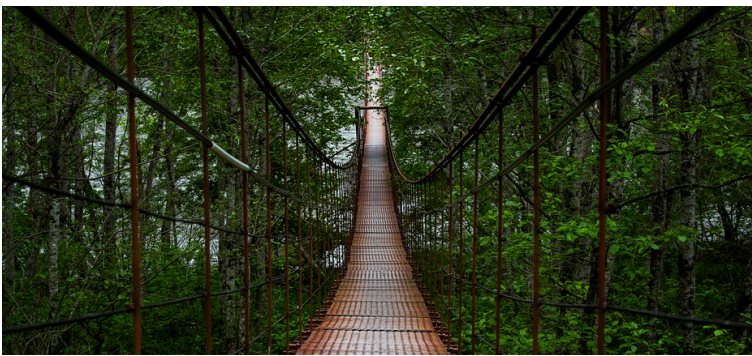
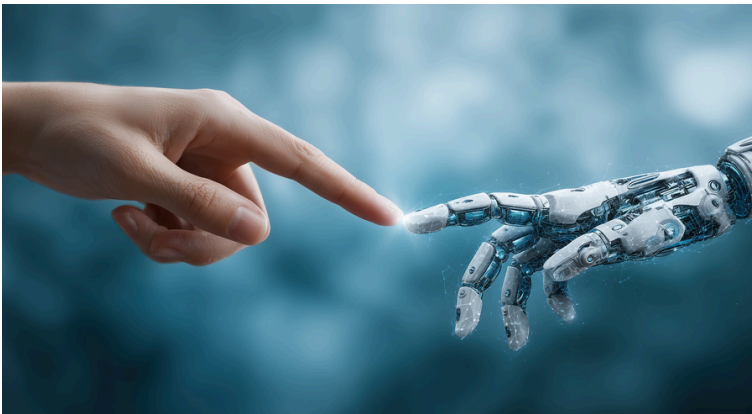
Tech talk



TECHNOLOGY IN 2026

Technology continues to evolve at a rapid pace, each new year seems to bring another wave of apps, devices, and digital tools. While it can feel overwhelming, it's important to remember that you don't need to understand or use everything to benefit from technology.

At its best, technology creates connection. It helps us stay in touch with whānau, access support, express creativity and learn new skills. Video calls, online communities, digital art tools, and accessibility features all open doors that didn't exist not that long ago. For many people, tech is a bridge rather than a barrier.



Staying curious is more important than staying up to date. Trying one new feature, learning one helpful shortcut, or asking a question when something doesn't make sense is enough. There's no pressure to be an expert. Tech should move at your pace, not the other way around.

As we step into another year of innovation, Tech Talk is about demystifying technology and making it feel friendly, useful and empowering. The future of tech isn't about keeping up with trends, it's about finding tools that genuinely support your everyday life.



2025 Christmas bbq

Our 2025 Christmas BBQ at Centre 401 was the perfect way to wrap up another big year together. The sun was out, the vibes were high, and the smell of delicious food set the scene for an afternoon full of laughter and connection.

There was something for everyone, from singing our hearts out during karaoke, to plenty of laughs with pin the tail on the donkey and some surprisingly competitive balloon challenges. It was great to see everyone getting involved, having a go and cheering each other on.

More than anything, the BBQ was about coming together as a community. It gave us the chance to slow down, reflect on the year that's been and celebrate the friendships and mahi that make Centre 401 such a special place.

Thank you to everyone who came along and helped make the day such a blast. It was the perfect way to close out 2025 and head into the new year feeling connected, supported, and ready for what's next.








STARTING THE YEAR GENTLY THERE IS NO RUSH

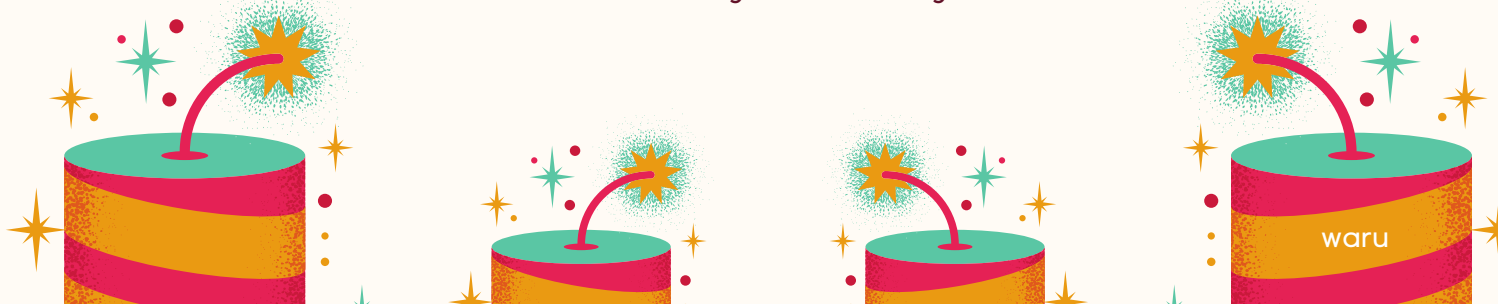
As the calendar turns over, there's often a lot of noise about fresh starts, big goals and becoming a "better" version of ourselves. While that energy works for some people, for many of us it can feel heavy, overwhelming or simply unrealistic. At Centre 401, we know that life doesn't reset just because the year does and that's okay.



Starting the year gently is about giving yourself permission to arrive where you are, exactly as you are. There is no expectation to have everything figured out, no deadline for growth and no requirement to be productive from day one. For some, starting the year gently might look like re-establishing routines after the holidays. For others, it might mean resting more, reconnecting with support or simply showing up.

Gentleness doesn't mean giving up or standing still. It means moving forward at a pace that feels safe and sustainable. It means listening to your body and mind, noticing when you need support and recognising that healing and growth are not linear. Some days will feel lighter, others heavier and both are part of the journey.

At Centre 401, we believe that progress comes from consistency, care and connection, not pressure. Whether this year brings change, stability, or something in between, you are allowed to take it one step at a time. There is no rush to become anything other than who you already are.



Small Wins Matter

We often measure success by big milestones. Finishing something, reaching a goal or making a visible change. But in reality, some of the most meaningful progress happens quietly, in moments that don't always get noticed or celebrated.

A small win might be getting out of bed on a tough morning, attending a group for the first time, speaking up when you usually stay quiet, or choosing to look after yourself in a new way. These moments may seem minor, but they take courage, effort, and strength, especially when things feel hard.

At Centre 401, we see these small wins every day. We see people showing up, trying again after setbacks, supporting each other and continuing forward even when it feels uncomfortable. These actions might not make headlines, but they are powerful. Over time, small wins build confidence, resilience and trust in yourself.

Celebrating small wins isn't about lowering expectations, it's about recognising reality. Growth is made up of many tiny steps, not one giant leap. When we acknowledge these steps, we begin to see how far we've actually come.

As we move through the year, we encourage everyone to notice their own progress, even if it feels quiet or invisible. Your effort matters. Your journey matters. And every small win counts more than you might realise.

Because
every
little step
counts





FUNNY FARM

"jokes from you folks"

Maria Robinson

"Nobody can go back and start a new beginning, but anyone can start today and make a new ending!"

QUOTATIONS



What kind of shoes does a frog wear? Open-toad sandals

What's a sharks favourite saying? "Man overboard!"



What do you call a french man wearing flip flops? Philippe Fallop

How is my wallet like an onion? Every time I open it, I cry!

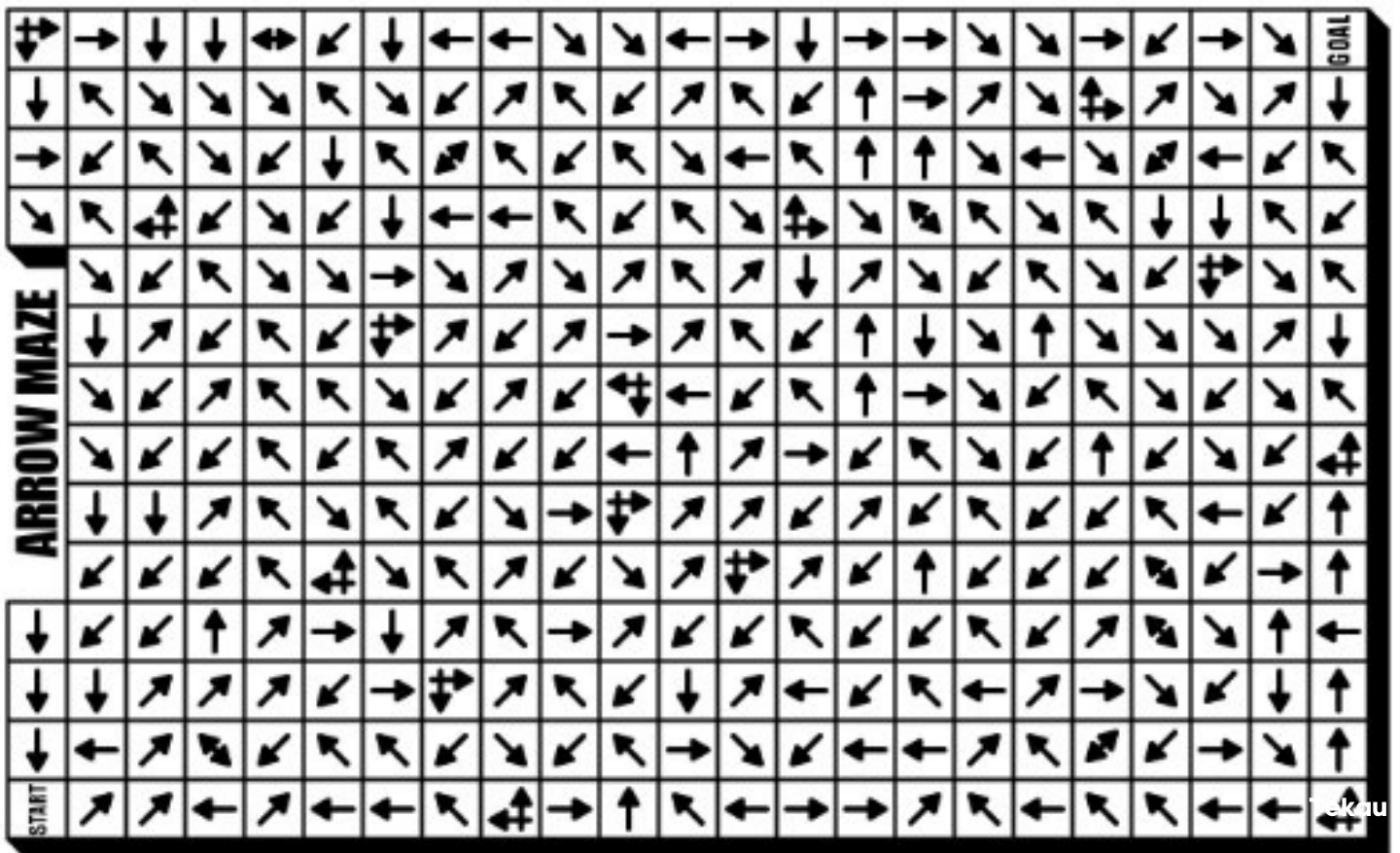


Why should you never throw grandpa's false teeth at a vehicle? You might denture car.



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

PUZZLES OF THE MONTH



PLANET 401



WHĀA RAU MA TAHĪ

BIRDFIND



NAME THESE
BIRDS &
WRITE YOUR
ANSWERS

HAVE AN AWESOME JANUARY!

Tekau Ma Tahī

WWW.CENTRE401.CO.NZ