

TE WHARE WHAA RAU MA TAHI CENTRE 401 TRUST

PLANET 401



NOVEMBER

noema

WHAA RAU MA TAHI

WRITTEN BY AND
FOR PEOPLE WITH
EXPERIENCE OF
MENTAL HEALTH



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NOVEMBER

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**Random
Riddle:**

What goes up and down but never
moves?





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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

**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
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 :)



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**SCHOOL of
Emotions**

**20
25**

- A series of 8 workshops on emotions and emotional intelligence.
- 8 topics will be covered with workbooks and resources for you to take home.

THURSDAY 11:30AM-12:30PM

**Starting:
THURSDAY
OCT 9TH**

**CONTACT US FOR MORE
INFO OR TO BOOK A SPOT!**



838-0199 @ admin@centre401.co.nz

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What's Happening in 2025

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



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Peer Pride

2
0
2
5

Peer Pride is an 8-week group program designed for members of the Rainbow community who have the past or present experience mental illness as a means to bring us together and provide a safe place to share experiences without judgment and learn more about who we are as Rainbow humans and merely just citizens of planet Earth. Learn valuable skills and tools to manage and enhance holistic well being and how to stand up to prejudice in a safe and productive manner.

STARTING ON THE 3RD OCTOBER!!

FRIDAYS 10:00AM-11:00AM

**CONTACT US FOR MORE
INFO OR TO BOOK A SPOT!**



☎ 838-0199 ✉ admin@centre401.co.nz

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

Grave Cafe

Friday 1pm - 2pm

Centre Place Food Court



07 838 0199

Tech talk



DIGITAL WHĀNAU: CONNECTION IN THE CLOUD

Once upon a time, community meant the people who lived down your street. Now it might also mean the people you send memes to at midnight, your Discord friends who always check in, or that TikTok creator who somehow says exactly what you're feeling.



Technology has stretched what whānau means. It is no longer just the people nearby but also the ones who make you feel seen, heard, and connected from anywhere in the world. An online peer group that understands your mental health journey. A Zoom call that brings cousins together from opposite ends of Aotearoa. A Facebook group that shares your sense of humour and reminds you that you belong.

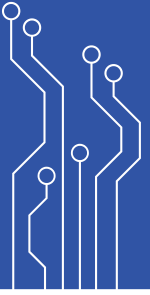


At Centre 4O1, we know how powerful belonging can be for wellbeing. The internet has its downsides like trolls, doomscrolling, and too many ads, but it also gives us tools to share care, build community, and stay close. There is real aroha in a message that pops up at the right time saying, "You okay?"

The digital whānau does not replace real hugs or shared kai, it extends them. It is the group chat that keeps you laughing through hard weeks, the online spaces where you can be yourself, and the people who remind you that you are not alone when life feels heavy.

So next time you are scrolling, take a moment to notice the small things. A like is a nod. A comment is connection. A heart emoji is modern-day manaakitanga. Wi-Fi might power our screens, but care still powers our communities.

Tech talk

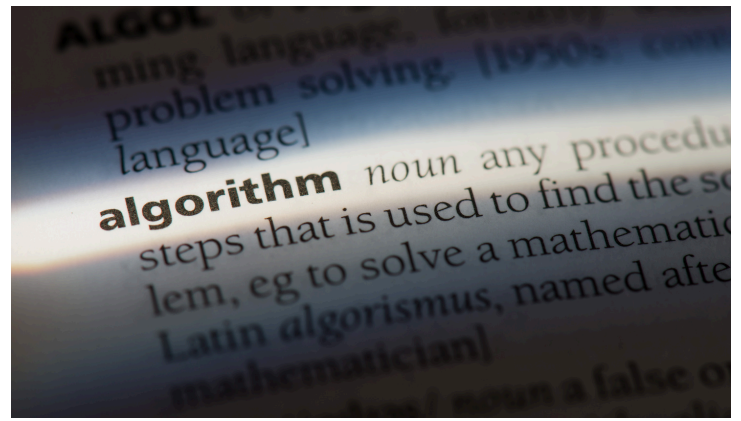


THE ALGORITHMS IN OUR HEADS

Have you noticed how your social media feed seems to know you a little too well? You watch one dog video and suddenly your whole feed is full of puppies and squeaky toys. That is the algorithm at work, quietly learning what you look at, what you like, and what you linger on.

Our brains work in a similar way. We have mental algorithms running in the background that decide what thoughts we see most often. If we focus on stress, our brain starts showing us more stress. If we focus on gratitude or kindness, that becomes what our mind highlights instead.

Unlike social media, we cannot simply press clear cache. Our mental code has been written over years and shaped by experiences, relationships, and the stories we tell ourselves. The good news is that we can reprogram it.



Mindfulness helps us slow down the mental scroll so we can notice what is coming up. Therapy helps us find and change thought patterns that no longer serve us. Even small acts of self-talk such as “I am learning” or “I can handle this” can shift what our internal feed shows us.

Imagine if your brain’s feed was filled with calm, curiosity, and compassion. When a negative thought pops up, treat it like an unwanted video recommendation and scroll past it. You can retrain your attention, click on better thoughts, and slowly change the whole mood of your mental feed.

We all have algorithms in our heads, but we are also the programmers. That means we get to choose what plays next.

GROWING



TOGETHER: AOTEAROA KNOWS WE'RE NOT ALONE

NZ Mental Health Snapshots & Tips

Key facts

- Around 50-80% of New Zealanders are estimated to experience mental distress or addiction challenges in their lifetime; about 1 in 5 people will face them in any given year.
- In 2023/24, 15.5% of women aged 15+ reported high or very high psychological distress, compared to 10.2% of men.
- In the same year, 176,390 clients accessed mental health and addiction services; of these, 50.3% were male and 49.7% female.
- One in four workers in NZ report always or often being stressed by work.

Tips for connection & wellbeing

- Choose someone each week you'll check in with (even a quick message counts!)
- Make simple shared moments: a walk, a chat over kai, a laugh together.
- Know the support options:
 - Lifeline Aotearoa – phone 0800 543 354 anytime (24/7)
 - Youthline – text 234 or call 0800 376 633 for younger folks
 - Talk to a trusted GP or ask at Centre 401 about local groups.
- You don't have to feel awesome to connect – sometimes "just okay" is more than enough.

In Aotearoa, we're learning something important: you don't have to do it alone. We're all on this journey together, at home, at work, in our whānau, and here at Centre 401.

Mental health isn't just about feeling okay or not, it's about being connected, feeling seen, and knowing there's someone ready to listen. In the last year many New Zealanders have said they felt more stress than usual, or found it hard to cope. The good news? Recognising that is half the win.



At Centre 401 we see how this works in real life. It's the check-in at morning tea, the shared laugh in the lounge, the person who says "Hey, are you good?" when maybe someone's not. These moments matter. They are the human thread that reminds us we're not alone.

So here's something to try: reach out. Pick one person this month who's someone you trust, someone you don't always talk to, or someone new. It doesn't have to be dramatic. A walk. A coffee. A simple "How are you really doing?" Sometimes that offers a lifeline, both for them and for you.

Because when we connect, we move from just coping to growing. And that growth matters.

Let's keep growing together.

CONNECT



MAD MASQUERADE 2025



IRON SAINT AWARD WINNER

This was awarded to The Incredible Harmonica player. This award is about perseverance, having the ability to inspire others, resilience, never giving up, and sticking it to the world. Congratulations to the Iron Saint award winner 2025!



IRON FIST AWARD WINNER

This was awarded to the Ira who fully encompasses the passion, energy and commitment to music and the arts that Louisa demonstrated in every aspect of her life. Whether it was through her love of music or her capacity to show kindness; she was always ready to step up and beyond to make the impossible, possible. Mental health challenges does not determine who we are and what we do and Louisa role modeled that everyday of her life. Congratulations to our Iron Fist award winner 2025!



Centre 401's Mad Pride event was bursting with colour, creativity, and community spirit. This year's masquerade theme brought an extra touch of mystery and fun, with people arriving in glittering masks, painted faces, and bright costumes that showed off pure personality.

The performances were the heart of the night. We were treated to powerful poetry, amazing singing, and incredible musicality that had everyone clapping and cheering. The talent on stage was incredible, and every act celebrated self-expression and pride in its own unique way.

The atmosphere was full of laughter, aroha, and connection. Everywhere you looked, people were smiling, talking, and celebrating what makes our community special. The space was decorated beautifully, with lights, music, and kai bringing everyone together.

Mad Pride 2025 reminded us that being mad is something to celebrate, not hide. It was a night of pride, courage, and creativity that showed the power of coming together as one community.

MAD SOUVERADE 2025



Kindness: The Free Mood Booster

If there was a pill that could instantly lift your mood, boost your confidence, and make your day brighter, everyone would want it. Luckily, that magic already exists and it does not cost a thing. It is called kindness.

Kindness is one of the simplest and most powerful ways to improve your mental health. When you do something nice for someone, even something small like sharing a smile, offering a hand, or sending a kind message, your brain releases serotonin and oxytocin. These are the same “feel-good” chemicals that help reduce stress and increase happiness. Pretty amazing when you think about it.

At Centre 401, we see kindness in action every day. It is in the warm greetings in the morning, someone making a cuppa for a friend, or the way people check in with each other when someone seems a bit off. Those little gestures might seem small, but they mean a lot. They create a sense of belonging and a reminder that we are not alone and that someone genuinely cares.

Kindness also helps build stronger connections between people. When you show care for someone else, it often inspires them to do the same. It is a ripple effect that can transform a day, a week, or even longer. The smallest acts can create the biggest changes in how we feel and how our community feels.

So if you have been feeling low, start small. Compliment someone. Help out with a chore. Offer a seat. Send a kind message. These simple actions not only brighten someone else’s day but also help you feel more connected and uplifted.

Kindness is contagious. Once it starts, it spreads. Let us keep it going, one small act at a time. You never know whose day or week you might change for the better, or how your own mood might lift along the way.





FUNNY FARM

"jokes from you folks"

John Barrymore

"Happiness often sneaks in through a door you didn't know you left open."

QUOTATIONS

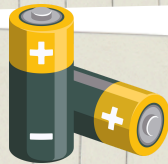
Robert frost

"In three words I can sum up everything I've learned about life: It goes on."



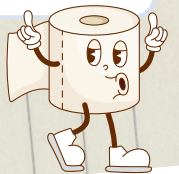
What time did the man go to the dentist? Tooth hurty

The batteries are flat. No, they're round!



I named my horse mayo... mayo neighs!

Why didn't the toilet roll cross the road? Because he got stuck in the crack!

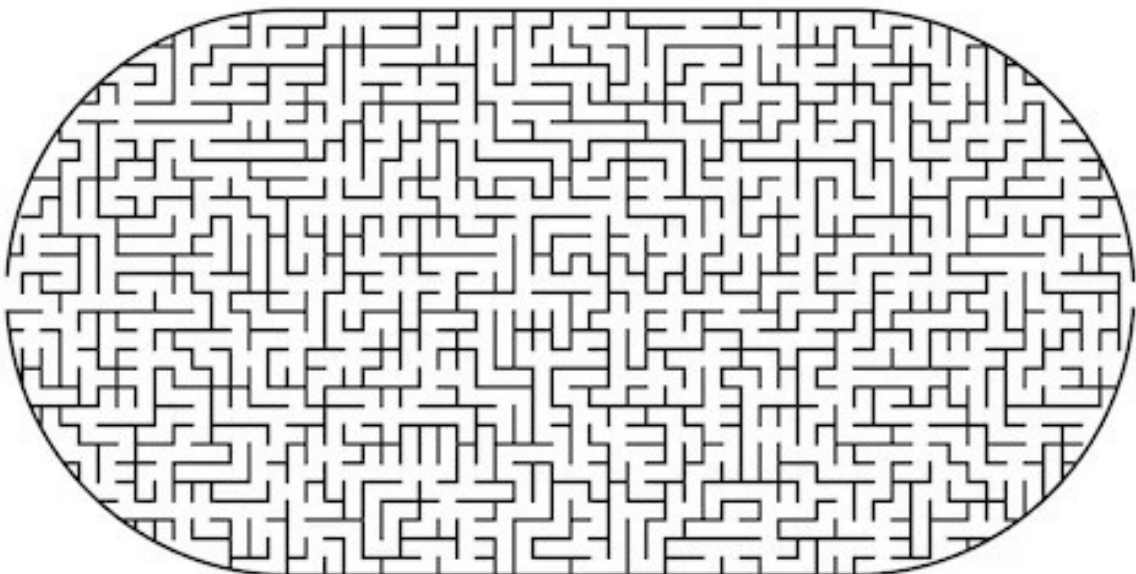


What do you get when you make humorous soup? Laughing stock...

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

PUZZLES OF THE MONTH

START →



→ FINISH

PLANET 401



WHAA RAU MA TAHI

WORDFIND

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

RIVER
STREAM
LAKE
OCEAN
SEA
BAY
ESTUARY
LAGOON

SWAMP
SHOREMORE
ROTORUA
MILFORD
WAVES
SURF
KAYAK
CREEK

WATERFALL
WAIKATO
CLUTHA
TAUPO
TASMAN
COOKSTRAIGHT
MOTU
WETLAND

HAVE AN AWESOME NOVEMBER!

Tekau Ma Tahī

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