

TE WHARE WHAA RAU MA TAHI CENTRE 401 TRUST

PLANET 401

WHAA RAU MA TAHI

OCTOBER
Oketopa

WRITTEN BY AND
FOR PEOPLE WITH
EXPERIENCE OF
MENTAL HEALTH

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@centre401trust

www.centre401.co.nz

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Random
Riddle:

What two things can you never eat
for breakfast?





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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

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
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
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838-0199 admin@centre401.co.nz

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89
Independent COMMUNITY MEDIA



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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 Mad Pride

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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PRESENTS

MADPRIDE 2025

MAD SQUERADE

CELEBRATING
RECOVERY
WITH
ORIGINAL
MUSIC AND
COMEDY



free
entry

BIDDY
MULLIGANS
BACKBAR

16
OCTOBER
2025

6:00
PM



CALL RECEPTION 8380199 OR EMAIL: 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

toru



07 838 0199

Tech talk



SMART HOME TECH AND MOOD REGULATION

Imagine walking into your home after a long, stressful day and feeling instantly calmer. The lights dim to a soft amber glow, a soothing playlist begins to play, and the room temperature adjusts to the perfect warmth. This is not science fiction—it's the power of smart home technology to support mental health and wellbeing. In recent years, smart lighting, thermostats, and sound systems have moved beyond convenience, offering simple ways to influence mood, reduce anxiety, and improve sleep.

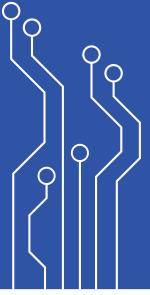


Adjusting your environment can have a profound effect on how you feel. Warm, dim lighting in the evening can signal to your body that it's time to wind down, helping to regulate your circadian rhythm and prepare for restful sleep. Gentle, calming sounds or music played through smart speakers can provide comfort during anxious moments, while automated temperature controls can keep your space at a level that reduces physical stress on the body. By programming these elements into your daily routine, technology becomes a silent partner in self-care, offering small but meaningful interventions that support mental wellbeing.

The beauty of smart home tech lies in its subtlety. You don't need to think about it actively; your environment adjusts to your needs, creating a safe and calming space that promotes emotional balance. In a world where daily stressors are constant, having a home that responds to you can be transformative. These small environmental changes are a reminder that wellbeing isn't always about monumental shifts, it can also be about creating the right conditions to feel calm, focused, and supported every day.



Tech talk



DIGITAL STORY TELLING FOR HEALING

In the digital age, storytelling has taken on new forms, offering powerful ways for people to reflect on their mental health journeys. Platforms that allow users to record, share, or visualize their experiences provide more than just a diary, they create a space for healing, reflection, and connection. Capturing thoughts, emotions, and milestones digitally can help individuals make sense of their mental health, track progress, and celebrate growth over time.

Sharing these stories can be equally transformative. When people feel able to express their struggles and triumphs, it can foster empathy, reduce isolation, and build community. Peer feedback, encouragement, or simply knowing someone else has experienced similar challenges can be incredibly validating. For many, digital storytelling becomes a bridge, connecting people across distances and creating networks of support that may have been impossible before technology.

Beyond the personal benefits, these platforms often offer visualizations, journals, or guided prompts that encourage reflection and self-awareness. Seeing your journey mapped out, whether through timelines, videos, or digital art, can be empowering. It turns abstract emotions into tangible progress, reminding users that growth is often gradual and cumulative. Digital storytelling reminds us that our experiences matter, that our voices are heard, and that sharing, even in small ways, can help both ourselves and others navigate the complexities of mental health.



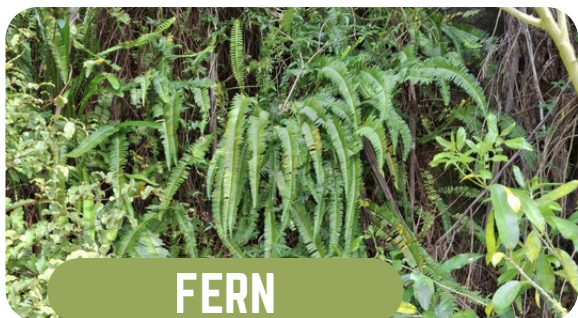
TE WIKI O TE REO MAORI WEEK

NATIVE PLANTS OF AOTEAROA

COUCH TO 5K

PEPPER TREE-
KAWAKAWA

Apart of our te wiki o te reo maori week. A challenge we set was to spot as many native plants we could find on our morning walks. Here is a few we found!



FERN



KŌWHAI



FLAX-HARAKEKE



WHITE TEA TREE-
KAANUKA



CABBAGE TREE- TI KOOKA

OUR RECAP OF TE WIKI O TE REO MĀORI AT CENTRE 401 TRUST



TE WIKI O TE REO MĀORI
AKE AKE AKE
MŌ AKE TONU TE REO



TE TAURA WHIRI
I TE REO MĀORI



We had a fantastic week celebrating Te Wiki o te Reo Māori! To wrap up the week, we came together for an awesome kai hākari, sharing food, kōrero, and laughter.

Congratulations to the winners of our Te Reo and Whakapapa competition what a great way to honour and celebrate te reo, our stories and our connections. Ngā mihi to everyone who took part and helped make the week so special!

ono



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SCHOOL of Emotions 2025

- A series of 8 workshops on emotions and emotional intelligence.
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THURSDAY
OCT 9TH**



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Centre 401 is excited to launch School of Emotions 2025, a programme designed to help members explore, understand, and express their feelings in a supportive environment. Through guided workshops, creative activities, and open kōrero, School of Emotions will offer practical tools for building resilience, self-awareness, and stronger connections with others.

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.



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peer pride

2
0
2
5

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STARTING ON THE 3RD OCTOBER!!

FRIDAYS 10:00AM-11:00AM

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FACING YOUR INNER MONSTERS

Halloween is a time when the spooky, strange, and mysterious come to life. Costumes, masks, and stories of monsters invite us to play with fear and imagination. But sometimes, the scariest monsters aren't in the streets, they're the ones we carry inside: anxiety, self-doubt, stress, and worry. These inner monsters can creep up quietly, making everyday challenges feel bigger and heavier than they really are.



The good news is we don't have to face them alone. Peer support can be a powerful tool in confronting these personal fears. Talking with someone who understands, sharing your experiences, or simply being present with a friend can turn what feels like a looming shadow into something manageable. Peer support is like a lantern in the dark, giving light to the hidden corners of our minds and reminding us that even when our monsters feel huge, we are not powerless.

Facing your inner monsters doesn't mean erasing them or pretending they don't exist, it means noticing them, naming them, and finding ways to respond rather than react. Sometimes that looks like having a laugh with someone who gets it, sometimes it's taking a moment for yourself, and other times it's reaching out to a peer group or counsellor. Each small act of connection is like a sword or shield, helping us navigate challenges and build resilience.



This Halloween, Centre 401 encourages everyone to embrace both the playful and reflective sides of the season. Dress up, explore your imagination, and remember to check in with yourself and others. By leaning on each other, sharing stories, and offering support, we can face our inner monsters together, transforming fear into courage and shadows into light.





MAD PRIDE is this month!!

Our annual Mad Pride celebration is happening this month, and you won't want to miss it! This is a special time to come together as a community, celebrate our stories through music and comedy, and show pride in who we are.

This year's theme is Masquerade. So get creative, dress to impress, and bring along your best mask or costume. Expect an evening filled with fun, connection, and plenty of surprises along the way.

Everyone is welcome, so invite your friends, whānau, and peers to join us for a night of music, comedy, and community support. Let's make this Mad Pride one to remember!





FUNNY FARM

"jokes from you folks"

Lao Tzu

"A journey of a thousand miles begins with a single step."

Albert Eistein

QUOTATIONS

"Imagination is more important than knowledge."



What vegetable is cool but not the cool? Radish...

Where do boats go when there sick? To the dock.



Ghosts are bad liars because you can see right through them...

Why are fish so smart?
They live in schools!



RIP boiling water, you will be mist...

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

PUZZLES OF THE MONTH

$$\text{Watermelon} + \text{Watermelon} + \text{Watermelon} = 36$$

$$\text{Watermelon} + \text{Orange} + \text{Orange} = 28$$

$$\text{Orange} - \text{Banana} = 3$$

$$\text{Orange} = ? \quad \text{Watermelon} = ? \quad \text{Banana} = ?$$

$$\text{Hamburger} + \text{Bottle} + \text{Fries} = 58$$

$$1 \times \text{Hamburger} = \text{Fries}$$

$$\text{Bottle} \times \text{Bottle} = 64$$

$$\text{Hamburger} = ? \quad \text{Bottle} = ? \quad \text{Fries} = ?$$

$$(\text{Hedgehog} + \text{Owl}) \times (\text{Hedgehog} - \text{Owl}) = 20$$

$$\text{Mouse} + \text{Mouse} \times \text{Mouse} + \text{Mouse} = 63$$

$$\text{Hedgehog} \times \text{Hedgehog} - \text{Hedgehog} + \text{Mouse} = 37$$

$$\text{Owl} + \text{Mouse} - \text{Hedgehog} - \text{Mouse} = ?$$

PLANET 401



WHAA RAU MA TAHI

WORDFIND

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

MADPRIDE
JOY
MUSIC
BRAVERY
MONSTERS
INCLUSION
SPRING
COMMUNITY

HALLOWEEN
BLOSSOM
CONNECT
COSTUME
MAGICAL
DANCE
MASK

PUMPKIN
FEATHERS
EMOTION
CELEBRATION
JOURNEY
COMEDY
PEER
SUNSHINE

HAVE AN AWESOME OCTOBER!

Tekau Ma Tahi

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