

TE WHARE WHAA RAU MA TAHI CENTRE 401 TRUST

PLANET



SEPTEMBER

mahuru

WHAA RAU MA TAHI

WRITTEN BY AND
FOR PEOPLE WITH
EXPERIENCE OF
MENTAL HEALTH



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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

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 :)



TE WHARE WHAA RAU MA TAHI
Centre 401 Trust

Te Wiki O Te Reo Māori Agenda 2025

Rāhina - Monday



Tena koe
Kei te pehea koe

9.00 Opening Karakia
9.30 Mihi Comp starts
9.30 Maori Mural Walk

Rātu - Tuesday



9.30 Maori Mural Walk
12.00 Weaving

Rāāpā - Wednesday

9.30 Maori Mural Walk
12.00 Weaving
1.30 Movie - Koka



Rāpare - Thursday

9.30 Maori Mural Walk
10.30 Weaving
1.30 Scavenger Hunt

Rāmere - Friday



10.30 Whakapapa Korero
12.00 Kai Hakiri
12.30 Prizegiving



Mihi Competition runs all week.
Whakapapa Competition Friday



See reception if you have any
questions.



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YOUTH ZONE!



@FREEFM89

#FREEFMYOUTHZONE

Free FM 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 Te Wiki O Te Reo

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



TE WHARE WHAA RAU MA TAHI
Centre 401 Trust

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



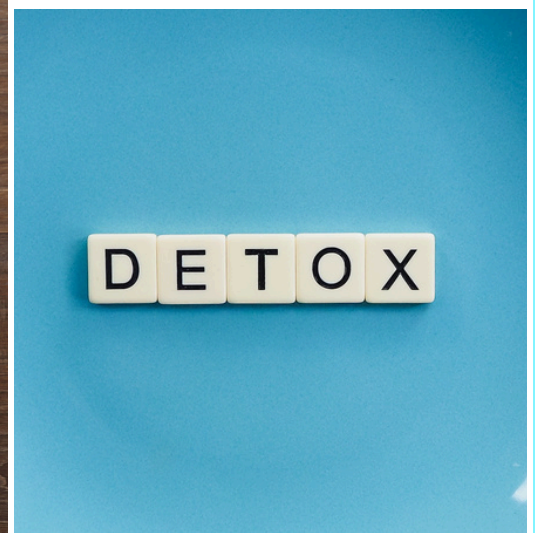
TECH TALK: DIGITAL DETOXING – THE HIDDEN POWER OF UNPLUGGING

In today's hyperconnected world, our devices rarely leave our side. From the moment we wake to the moment we sleep, notifications ping, emails pile up, and endless scrolling fills the quiet spaces of our lives. Technology has brought extraordinary convenience and connection, but it has also created a new challenge for mental health: the inability to switch off.

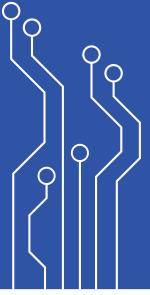
Research shows that constant screen time and digital stimulation can increase stress levels, disturb sleep, and erode our ability to focus. The endless flood of information keeps our brains in a heightened state of alert, making it difficult to relax. Over time, this contributes to burnout, anxiety, and even a sense of disconnection from ourselves and the world around us.

That's where digital detoxing comes in. A digital detox isn't about rejecting technology altogether, it's about creating intentional boundaries. It can be as simple as turning off notifications, having device-free dinners, or setting aside one day a week where screens are put away. These small, deliberate breaks give the mind room to breathe and reset.

The benefits are striking. Studies have shown that reducing screen time improves sleep quality, strengthens concentration, and boosts overall mood. More importantly, stepping away from devices allows us to be present in the moment, whether that's connecting with friends face-to-face, going for a walk without checking messages, or enjoying the rare silence of being truly offline.



Tech talk



TECH TALK: DIGITAL DETOXING – THE HIDDEN POWER OF UNPLUGGING

Interestingly, some of the same technology that contributes to overload is also providing solutions. Screen-time tracking apps and wellness features on smartphones now help users monitor their digital habits, encouraging healthier use. While the irony isn't lost, using tech to take breaks from tech, these tools can provide the accountability needed to make lasting change.

Digital detoxing is less about restriction and more about reclaiming balance. In a culture that prizes constant availability, choosing to unplug is an act of self-care. It reminds us that technology is meant to serve us, not control us. By setting boundaries and embracing moments of digital silence, we create the space to recharge, reflect, reconnect, not just with others but with ourselves.



How long could you go without technology??

TE WIKI O TE REO MĀORI

**TE WHARE WHAA RAU MA TAHI**
Centre 401 Trust

Te Wiki O Te Reo Māori

Agenda 2025

Rāhina - Monday  <small>Tēna koe Kei te pehea koe</small>	9.00 Opening Karakia 9.30 Mihi Comp starts 9.30 Maori Mural Walk
Rātu - Tuesday 	9.30 Maori Mural Walk 12.00 Weaving
Rāāpā - Wednesday	9.30 Maori Mural Walk 12.00 Weaving 1.30 Movie - Koka 
Rāpare - Thursday	9.30 Maori Mural Walk 10.30 Weaving 1.30 Scavenger Hunt
Rāmere - Friday 	10.30 Whakapapa Korero 12.00 Kai Hakiri  12.30 Prizegiving

 **Mihi Competition runs all week.**
Whakapapa Competition Friday 

See reception if you have any questions.



This year, Te Wiki o te Reo Māori runs from 14 to 20 September 2025, marking 50 years since Māori Language Week began as a powerful vehicle for language revitalisation. As Aotearoa comes together to honour te reo, Centre 401 is inviting members to join the celebration by embracing and uplifting our unique taonga (treasure), the Māori language.

Throughout the week, we'll be weaving te reo Māori into everything we do. Members are warmly invited to learn or share a greeting or mihi (introduction) at reception and throughout the centre, enjoy waiata (songs). Whether you're greeting someone in te reo, joining a challenge, or simply using everyday Māori phrases, it's all part of creating a space where te reo is honoured, heard, and shared.

We encourage everyone, regardless of their reo level, to take part. These moments of connection help nurture a sense of identity, belonging, and pride in Māori language and culture. After all, as we celebrate this golden milestone of Te Wiki, every voice counts and every phrase shared enriches our collective well-being.

TE WIKI O
TE REO MĀORI
14–20 o Hepetema 2025



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



TE WHARE WHAA RAU MA TAHI
Centre 401 Trust

From Surviving to Thriving: Rediscovering Your Authentic Self Through Intentional Peer Support



In a world where many struggle through mental health challenges feeling isolated and misunderstood, Intentional Peer Support (IPS) offers a beacon of hope and a path from surviving to truly thriving. Grounded in mutuality, intentionality, and trauma-informed principles, IPS invites individuals to rediscover their authentic selves through purpose-driven relationships.

What Makes IPS Different?

Intentional Peer Support is not about one person “helping” another. Rather, both participants enter as equals, committed to learning together and growing together. Traditional models often begin with questions like “What’s wrong?” IPS thoughtfully reframes that to “What happened to you?”, fostering empathy over judgment and strength over deficit.

At the heart of IPS lie four key tasks, each building on the one before:

Connection: Establishing a genuine rapport where both parties feel seen, heard, and understood.

Worldview: Exploring how each person has come to “know” their beliefs and interpretations of their experiences, cultivating awareness and choice.

Mutuality: Shifting from the helper/helpee dynamic to one of shared discovery and co-learning.

Moving Toward: Focusing on hopes, dreams, and what truly matters—not just avoiding pain but creating new possibilities.

From Surviving to Thriving

IPS re frames recovery as a relational and dynamic process. It moves individuals away from survival mode, where coping might be the goal and towards thriving: engaging with life more fully, authentically, and purposefully.

Through mutual exploration and intentional dialogue, IPS helps individuals break free from past narratives and chart a path forward, reclaiming agency, identity, and connection.

Rediscovering Your Authentic Self

IPS empowers individuals to step outside entrenched narratives and assumptions, inviting them into conversations that illuminate new perspectives and strengths. In such spaces, authenticity is nurtured, not through therapy or treatment plans, but through mutual recognition and shared curiosity.

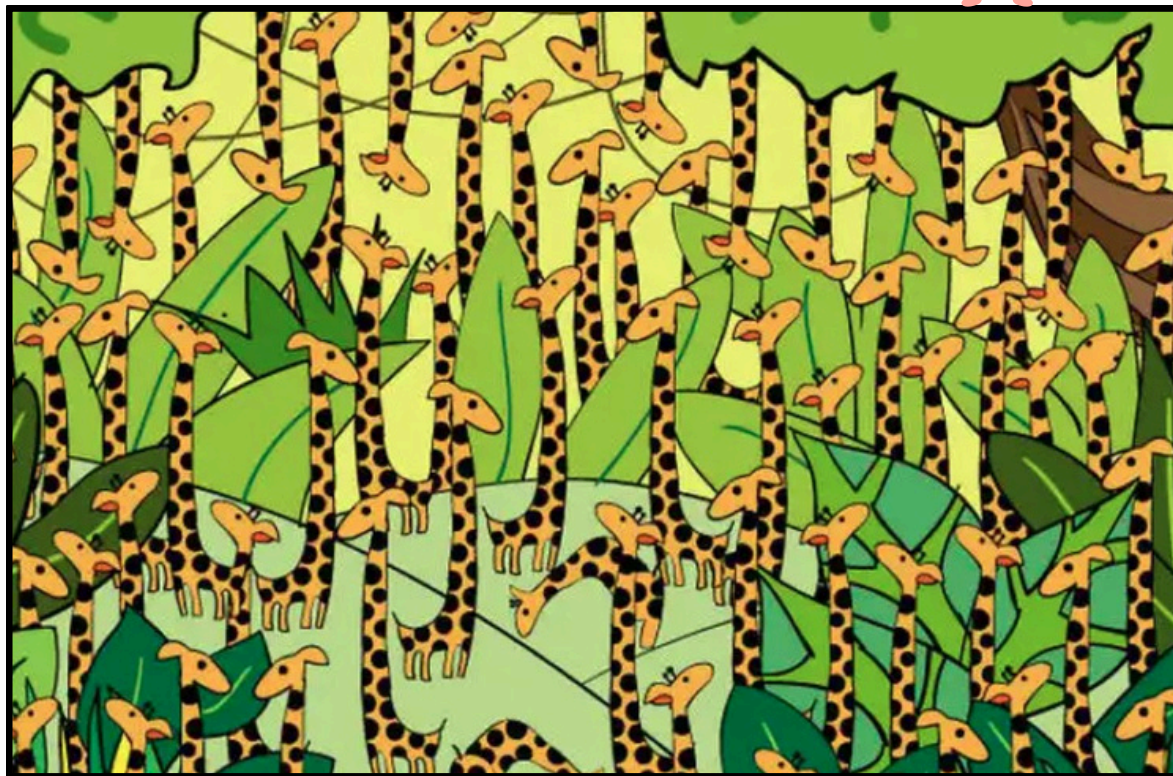
Friendship, in this context, blossoms into a powerful force for self-discovery and healing.

With its focus on relational change, co-learning, and hope-driven futures, Intentional Peer Support offers more than recovery, it offers transformation. For anyone moving from surviving to thriving, IPS doesn’t just support, you rediscover yourself through others, and in doing so, reclaim the journey ahead.

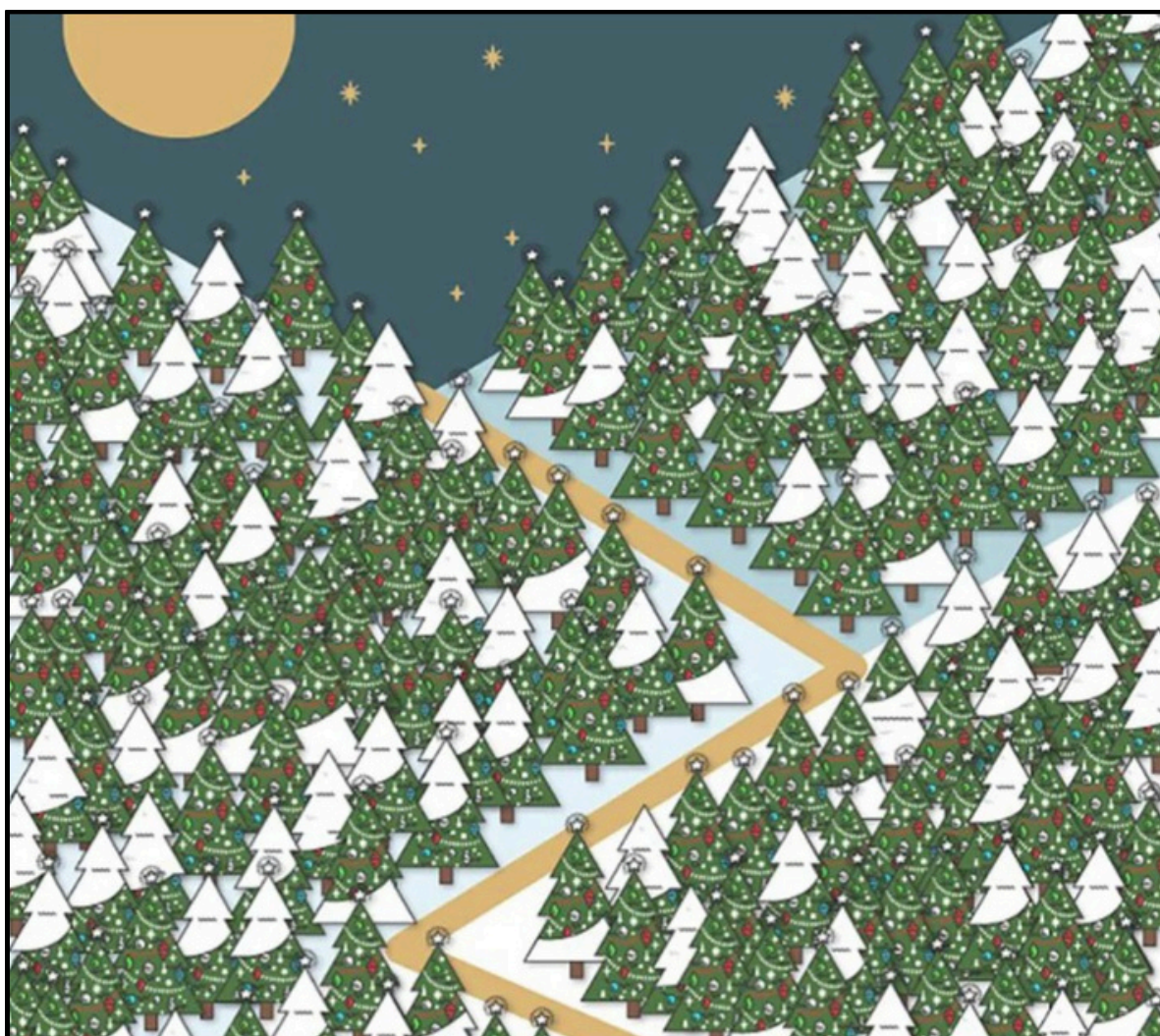
WHERE AM I?



Can you spot the snake hidden with the giraffes?



Can you spot the elf hiding in the trees?

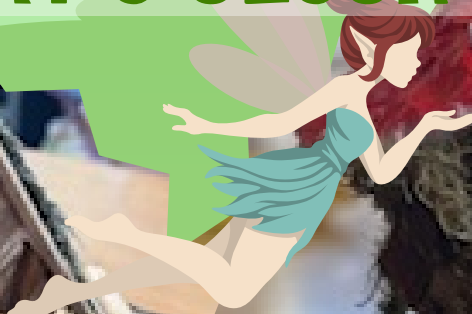


Fairy Houses



My
Dream

Made and Created in
ART O' CLOCK





FUNNY FARM

"jokes from you folks"

Les Brown

"Life has no limitations, except the ones you make."

QUOTATIONS

Will Rogers

"Don't let yesterday take up too much of today."



Where do surfers go for education? Boarding school..

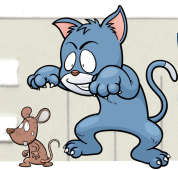
Why are libraries so tall?
Because they have so many stories.



How did the dog get all A's on its report card? It was the teacher's pet.



Where do fingers grow?
On palm trees.



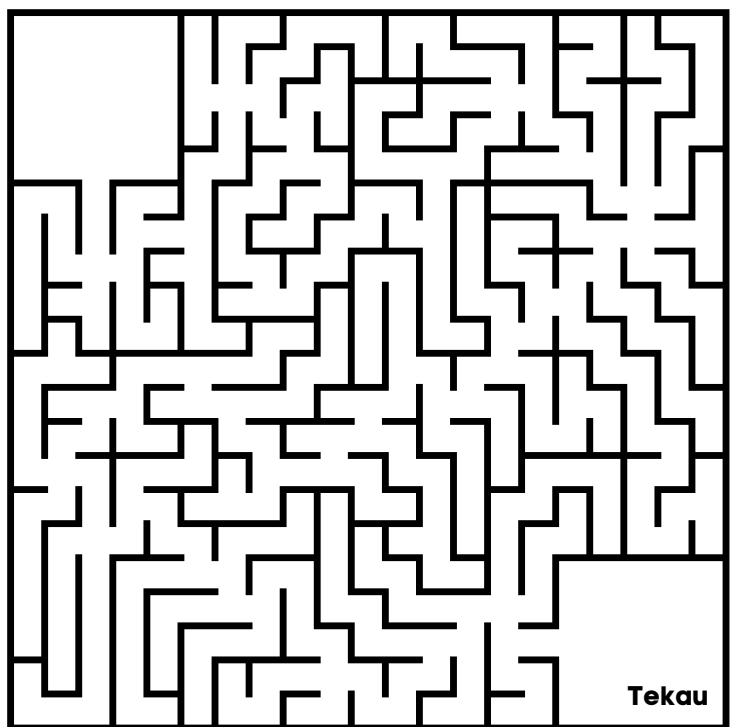
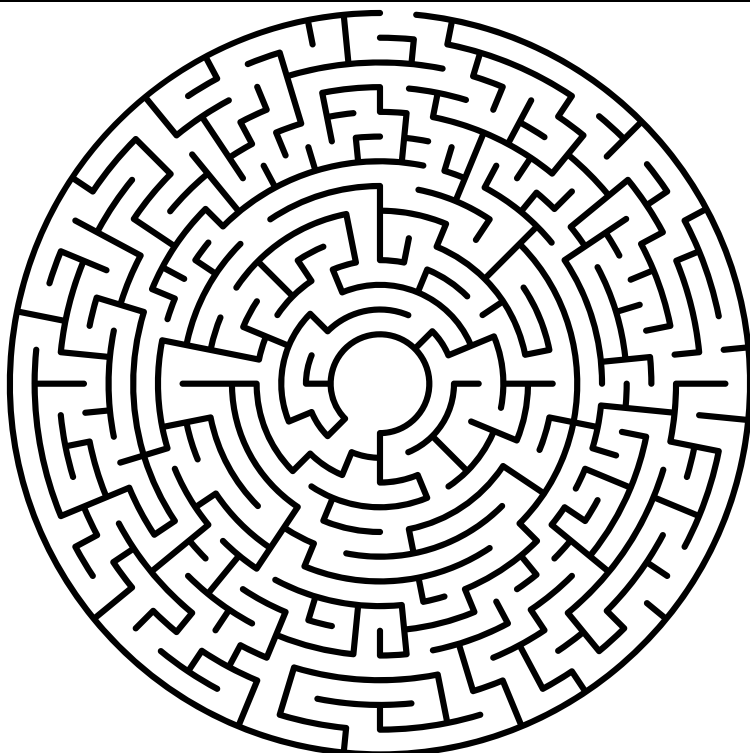
What do cats eat for breakfast? Mice Krispies

What colour is the wind? Blew



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

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

MOUSE
COW
CHICKEN
BEEHIVE
ROOSTER
ACRES
CATTLE
GROW

GOAT
HORSE
BULL
DUCK
FARM
GRAIN
HARVEST
WHEELBARROW

BARN
FIELDS
RIVER
CROPS
SHEEP
RABBIT
DOG
FENCE

HAVE AN AWESOME SEPTEMBER!

Tekau Ma Tahi

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