

TE WHARE WHAA RAU MA TAHI CENTRE 401 TRUST

PLANET 401



HĀKIHEA

WHAA RAU MA TAHI

December



WRITTEN BY AND FOR PEOPLE WITH EXPERIENCE OF MENTAL HEALTH



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 @centre401trust

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-tahi



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tahi



Random Riddle:

.What can kids make but never see?





Psycoffogee Xmas hours

- FRIDAY 20 DEC - Centre Place eatery 1pm-2pm **OPEN**
- MONDAY 23 DEC - Centre Place eatery 10am-11am **OPEN**
- WEDNESDAY DEC 25TH - **CLOSED**
- THURSDAY 26 DEC - Hood St Bistro 10am-11am- **OPEN**
Coffee Culture Under 30's - **CLOSED**
- FRIDAY 27 DEC - Centre Place eatery 1pm-2pm **OPEN**
LGBTQ Crave Cafe - **CLOSED**
- MONDAY 30 DEC - Centre Place eatery 10am-11am - **OPEN**
- WEDNESDAY JAN 1ST 2025 - **CLOSED**
- THURSDAY 2 JAN - Hood St Bistro 10am-11am- **OPEN**
Coffee Culture Under 30's - **CLOSED**
- FRIDAY 3 JAN - Centre Place eatery 1-2pm - **OPEN**
LGBTQ+ Crave Cafe - **CLOSED**
- Monday January 6th - **NORMAL HOURS RESUME**



GET YOUR OWN RADIO SHOW AND PODCAST IN THE FREE FM

YOUTH ZONE!



@FREEFM89

#FREEFMYOUTHZONE





TE WHARE WHAA RAU MA TAHI
Centre 401 Trust

WEEKLY WORKSHOPS

Raahina
Monday

COUCH TO 5K
9.30AM
Departing C401

TE REO RANGATIRA
9:30-11
Training Room

TECH CLUB
11-12
Care Café

Raatu
Tuesday

COUCH TO 5K
9.30AM
Departing C401

JOBSQUAD
1-2PM
Care Café
By appointment only

Raapa
Wednesday

COUCH TO 5K
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
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
MENS WALK
12-1PM
Training Room

We look forward to seeing you :)



**CENTRE 401 TRUST CLOSING
AND OPENING DATES
WE ARE CLOSED : 20TH DECEMBER**

OPEN : 6TH JANUARY 2025

**HAVE A MERRY
CHRISTMAS FROM THE
CENTRE 401
WHAANAU**



CHRISTMAS AT C401

JOIN US ON THE 12TH OF DECEMBER

FUN, GAMES, FOOD

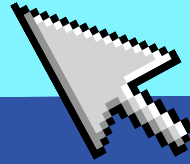
YOU WILL NEED TO REGISTER! PLEASE CALL RECEPTION!



07 838 0199



Tech talk



HOW TO AVOID MALWARE



Malware, short for malicious software, is a type of software designed to harm your computer or steal your personal information. It can come in many forms, including viruses, worms, ransomware, and spyware. While it can be intimidating to think about, there are simple steps you can take to protect yourself.

1. Keep Your Software Updated:

- Operating System: Regularly update your operating system (like Windows or macOS) to ensure it has the latest security patches.
- Applications: Keep all your software, including web browsers, antivirus software, and other applications, up-to-date.
- Browser Extensions: Be cautious about installing browser extensions. Only download from trusted sources and keep them updated.

2. Use Strong, Unique Passwords:

- Complex Passwords: Create strong, complex passwords that combine uppercase and lowercase letters, numbers, and symbols.
- Password Manager: Consider using a password manager to generate and store strong, unique passwords for each of your online accounts.
- Two-Factor Authentication (2FA): Enable 2FA whenever possible to add an extra layer of security to your accounts.

3. Be Careful with Email Attachments:

- Unknown Senders: Avoid opening email attachments from unknown senders or those with suspicious subject lines.
- Verify Senders: Double-check the sender's email address to ensure it's legitimate.
- Scan Attachments: Before opening an attachment, scan it with your antivirus software.

4. Be Wary of Phishing Attacks:

- Suspicious Links: Don't click on links in emails or messages from unknown sources.
- Verify Websites: Always check the website's URL to ensure it's correct and secure (look for "https" in the address bar).
- Beware of Urgent Requests: Be cautious of urgent requests, especially those that ask for personal information or financial details.

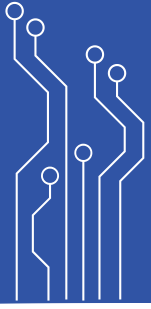
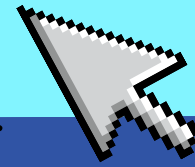
5. Use Reliable Antivirus Software:

- Install and Update: Install reputable antivirus software and keep it updated to protect your device from malware threats.
- Regular Scans: Perform regular scans of your device to detect and remove any potential malware.

By following these simple steps, you can significantly reduce your risk of falling victim to malware attacks. Stay informed about the latest cyber threats and be vigilant in your online activities. Remember, a little caution can go a long way in protecting your digital life.



Tech talk



HOW TO AVOID VIRUSES AND TROJANS

In today's digital age, keeping your home computer safe from viruses and trojans is crucial. These malicious programs can steal your personal information, slow down your computer, or even lock you out of your files. Fortunately, with a few simple steps, you can protect your computer and keep your data secure.

1. Install and Update Antivirus Software

The most effective way to protect your computer is by using reputable antivirus software. It can detect, block, and remove harmful software before it causes damage. Make sure your antivirus is always up-to-date, as new threats appear frequently.

2. Keep Your Operating System and Software Updated

Software updates are not just for adding new features; they often include security patches to fix vulnerabilities. Turn on automatic updates for your operating system and apps to stay protected from the latest threats.

3. Be Cautious with Email Attachments and Links

Many viruses and trojans spread through phishing emails. Be wary of emails from unknown senders, especially if they include attachments or links. If something looks suspicious, don't click on it—even if it seems to come from a known contact. It's always better to verify with the sender first.

4. Download Software Only from Trusted Sources

When downloading apps or files, use official websites or trusted app stores like Google Play or Apple's App Store. Avoid downloading cracked software or files from unknown sites, as they often contain hidden malware.

5. Use Strong Passwords and Enable Two-Factor Authentication

Create strong, unique passwords for all your accounts, and change them regularly. Enabling two-factor authentication (2FA) adds an extra layer of security, making it harder for hackers to access your accounts, even if they know your password.

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CHRISTMAS SPIRIT

Christmas can bring on a bout of loneliness for a lot of us. We may not be able to catch up with family and may find ourselves all alone on Christmas day. Getting connected with ourselves and what is important for us at Christmas is a good start. Next is connecting with others if that is important to us.

Although we may not be able to be with family we can always connect by making a phone call, txt, skype or even write a letter (old School). Connect with a friend or two and chat over leftovers in the evening. Say Hi! to your neighbour, you may be pleasantly surprised. Contact your local community house or citizens advice bureau to see what's happening around your town/city.

Plan a nice outing for yourself through the holidays. Go find that book you always promising to read, maybe it's time to bring out the artist in you?

Volunteer your time.

Smile at a stranger!

People watch - it's so satisfying!!



TE WHARE WHAA RAU MA TAHI
Centre 401 Trust

Ono

CHRISTMAS DAY BBQ AT THE SALLIES



YOU
ARE
INVITED



TICKETS \$5
AVAILABLE AT THE
HAMILTON CITY
SALVATION ARMY RECEPTION



first
credit union

Christmas Parade

HAMILTON

Sunday 8 December 2024
Starting from 2pm
Anglesea Street, Hamilton



HAMILTON MODEL ENGINEERS WOULD LIKE YOU TO JOIN US FOR A MAGICAL

CHRISTMAS NIGHT RUN

DECEMBER 14TH
FROM 4 PM TO 9PM

Minogue Park, Tui Avenue, Forest Lake, Hamilton 3200

- + Bring any new, unused, unwrapped children's toy and receive a **FREE concession ticket**, or
- + Bring any new, long life pantry item and receive **1x free ride ticket**

- ★ STEAM TRAINS
- ★ FOODTRUCKS
- ★ CHRISTMAS LIGHTS
- ★ AND MORE

All gifts and food will go to WAIKIDS and THE SALVATION ARMY to help families in need at this special time of year



WAIKATO Christmas

MARKET

9AM - 4PM

SATURDAY 14th DECEMBER 2024

CLAUDLANDS BARN, BROOKLYN ROAD, HAMILTON

WAIKATOCRISTMASMARKET.NZ



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 4202

Youth Line 0800 376 633

Depression Helpline 0800 111 757

Quit line Smoking 0800 778 778

Family Violence Information 0800 456 450

Health line 0800 611 116

Alcohol & Drug Helpline 0800 787 797

Suicide Crisis 0508 828 865

Gambling Help 0800 654 655

WINZ 0800 559 009

Outline Gay/Lesbian support 0800 688 5463

Need to Talk call 1737



FUN AND SIMPLE ACTIVITIES TO DO AT HOME DURING CHRISTMAS

1. Homemade Christmas Decorations

Decorating for Christmas doesn't have to be an expensive or store-bought affair. Get crafty with homemade decorations, which can be a fun and rewarding activity for both kids and adults. Here are a few easy ideas:

- **Paper Snowflakes:** All you need is white paper and scissors to create delicate paper snowflakes. Try folding paper in different ways and making small cuts to create unique snowflake patterns.
- **Salt Dough Ornaments:** Mix flour, salt, and water to make salt dough. Roll it out, use cookie cutters to cut out holiday shapes, and bake. Once dry, paint them to create beautiful homemade ornaments for your tree.
- **Pinecone Crafts:** If you have pine cones nearby, collect a few and decorate them with paint, glitter, or small ribbons. They can make great natural decorations.

2. Christmas Movie Marathon

Snuggling up for a holiday movie marathon is a timeless way to spend Christmas at home. Make it special by creating a cozy setup with blankets, pillows, and hot chocolate. Prepare a list of classic Christmas movies or family favorites, and let each family member choose one to watch. This is a great way to slow down, relax, and enjoy the season together.

3. Gingerbread House Decorating

Building and decorating a gingerbread house is a classic Christmas activity that's as delicious as it is fun. You can make gingerbread from scratch or buy a ready-made kit. Set up a decorating station with icing, candies, gumdrops, and sprinkles, and let everyone get creative. It's a fun way to bring family and friends together, and you'll end up with a tasty treat as a bonus!

4. Christmas Storytime and Book Exchange

Reading holiday stories is a great way to get into the Christmas spirit. Choose a few Christmas-themed books to read aloud together, whether they're classics like *A Christmas Carol* or favorite children's stories. You can also turn this into a mini book exchange: wrap up books you're ready to pass along and exchange them as "new" surprises for others to enjoy.

5. Holiday Baking Day

Christmas is a perfect time for baking sweet treats. Choose a simple recipe like sugar cookies, gingerbread, or brownies, and get everyone involved in the process. Let kids help with mixing, rolling, or decorating the cookies. After baking, you can enjoy the treats together or wrap them up as gifts for neighbors or friends.

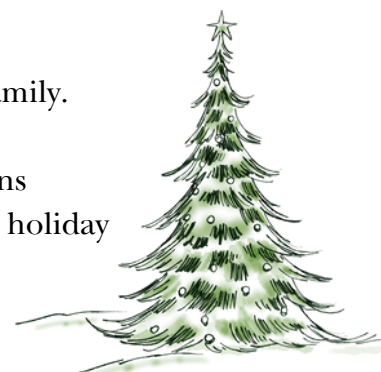
6. Christmas Karaoke or Sing-Along

Bring some musical cheer to your home with a Christmas karaoke session! You can find many karaoke versions of holiday classics on YouTube. Singing together is a fun way to lift everyone's spirits. If you don't have a karaoke machine, no problem—just sing along with the lyrics or play an instrumental version in the background.

7. DIY Christmas Cards

Making Christmas cards by hand can be a heartfelt way to reach out to friends and family. Use colored paper, markers, stickers, and even glitter to make each card unique.

This is also a thoughtful activity to involve kids in, as they can create their own designs and add personal messages. Once the cards are ready, mail them out to spread some holiday cheer.





FUNNY FARM

"jokes from you folks"



Martin Luther king Jr.

"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that."

QUOTATIONS



Nelson Mandela

It always seems impossible until it's done.



What has five toes and isn't your foot!?
My foot...



Why did the rabbit go to the salon? It was having a bad hare day.

Did you hear about the kidnapping at school? They woke him up.



How do mice floss their teeth? With string cheese.



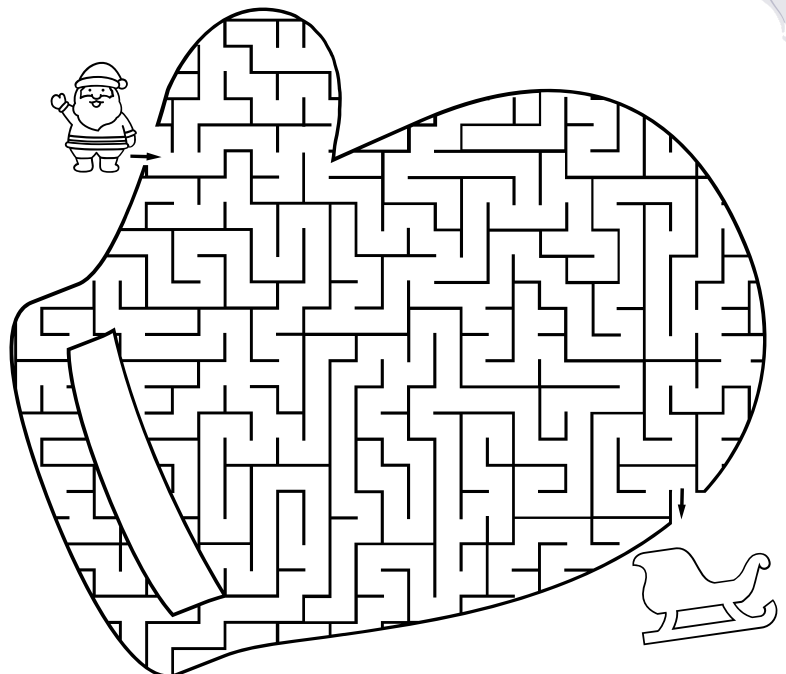
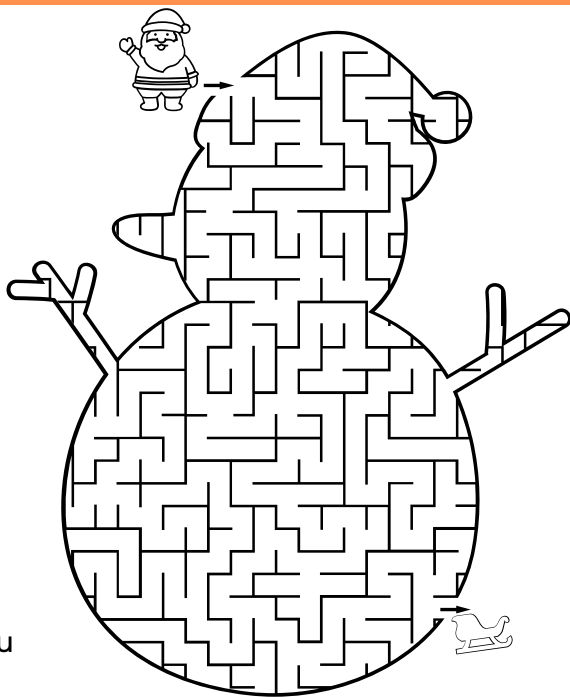
Why can't leopards play hide-and-seek? Because they're always spotted.



What do you call a happy cowboy? A jolly rancher

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

PUZZLE OF THE MONTH





PLANET 401



WHAA RAU MA TAHI

WORDFIND

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

CELEBRATION
 NORTHPOLE
 NUTCRACKER
 GINGERBREAD
 REINDEER
 MISTLETOE
 STOCKINGS

SLEIGHBELLS
 CHRISTMAS
 SNOWFLAKES
 FIREPLACE
 HOLLYBERRY
 CAROLERS

FROSTBITE
 PEPPERMINT
 WONDERLAND
 CANDYCANE
 DECEMBER
 JINGLEBELLS
 BETHLEHEM

HAVE AN AWESOME DECEMBER!

Tekau Ma Tahī

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