

TE WHARE WHAA RAU MA TAHI CENTRE 401 TRUST

PLANET 401

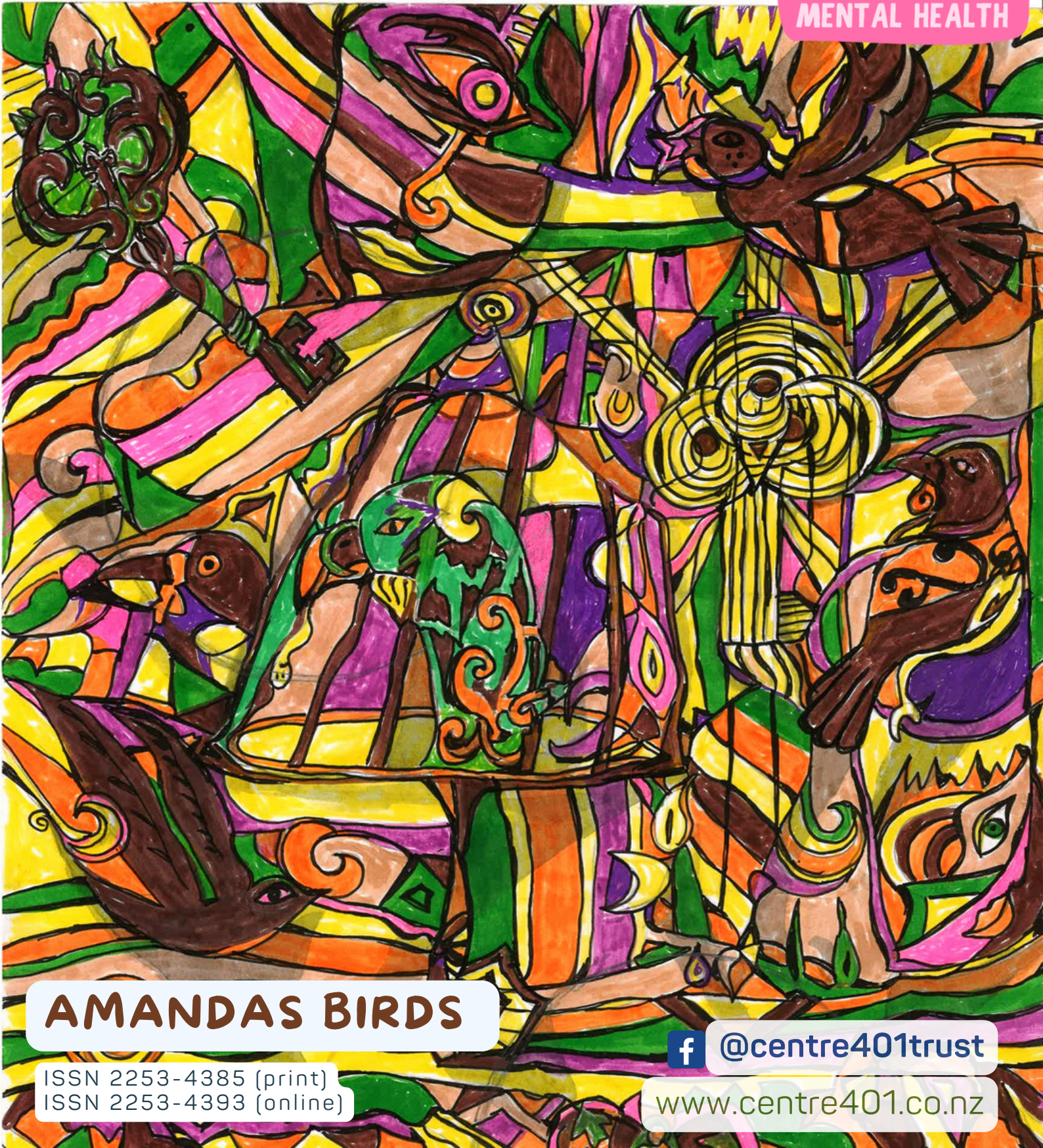


OKETOPA

October

WHAA RAU MA TAHI

WRITTEN BY AND
FOR PEOPLE WITH
EXPERIENCE OF
MENTAL HEALTH



AMANDAS BIRDS

 @centre401trust

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tahi



Random Riddle:

What kind of cup doesn't hold water?



Psycoffogee

YOUR RECOVERY PITSTOP

MONDAY 10AM-11AM
Centre Place Food Court

WEDNESDAY 1.30PM-2.30PM
Feedzone, Fastlane Fitness

THURSDAY 10am-11am

Hood St Bistro, cnr Hood & Victoria St

THURSDAY 4.30-5.30pm (under 30's)
Coffee Culture, Five Cross Roads

FRIDAY 11:30AM-12:30PM (LGBTQ+)
Crave cafe

FRIDAY 1pm-2pm
Centre Place Food Court



Psycoffogee is an informal peer support gathering offered by Centre 401 Trust.

Join us for great coffee, friendship, laughter and support.



You can identify us by the Rubik's Cube on the table



PH: 07 838 0199 ADMIN@CENTRE401.CO.NZ



TE WHARE WHAA RAU MA TAHI
Centre 401 Trust

What's Happening in 2024

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 ✓

4-8 Mar Kai Hakiri ✓

24-28 Jun Matariki ✓

26-27 Jul Tune Up ✓

16-23 Sep Te Wiki O Te Reo ✓

17 Oct Mad Pride

12 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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Free FM 89
Independent COMMUNITY MEDIA

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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 10:30-11:30 MADJAM 10 - 12PM 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 :)

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MEN'S WALK 2024

Haere mai whakakoi i o taputapu
Every Friday from
27th of September - 29th
of November
12 pm Training Room

Come along for a journey of what it means to be a man and how we can support each other. This ten week haerenga focuses on sharpening our tools and developing our brotherhood to be the best we can be for ourselves, our loved ones and future generations. All Tane welcome.

join us for

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
Crave Cafe

Friday 1pm - 2pm
Centre Place Food Court

this month

toru

TE WHARE WHAA RAU MA TAHI
Centre 401 Trust

PROUDLY PRESENTS

MADPRIDE 80's

MAD TO THE BONE

17TH OCTOBER

BIDDY MULLIGANS BACKBAR
6:00 PM

FREE ENTRY

LIVE MUSIC

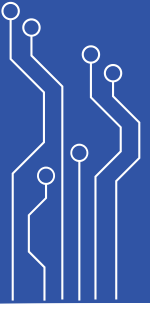
PRIZES

LIGHT SUPPER

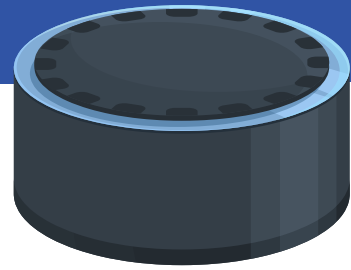
JOIN US FOR A NIGHT OF 80'S NOSTELGIA.

Reception@centre401.co.nz / 07 8380199

Tech talk



ALEXA - A VIRTUAL ASSISTANT



Amazon Alexa or just Alexa is a virtual home assistant that can do a range of tasks. It is capable of natural language processing which in simple is understanding what your asking it to do. It then interacts with what your saying by playing music, creating to do lists, setting alarms, streaming podcasts, reading audiobooks, providing weather, traffic and sports real time news all by listening to your commands.

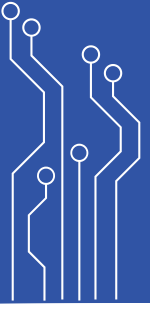
Alexa was developed from a predecessor named Ivona invented in Poland. By January 2019 Amazon announced they had sold over 100 million alexa enabled devices. Most "major" countries have access to the device and it also can speak 9 different languages.

Alexa is activated by saying it's name "Alexa". Here are a few interesting things you can ask it to do.

1. It can help you find your phone if you've misplaced it! This is a problem I face weekly and would be such a help.
2. If you ask it to, Alexa can tell thousands of jokes, stories and fun facts.
3. If you don't want to create too much noise or wake someone up you can ask alexa to whisper, pretty cool!
4. Just ask, "Alexa, where's Santa?" and you'll be updated on Santa's location as he makes his way around the world delivering presents on Christmas.
5. Siri is a similar product to Alexa. If you want to annoy alexa ask if it knows siri...



Tech talk



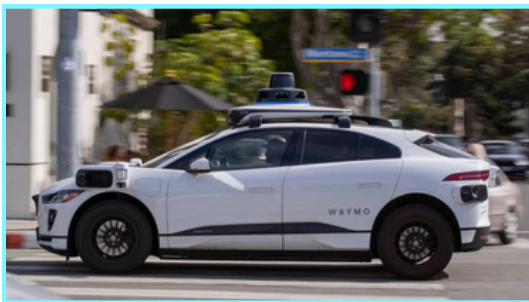
SELF DRIVING CARS!



Self driving cars or an autonomous vehicle is broadly defined as one equipped with technology that senses the conditions around it, including traffic, pedestrians, and physical hazards and can adjust its course and speed without a human at the controls. Although not all autonomous vehicles are fully equipped to drive themselves without any human intervention. There are 5 levels according to the society of automotive engineers. One being where a driver is behind the wheel and in control, but is aided by various automated warnings or safety features such as blind spot warning and automatic emergency braking. And 5 a fully autonomous, or self-driving, vehicle that does not require a human to operate the controls.

How do they work?

Self-driving cars see what's going on around them using three main electronic "eyes"—radar, cameras and laser-based LiDar, which stands for light detection and ranging. The array of sensors can detect a wide variety of road features and obstacles such as lane markings, curbs, pedestrians, cyclists or other vehicles.



AN AUTONOMOUS TAXI IN SAN FRANCISCO



POSITIVES

1. Fully autonomous vehicles would take human error out of the equation, thereby making our roads safer not just for drivers, but also passengers, cyclists and pedestrians
2. It could end traffic, these cars could communicate with each other in order to pick an optimum speed to maintain a steady traffic flow.
3. It could be more environmentally friendly as most self driven cars are electric

NEGATIVES

1. They are not as accurate if weather conditions are harsh eg. snow etc.
2. As they require a lot of advanced technology to become driverless, it could be targeted by hackers etc and cause some major privacy concerns.
3. For people who use their car for their job eg. uber drivers, it could cause a massive amount of jobs lost as they won't be needed anymore.

Rima



SELF ESTEEM

What is self esteem?

Self-esteem is how we value and perceive ourselves. It's based on our opinions and beliefs about ourselves, which can feel difficult to change. We might also think of this as self-confidence.

Your self-esteem can affect whether you:

- Like and value yourself as a person
- Can make decisions and assert yourself
- Recognise your strengths
- Feel able to try new or difficult things
- Show kindness towards yourself
- Move past mistakes without blaming yourself unfairly
- Take the time you need for yourself
- Believe you matter and are good enough



Is low self esteem and mental health linked?


Low self-esteem isn't a mental health problem in itself. But mental health and self-esteem can be closely linked.

Some of the signs of low self-esteem can be signs of a mental health problem. This is especially if they last for a long time or affect your daily life. For example:

- Feeling hopeless or worthless
- Blaming yourself unfairly
- Hating yourself
- Worrying about being unable to do things

Having a mental health problem could also cause you to have low self-esteem. And it might feel harder to cope or take steps to improve your self-esteem if you struggle with your mental health.

I know for myself when I have low self esteem it has a huge impact on little things that occur in my day to day life. My self talk is super negative, i'm in a grumpy mood and sometimes take that out on the ones i'm close to. When I know i'm having one of these days I check myself! Whenever I catch myself talking negatively or taking my anger out on others, I'll tell myself to do the opposite. So instead of saying, "Wow I suck at running, i shouldn't even try." I say, "Some things take time, and in time you will reach your goal but for right now your trying your best and that's all that matters! If I don't do this I only get the negative voice in my head and listening to that everyday is a total drag and doesn't help me at all!



What changes can I make to improve my self esteem?

BE KIND TO YOURSELF

CHALLENGE NEGATIVE
THOUGHTS ABOUT YOURSELF!

SAY POSITIVE AFFIRMATIONS

DON'T COMPARE YOURSELF
TO OTHERS

TREAT YOURSELF #SPADAY

CELEBRATE YOUR
SUCCESSES!

I matter

MADPRIDE

JOIN US THIS MONTH FOR A FUN AND GROOVY NIGHT OF MUSIC, QUIZ'S, SPOT PRIZES AND SOME KAI!

80'S

MAD PRIDE IS AN EVENT FOR PEOPLE WITH EXPERIENCE OF MENTAL ILLNESS TO CELEBRATE WHO WE ARE AND OUR UNIQUE TALENTS; TO PROMOTE ACCEPTANCE AND UNDERSTANDING AND TO DECREASE STIGMA TOWARDS MENTAL ILLNESS.

SO GROVE ON DOWN TO BIDDY MULLIGANS BAR TO ENJOY A GREAT LINE UP OF TALENT, WITH A TOTALLY TUBULAR THEME AND WE'RE HOPING YOU WILL JOIN US!



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Centre 401 Trust

PROUDLY PRESENTS

MADPRIDE 80'S

MAD
TO
THE
BONE

**17TH
OCTOBER**

**BIDDY
MULLIGANS
BACKBAR
6:00 PM**

JOIN US
FOR A
NIGHT OF
80'S
NOSTELGIA.

LIVE MUSIC

PRIZES

LIGHT SUPPER

FREE
ENTRY



THIS YEARS THEME IS MAD TO THE BONE 80'S!
WE LOOK FORWARD TO SEEING ALL OF THE
GROOVY AND BODACIOUS OUTFITS...
SEE YOU THERE!



TE WHARE WHAA RAU MA TAHI
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Whitu

TE WIKI O TE REO MĀORI

Te Wiki o Te Reo Maori week was last month and to celebrate we had a few challenges and activities for our whaiora!

1

Monday - We opened the week with a karakia.

Wednesday - We made the recording of King Tūheitia Tangi for our membership that could not pay tribute the previous week.

3

4

Thursday - There was also a pepeha and mihi competition for whaiora.

2

Tuesday - We encouraged our membership to tautoko Te Reo and be in for a surprise.

5

Friday - We had a Kai Hakiri to celebrate te reo maori week over some Kai.



AKE AKE AKE
A FOREVER LANGUAGE
KIA KAHA TE REO MĀORI

MENTAL HEALTH AWARENESS WEEK



Mental Health awareness week was last month and we tried to incorporate the themes into our workshops and day to day activities.

1

Maanaki Monday - We all made sure to show kindness to each other or performing a random act of kindness

2

Tautoko Tuesday - Talk!! Today we focused on having possibly hard conversations and being there for others.

3

Whanau Wednesday - Make sure to keep connected to your whanau, blood or chosen!

4

Tuhono Thursday - Today's goal is to connect with someone new in your community!

5

Whakawhetai Friday - Spread some good vibes by showing gratitude in your community today!

Colour me in!

Grab some pens, pencils, crayons or felts to add colour to your scene and bring it to life!



Mindful Colouring

mhaw.nz
#mhawnz

MHAW Mental Health
Awareness Week
23 – 29 SEPTEMBER 2024

iwa



FUNNY FARM

"jokes from you folks"



Walt Disney

"The way to get started is to quit talking and start doing."



John Wooden

“ QUOTATIONS ”

"Do not let making a living prevent you from making a life."



What do you give a sick lemon?
Lemon-Aid!



Why didn't the teddy bear eat dessert?
He was stuffed!

Why can't you trust atoms? Because they make up everything



Why did the tomato blush?
Because he saw the salad dressing...



What did the plate whisper to the other plate?
Dinner is on me!

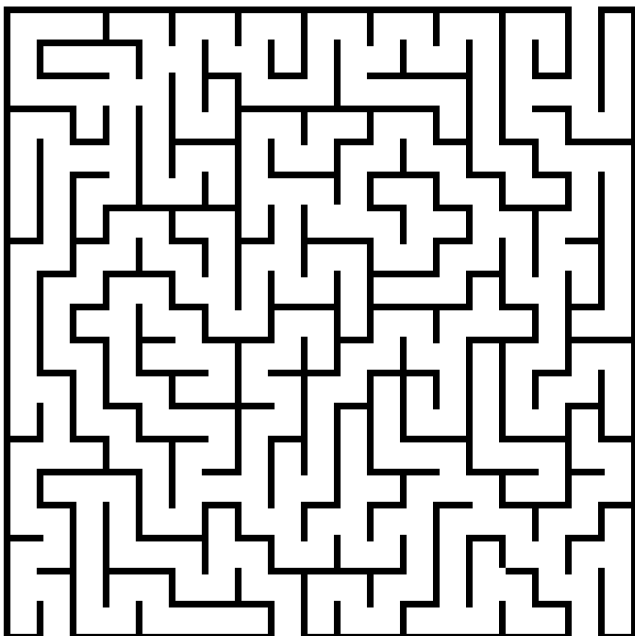


What kind of tree fits into your hand?
A palm tree!

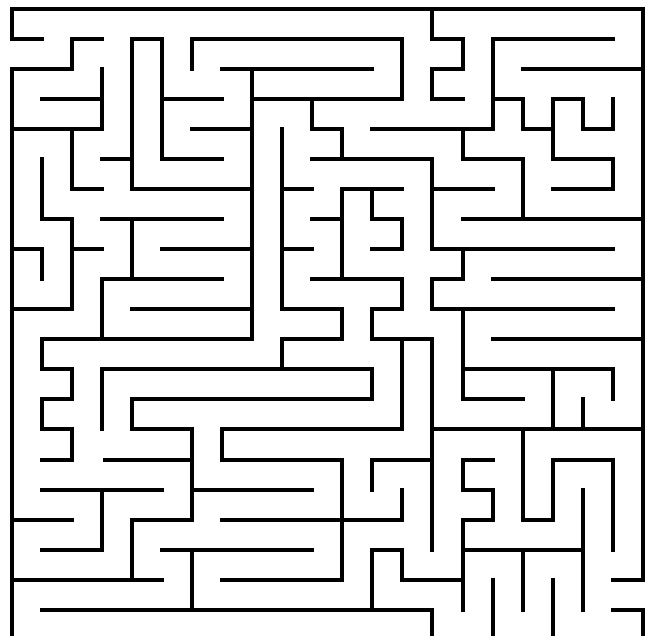


If you have anything funny that you think may lift some ones mood - email to reception@centre401.co.nz

PUZZLE OF THE MONTH



tekau



PLANET 401



WHAA RAU MA TAHI

WORDFIND

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

FERN
DISCO
PAINTING
WALKING
HIGHWAY
SKATES
MUSIC
EEL

SEARCH
SNOW
AIRPLANE
MOSS
BOTTLE
STICKER
BRICK
EXERCISE

OYSTER
BEAR
RADIO
MERMAID
SUPPORT
TECHNOLOGY
PUZZLE
ROCK

HAVE AN AWESOME OCTOBER!

Tekau Ma Tahi

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