

TE WHARE WHAA RAU MA TAHI CENTRE 401 TRUST

# PLANET 401



WHAA RAU MA TAHI

HEPETEMA

September

WRITTEN BY AND FOR PEOPLE WITH EXPERIENCE OF MENTAL HEALTH



ISSN 2253-4385 (print)  
ISSN 2253-4393 (online)

@centre401trust

www.centre401.co.nz



# SEPTEMBER

# 2024

# CONTENTS

rua CENTRE NOTICE BOARD

whaa rima *Tech talk*

ono *Lets talk dirt!*

whitu *Lets get a spring in our step...*

waru *Spring Clean & Mad pride*

iwa **Healthwatch updates**

tekau **FUNNY FARM**

tekau-ma -tahi *Wordfind*

**Want to receive a Planet401 issue?**

**email:** [admin@centre401.co.nz](mailto:admin@centre401.co.nz) & subscribe.

## Disclaimer:

The information in this newsletter is for general information only. Planet 401 is subject to copyright in its entirety. All letters and other material sent to Centre 401 Trust will be assumed intended for publication unless clearly labelled "not for publication". Opinions expressed in Planet 401 are those of the contributors and not necessarily those of Centre 401 Trust and its staff.



**Random Riddle:**

What can be touched but can't be seen?





# 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

GET YOUR OWN RADIO SHOW AND PODCAST IN THE FREE FM

# YOUTH ZONE!




@FREEFM89

#FREEFMYOUTHZONE

**Free FM 89**  
Independent COMMUNITY MEDIA



 <b>TE WHARE WHAA RAU MA TAHI</b> <b>Centre 401 Trust</b>			
<b>WEEKLY WORKSHOPS</b>			
<b>Raahina</b> <b>Monday</b>	<b>COUCH TO 5K</b> <b>9.30AM</b> <small>Departing C401</small>	<b>TE REO RANGATIRA</b> <b>9:30-11</b> <small>Training Room</small>	<b>TECH CLUB</b> <b>11-12</b> <small>Care Café</small>
<b>Raatu</b> <b>Tuesday</b>	<b>COUCH TO 5K</b> <b>9.30AM</b> <small>Departing C401</small>	<b>JOBSQUAD</b> <b>1-2PM</b> <small>Care Café</small> <small>By appointment only</small>	
<b>Raapa</b> <b>Wednesday</b>	<b>COUCH TO 5K</b> <b>9.30AM</b> <small>Departing C401</small>	<b>WOMEN'S GROUP</b> <b>10:30-11:30</b> <small>MADJAM 10-12PM Training Room</small>	<b>NGAA TOI</b> <b>1-3PM</b> <small>Training Room</small>
<b>Raapare</b> <b>Thursday</b>	<b>COUCH TO 5K</b> <b>9.30AM</b> <small>Departing C401</small>	<b>Depression &amp; Anxiety Support</b> <b>11:30 - 12:30PM</b> <small>Training Room</small>	<b>STATE OF MIND</b> <b>1:30-2:30</b> <small>Training Room</small>
<b>Raamere</b> <b>Friday</b>	<b>WAIATA</b> <b>9:30-10</b> <small>Training Room</small>	<b>ART O CLOCK</b> <b>10:30-12</b> <small>Training Room</small>	<b>MADJAM</b> <b>1-3PM</b> <small>Training Room</small>
<b>GAMES CLUB</b> <b>12:30-1:30</b> <small>Training Room</small>			
<b>We look forward to seeing you :)</b>			

# Lets talk DIRT!

presented by **GARDEN WISDOM**

A workshop for the learner gardener

Topics we cover :

- planting calendar
- growing on a budget
- seedling raising
- what works and what doesn't
- sharing knowledge
- trial & error

**Every 2nd Friday**

## FRIDAYS 11 AM

ask at reception for a starting date

**join us for**

# Psycoffogee

Monday 10am - 11am **Thursday UNDER**  
 Centre Place Food Court **30's 4.30pm - 5.30pm**  
 Wednesday 1.30pm- **Coffee Culture, 5 Cross Road**  
 2.30pm **Friday 11:30am -**  
 Fastlane Fitness, Foodzone **12:30 pm**  
 Thursday 10am - 11am **Friday 1pm - 2pm**  
 Hood Street Bistro **Centre Place Food Court**

**▶ NEXT MONTH ▶**

 **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**

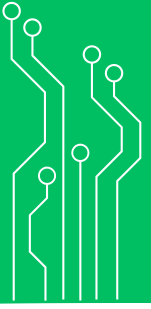
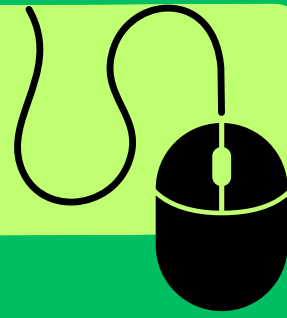
**JOIN US FOR A NIGHT OF 80'S NOSTELGIA.**

Reception@centre401.co.nz / 07 8380199

toru



# Tech talk



## HOW DO COMPUTERS TALK TO EACH OTHER?

This month I'm going to (quickly) cover networking and how two computers talk to each other. I'm going to keep it simple so don't tune out yet. This is only Internet Protocol 4 (IPv4) networking and won't touch on things like Bluetooth, or the Network Address Translation (NAT) that allows your private address to talk in the big bad world.

In the days when you sent a paper letter to someone you needed to know their address. This could include a room number, street number, street name and town. From that the Post Office could send your letter to the right town then the postie would deliver it to you. Networking is similar. You are part of a network (street) and your device has an IPv4 address (street number). On your local network (assuming a common home configuration) your network is 192.168.1. (street) and your modem address is 254 (street number). Your device will have the same network address, but a unique host address, such as 103 or 204. So, if my machine 192.168.1.201 wants to talk to yours at 192.168.1.27 it knows that it is on the same network (street) and so sends the data direct.

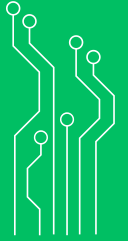
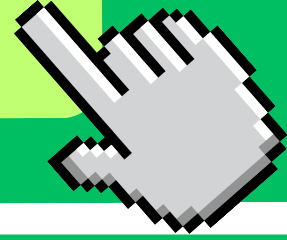
When your device starts it broadcasts a query to the entire network asking for an address. A DHCP (Dynamic Host Configuration Protocol) program running on your modem gets the query and responds with a unique valid address. It also sends a default route and DNS (Domain Name Service) information.





# Tech talk

## With Kevin



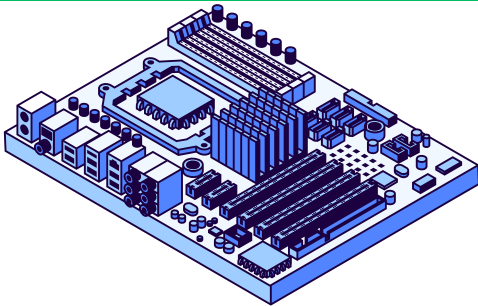
If you want to talk to a web server such as `www.google.com` your machine will send a request to the configured DNS asking it to translate the name you have given into an IPv4 address. It then tries to contact the given address. An example address for `www.google.com` is `142.250.66.196` and as this is not on my own network (street) it sends the data to the default route (my modem) and lets it sort out where to send it. This is like a letter that isn't addressed to someone outside your area that is sent to the central post office and they sort out where it goes.

With me so far?

**Street name = Network Address (your local network)**

**Street number = Host address (unique to each device on the network)**

The last little bit is the TCP (Transmission Control Protocol) port the data is sent to. This is like the room number. When you contact a server and ask for a web page, that same server may well handle requests for email, databases, files and a load of other things.



In order to know that you are asking for a web page your device sends it to a known port on the server. For web it is port 80 (or 443 for secure web (HTTPS) requests). This is like having a German in room 1, and Italian in room 2 and a Chinese in room 3, each of whom only speaks one language.

If a letter arrives for room 2 but written in German then it would get dropped on the floor as unreadable. A web request to anything other than port 80 would also get dropped on the floor as unreadable. Anything other than a web request to port 80 would also not work.

So, the last bit of the network puzzle is the port address

Room number = Port address

So, if your device has an address on the correct network it can talk to any other device on that network. If it also has a default route it can talk to any device world-wide. If you have a DNS set then it can translate the names you give it (like `www.centre401.co.nz`) to an address it can use (like `103.6.212.188`) and so reach the service you want on the internet.





# Lets talk

proubly presented by Garden Wisdom

# DIRT!



Lets Talk Dirt was a name that we thought would bring a giggle and more importantly regenerate interest in our awesome garden. Spring is just around the corner and theres loads to do!



Join us every 2nd Friday OR everyday if your super keen to get our garden into Spring Tip Top condition!  
We will be looking to spruce up around our garden, from water-blasting, seed raising, planting, Weed whacking...you name it, we do it!  
Find your inner greenie and head on down to talk some dirt!





# Spring

## How to make the most of the new season?

Just as nature goes through its cycles of change, we too can take advantage of the spring season to prioritize our mental health and embrace fresh starts and a new outlook as the year winds down. After a long and challenging year, spring can be a perfect time to hit the reset button and focus on our mental well-being.

### 1. Make use of daylight savings!

With longer days and warmer temperatures, spring offers the perfect opportunity to get outside and soak up some Vitamin D. Spending time in nature has been proven to boost mood and reduce stress. Take a walk in the park, go for a hike, or simply sit in your backyard and enjoy the beauty of the season. Outdoor activities can help you feel more connected to nature and provide a fresh perspective, which can contribute to a more positive outlook.

### 3. Refresh your space!

Spring is a great time to set new goals and prioritize self-care. Reflect on what you want to achieve in the coming months and set realistic and achievable goals for yourself. It could be a personal or professional goal, such as learning a new hobby, improving your fitness, or advancing in your career.

### 4. Connect!

Social connections are crucial for mental health and well-being. As the weather gets warmer, take advantage of the opportunity to connect with others. Plan outdoor activities with friends and loved ones, such as picnics, barbecues, or outdoor sports. You can also join a local gardening club or participate in community events to foster a sense of belonging and connection.

### 2. Refresh your space!

Just as nature sheds its winter coat and blooms anew, you can take the opportunity to declutter and refresh your living space. A cluttered environment can contribute to feelings of stress and overwhelm. Take some time to clean out your living space, organize your belongings, and create a fresh and inviting atmosphere. You can also add some touches of spring, such as fresh flowers or potted plants, to bring a sense of renewal and vitality into your home.



# MADPRIDE

## 80'S

Join us next month  
for a fun and groovy  
night of music,  
quiz's, spot prizes  
and some kai!



## Spring Cleaning Tips

1. Start with a **clean slate**. Empty the wardrobe completely. Making piles of certain types of clothing items can help!
2. **Donate old clothes!** Putting a pile of clothes that you don't wear or want anymore is an awesome way to reduce waste!
3. Before diving into a deep clean, **decluttering is essential**, Go through each room and set aside items you no longer need or haven't used in the past year. Make piles for charity shop donations, regifting and chucking.
- 4 Clutter is magnified in small spaces. If **you don't need it chuck it**. Everything should have it's place.
5. Clean **one space or room at a time**. Do this to avoid overwhelming yourself.





**Style is something we are definitely not short of at Centre 401 Trust...check out these 2 groovers!**  
**hmmmm we are getting some ideas for our Madpride 80's theme...nek step...can I borrow the boa Amanda?**

**80'S vibes**

**▶ NEXT MONTH ◀**

**Centre 401 Trust**  
**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.**

**FREE!**

**iwa**





# FUNNY FARM

"jokes from you folks"



Mother teresa

Spread love everywhere you go. Let no one ever come to you without leaving happier.

Abraham Lincoln

## “ QUOTATIONS ”

In the end it's not the years in your life that count./ It's the life in those years.



Why did the banana go to hospital?  
He was peeling real bad



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

What did the cupcake tell its frosting?  
I'd be muffin without you.



What time is it when you have to go to the dentist?  
Tooth hurty



..What do you call cheese that's not your cheese?  
Nacho cheese!

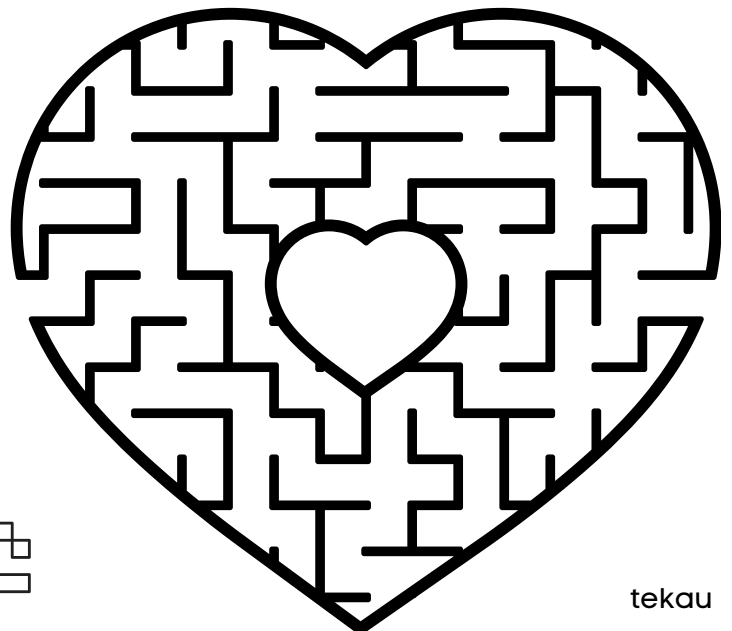
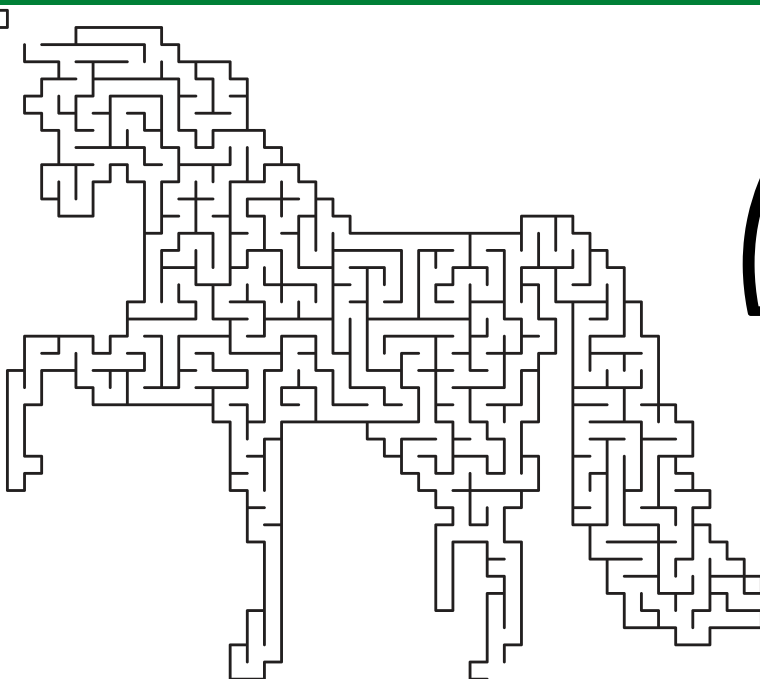


What sits at the bottom of the sea and twitches?  
A nervous wreck...



If you have anything funny that you think may lift some ones mood - email to [reception@centre401.co.nz](mailto:reception@centre401.co.nz)

## PUZZLE OF THE MONTH





# PLANET 401



WHAA RAU MA TAHI

## WORDFIND

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

DAYLIGHT  
BICYCLE  
EXERCISE  
MATHS  
WARM  
COMPUTER  
PLANTS  
CONNECTION

FRIES FRUIT  
WELLBEING  
ACTIVITY  
MUSIC  
WEATHER  
GUITAR  
VAN

CLEANING  
FLOWER  
TECH  
STEREO  
SPRING  
DIRT  
VOCALS  
SEARCH

## HAVE AN AWESOME SEPTEMBER!

Tekau Ma Tahī

[WWW.CENTRE401.CO.NZ](http://WWW.CENTRE401.CO.NZ)