

TE WHARE WHAA RAU MA TAHI CENTRE 401 TRUST

PLANET 401

HĀNUERE

January

WHAA RAU MA TAHI

WRITTEN BY AND
FOR PEOPLE WITH
EXPERIENCE OF
MENTAL HEALTH



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CROSSING
AT NIGHT

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MENTAL HEALTH

Want to receive a Planet401 issue?

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Random Riddle:

What can kids make but never see?





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

We look forward to seeing you :)



TE WHARE WHAA RAU MA TAHI
Centre 401 Trust

Psycoffogee



LGBTQ +



EVERY FRIDAY 11:30AM - 12:30PM @ CRAVE CAFE 130 ROSTREVOR STREET, HAMILTON, NEW ZEALAND

PSYCOFFOGEE IS AN INFORMAL PEER SUPPORT GATHERING OFFERED BY CENTRE 401 TRUST. JOIN US FOR GREAT COFFEE, FRIENDSHIPS, LAUGHTER AND SUPPORT.



YOU CAN IDENTIFY US BY THE RUBIK'S CUBE ON THE TABLE



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

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We look forward to seeing you :)

Happy New Year!



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

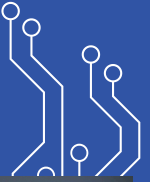
Grave Cafe

Friday 1pm - 2pm

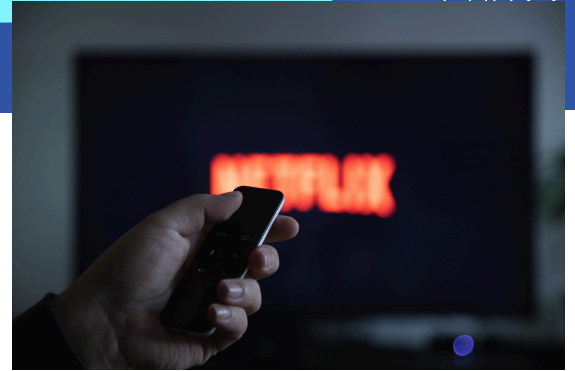
Centre Place Food Court



Tech talk



HOW VIDEO STREAMING WORKS: BEHIND NETFLIX AND YOUTUBE



Video streaming has become an essential part of our daily lives, allowing us to watch movies, shows, and videos on-demand. Platforms like Netflix and YouTube make this process seem seamless, but behind the scenes, there's a lot of fascinating technology at work. Let's take a closer look at how video streaming works.

What is video streaming and how does it work?

Streaming is the process of delivering video content over the internet in real-time. Unlike downloading, where you save the entire file before watching, streaming allows you to play the video almost immediately while the rest of it continues to load in the background.

Here's a step-by-step breakdown of how streaming happens:

Step 1: Content Storage

- Videos are stored on powerful servers that can handle large amounts of data and traffic.
- These servers are located in data centers worldwide to ensure faster delivery.

Step 2: Compressing the Video

- Raw video files are massive, so they're compressed into smaller formats without losing quality.
- This makes it quicker to send the video over the internet.

Step 3: Content Delivery Networks (CDNs)

- To minimize buffering, streaming platforms use CDNs, which are networks of servers spread across different locations.
- When you hit play, the video is streamed from the server closest to you, reducing delay.

Step 4: Adaptive Streaming

- Platforms like Netflix and YouTube use adaptive streaming to adjust video quality based on your internet speed.
- If your connection slows down, the video switches to a lower resolution to keep playing smoothly.

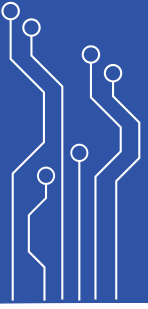
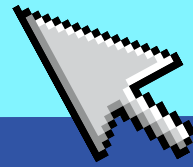
Step 5: Buffering and Playback

- A small portion of the video is downloaded ahead of time (buffered) to prevent interruptions.
- The video player on your device decodes this data and displays it in real-time.



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Tech talk



What Happens When You Hit Play?

1. Your device sends a request to the platform's server for the video.
2. The server locates the video file and streams it to your device.
3. The video player on your device decodes the data and plays it instantly.

Common Challenges in Streaming

- **Buffering:** Happens when your internet connection is too slow to keep up with playback.
- **Latency:** A delay between your request and the video starting, often caused by distance from the server.
- **Bandwidth Issues:** Watching high-quality videos (like 4K) requires more data, which can strain networks.

Why Streaming is So Popular

- **Convenience:** No need to wait for downloads—just click and watch.
- **Accessibility:** Stream from any device with an internet connection.
- **On-Demand Content:** Watch what you want, when you want, without sticking to a TV schedule.

How Do Streaming Platforms Personalize Content?

- Streaming platforms use AI and machine learning to analyze your viewing habits.
- Data such as the time spent watching, genres, and skipped sections help recommend shows or videos tailored to your preferences.

Types of Video Streaming

Streaming isn't limited to on-demand content. Here are the main types:

- **On-Demand Streaming:** Services like Netflix, Hulu, and YouTube allow users to choose and watch content anytime.
- **Live Streaming:** Platforms like Twitch and YouTube Live let users broadcast events in real-time, such as gaming, concerts, or news.
- **Interactive Streaming:** Emerging platforms enable viewers to interact with content, like voting in real-time or choosing story outcomes.

The Future of Streaming

As technology evolves, streaming will only get better. Faster internet speeds, like 5G, will reduce buffering. New technologies, such as edge computing and AI-based recommendations, will make streaming faster and more personalized than ever.

WHAT IS C401 INTENTIONAL PEER SUPPORT TEAM

Intentional Peer Support (IPS) is a relationship-based model that builds upon the existing philosophies of traditional peer support where strength, **healing and recovery lies within the power of the shared lived experience.**

Our dedicated IPS team have all traversed the journey from unwellness to positive holistic wellbeing and utilise their experiences to assist others within their own recovery. The IPS team also all hold relevant qualifications and receive ongoing training to be able to provide the best services possible, overseen by our Practice Manager who has over 30 years of experience within the social services.

Via the shared experience, IPS aims to **build positive reciprocal relationships** that will assist you to see things from new perspectives, develop a greater awareness of your needs, and provide knowledge, tools and skills to decrease distress and reach and sustain recovery. IPS also promotes independence and autonomy, providing support and encouragement for you to become the leader in your own wellness journey.

So how can we help?

Once you sign up with Centre 401 you can access any of the free services we provide, this includes the option to be matched with an IPS worker who will walk alongside you to overcome challenges, advocate, meet goals, and provide invaluable support and guidance to decrease distress and assist you into recovery. This can be at our centrally located office, in your own home or any place of your choosing.

What next?

Simply contact us at Centre 401 via phone **07 838 0199** or email **admin@centre401.co.nz** or come into our office and make a time to meet with one of our team.

Testimonials

“Working with the IPS team gives me a good feeling as they listen and go at my own pace without any pressure. They always take the time to genuinely understand and make me feel safe, cared for and heard” – I.

“IPS staff are always friendly, approachable and knowledgeable, and are readily willing to help no matter if the need is big or small, they also inspire me to help others” - A.



2025 RESOLUTIONS



SETTING INTENTIONAL RESOLUTIONS FOR MENTAL HEALTH

The New Year is often associated with lofty goals and ambitious resolutions. However, many traditional resolutions end to fail because they are vague, overly ambitious, or rooted in external expectations rather than personal growth. Setting intentional resolutions shifts the focus to meaningful, manageable, and personalized goals that nurture your mental health and well-being. Here's how to approach it:

MAKE SURE YOUR BEING SPECIFIC AND REALISTIC!!

- **Why it matters:** Vague resolutions are hard to follow. Specific goals provide clarity and direction.
- **How to do it:**
- Instead of "I want to be happier," try "I will identify three things I'm grateful for every day."
- Break large goals into smaller, manageable steps. For example, "I'll exercise for 10 minutes three times a week" instead of "I'll get fit this year."

BUILD RESILIENCE THROUGH FLEXIBILITY

- **Why it matters:** Life is unpredictable, and rigid resolutions can feel discouraging when plans change.
- **How to do it:**
- Reframe setbacks as learning opportunities. If you miss a goal, ask, "What can I adjust to make it more achievable?"
- Set resolutions that adapt to your current circumstances, such as "I'll take care of myself by listening to my needs daily."

WHAT ARE THE BENEFITS OF INTENTIONAL RESOLUTIONS?

- Greater emotional well-being
- A sense of control and accomplishment
- Sustainable habits that build resilience
- Reduced pressure and anxiety

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HERES A LITTLE SNEAK PEEK INTO OUR 2024 CHRISTMAS PARTY!!

THANK YOU SO MUCH TO OUR MEMBERSHIP THAT HELPED CREATE THIS AWESOME SHARED KAI FOR OUR CENTRE 401 WHAANAU.



STRESS MANAGEMENT AND BURNOUT PREVENTION FOR THE NEW YEAR

The start of a new year often brings excitement but can also lead to increased stress as people juggle resolutions, work, relationships, and personal goals.

Stress, when unmanaged, can escalate into burnout—a state of emotional, physical, and mental exhaustion. Prioritizing stress management and burnout prevention in the New Year is essential for sustaining overall well-being.

Understanding Stress and Burnout

- **Stress** is a normal response to challenges, but chronic stress can affect physical and mental health.
- **Burnout** is prolonged stress that leads to exhaustion, detachment, and reduced productivity. It's common among individuals who feel overworked, undervalued, or overwhelmed.

1. Recognizing Early Signs of Stress and Burnout

- **Physical Symptoms:** Fatigue, headaches, sleep disturbances, muscle tension.
- **Emotional Symptoms:** Irritability, anxiety, a sense of overwhelm, or detachment.
- **Behavioral Symptoms:** Decreased productivity, procrastination, withdrawing from others.

Actionable Tip: Keep a stress journal to track triggers, symptoms, and patterns. This helps identify when you're nearing burnout.

2. Time Management Strategies

- **Why it matters:** Poor time management often leads to stress and a sense of being out of control.
- **How to do it:**
 - Use tools like planners, to-do lists, or time-blocking to organize your day.
 - Prioritize tasks using the Eisenhower Matrix:
 - Urgent and important: Do it now.
 - Important but not urgent: Schedule it.
 - Urgent but not important: Delegate it.
 - Neither urgent nor important: Eliminate it.

3. Practical Activities for Stress Relief

- **Physical Activities:** Yoga, stretching, jogging, or dancing.
- **Creative Outlets:** Drawing, painting, crafting, or playing music.
- **Relaxation Techniques:** Aromatherapy, bubble baths, or guided relaxation.



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CELEBRATING PROGRESS NOT PERFECTION

The New Year often comes with the pressure to achieve ambitious goals and live up to high expectations. While striving for success can be motivating, an overemphasis on perfection can lead to stress, burnout, and feelings of inadequacy. Instead, focusing on progress—even small steps—can boost self-esteem, build resilience, and create a sense of accomplishment. Here's how to shift your mindset and celebrate progress throughout the year.

Why Progress Matters More Than Perfection

1. **Perfection is Unrealistic:** Perfection is often unattainable, and the pursuit of it can lead to frustration and self-doubt.
2. **Progress is Empowering:** Each step forward is a reminder of your capability and growth.
3. **Builds Momentum:** Celebrating progress reinforces positive behaviors, making it easier to stay motivated.
4. **Encourages Self-Compassion:** Focusing on growth over perfection helps you be kinder to yourself.

Embrace Mistakes as Part of Growth

- **Why it matters:** Mistakes are valuable learning opportunities that pave the way for improvement.
How to do it:
 - Reflect on what went wrong and how you can adjust.
 - Practice affirmations like, "Mistakes are proof that I'm trying."

Focus on Effort, Not Outcome

- **Why it matters:** Effort is within your control, while outcomes can depend on external factors.
How to do it:
 - Acknowledge the effort you put in, even if the result wasn't what you hoped for.
 - For example, if you didn't ace a presentation, celebrate the time and energy you spent preparing.

Surround Yourself with Support

- **Why it matters:** Encouragement from others reinforces the value of your progress.
How to do it:
 - Share your goals with supportive friends, family, or a mentor.
- Celebrate milestones together, such as hosting a dinner after completing a challenging project.



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FUNNY FARM

"jokes from you folks"

"We all get the exact same 365 days. The only difference is what we do with them."

Hillary DePiano

QUOTATIONS

"With the new day comes new strength and new thoughts"

Eleanor Roosevelt



Why was the picture sent to jail?
It was framed!



Why do we tell actors to break a leg?
Because every play has a cast.

Why was the librarian kicked off of the plane?
Because it was overbooked.



What do gnomes do after school?
Their gnome work...



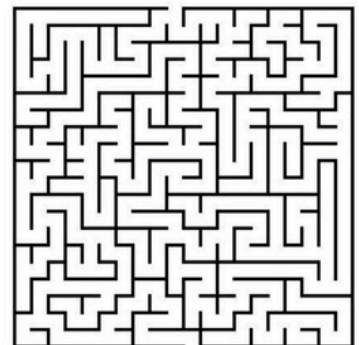
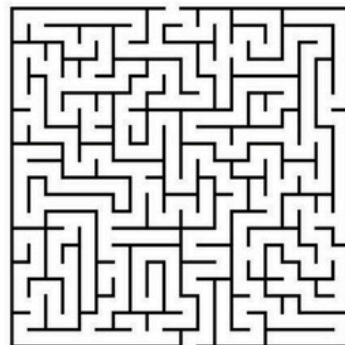
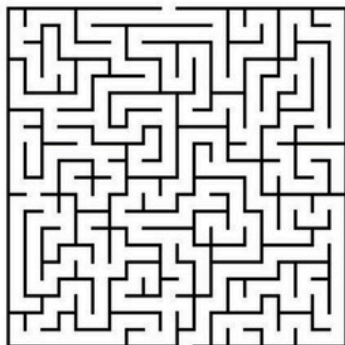
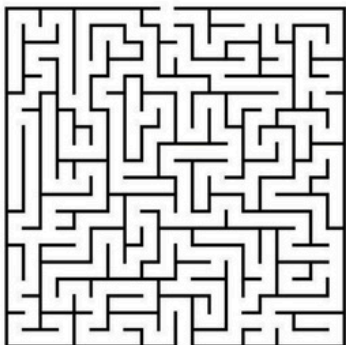
Why was the skeleton afraid of the storm?
Because he had no guts.



What kind of music do mummies listen to?
Wrap music

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



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WORDFIND

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

TIME
TOWEL
SHARK
SHELL
NEW
SAND
BOOGYBOARD
MUSIC

SURFBOARD
RESOLUTIONS
GROWTH
FIREWORKS
CELEBRATION
HAPPY
UMBRELLA

WAKEBOARD
OCEAN
JANUARY
SPEAKER
SUNSHINE
FISH
WATER
REST

HAVE AN AWESOME JANUARY!

Tekau Ma Tahi

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