

Chatters

A publication of Crossroads Clubhouse

May/June 2014



Rents in Auckland

Seems to me that the rents in Auckland are way above the expected norm. I have experienced the stress of nearly being on the street twice; a victim of circumstances.

Landlords are ripping off beneficiaries and making a packet. Even if the benies get the accommodation supplement it's still not nearly enough for a decent diet, clothing, transport etc.

I don't think it's fair that the lower income earner ends up paying relatively more tax than the high income earner.

Personally I think that Paula Bennett should do something to help those that need warm safe and comfortable homes to live in.

Robert P

The contributors to this issue of Chatters are:



The ideas and opinions expressed in Chatters are not necessarily those of Crossroads Clubhouse, Arahura Trust or Auckland District Health Board. We welcome your feedback and are happy to pass this on to the contributors of Chatters.

Directors Report

I think this space is great opportunity for me to talk a little bit about the Smoke-free award that our Clubhouse recently received. These awards will be given to workplaces around the country that pursue policies to create smoke-free environments, and we're the first workplace to achieve this award! (See p4).

On the one hand this award is a huge achievement. It is testament to the tough decision made by the previous Clubhouse Director Patrick in 2011 to become smoke-free and by the conscientious and supportive work of Nadine, other staff and members to provide smoking cessation support since that time. Perhaps more importantly, it's also recognition for all the members who have quit during this time and those who have given it a go. This magazine has done a great job recently of profiling some of these members and I hope their stories inspire others.

The flip side to becoming smoke free is of course the effect that it has had on the members of Clubhouse who do smoke. As smoking becomes less

and less the norm, and smokers find the spaces in which they can smoke ever decreasing, we need to make sure that these individuals remain supported. It is easy to see that as the price of tobacco continues to increase and more of our country becomes smoke-free, that life for smoking New Zealanders will become more and more difficult.



So we will continue to make smoking cessation a regular conversation every day at Clubhouse. We will walk alongside members when *they* decide to quit. We'll celebrate the successes and be supportive during the lapses. More broadly, it's importantly that we continue to be reflective of the wider community. By remaining smoke-free, and by supporting members to achieve this goal we do the best job we can assisting members to find their place in the world.

Stephen

Newsflash

Our annual Fundraising **Garage Sale** in April was a huge success, we raised over \$2000. After plenty of discussion we have decided to put this money towards the cost of an espresso coffee machine. Arahura have generously offered to help fund the balance of this cost. An espresso machine at Clubhouse will create an opportunity for members to learn barista skills. Many thanks to all who supported our Garage Sale. See p 6-7 for Rachael's story and pictures.

The Heart Beat program is run across work places in Auckland to promote healthier less stressful work environments. As a part of this program we were nominated by Auckland Regional Public Health (ARPH) for the first ever **Workplace Smokefree Award**. Diane, Kathryn and Brad from ARPH visited to present the award, (see picture) and celebrate the occasion with us over a morning tea and healthy discussion.

We have also begun a 12 week weight loss /healthy eating challenge



called **'Weigh 2 Go'**. Louise (a Dietician from ARPH) is supporting us by running several information sessions on healthy eating, budgeting and shopping tips etc. We will meet weekly at 11am on Thursdays to support one another discuss tips and do a weigh in. All are welcome.

Recently Debra from the **Open Wananga**, visited us to provide information about free home based learning opportunities. See p 18 for details. If there is sufficient interest in one course this will be facilitated at Clubhouse two days per week. Register your interest at reception or ph 376 4267.



Newsflash



May Social was extra special with the outing being a trip to Miranda Hot Pools in the Coramandel, see Glenn's story on p10.



The **C & C Lawns** team are doing an excellent job and really enjoying keeping busy and earning some extra cash. Keep an ear out for updates on this initiative.

Congratulations to Gavin H who recently found paid work in Peer Support. Gavin completed Peer Support training through Mind & Body last year. He did his placement at Clubhouse and has continued to be involved as a member. Well done to Pauline T who recently found part time hospitality work. They are both pictured below.



Clubhouse is selling copies of the **Entertainment Book** as a fundraiser. Books cost \$65, \$13 from each book will go to Clubhouse. This is a great opportunity to get hold of a bunch of savings on eating out, entertainment, holiday accommodation, etc while supporting a great cause. To buy a book go to: [h t t p s : / / www.entertainmentbook.co.nz/orderbooks/9004x25](http://h.t.t.p.s.: / / www.entertainmentbook.co.nz/orderbooks/9004x25) or give a call on 376 4267 or email [ad-min@crossroadsclubhouse.org.nz](mailto:admin@crossroadsclubhouse.org.nz)

Bargain Extravaganza!

Our third annual garage sale was the most successful so far. Rachael fill's us in...

I helped sort and arrange clothing and bits n pieces before the garage sale and on the day. I put the dresses and skirts into groups and separated men's, women's and kids clothing.

On the day I worked along side Nadine. I enjoyed this, as it was very busy. I sorted through boxes of clothes and hung clothes on the racks as they sold. Lots of womans clothes went, there weren't many dresses or skirts left.

I got in early myself and bought some gear. I bought game cards,

c.d's, dvd's, a cricket bat, and a photo frame that said 'I don't do mornings'. It was hard to find the swimwear box, but I eventually found it. There was lots of stuff.

It was good to meet Stephen's girlfriend Ngaire, and see his friend Esther and Sandra's sister again. Esther asked about Club-house membership. I enjoyed catching up with Debbie (who used to be a casual staff member at Club-house). It was great to see Emma's Mum, she is also named Debbie.



I would like to help next year. The garage sale was fun. I would like to work in a woman's clothing shop in the future. I enjoyed helping Esther, Sandra sister and other customers on the day.

Rachael H



Glenn's Whakapapa

Philip Tapsell

Philip Tapsell, Glenn's **maternal great grandfather**, was born in 1777 in Denmark. He apprenticed himself to a ship-owner, making voyages to Mediterranean ports and the US and joined a whaling boat to the Timor sea. When he was in England he went to war. Philip commanded two Danish privateers against the British and spent some time as a prisoner of war. Another whaling expedition brought him to the Bay of Islands in New Zealand – 1803. Tapsell got his Master's

certificate and commanded various ships, the 'HMS Alligator', took 'the Darling' to Tahiti and 'the Samuel' to Codfish island, off Stewart Island. Settling in the Bay of Plenty he opened a trading post and entered into

friendly relations with the powerful Arawa tribes. Tapsell married an Arawa chieftainess, Hineiturama and had six

children. During his long sojourn with the Maori he acquired a remarkable knowledge of Maori tradition and culture. His influence did much to establish friendly contact with the Europeans.

James Prentice

James Prentice, Glenn's **paternal grandfather** enlisted in 1890 as a gunner to be shipped to South Africa's Boer war. The South African War (Boer War) was the first overseas conflict to involve New Zealand troops. Fought between the British Empire and the Boer South African Republic, it was the

culmination of longstanding tensions in southern Africa. Eager to display New Zealand's commitment to the British Empire, NZ offered to send troops. Hundreds of men applied. Over 6500 men (plus 8000 horses) sailed for Africa, along with doctors, nurses, veterinary surgeons and a small number of school teachers. The success enjoyed by these troops fostered the idea that New Zealanders were naturally good soldiers, who

required minimum training to perform well.

Concerned by German interest in



James Prentice

southern Africa, the British Empire annexed the Boer South African Republic (Transvaal) in 1877 to ensure the security of its own South African territories. The Boers resented British rule and regained a semblance of independence after defeating British forces in the First Anglo-Boer War of 1880-81. But the discovery of gold in the Transvaal in 1886 drew more British settlers to the region. When the Boers refused to grant these 'outlanders' citizenship, tension began to grow between the two communities.

The term Boer is derived from the Afrikaans word for farmer and was used to describe the people in southern Africa who traced their ancestry to Dutch, German and French Huguenot settlers who arrived after 1662. Many of these farmers settled in the fertile lands surrounding Cape Town and maintained their farms through the forced labour of African slaves. No longer wishing to live under the rule of the British, many Boers began to move north beyond British territory. This migration of over ten thousand Boers became known as the Great Trek.

The New Zealand government was conflicted over whether to allow Maori soldiers to volunteer in the Boer war. Offers made by Māori leaders were de-

clined as the British government believed that native troops should not be deployed in a 'white man's war'. This view was reinforced by other elements of society, with the *Evening Post* stating: 'if the white races of the world are to employ yellow and black troops in their wars with one another, the end of European civilization would be within measurable distance.' However the NZ Colonial Office was reminded that under the terms of the Treaty of Waitangi Māori were equal citizens of New Zealand and therefore had the right to participate.



Glenn

Joseph Chamberlain, the British Colonial Secretary claimed that he would have been glad of Māori service and wrote: 'I am really sorry not to give these Maoris a chance. If they had been sent without asking and mixed them up with others no one would have known the difference.' Although permission to form a Māori contingent was continually declined, there were cases where the New Zealand authorities chose to overlook these restrictions. Many Māori simply enlisted under English names.

CLUBHOUSE SOCIAL DIARY...

Social Recreation:

On Saturday the 3rd of May we set off for Miranda hot pools in Thames. We took two vans – ours and C.O.R.T.s. Ian, Teresa and Claire drove. The water in one spa pool was too hot to stay in very long but the large pool was tepid and just right.

We had an early lunch of barbequed sausages, pasta salad, fried onions and green salad. We packed up and left about 2:30pm and drove home the coastal way. We arrived back at 3:30pm. It was an enjoyable day.

Glenn P



Easter Feast:

On the Thursday before Easter Clubhouse put on an in-house Easter feast comprised of a three course meal, pumpkin soup, apricot chicken and apple crumble with ice cream.

While the finishing touches were made to the food, a few games of Easter Pictionary were played to get everyone into the Easter spirit. Competition was fierce, with the 'Eggheads' finally winning by the slimmest of margins over the 'Goodies'. By the time dessert was served, everyone was definitely satisfied with more than a few people wishing their stomachs weren't so small or eyes so big.

The courses were well staggered, giving people more than enough time to socialize with their neighbour while at the same time adjusting their di-

gestive system for the next assault from the Easter food front-line. The main course of apricot chicken was considered to be the highlight of the night with kudos to Maricor, Teresa, Skye, Chelyn and Merv for producing such a memorable night. We all look forward to the next excuse to have a feast of some kind – perhaps celebrating our Garage Sale success...

Gavin H



In the land of the Springboks...

Where did you go for your Holiday?

Kenton-on-sea, a coastal town on the East Cape of South Africa

How long was your flight? Did you travel with someone?

Dad and I travelled together; it was 16 hours flying time.

Where did you stay?

We stayed in my Gran's rest-home cottage. Two of us slept on the floor and three of us in extra beds. It was tight.

How far away where the beaches, city or shops, from where you stayed?

The beach was a short walk away and very beautiful. There weren't many shops although there was an amazing 'old furniture' shop –in which everything was too big to bring home!

How did you get around in South Africa?

My aunt picked us up from the airport and we drove three days to get to Gran's. We spent a lot of time on dirt roads but this allowed us to see small rural villages.

Were people friendly?

Yes! I was amazed at the change in people between now and when I last visited 7 years ago. 10 years ago Nelson Mandela was elected as President and while this was a positive



step for the country there was much apprehension about how things would change. People seemed fearful, cautious and wary. This time everyone seemed somewhat more relaxed, trusting and hopeful.



What kinds of food did you eat and which one did you enjoy the most?

I'm a long-time fan of biltong (dried meat). We tried Ostrich, Warthog and wildebeest... I think my favorite is still beef.

Did you find yourself in any difficult situations when there?

No. I felt completely safe. Locals thought I was naïve—they wouldn't go where I went... but I didn't have any problems and felt very welcome by people in the



Who do you think was the most remarkable person you met while on your holiday?

I met a 14 year old boy called Sinethemba. His father had murdered his mother while drunk. He lived on his own but was supported by some older women of the community. He was volunteering in the village soup kitchen which feeds 80 children a day. He had an amazingly stoic attitude to life.

Interview by Rachael



Rachael's new job

What do you like about the job?

I have my own office.

How did you get the job at Changing Minds?

I rang Changing Minds to see if they had any jobs going. They said they would be happy to have me work for them.

What are the tasks that you do in that job?

I help at the forums and BBQ's. I'm responsible for filing, e-mailing, keeping track of the office and cleaning supplies, ordering pamphlets and making tea and coffees.



What do you find challenging about the job?

Learning to use the photocopier.

How often and how many hours do you normally work per week?

About 2-4 hours ,two days a week.

Do you work alone or with others?

I work with Ainslie, Margaret and Kieran. They are good to work with and great company.

What is your advice to others looking for work?

Ring up companies that offer the kind of work you are interested in. You never know what they might say!

Winter Woolies

Nikki also known as the 'Beanie Queen', talks about her craft...



I have been making beanies for about 7 months. I crochet & knit beanies. I have stock and also make commission beanies where the customer chooses their own colour scheme, design and sizes.

The latest beanie I made while on holiday is a rainbow crochet beanie, size medium, which is quite funky.

I have a photo album of nearly all the beanies that I've made so you can get ideas of what you would like.

Give us a call on 376 4267 if you would like to get hold of one of Nikki's beanies.



INTRODUCING CHELYN

I recently completed a Bachelor of Health Science, majoring in Occupational Therapy, at Auckland University of Technology.

Paul G and Rachael quizzed our newest casual staff member, here's what they found...

Where are you originally from?

I was born in Cape Town, South Africa. I have been in New Zealand for ten years now.

Do you like living in New Zealand, would you ever consider going back to South Africa?

I really enjoy living in New Zealand. I feel that I have been blessed with many great opportunities here. South Africa will always have a special place in my heart, I would love to go back for a holiday, however I am planning to continue living here.

What and where have you studied prior to working at Crossroads Clubhouse?

How did you find out about Crossroads Clubhouse?

Through Maricor, (Facilitator at Crossroads Clubhouse), we studied together.

What makes you want to work in Mental health?

During the time I was studying, I had a ten week place-



ment at Te Whetu Tawera, (Acute Mental Health Inpatient Setting), I think it was then that I realized how much I enjoyed working within Mental Health. During that time, I started to see the value of what some may call "therapeutic use of self" or my personal interaction with service users. I have found that working in the Mental Health sector can be challenging at times but also very rewarding.

Have you ever had difficulty with ill mental health?

Everyone has days where they don't feel particularly in a "happy place" mentally. It's just unfortunate that some people find these days occur more frequently than others. Yes, I have had my fair share of days like that, especially during stressful times of study. Self-care is important and helpful for me during times that I feel down.

What do you think of New Zealand Mental Health Services?

I think they are great and it's awesome that New Zealand is always looking for ways to continue to improve their services in Mental Health. I would love to be a part of that.

What is it like working at Crossroads Clubhouse?

Clubhouse is not only a great place for members but I think it is an awesome environment for staff too. I have found that everyone at Clubhouse is very welcoming, friendly and non-judgemental. There is a real sense of belonging and unity at Clubhouse. Clubhouse has taught me to be more empathetic and understanding of people from all different walks of

life. Everyday that I am at Clubhouse I learn something from members, I really value and appreciate it.

When you are not studying or working, what hobbies or interests do you have?

I love animals. I am currently spending a fair amount of time training my new labrador puppy. I also enjoy playing pool, table tennis and generally socialising with friends.

What are your goals for your future, within your career as an occupational therapist?

I plan to obtain a new graduate position in mental health or brain injury, and gain more experience. I would love to make contributions to my profession in any way that I can. I am also planning to train my dog to be a therapy dog. I would like to volunteer my time with him at rest homes, mental health settings and primary schools.

Gavin's famous carrot cake recipe

Pre-heat oven to 160

In a food processor or bowl mix;

1 cup of cooking oil

2 cups of brown or white sugar

4 eggs

Blitz to combine

1/4 teaspoon of salt

2 teaspoons of cinnamon

1 teaspoon each of mixed spice and ginger

3 cups of grated carrot

1 cup of sultanas

Blitz to combine

Fold in 2 teaspoons of baking soda dissolved in 1 teaspoon of orange juice

Icing

65 gms of cream cheese

2 cups of icing sugar

75 gms of butter

Rind of one lemon

Blitz to combine.

After icing cake, chop 1/2 cup of walnuts and sprinkle on icing.

Debra from the Open Wananga visited us recently, to introduce learning opportunities they provide. Here's a summary of what's on offer...

Te Wananga O Aotearoa – Open Wananga Learning from home with a visiting support person

Open Wananga wants to remove the barriers to learning.

Transport is often a barrier – so their courses are at-home learning (sort of like correspondence.)

Cost is often a barrier – so their foundation courses are Free.

In return Open Wananga asks for your commitment to complete the course to the best of your ability.

A kaitiaki ('guardian') supports you in your learning with occasional visits and providing feedback.

Lots of resources are provided so that you can self-direct your learning.

Courses are between 9 and 12 months.

Enrolments are monthly and you can start anytime of the year.

For more information, or to enrol, call 0800 135 135

www.openwananga.ac.nz

Courses

Papa Kupu

A foundation course in reading, writing, and number skills. Use the workbook, exercises and games to further your learning. Tablet provided.

Papa Whairawa

A course in managing your own finances. How to become wise with your money. Change poor money behaviours and reduce your stress over bills. Includes work on day-to-day living expenses, budgeting and future planning. Calculator provided.

Mahi Toa

A course on preparing for work. Create or update your CV, prepare for interviewing and role play and interview. Keep up your appearance – grooming kit provided.

Papa Ako

A course about learning to learn. Helps you develop skills to take into further study.

Mauri Ora

A course on history from a Maori perspective. Includes studying Maori culture, protocol, beliefs and the Treaty of Waitangi.

A Unique Approach

Like all our work, this was produced inhouse by members and staff – our approach to recovery: working side by side at Crossroads.

We'd love to show you our Clubhouse.
Please call anytime to arrange a tour time.



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For more about our Clubhouse visit:

www.crossroadsclubhouse.org.nz
For more info on the Clubhouse model
visit: www.iccd.org

The opinions expressed herein are not necessarily those
of Arahura Trust or Crossroads Clubhouse.