

# Chatters

A publication of Crossroads Clubhouse

January/ February 2015



summer time



# Welcome to 2015

In the beginning of the year we had the unfortunate task of replacing 2 staff members. Stephen was tested to the maximum wondering how this was going to work. The jobs were advertised and after David Breen (Arahura's C.E.O.) screened the C.V.'s he was left with a selection of at least 7 applicants and he asked me to be on the interview panel. The people that we selected both had reasons they couldn't start. So we re-advertised and 2 more were interviewed Linus and Natalie start on February 9<sup>th</sup>. Interviewing was interesting but hard work and I can't say that I'm sorry it's over!

Clubhouse at present has a good feeling. It has a better gender mix and people working well together. I remember times when it was so bad that females did not feel okay about attending.

Thanks to Stephen's and Emma's hard work we have secured funding for another people mover and some other bits and bobs. Thanks to them both for their efforts. We really appreciate the energy and enthusiasm with which this was done!

I'm really looking forward to what is to come this year.

**Teresa**

**This magazine was put together with help of all these fine people:**



# Director's Report



This New Year is one filled with immediate change for all of us at Clubhouse.

Most notably we've said goodbye to two amazing staff members. The farewell afternoon for Nadine and Maricor was a really special couple of hours. It was a bit sad but mostly celebrating; both their achievements and the next steps ahead of them.

By the time this Chatters comes out we will have spent time with our two new staff; Natalie and Linus. It's exciting to welcome the new energy and ideas they will bring; and I'm looking forward to helping them grow into their new roles.

Our planning for 2015 has begun informally already – mini meetings and discussions about what we want clubhouse to achieve and just as important – where we want to go as individuals. Our focus as ever; will remain on the rehabilitation nature of the work here at clubhouse; (and how we can make this better) and how we create opportunities for our members to work – learn – grow – connect – in their community. This will continue in the next couple of weeks and will inform our business plan for 2015.

Looking forward working with you !

# Chatters Newsflash!

**F.S.U. change.** We are now moving forward with a gradual change in the kitchen to be more in line with other Clubhouse Crossroads facilities worldwide. The cooking of lunchtime meals will now be facilitated by a staff member and Clubhouse members will be encouraged to actually cook the meal. **DON'T PANIC!** The food will still be delicious, but we need to be mindful that we all need to support each other in the cooking of the mid-day meal instead of just ordering a meal, then rocking up expecting to be fed.

We now have a brand new laptop computer in reception.

The cell phone charger has been found - **praise be** to Alan! (oops sorry, we meant "Ala")

The **FREE** **BoxFit** classes on Wednesday afternoons in partnership with Framework Trust are going gangbusters.

A public meeting was held on 29<sup>th</sup> January to discuss the future of **Kelmana Gardens**. Crossroads was well represented and contributed some gems of ideas and encouragement.

We had a visit back in January from Jerre, Mary-Joy, Jay and Sydney from Arizona USA. They have been sup-

porters of Fountain House in New York and the Clubhouse model in general. They stayed for about 3 hours, met a lot of members and had a rollicking time. This was a relaxed meet and greet and getting to know you type of thing – but as the old saying in business goes – you can you can never have too many contacts. As a comparison, our last Crossroads Clubhouse garage sale raised almost \$2,500.00, while their Fountain House raised \$120,000.00 (yes, \$120,000.00) from their last garage sale.

Rob P has **lost 12 kilos** in the past 12 months,. Not an easy effort.

**Peer Meet** with Emma on Wednesday afternoons is still rip, tearing and lacerating with some really interesting topics and debate.

Claire's car is going to cost a lot of money to get the brakes fixed, so any **\$\$\$ donations** for said car would be gratefully gobbled up by Claire.

We now have a brand new **Chess Set**.

We have a brand new 2<sup>nd</sup> crew on the **C and C lawns team**, congrats to Tony C and James D.

**SMOKERS' ALERT!** The current government has set the goal of a smoke free New Zealand by the year 2025.

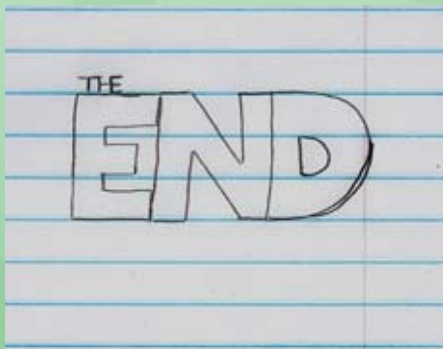


They will do this by a number of ways e.g. price increases, excluding smokers from certain public areas, plain packaging, pumping more money into anti-smoking resources etc. So, if you need support to stop smoking then just ask one of the staff – Clubhouse has a number of members who were smokers, but have used the resources we have available to give up smoking for good.



Phillip Phillips (no, not the one who won the 2012 American Idol contest) successfully completed the practicum component of his **Mental Health Certificate** (level 4) here at Crossroads in December 2014.

**Founders Day** BBQ, February 13<sup>th</sup> (a Friday) 10.30am - 2.30pm at Long Bay North Shore. Be there or be Nigel No Mates.



# Nadine's Farewell Words



It's hard to believe I've spent almost five years working at Crossroads



Clubhouse, as I write this I only have a handful of days left. I am excited about the change ahead



and also sad to be leaving a very special community.

I've collected lots of happy memories

over the years, (check out some of the highlights pictured).

I've talked too many over the past few months about why I am going and what my plans are. For those that missed it, here's the update... I am not bored in my role, there's still plenty to learn every day- I really like that about Clubhouse. However I decided to make a change as I was

beginning to run low on the energy needed for this line of work. I am taking a break from social services and mental health. My new role is with a Christian organisation called Alpha New Zealand, where I will work as a 'Relationship Development Coordinator'.

You may have heard of Alpha before, this organisation has been around for more than 20 years. The Alpha course is targeted at those who want to explore Christianity or are new on the scene and would like to establish firmer foundations. Alpha NZ run a number of other courses, including those on marriage and parenting. My role will be similar to a 'rep' for Auckland and other parts of New Zealand as required. Essentially I will work with church leaders encouraging and supporting them to run a range of Alpha courses. It's pretty different to what I've been doing, however the focus again involves working closely with people! I am very keen on the Alpha courses and am eager to get stuck into my new role.

Here's a little about my job hunting voyage for those who need some encouragement... I looked for a role outside of Clubhouse for 8 months. I was pretty selective about what I applied for but submitted applications for a wide range of positions with businesses, government departments and other not for profit organisations. I applied for 11 jobs, putting quite a bit of effort into each application; some required me to do personality, verbal and numerical reasoning tests. From the 11 applications 6 invited me to interviews. I applied for the Alpha role in September had the first interview in October, second interview in No-

vember and was offered the role several weeks later.



Although I did a lot of preparation for the first Alpha interview, I had a bit going on personally at the time. I wasn't feeling great on the day of the interview and I left home too late. When I realised I was going to be late I let Alpha know. After this I missed a turn which cost me quite a bit more time, I updated Alpha on my mistake. When I arrived at what I thought was the correct destination I found myself in a residential area, which didn't match the description I had been given. I spoke to Alpha and discovered I had the wrong suburb. YIKES! I was pretty disappointed about my errors and knew it wasn't a good look especially given the role involved lots of travel. Fortunately Alpha was gracious enough to still allow me the opportunity to be interviewed. I took some time to clearly identify where I was and where I needed to be. Then I updated Alpha again on my

progress. At this point I stopped panicking and gave myself a pep talk about not letting my bumpy start affect my attitude. I also saw the situation as an opportunity to demonstrate my ability to bounce back despite setbacks. I arrived at Alpha calm and confident in spite of being 45mins late. I apologised and we got on with the interview. Although it was brief, it went very well and as you know I was later offered the job!



We all face obstacles and make mistakes. While learning from mistakes is necessary I am also discovering how important it is to be kind to yourself and remain positive when facing the day to day challenges that crop up in life.

Thank you for an incredible Clubhouse journey! I will always hold this community dearly in my heart. See you at the next Clubhouse garage sale!

**Nadine**

# Tributes to Maricor

She's lovely, an excellent cook and a happy, outgoing, helpful and friendly person. **Athena**

Maricor was sparkly—she was a little dynamo. Cute and helpful. **Peter G**

Thank you for all your good work and for all you did for us at Clubhouse. **Julian**

Woman with amazing abilities; Maricor is Magic! **Rebecca**

You are very friendly & efficient. **Glenn**

I liked your meals and you were a friendly person. **Annissa**

You were a great help in the kitchen, I was happy to help too. You were a very capable person and it made me feel good helping. **Prithi**

I enjoyed the healthy food. You were always patient. **Pesa**

You were great Maricor, the meals were good too. **Alan**

You are a very bright person, very efficient and friendly. **Jason**

You're be missed....good luck in your new job hope you can come visit us sometime & have a coffee. **Rachael**









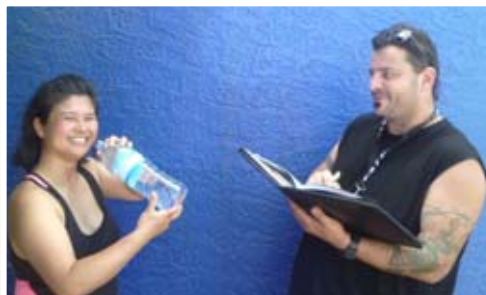




## Matt C – Personal Trainer

One day Matt C took me out to Grey Lynn Park to do a boot camp introductory training day. It was a sunny day and we walked down to the park as a warm up. On the way Matt C talked to me about my goal setting and the process we would go through for the exercise session.

When we got there I went for a run around one lap and then it was full on exercise after exercise with step ups, push ups, sit ups, planks, star jumps, bear crawls, shuttle runs, burpees, sideways jumps and stretches. I had to walk up the hill and run down and use the exercise equipment at the Grey Lynn Park also. It was full on and I recommend that the \$40 I paid for the training hour was well worth the sweat and pain. Matt was good because he would demonstrate the exer-



cise and speak words of encouragement and do the exercises with you to keep the motivation going.

I would recommend the personal trainer exercise programme is good for general fitness and to really push yourself if you want to be physically fit and mentally determined. Matt said to keep up the programme every week to be at peak physical fitness and to promote good mental and physical health. I agree that the full-on exercises can be used in an everyday exercise programme and that you will reach your fitness goal if you keep at it.

Thank you Matt C for the introductory fitness programme – keep up the good work – I think your goal to start up a fitness training programme will do very well.

By Pauline T.

(Photos of Matt C and Pauline T.)





## Movie Reviews By Barbara.

### THE WATER DIVINER Starring RUSSELL CROWE

I found this an extremely emotionally, and challenging movie. (I have a family interest; my Granddad lost an eye at Gallipoli.) This movie incorporates many themes and also religious ones and it portrays them very frankly and truthfully.

- The sometimes harsh/condemnatory/unforgiving side of Roman Catholicism.
- A loving family & brothers torn by the effects of war, and personal beliefs..
- The antagonism that existed the British and Aussie soldiers.
- The hatred that war can engender and the challenge to forgive others and yourself and move on.
- The beauty and compassionate side of Islam, along with subjugation of women.
- The choice of Atheism as an option especially in answer to the Age Old Questions Who/What/Where is God during a time of War? And Where is the love and compassion of believers?



### The Imitation Game Starring BENEDICT CUMBERBATCH Excellent Movie --- 5 Stars Contains some Violence and Suicide

This is the only recently revealed TRUE STORY of genius Alan Turing. He was finally honoured (posthumously) for his wartime service by the Queen in 2013. The movie follows Alan Turing's story from school to wartime service where against incredible opposition he cracks the German's Enigma Code Machine by building the world's first computer. His homosexuality and 'Sheldon -Like' (i.e. from the "Big Bang Theory on TV2) approach in dealing with lesser mortals and his growth in dealing with both of these is heartwarming. His eventual exposure public /prosecution and shaming/condemnation and rejection, lead to his isolation and suicide at an early age



## What Crossroads Clubhouse Means to me? My Goals

The most friendliest and popular work-ordered programme system ever for members - Eugene M

Clubhouse friendly and kind to us. Hope to have a job and become a girl.- Claire H

Good place to be at no matter what stage of recovery you are at. Still in my recovery, get more of a social circle developing - Robert P

I find it a friendly and helpful place and lot great things to do.- Glenn P

- ◆ **Jules D** – It gives me hope, friendship & opportunity. To broaden my learning experiences in the other units as I tend to only do food & garden.
- ◆ **Bruce L** – I came for about 4-5 years and didn't make friends here but now I'm getting well and getting treatment. To get more communication with people – mix & mingle with people. Hopefully things will change to the better.
- ◆ **Rachel H** – Clubhouse is a good place for me and I enjoy doing reception work and I hope to get a job and become a girl.
- ◆ **Rae M** – Welcoming & friendly members. To gain more confidence in applying for jobs.
- ◆ **Alan M** – Clubhouse is a nice place to come to.
- I have no set plans for 2015.
- ◆ **Gavin H** – Crossroads rips, tears and lacerates, totally shreds. To find the carrot cake recipe.
- ◆ **Emma N** – I think Crossroads is a place for nurturing and exploring our potential. My 2015 will involve continuing to chase new ideas and experiment with different ways of doing things.
- ◆ **Pauline T** – I think Crossroads is a safe place to be. I want to build on relationships with people and maintain my job.
- ◆ **Nadine K** – A very special community of hope, purpose & possibilities. More adventures.

# PESA'S PHOTOGRAPHIC STREET ART

Photo, Not possible

Credit all what, Learn in school. I take every single photos and say that the magic moment Adorable it the word I use when I look at each photos Photographs has encouraged me to move on with my life Yes end up in different place Yes I owe great thanks to Emma for Groovy with me I was able to match my photo to sound track

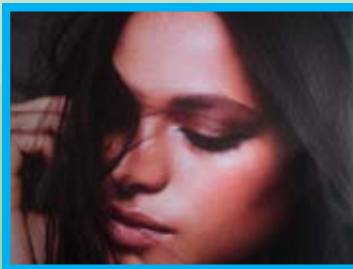
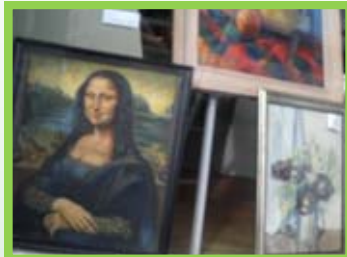


Fraction of a fraction

That my clumsy prose

So each photo to me "pursue the project" that the appears I take a credit to my work personally it meant so much to me the course of all is to find work for myself I work at night on the street Yes take photos Photograph is my Adorable and Beautiful art that I archive thank You all the photo are mine and It all Street art Thank you for take time to read about me and my Art Pesa McCarthy IndianaSharon

IndianaSharon is mine artist name Yes It NY Netherland name yes my really parent are from Netherland and Ireland mom Netherland and Dad Ireland Thank you



# Kelmarna Gardens

## A public meeting about its Future

Framework Trust has pulled out of its involvement with the Gardens. Framework gave very little notice to the Garden Trust. So an emergency Board meeting had to be called to plan a strategy forward. The Board agreed to take on a manager until June and by which time a clear road ahead will be envisioned and hopefully be in place. The Council (the owners of the site) have made assurances that they wish for the gardens to continue. Other lease holders of the site like Mt Albert Grammer also wish to continue. So with the help of volunteers the gardens can continue to operate in the meantime. The Gardens Community Trust held a Public Meeting on 29th January for interested parties. And interest there was, as over a hundred people joined in 'a sharing', a 'support group' a 'think tank' and a 'brain storming' meeting. We shared how Kelmarna Gardens in some way **touched** our lives and we shared our ideas and hopes and dreams for the Gardens for the future.

Formal application forms were also distributed that provided information as to the present funding and structure of the Gardens under Framework Trust. The forms also provided models of how it could be funded and structured in the future.

The Gardens have been really supportive of the Clubhouse over the last few years, providing information and guidance as well as seedlings for our gardens.

The Gardens always felt like a very special place. Like a sanctuary. An oasis in the busy urban landscape in which it sits.

If you wish further information about what is happening at Kelmarna and you wish to contribute in some way, contact Mary Paul: 022-173-7280 or 387-4505  
E-mail: [kelmarnagardens@gmail.com](mailto:kelmarnagardens@gmail.com)

The KCGT are grateful for all donations of money, materials and volunteer time.





# Glenn's Poukai on the Marae



Glenn comes from the Maori *iwi* (tribe) Waikato, from that of the North Island of New Zealand, named after the river that plays a large part in its history and culture.

**Waikato** has a confederation of smaller tribes and is part of the larger nation of **Tainui**, tribes descended from Polynesian migrants who arrived in Aotearoa on the **Tainui waka** (canoe). Waikato-Tainui comprises 33 *hapu* (subtribes) and 65 *whanau* (family groupings) with over 52,000 tribal members affiliated. Glenn's *hapu* is **Ngati Mahuta**.

There have traditionally been strong links between **Tainui** and the **University of Waikato**, which has strengths in **Maori language** and **modern local history** and holds documents and objects related to the tribe. Hamilton City is now the largest population centre for the *iwi*. The township Ngauruahia is important historically, and is the location of Turangawaewae Marae, the centre of Kingitanga (Māori King Movement) begun in the late 1850s.

**Potatau Te Wherowhero**, the first **Maori king**, was a member of Ngati Mahuta, and his descendants have succeeded him.

Glenn went to his marae New Year's Eve to ensure he was there 1<sup>st</sup> January 2015 for a gathering called Poukai. The first of 28



each year is held here, Horahora Marae in Rangiriri. Poukai is held at different Marae through the year in support of Kīngitanga. Glenn attended to express his support of the movement and its leadership and meet with his *whanau*.

The protocol is as follows. Glenn places a *koha* (donation) into a *kete* put towards ceremonial *kai* for the day. He was a recipient of the welcoming onto the marae, everyone waiting for the King to enter the *whare kai* first. Laid on was the customarily lavish amount of *kai* offered to the Maori royal house, its retinue and guests.

After lunch, all talked of the history of Kīngitanga and more topical issues.

# Heather's Weight Loss Story...

**Heather S**

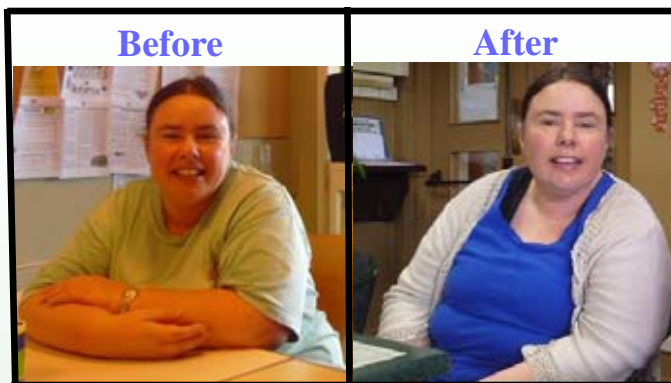
**Age:** 44

**Heaviest Weight:** 101 kg's

**Current weight:** 93 kg's

**Lost:** 8 Kg's (17.6 Pounds)

**How long has it taken:** 3 Months



**My story:** I have always been overweight since the age of 8 years old. This gave me low self confidence. I remember coming home after school and been told to wait until it was time for my dinner, but I used to always have unhealthy snacks in between meals. I went to weight watchers for a while during the time I was in High School, but struggled to lose weight. On Friday 28th of January 1988, I was admitted to hospital of the first time. It was then that the doctors started me on medication. This contributed to my weight gain. My weight fluctuated until I started smoking. When I gave up smoking, I noticed that I started to eat every time that I wanted to smoke. I also started to drink a lot of coffee too. I started to give up and thought I would never loose weight.

**Worst moment:** I started to continuously feel down every time I went shopping as I could not fit into the trendy clothing that I wanted to be able to fit. I just felt so disappointed.

**Turning point:** When I decided to set a goal for myself, which was to be able to fit into more trendy clothes.

**How I lost it:** I started to eat smaller portions and drink more water. I plan to exercise more too. I stopped smoking and gave up coffee. It wasn't easy. I now just drink water, herbal and ordinary tea. I have started to use a substitute for sugar too (coconut sugar) and I now use this in my cereal and in my herbal tea if I run out of honey.

**Biggest payoff:** I have started to feel more confident already. I know that I still have a long way to go. However, I have decided to work hard to get down to my goal size which is a size 10 (8 stone/ 50kg's).

**Advice given from a friend:** Call Overeaters Anonymous as this has worked for her. She has lost 10 Kg's already within 3 months. Ph: 09 376 3068 or website: [www.oa.org](http://www.oa.org)

# Darrell's Weight Loss Story...

**Darrell G**

**Age:** 46

**Heaviest Weight:** 120 kg's

**Current weight:** 87 kg's

**Lost:** 33 kg's (72.7 Pounds)

**How long has it taken:** 1 year

**My story:** As a child, I remember always being over weight for my age and height. Although I was

one of the last kids to be picked to play on anyone's team, I always tried to participate. I played cricket at high school and was chosen to be the wicket keeper. At the age 15, I was admitted to hospital for mental and physical health reasons. It was during this time that the weight really started to pile on, as I was always eating and not really engaging in much physical activity.

**Worst moment:** I remember that I would always use food as a coping mechanism for any kind of stress - emotional, family or work stresses. One day I had to go to the doctor for a blood test and the results came back with high cholesterol.

**Turning point:** My blood test results was a major shock to me. It also highlighted my family history of high blood pressure and high cholesterol. Although I felt that my cholesterol was high, I wasn't really able to grasp the consequences of it until about 6 months later. I had another hospital check and it was during this time that the doctor had told me, if I did not loose some weight and start eating healthier, I was a prime candidate for a heart attack. This was my turning point.

**How I lost it:** My brother and his wife taught me about a lifestyle change which includes more protein, fats, vegetables and salads; but very low carbs, less sugar and no take away. The concept of me eating fats was hard at the beginning. As I thought it would add on pounds. However, research has proven this is the new way to loose weight healthily. Within about a month, I started to feel more energy and began exercising by walking, swimming and doing the lawns at home. Thereafter, I was offered a position to cut lawns and felt really good in myself that I was physically stronger and more energised to take the job.

**Biggest payoff:** More energy and self confidence. My cholesterol has reduced. I'm really looking forward to going out and buying a new wardrobe when I can :-)



# 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.



**Crossroads**  
**CLUBHOUSE**

Belonging  
Purpose  
Hope



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For more about our Clubhouse visit:  
[www.crossroadsclubhouse.org.nz](http://www.crossroadsclubhouse.org.nz)  
For more info on the Clubhouse model  
visit: [www.iccd.org](http://www.iccd.org)

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