

Chatters

A publication of Crossroads Clubhouse

September/ October



Directors Update

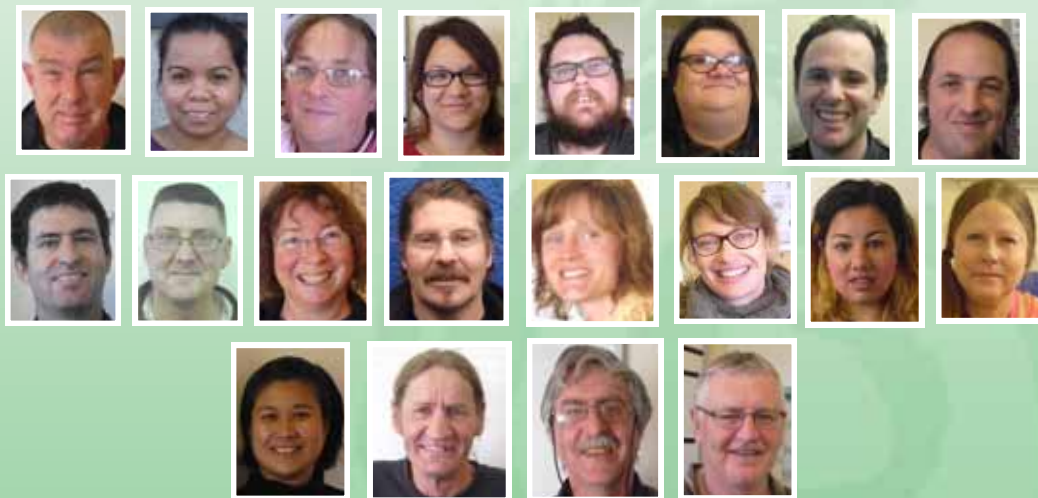
So yes, it was my birthday. Another year older and hopefully somewhat wiser. It was late in the day when we cut an amazing carrot cake and it was so nice to have so many stay to sing me a merry song.

On to topics less about me, the Clubhouse has continued to do what it does... and do it really well. We get to celebrate the small victories each day (another amazing meal cooked, new computer skills learned) as well as marking the bigger successes (improving housing, working towards and obtaining paid work, starting courses and quitting smoking). Probably the biggest thing we achieve each day though is coming together as a group of really different individuals and making it work. Some days this is easy, other days it requires heaps of work. But we do it! And we do it really well. So thank you to all the members who come each day and choose to make a contribution to this community.

Stephen Hart, Clubhouse Director



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.

Gee Thanks!

Many thanks to local business owners who generously sponsored prizes for our fundraiser raffle, we really appreciate your support! Here they all are:

D & M Hair Design, Ponsonby

Enchanted Rose, Ponsonby

Step In Shoes, Ponsonby

Augustine

About Face, Mt Eden

Apartment 86 Boutique, Ponsonby

Eden Health & Beauty, Mt Eden

Pak n Save, Mt Albert

Shoe Science, Ponsonby

Chapter Ten, Mt Eden

City Cake Company, Mt Eden

Newsflash



Last August we had a flash-fire **work-ing bee** that lasted less than two hours. Following the intense flurry of activity, all crews were exhausted and needed afternoon tea (see above). Please refer to the cover for snaps of some of our working bee stars grinding it out with blood, sweat and tears.

\$\$\$\$\$\$\$\$\$ no. 1 Director Stephen was successful in securing an **\$8,000 grant** from a frozen funds application for the purpose of buying a vehicle specifically for our C & C Lawns work initiative. Major kudos to Stephen and also Emma, and everybody else who contributed to this project. Emma also made contact with a number of businesses seeking funding– Denis Barnes, CEO of Contact Energy

generously responded making a personal donation of \$3000. We are extremely grateful and touched by this support. These funds will go a long way in helping us carry out the work of Clubhouse.

A big thank you to our recent **guest speaker Pam Hayes**, (see below) HR Manager from Pak n' Save Mt Albert. Pam generously gave her time to meet us and share her inspiring journey to becoming an HR Manager. It was helpful to learn what employers look for when hiring staff, as well as gain tips for job applications and interviews. Also, big thanks to Phil R for initiating this valuable opportunity.



Congratulations to Emma and a reliable bunch of Clubhouse members for getting out into the community and doing **presentations** to places like Te Whetu Tawera, Buchanan Clinic and

Hamlin Farm, (see pic far right). We plan to continue doing presentations regularly to spread the word about Clubhouse.

In August we had a **Twilight Dinner** in house. We planned to see a positive mental attitude movie called 'The Secret' by Rhonda Byrnes but had to give this a miss due to a technical glitch. Nikki cooked her famous nachos with fruit salad and awesome chocolate flavoured icecream for dessert. The company and great food more than made up for the lack of movie.

Our August **Social Rec** trip was extra special with an outing to Karangahake Gorge (an hour and a half drive south east of Auckland). This was an all day event including lunch at Maricor's



family home in Waihi, a visit to the local gold mining museum, a trek through the tunnels that carried the crushed and pummeled ore (rock) to be treated and turned into gold, and a tram ride,

(see pic left below).

Peermeet has been re-vamped with a co-facilitator theme to it. Recent and upcoming subjects are; dreams, burn-out, hobbies as remedies, beyond happiness, budgeting, sexuality and gender.



As this magazine goes to print we have just wrapped up our second **fundraiser garage sale** for the year! It was a big success with

more than \$2000 raised. May thanks to all who donated items, helped out on the day or came along and bought stuff! Check out pic above of our expect crowd drawer.



Editorial

This months' editor, Gavin H, gives his opinion as to how the different political parties fared in this year's election.

It's all over. National started fast and accelerated, finally blowing Labour out of the water with just the special votes to count. Perennial seats ACT, and United Future got in again with Nationals help. NZ First was reduced from kingmaker to three years in opposition as a political bystander. The Greens failed to increase support, so like Winston, they too will be banished to the opposition wilderness for three years. Colin Craig's Conservative party failed to reach the 5% threshold. The biggest casualty of the night was the implosion of German Gangster Rapper Kim Dotcom and Hone Hawawiras' Internet/Mana Party as well as the Maori party. Internet/Mana failed in its' bid to reach the 5% threshold, therefore no job for Hone Hawawira – Is the Kaitia WINZ office expecting a visit from Hone any day now? - In addition the Maori party lost a considerable amount of votes to Labours Kelvin Davis in Te Tai Tokerau, obviously a reflection of the backlash against the Internet/Mana.

Here is a warts and all snap shot of the results of each partys campaign:

John Key: National - The Prime Minister's rest and recreation when subject to the mass surveillance of an election campaign, especially when dealing with "Moments of Truth"; and issues like Judith Collins getting caught behind enemy lines must have been trying. Key played the percentages well at pivot with the reassurance of economic stability. He probably can't wait for the end of the day at the Omaha bach.

David Cunliffe: Labour - Appeared to have the intellectual measure of John Key in the TV debates but lost substantial ground with his bumbling capital gains offensive. Warmed to his task late, but by then the battle was Nationals.

Russel Norman/Metiria Turei: Greens - The Greens excelled at recycling political ammunition like the Emissions Trading Scheme and were efficient at the breakdown of policies like the \$1billion increase in research and development spent. Turei seemed more visible than Norman, but perhaps the latter did more of the engine room work - with a low carbon footprint, mind you.

Winston Peters: New Zealand First -

The artillery barrage started in the opening stanzas when the 69 year old waltzed into xenophobic territory with his "two wongs don't make a white" quip. A quick meeting in the war room had him back on message pushing a lower tax rate for exporters, removing GST from food and rates and last but not least, keeping a wary on those immigrants.

Te Ururoa Flavell: Maori Party -

A highlight was his appearance as a gregarious guest rather than pontificating party leader at the *Campbell Live* dinner party. Had a deadly aim in taking out the enemy, especially when the camera was rolling. An example was pushing his party's achievements through Whanau Ora in its 2011 deal with National. He has bought the Maori party to the mainstream.

Peter Dunne: United Future -

Always seems to talk of common sense but tends to camp in the middle of the political battlefield where the bigger red and Blue armies operate and soak up the media attention with their more expansive tactics. His dominance of the Ohariu electorate for 30 years means he will always be in the thinking of the Government top brass.

Jamie Whyte: ACT -

This philosopher looks a proper gent - his combinations of chinos and dress shirts have been immaculate - but his pitch to debate strategy over policy is better suited to the rear guard planning room than the death and mayhem of the front line.

Colin Craig: Conservatives -

Establishing your own Army takes significant resolve and resources but how gutting must it be when slow and steady progress is made on the enemy's position...then suddenly you're Jeff Wilson and your chief communications officer morphs into George Gregan by running away and calling your leader a "manipulative man".

Hone Harawira/Laila Harre: Internet

Mana - Harawira has been compelling with his "Feed the Kids" programme and Harre has a proud history of social reform but Internet/Mana was hamstrung by the imposing German Gangster Rapper. The last time we saw such a curious leadership combination was when Alex Wyllie and John Hart coached the All Blacks in the 1991 World Cup.

Gavin H



A Taste of Japan

We had the pleasure of getting to know Emi, who visited from a Japanese Clubhouse. Emi's treated us to her delicious handmade sushi! Read about her holiday highlights below...

How long is your holiday?

3 months. I couldn't stay longer because of visa regulations.

How did you find out about Clubhouse?

Through the Taylor Centre.

Where are you from in Japan?

Fukushima. It's not too far from Tokyo.

How do you like New Zealand?

I love it! Auckland is not too big or crowded, the harbour is beautiful and there are lovely green spaces around. I love walking it makes me happy, every afternoon I have a walk. I have walked from the city to Ponsonby, Parnell, One Tree Hill and Mount Eden.

Where are you staying?

In a backpackers.

Do you know anybody in New Zealand?

Not before I came, but I've made friends in the hostel. We talk during and after dinner. Being schizophrenic I sometimes like time alone. That is why I take walks in the afternoon. I am going back to Japan on the 10th of September.

Interview by Paul G





The William C. Daldy

Our September Social Recreation outing started with a visit to the Maritime Museum. While we were there Emma and some of the members had a chance to try their hand at being in control of a yacht. After much fun sadly to say the model ended up on dry land (ie rocks). Included in that was time for a free cup of coffee/tea which was enjoyed by most of us.

Then we headed out to Custom Street to watch a parade of military people and vehicles commemorating world war one including 2 police women on horses – something you don't see every day around downtown, Auckland. By then it was time to go to the William C. Daldy – the tug boat we had booked a trip on.

Within a few minutes of getting on the boat it left the wharf for the one hour trip around the harbour. We first went past the museum and the Cloud and Port of Auckland. It was really good to see another view of downtown and the port.

Once past the port, we turned around past Devonport and headed towards the Harbour Bridge. All the time on the ride we had the opportunity to explore the boat including the bridge, the boiler room, engine room, a mini museum and souvenir shop. The last three were all below deck. We all enjoyed having the chance to be on the William C. Daldy, and I know for myself I thoroughly enjoyed the boat ride.

After returning to land it was decided to return to the Clubhouse for a late lunch which was enjoyed by all as we were all really exhausted and hungry.

So all in all, a really enjoyable day was had by all and I looked at it as a chance in a lifetime to be on a historic tug boat.

John M



Tribute to Chris Bayliss - Chairman of the Arahura Board (Sadly has passed away)

Christopher Bayliss had been a part of Arahura Charitable Trust since its formation as a Trust in 1998. During this time Chris had been in the important roles as Treasurer and for the last 8yrs as the Trust Chairman. Chris was the last original Trust Board member. When I first met Chris in 1998 he was a Trust Board member. I was also involved with Chris in another voluntary organisation which we both



contributed to for a number of years (telephone counselling) Mensline. Chris was someone who could be relied upon when needed.

In his capacity on the Trust Board Chris had been a steady-ing influence and was of great assistance. He brought a wealth of knowledge, being a former lawyer and together with his personal experiences added to the wisdom of our Trust Board.

Throughout this time Chris had always made himself available to the staff and myself as the



General Manager. Chris always managed to come to our events such as the Long Bay picnics, Vision meetings etc.

In recent times Chris had not been in great health but had still been able to continue in his role as Chairman of the Board overcoming his own discomfort and health problems. Even when hospitalized (an often occurrence) Chris still insisted on finding a way to carry out his Trust duties. We often joked about the time I collected him from his ward in hospital on an unscheduled visit to the Trust in his “Irish dockworker disguise” (his tweed jacket and cloth cap).

Chris made regular visits to the office for administration duties, cheque signings and financial transactions. These extra duties along with the regular Trust Board meetings are so important for Trusts like ours to continue providing our services, and Chris always made himself available.

He was also involved in our regular audits from the Auckland District Health Board against our contracts, ensuring our compliance and being available for interviews from the auditing panel. The voluntary role which Chris maintained despite his health was an inspiration to us all, both staff and service users alike in overcoming difficulties.

We will miss you Chris.

Kindest regards and memories
David Breen | GM Arahura



Need better work stories?

What do you do?

I have been working as a Peer Support since February 2014. I was very sick with bipolar and had a Peer Support worker visit me. I don't know how he helped but I always felt much better after seeing him. Cumulatively over a period of about six months my bipolar got better. I've always been someone who wants to help other people. I decided to learn how this guy did what he did so I could do it for other people.

Did you need to do training?

S#*t yeah— what do you think they'd just let me loose on people? I did six months training with 'Mind and Body'; it was very thorough.

Where are you working now?

I am currently working for three organisations; Mahitahi Trust, Walsh Trust and Life Plus. The good thing about Mahitahi is that the Maori cultural side is really promoted. My work is residential and varies, sometimes supporting one person and at other times up to six people in a unit. At the moment I am in a position where I am able to work a lot. The biggest challenge is driving to Papakura.



Sometimes not much is required of me but there is always potential for crisis when providing 24/7 care for people.

What do you do for self care?

Clubhouse is the best medicine for me. I find friendship, good ideas and I love the house meetings. It feels like we are passing legislation, it's not just airy-fairy stuff. You can bring up any topic, you like, and you are treated seriously, your opinion is respected. That's what I have learned from Clubhouse which helps me in my job – to hear people out...

Getting work is a story all on it's own...

I finished my practicum in November 2013. I waited until early January because no-one was hiring over

C h r i s t m a s . For six months I spent each day at the computer look-

ing at job sites. I sent out dozens of C.V.s. It was awful. The longer I kept looking the more the rejection was eating into me.

A turning point occurred when a WINZ employee had a good look at my C.V. and suggested a few changes. He advised me to make the text bigger and bolder where I had listed my strengths. I began to get more interviews right away. The first interview was nerve wracking but the more interviews I had, the more relaxed I became. When I was first told I had been accepted for a position I

suddenly felt really confident and worthy- It was a split second change.

For people looking for jobs my advice is get your C.V. right (see one of the Cross-roads Staff) and don't be surprised if it takes a long time. Expect rejection. It's all part of the game.

Gavin was interviewed by Emma & Rachael

Darrell's Smoke Free Journey

How long have you been smoking for?

I have been smoking for about 35 years.

When did you decide to give up smoking?

August 15 this year.

Why do you want to give up?

I can no longer afford it, the price keeps going up. I feel sick every time I smoke I don't enjoy it anymore. I am also concerned about my health, especially as I have a history of cancer in my family.

Has it been hard?

Yes. I was smoke free for a month and then I got stressed. I've had two packets of cigarettes since I've been unwell.

Do you still get the urge to smoke?

Yes, particularly when I am unwell. Funni-

ly enough, I get the urge here at Clubhouse and when I'm working. When I'm at home or out walking I don't feel like smoking.

What habits have you changed?

I have stopped having a cigarette with my coffee in the morning.

Have you used any aids to help you to stop smoking?

Yes, I have been using habitrol lozengers. I find them very useful. I also use the e-cigarette* in combination with this.

Have you saved any money?

Yes, about \$60 a fortnight.

Wish you Darrell the best of luck for your journey!

Interviewed by Paul G

**Clubhouse can not support the promotion on e-cigarettes as the ministry of health has advised there hasn't been enough research done to ensure they are not harmful.*



Farewell to Robin Williams



Robin Williams had a soothing voice. He stood up for the good things such as keeping it real, looking beyond himself, and cherishing the moment. I think he believed in karma and would stick to his values and principles, for example; in a movie, where he was doing a voiceover for a parrot, he decided to quit when the parrot started smoking a cigarette.

Robin was very industrious, prolific, and a generous person. Some people



in life don't treat others fairly I think Robin did— he believed in people, repenting and forgiveness. There was

a lot of depth to the characters he played. In the movie 'Good Morning Vietnam' he challenged a man's wayward treatment of others.

I think his mind was confused; he seemed to have mixed emotions. A lot of today's talent and entertainment didn't move him as it wasn't classical in its formula. He was very spontaneous; he had a good vibe about him and you could see this in his movies.

Robin wasn't afraid of calling a spade a spade. He didn't call light darkness. He was very sane yet also seemed to struggle with his sanity. He was friends with like-minded including Christopher Reeves (who played Superman).

In my opinion the best movie role he played was Peter Pan. There is a moment in this movie where Peter is walking up the stairs and sees a jagged scratch all over the walls made by Captain Hook. Peter Pan's character was quite highly strung in this dark moment. This role seemed to reflect Robin's persona. During the filming of Peter Pan, Robin seemed to have self-awareness that was both casual yet profound. My Mum and I thought Robin was a sweetheart. We predicted that he would be a survivor.

Everybody knows life has its twists and turns and can be a real struggle. From what I sense Robin entertained morbid thoughts. Part of mental illness is recovery, Robin didn't seem to recover. Perhaps his spontaneity didn't help in this arena. You need to make lasting change in order to cope with recovering from depression. Ironically I don't think we as his fans wanted him to change, it's quite sad he didn't recover. Perhaps this is part of being a classical character – like Hamlet... you don't change Classics.

In his movies he tests the waters of change – reinventing himself all the time. But in his personal life he seemed to get stuck in a rut he couldn't get out of. He was sensitive, a thinking man, genius and well-rounded. In his own life he seemed unaware of how to embrace and accept himself.

Being a famous actor he lived in the fast-lane. His lifestyle was fast and exciting, yet underneath the glitz these lives are often dull with no spark. When you think on your feet you don't make time for recuperation. Perhaps he didn't have a lot of 'me-time'. He may he have had an overwhelming sense of responsibility and might not have been able to forgive himself.

From the way he played his role in Peter Pan he seemed to be a family man perhaps his divorces took a high toll.

Farewell Robin thanks for inspiring and entertaining us!

Reed



HOME SWEET HOME

Recently Claire, Rachael and Chris have moved into accommodation at Framework. Jordyn and Reed caught up with the new housemates to find out about their new digs.

Claire and Rachel - interviewed by Jordyn

Where is your new place located?

Our new house is located in the area of Kingsland.

How many of you are living in your new house?

5, (Claire, Rachael, Reg, Paul and Chris)

How long have you lived in your new house?

1 month.

Is it an affordable place to live?

Yes.

Would you recommend others to live in Kingsland?

Yes

Why?

Because it is affordable for all people including those who are on the benefit.

What is the best thing about your new place?

It's not noisy, close to Clubhouse, shops, public transport etc, we have good neighbours and it's a good area to live in.

Where did you meet your flat mates?

The day we moved in - we found the house through Emma.

Are you happy in your new house?

Yes.

Supported or independent living?

Independent.

What is the best thing about your flat mates?

We all get along well together, even though we

do our own independent things.

What are your plans for the future?

Claire: to become a "proper" woman, and potentially become (the best) female taxi driver.

Rachael: to be known as a female, work on deck on cruise ships (female DJ, female crew director) as well as working in a women's clothes shop.

Chris - interviewed by Reed

Who would you recommend your new flat to and why?

I would recommend the flat to anyone in the mental health services. It is a great location.

I've noticed you've been around to a lot of mental health services do you get there conveniently?

I can walk to places from the flat. I am able to walk to clubhouse, work, town and Kelmarna Gardens once a week.

To date I have been living at Framework for the last 24 days. I had my appointment with Kelly on the 11th of August and I got the last room which I moved into on the 29th. The houses are quite modern and were built in the 1980s. It is independent accommodation. I am fortunate to have Claire and Rachael as my flatmates. I go home twice a week for dinner and Mum gives me meals to heat up in the microwave.

Prevention Better than Cure

Several weeks ago I had a tummy problem. My Doctor was worried and put me into Auckland Hospital. I was there one out of two nights in the Acute Medical ward. This had three effects on me. Number 1: it was a wakeup call, number 2: It was an 'eye opener' 3: Mostly I counted my blessings.

I saw people coming in with various serious health conditions including type one diabetes, obesity related problems, smoking related problems such as emphysema and pneumonia, kidney, bowel, and heart conditions etc.

I felt sorry for the older patients and decided I would not end up in their situation. I have since been to see a nutritionist.

My plea is to take care of your body now rather than suffer later on, and your body will continue to serve you for life. It's worth it. Don't succumb to these modern diseases that we have in our western society. We all know what we need to do so do it. Prevention is better than a cure.

Julie H

Diet Changes

What changes have you made?

I have cut down on sugar, and avoiding sugary drinks. I have been consuming drinks with low or no sugar, and also drink more water. I have been trying to exercise more, over - eat less and have less junk food. The food at KFC is very fatty and salty. I will eat more fruit and vegetables and remove the skin from chicken.

Why have you made these changes?

If you don't exercise you become overweight and it's good to be thin. I have had Diabetes, maybe it can be cured. Sue had Diabetes that went away.

What are your goals?

To do the Feet Beat Challenge and lose more weight.

Interviewed by Chris R



Acupuncture Works!

I hurt my left knee at the gym and it was painful. Gavin H, a member at Crossroads offered to fix it with acupuncture. At first I thought, "No way!" What if there was blood and guts everywhere! But I had tried it before in the past so I agreed to try it again.

I rolled up my jeans leg and Gavin put four needles into my left leg and one needle in my right foot. It felt okay and I could feel how powerfully it affected the nerves.

He left the needles in my leg for 15 minutes and then tweaked them. I felt a little bit of pain but the nerves were all "buzzy". Gavin left the needles in for a further five minutes and then pulled them all out. The first 24 hours I still felt some pain but after that I did not feel any pain in my left knee since then. Acupuncture works and I would recommend Gavin's work to anyone. He was very professional. We have some talented members at Clubhouse.

Pauline T

David Breen: Pool Shark!!

David Breen, the General manager of the Arahura Charitable Trust, recently visited China for the world Pool Championship. He is currently the President of the NZ Pool Association and went with the team as their manager and support person. He came and visited us at Clubhouse recently to tell us about his trip.

David first got interested in pool when he was 17 or 18 but didn't carry on with it. He picked it up again 9 years ago. He is an exceptional player and is currently 12th in New Zealand in the 8 ball format. He plays mainly at Snooker World in Royal Oak. Tournaments in New Zealand usually have a prize of between

\$600 and \$1,000. Mostly, New Zealand players are amateurs.

David explained the difference between types of pool cues. One of his is called the "Thor Hammer" – a personal favourite of David's. Nadine asked: Why did you pick it up after 35 years?

"I got my first job, got married and had other interests come up, but in one job there were 2 full sized snooker tables. Also 10 years ago my daughter started playing pool as well."

The Pool competition in Beijing, China was a team com-





ing, The Forbidden City was a highlight for David. He was surprised at how big the complex was. It was a very hot place to get around, almost 40°C. Travel was mostly on Tuk-Tuks which were convenient and fast. To help with the language barrier,

petition with a top prize of \$80,000. China won the tournament. The team of New Zealand amateurs finished about 22nd. We were in a hard draw against both Chinese, Taipei and Korea. One highlight was a great individual victory against a top Korean player. The New Zealand players definitely "punched above their weight" in the tournament.

er, the group had an interpreter with them. David took the train once, which he described as "an adventure". It was a rush hour and he felt like a sardine crammed in with everyone.

People can join Snooker World for \$20 per year and then play for free each weekday between 11am and 3pm. What a deal!!!

China is expensive to get to, it costs about \$1,400 - \$2,000 in airfares. However it's a cheap place when you get there, especially the food. In terms of sightsee-

Stephen & Robert

A Unique Approach

Like all our work, this was produced in-house 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.



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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

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