

Chatters

A publication of Crossroads Clubhouse

January / February 2013



A note from the editor

Welcome to the January/February edition of Chatters. The Christmas party was a success with people having fun with skits, singing, music and lots of food. We also celebrated the festive season with a scrabble and chess games afternoon. It's 2013 now and I hope your new year's resolutions (if you have any) are firmly in place.

Thanks to all the writers who have contributed to the pages ahead. Big thank you goes to all the businesses that have supported us throughout 2012, we look forward to continuing strong relationships during 2013 and beyond. Special thanks to Pak n Save Mt Albert for hosting our recent fundraiser BBQ. I hope you all will enjoy reading this publication. It's for you all to enjoy and share with your families.

Teresa

The contributors to and the constructors of this issue of
Chatters are:

Eugene M, Pauline T, Patrick, Tony H, Maricor, Kerry, Nadine,
Purewa, Matt C, Merv, Stephen, Chris B, Lara, Pesa, Diana,
Teresa, Paul G, Nick J, Marjory, Paul D

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

From the Directors Desk

Hi everyone, I hope your New Year has got off to a good start. We are already really "cooking" at Clubhouse... lots of things going on. Did you get to see the really great desk top calendars we put out for the New Year? Maricor our new staff member came on board in FSU (Food Services Unit) over the Xmas holiday period and is already off to a great start with members giving feedback on how warm and friendly she is and supporting members to create some 'triffic' wholesome meals.

We have begun our planning and review process for Crossroads after a good response from our Satisfaction Survey at the end of last year. Starting with the Employment and Education Unit then going on to Communications, Food Services and finishing with Administration and Maintenance. Then a final summary and a look at Crossroads Clubhouse as a whole and how it sits in the community. The end result will become the basis of Crossroads Business Plan for 2013 to 2014. Nadine and Damon will be visiting Tapestry Clubhouse in Dunedin in February for a few days as part of a training and fact finding exercise. It'll be a chance for both to see another Clubhouse in op-

eration and dialogue about the differences-bringing back to Crossroads some fresh ideas. This was a hugely valuable experience for



me when I made the trip south when I first started work at Crossroads.

Our first fund raising activity of the year kicked off with a Bar-b-que at Pak 'n Save Mt Albert. We will hold another Monster Garage Sale on April 13th.

Staff have been very busy providing a lot of support for members making job applications and getting CVs up to scratch. Also for members looking for, or changing accommodation. With the stresses and strains for many over the holiday period and with many agencies closed over this time we have had a number of members with personal issues to work through too.....but all part of the varied challenging and rewarding life at the Clubhouse.

Patrick Harris

Newsflash

We've had the honour of **Maricor** joining our staff team. She has began working at Facilitator of the Food Services Unit, where together with members some delicious meals are being produced! Maricor makes a great addition to the staff team being a energetic and enthusiastic Occupational Therapy graduate. See her interview with Peter G on p.6.

In December the Crossroads Clubhouse community gathered to celebrate our **end of year Christmas party at Pt Chevalier RSA**. What a hoot! See p.10-11 for the photo spread and Merve's recap on this spectacular event. He also fills us in on what was unofficially "one of the best **Social Rec** trips ever", see p.14.



On the social topic... we're gearing up to celebrate **Arahura Founders Day** with a BBQ at Long Bay on February 8th. This is always a popular occasion, with great food, plenty of relaxation as well as fun in the water and sand with beach.

For two months we had a white elephant table at Crossroads to raise



money for Sky-light Centre a Clubhouse in New York where some members homes were badly damaged by **Hurricane Sandy**. We raised over \$100 US in support of this cause.

Garden improvements have been all go over these lovely hot summer months see p.9 for an update from the patch.

Crossroads is currently in planning mode. Members and staff will continue to meet at 10:30am on Thursdays for the next few weeks as annual unit **planning meetings** are underway. Feedback will be brought together and formulated into the **2013- 2014 Cross-**

Newsflash

roads Business Plan. New year, new beginnings! Among many things we dream of a bigger premises to better suit our growing membership.



At the end of 2012 Stephen and Patrick nearly nailed some **Transitional Employment (T.E) jobs**. Securing T.E jobs for Crossroads members will be a huge focus for 2013. Ideas and leads are needed, please get in contact if you can help.

Nadine and Damon will soon pack their bags for an investigative visit to **Tapestry Clubhouse** in Dunedin from Feb 19th to 21st. This is an excellent opportunity to learn about Clubhouse philosophy and bring back lots of ideas and energy for improving our own Clubhouse. Over the next few weeks they will collect questions to take from

Crossroads. Have a chat with them or drop your questions in the box at reception.

Crossroads Camp is rapidly approaching! From Feb 25th– 28th a group of 18 members and 2 staff head off to Campbell Park Camp at Mangawhai Heads, Northland, (1.5hrs north of Auckland). This is an opportunity for members to get away from the city and have a holiday in the beautiful north! Lots of effort and fundraising has gone into preparing for this event, including a recent fundraiser **BBQ at Pak n Save Mt Albert**.

After the great success of our last **garage sale** we are planning the next! This is scheduled for April 13th, save this date in your diary.



PRESENTING MARICOR

Peter G fires the juicy questions at our newest staff member...

Q: How did you find out about the job at Crossroads?

A: I saw the job advertised on the Seek website.

Q: What are your hobbies?

A: Going to the cinemas, playing table tennis, & reading.

Q: What are your qualifications?

A: I have a degree in Occupational Therapy.

Q: What languages do you speak?

A: I speak Filipino and English.

Q: Are you religious?

A: I am a non-practicing Catholic.

Q: What was your previous job?

A: I worked at a non-governmental organization for people with intellectual disabilities.

Q: Do you like cooking?

A: I like to cook Asian dishes, but I am not a chef.

Q: What village are you from?

A: Central Philippines.

Q: In one word how would describe your personality?

A: Outgoing.

Q: Where would you like to travel?

A: To beautiful countries in Asia. I would like to visit Thailand, Vietnam, and Hong Kong.



Why Smoke?

Probably the first smoke I ever had was when I was 11 at Papatoetoe Intermediate, South Auckland. Both my parents were smokers. My father would give me a puff of his pipe.

I didn't get into it hard core until I was fifteen. I wasn't aware of any changes both psychologically or physically. I didn't experience withdrawal, cravings or any other sensations that people talk about today. Smoking didn't offer me anything spectacular, it's just what my mates were up to.

Stealing cigarettes from our parents made us feel cool – it was illegal, breaking the rules. It gave us the feeling of living on the edge. By the time I got to my late teens, I was a full blown cigarette smoker, smoking one every ten minutes. By the time I was twenty-five I was coughing and spluttering with a chest full of mucus. The mucus felt like a thick membrane being spat out of my mouth. It was gross. I found it difficult to live the way I was living... my health deteriorated. I was covered with sores and scabs from my

neck down... my body was rotting.

The cigarettes made me constipated; my body wasn't flushing or processing through the digestive system. I would go five to seven days without a bowel motion. My body reeked of a foul odour. I would walk into a room and stink the room out in seconds.

In the year of 1999, I knew I had one foot in the grave and the other on a banana skin. I knew I had to do something about my addictions. They were killing me.

A friend of mine, who worked for the Manukau City Council, referred me to a detoxification unit which dealt with addictions. In the year 2000, I was thirty two. I decided to do something about my addictions. I tried everything, gum, nicotine patches, going for walks, drinking water, exercise. I

would put on some running shoes and go for a run. All these helped me to finally kick the habit. The first time I gave it a go I lasted thirteen weeks without a cigarette and it was really hard. Now it's been seven years since my last smoke and I feel healthy. Give it a go ... stay with it ... don't stop trying.

Purewa



Twice a week Kerry cycles into Clubhouse from his part time job at ZooDoo, located in the heart of Auckland Zoo. Lucky guy! We had a few questions for him...

What is Zoo Doo?

It's compost made from hoof stock (giraffe, zebra, elephant, bison, antelope, llama, rhino, hippo and camel) manure mixed with bedding straw and aged bark fines collected from the Auckland and Wellington Zoo's. ZooDoo is a top quality compost full of nutrients.



the movie Jurassic Park. We had a code red one day, a code red is when a dangerous animal is loose in the zoo grounds, ZooDoo went into lockdown and we waited in the office until the all clear was given. An impressive site was watching the zoo staff taking a cheetah for a walk the other day, these animals are built for speed, truly magnificent. A special thanks to Mary and Jody for allowing Stephen, Annissa, Pauline and Pessa to visit ZooDoo to view the facilities and take photos.
Kerry

A Dream Workplace

What's it like to work at ZooDoo?

ZooDoo is a great place to work. The animals make it an interesting work environment. The cleaning position became available from Mary Gibson at Work Foundations. My duties include the cleaning of the office and lunch room. The ZooDoo crew are very friendly. They enjoy their work and there is a waiting list for employment there.

Walking to ZooDoo from the main gate goes past the lion, giraffe, springbok and rhino enclosures, it reminds me of



Fighting ambition

Anyone who 's met Matt C, realizes pretty quickly he's a big picture guy, He gave us some insight on his future plans...

What are you currently studying?

A Bachelor of Applied Business Management through the Open Polytechnic.

What motivated you to study?

I needed to compete in the market place and up skill. I want to live out my dream. I am also passionate about life-long learning and growing as a person.

What do you like about this method of studying?

I have the flexibility to balance study and work. I am also able to network with other students in the course via social media.

How do you manage the work load and cost of study?

I do one paper at a time. I budget for this out of my benefit.

What is your long term goal?

To open up a Kung Fu Club.

What are the highs and lows of studying?

Getting a good mark back after working really hard staying up researching and referencing. Knowing you have passed is a surreal experience. Lows are exam

preparation and sitting exams. I prefer open book assessment where I can take my time. Exams are a fact of university life. My biggest low is not having teaching staff available to talk to face to face.

What are your plans when you graduate?

I would like to work in marketing or hu-

man resources.

What are your tips for coping with the pressures of study? Know and learn to personally manage yourself. Express your feelings with fellow students. Make time for activities that release stress. I attend martial arts classes.





Merve reports back from the CROSSROADS CLUBHOUSE Christmas Party

I came to Crossroads in the morning, all dressed up with Paul G. I met Heather and her mum Sylvia, at the Pt. Chevalier RSA. They joined us at our table.

The entertainment was really good; it felt like I was with family. It also felt a little sad as well that another year of our lives was over and you can't get it back. Lots of people said "it was the best Christmas party ever!". Some of the members and staff did performances. Diana P sang a song she wrote, several others preformed karao-ke songs, Paul G and Kerry recited some words, Stephen worked a magic trick with his lovely assistant Nikki, Nadine and Teresa did a skit and Tony C created and preformed a clever and witty race commentary, this was topped off with the "Crossroads Oscars" a humorous presentation of certificates to all attendees. Lara was the MC, she put things together. The food was 'beautiful', chicken drumsticks were my favorite, with ham on the bone, roast potatoes, a selection of salad and Christmas pudding with custard. Most people started to leave soon after they had pudding but others stayed on and enjoyed the atmosphere. Eugene provided back-ground music on the piano.

The whole event was really great.

Merv



Crossroads Christmas Party Paparazzi



Measuring the standards

I have been merrily perusing the pages of the International Clubhouse Standards Booklet for the last month. I came to the conclusion Clubhouse is a wonderful resource for people with diagnosed mental illness and Clubhouse staff, to work at. The general impression I got was that people with mental illness have a huge struggle with their own self-esteem and feeling integrated with the wider community. Clubhouse is a place where members can socialize and work side by side with facilitators in a safe and pleasant environment so they can better themselves as human beings and hopefully eventually live fuller and happier lives.

I find Clubhouse to be a good personal resource. I am given the opportunity to mix with positive forward thinking people, which is something I don't have living in a lodge environment. I've developed some wonderful relationships with a lot of people at Clubhouse. It's fascinating seeing others grow and change on a regular basis. The thing that I've found with regards to my illness is that as I get older (I'm 43 now) I have less mental and physical strength to cope with a mainstream job. I tend to use the work ordered day as voluntary work in place of a paid job.

As I've been progressively immersing myself in the Clubhouse community, I've developed the desire to improve my knowledge of the Clubhouse community worldwide. That is why I've taken to studying the Standards Booklet and the Crossroads Clubhouse Policy Booklet. Crossroads Clubhouse Grey Lynn is a wonderful example of how Clubhouses worldwide

should be operating. I remember attending Crossroads Clubhouse

five years ago. The

modern

(2013) ver-

sion of Cross-

roads is light

years better

in terms of

the wellbeing

of members

and quality of

staff. Every

time I come into Crossroads it reminds me of a

typical office environment which is something I

really enjoy. There's an expectation for staff

and members to behave in a cordial manner.



My personal life has been ticking along nicely with some very interesting events coming up this year. I am currently training (running) twice a week with a view towards competing in the Auckland Grand Prix Cross Country series in the winter. I also truly believe I'm blessed in the fact I only live a five minute walk away from Eden Park. I can see that over the next year I will be enjoying a feast of rugby and cricket at the stadium!

I wouldn't currently be at the stage I am at in my life without the wonderful encouragement and support of my surrogate dad Lee Whiley. We've known each other for three years, after first coming face to face in February 2010. My love for him has steadily grown over the years to the point now where we have a similar relationship to that of my birth father. In the future I look forward to introducing him to Crossroads members and staff.

Tony H

Book smart



Chris B has been quietly studying and gaining work experience toward his chosen career. We tracked him down for some questions.

What do you do at the library?

I work at Grey Lynn Library, which is part of the Auckland Libraries. I work as a volunteer shelving books.

How long have you been volunteering?

For 18 months, two hours per week. I am volunteering at the library while working towards a library qualification. I am studying through the Open Polytechnic by correspondence. The course is done part time on a computer. I want to find part time work after completing my course in a library.

How did you fund your study?

Through a scholarship with Framework Trust, which pays for course costs.

How did you find this opportunity?

Through a supported employment organization called Work Focus. Work Focus helped me find a work placement for my study.

What do you like about this position?

I enjoy working in the library because I like working with books. I like it there because it is a small library and the staff are friendly.

Who do you work with?

I work in a public library with library staff who give me tasks to do. I work on my own doing the library shelving.

Tripping Around



Last Saturday the 19th of January, members of Crossroads gathered at the Clubhouse. The day dawned fine but overcast. Everybody was in a festive mood. We knew each other well, there was a sense of intimacy and no barriers in the group.

A C.O.R.T van on loan and a Crossroad van soon filled up. We were away down the motorway, on our way to Wenderholm, a park some 45kms north of Auckland. The trip took 55 minutes.

Many members changed into the swimming togs and one piece swimming costumes and enjoyed a swim. The water was warm and balmy. We felt safe with there being lifeguards there on patrol. Soon the call went out "Barbeque, muesli bars, apples and cold drink".

We all agreed it was one of the best Social Rec trips ever. The weather was great, water warm and the group atmosphere relaxed. The verdict at the end of the end of the day was tired but happy people. Merv

An addition to our growing outdoor area is our new outdoor table, chairs and umbrella, this has made having lunch outside very comfortable and cool. We have also been in the process of creating a lawn at the back. A perfect spot under a nice tree to spend some time over the hot summer months, only after many hours of hard labour though. As a keen Crossroads gardener Kerry knows all about that! He shares some reflections on the patch.



The garden was another opportunity to utilise the clubhouse resources.

The Clubhouse Facilitators have been enthusiastic in sharing

their knowledge on maintaining a vegetable garden. Spinach, silverbeet and kale have thrived. The snow peas went ballistic from seed growing to more than two meters high, producing an abundant harvest. Enough snow peas for Africa!

Herbs like coriander have been used in spicy dishes in F.S.U. and rosemary added to the ever popular Thursday roast. Growing all of the vegetable for F.S.U. from propagated seed would be the ultimate goal.

Kerry

from the patch



My journey back to Crossroads Clubhouse

is a small one yet monumental to me. My mother has a problem gambling situation and the police suggested I move out of home to the YWCA. I have only been living there for four months while I try to find a job. I have gone to counseling with the Asian Mental Health and Family Services. They have been lots of help.

However, I have been out of work for over twelve months and this has meant that I have had to return to Crossroads Clubhouse in order to find meaningful work again. I look forward to work as soon as possible so that I don't have to worry about being on a benefit that doesn't pay enough

for a proper living standard.

I'm a little bit worried about where to from here, but I know I can manage better with better friends and family relationships.

As I mentioned, even though it seems like a small challenge to some people, this situation is serious and is a monumental challenge for me to take on and I will need all the luck I can get. As well as looking for a great job, I am looking for a flat-mate whom I can depend on.



Pauline T

One day, I went to see
What Crossroads Clubhouse could do for me.
There's the Communications Unit and F.S.U.
There's Education and Employment there too.
They help you lots with work and education.
They help you with heaps, there's so much to mention.
So if you need help with housing or WINZ.
Just drop into Crossroads and
You'll be pleased that's where you've been.

You've got access to computers,
You can do your laundry here too,
There's the garden to enjoy,
And there are heaps of friends to make too.
You won't stop there,
There are outings and activities galore,
It's such a positive environment,
You'll never feel too poor ... (in spirit!!!)

Pauline T

Did you know?

Our Clubhouse director worked in women's fashion 'in another life!'



What was your first job after leaving school?

I worked in a London Jewellers learning how to repair watches working alongside my uncle. It was great to start earning money for myself. I got to meet lots of people in my job and was able to overcome my shyness with people. I liked to spend money on clothes and dress fashionably.

What was your next career move?

I moved to Australia in 1969. I started work in Sydney as a book-keeper and later as a store worker.

How did you get to start working in the clothing industry?

A friend of mine had just started a small business trading in Handicrafts, including fabrics from India. He wanted to grow the business and develop into womens Ethnic Fashions and I was interested in fashion....and hey why not!

Did you meet a lot of interesting people?

Yes, both here, in India and Australia

Where did you get your inspiration for clothing designs?

I worked with designers and we also made clothing under license in NZ that were designed in Australia

How old were you when you got into the Fashion business

I was 26 when I started this venture

What was your most memorable experience in the fashion industry?

Going to India to see the hand printing and dyeing of these unique fabrics.

And what are you doing now?

I am doing something totally different now, in a role as really more of a social worker. I have worked in Mental Health for about 25 years now.

How did you come to work in mental health?

I had done voluntary work at Youthline for a couple of years in my free time and then decided I wanted to do similar work in a paid capacity. I contacted a number of different services and eventually found work with The Richmond Fellowship and then later with Walsh Trust

What other interesting types of work have you done?

In the Retail sector — I worked for The Toy Warehouse as a store manager.



What's cooking?



Lara helping out in the Food Services Unit (F.S.U), we now have our newest staff member Maricor on-board. Food services has been going super well! Some new members have been helping out and learning how to bake all at the same time. There has also been some old faces come back and make some wonderful food!

Almost every Friday we have been enjoying the nice weather and using the opportunity to have a BBQ with lovely fresh meat and salads, feels summery! Hoping that the summer feeling will continue for a lot longer so we can enjoy using more veg from the wonderful flourishing garden. We have been enjoy-

ing some beautiful peas, beans and more!

Breakfast is a new feature on the menu, several members are taking advantage of this to kick start their day. For only \$1.50 members buy a bowl of cereal, toast and a hot drink.

A toasted sandwich maker has recently been purchased. Toasted sandwiches are now on offer at lunch and throughout the afternoon. They have been going down a treat! Demand is expected to increase once the temperature cools down.

This year we are looking forward to having new and old members to work with in FSU and some more amazing guest chefs and bakers!!!



A Unique Approach

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

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