

Chatters

A publication of Crossroads Clubhouse

March/April 2013



The ups and downs of Cricket!

What a glorious summer it's been. Lovely day followed by lovely day. However we are getting too much of a good thing. The farmers are complaining, the drought is eating into their incomes. This brings me now to cricket our summer game.

Cricket has been going through a rough patch lately. First of all the way Ross Taylor was dropped from the captaincy of the Black Caps. He is our best batsman. After being the reason we won the second test in Sri Lanka to draw the series, coach Mike Heeson and the selectors went behind his back and appointed Brendan McCullum as captain without informing Taylor beforehand. Then there were the inconsistent results. In South Africa we lost the test series hand-

somely. However went on to win the One Day Series over there, two games to one. England the number two ranked side in the world, comes to our shores, thrashed us in two of the three One Dayers but then in the first test fell to a low score of 167 all out. When NZ batted they amassed over 400 runs. We were in a winning position and would have won if the rain didn't rule out the first day of play and an afternoon session later on. The game ended in a draw but NZ played very well for a change in a test.

However the opposite happened in the second test. We were losing again quite badly and the rain came and saved us. As you can imagine the results for fans have been a roller coaster ride of ups and downs. However it is still better than the 1950's where we won only one test in the whole decade. Count your blessings. **Paul G**

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



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

Directors Say

Well it is audit time for the Arahura Trust and so therefore for us at the Clubhouse . A time to for external assessors to ensure that we deliver the service to mental health service users what we are contracted to deliver. I can only speak for Clubhouse but I know that we deliver one hell of a Bang for the Buck we get paid. Statistics developed by Clubhouse Internationally attest to the fact that dollar for dollar the cost per adult is significantly less than any other mental health rehab service given the kind of support Clubhouses provide. It is less than \$2000 per year per person. This is the kind of support that enables people to keep functioning at a good level and by and large to stay out of hospital.

I have enjoyed Nadine and Damon's stories and views on Tapestry Clubhouse Dunedin, the only other Clubhouse in New Zealand. It reminded me of my visit there a few years ago and has helped the feeling and connection of being part of the larger community of Clubhouses worldwide. To this end I have invited two International Clubhouse auditors to come and visit us at Crossroads whilst here in New Zealand. Their visit, later in the year is to enable Tapestry to gain full Clubhouse accreditation.

The Clubhouse has begun filling up with all manner of goods donated from the wider community for our Monster

Garage Sale. We have four lounge settee's at the moment and more expected. We've got gym equipment, lawn mowers, stereo's, dresses to go to the ball in, CD's and DVD's, a Rocking Chair and even a kitchen sink.



The Garage Sale is part of our annual fund raising strategy. Members and staff have identified a number of items that we wish to replace and upgrade this year, one being a large commercial chiller to replace our fridge. Members have also requested that some funds go to subsidise member activities for the monthly weekend recreational outings and also our twilight dinners out and about in the community. The subsidy will enable a wider range of activities to engage in especially through winter when a bar-b-que at the beach or walk in the bush is not appropriate or possible. **Patrick**

Newsflash

Everyone enjoyed themselves at our **camp** this year up at Mangawhai Heads, 14 members attended. See p 10-11 for stories and photo spread!



As always we celebrated the beginnings of the Arahura Trust, (**Founders Day**) with a BBQ at Long Bay, half an hour drive north of Auckland city. The weather was great and water warm! Lots of sports activities were enjoyed, as pictured above.

We took advantage of the balmy evening temperature and had our Valentines **Twilight Dinner** at Coyle Park where we enjoyed a BBQ. The latest Twilight Dinner saw a group of a dozen members checking out a new restaurant in Grey Lynn, the Empress of India. Nick J has provided a review on p 14.

Ponsonby Law Society came and shared some information about hire purchase agreements, debt and the law. See key points from this talk on p 19.

We are very pleased have Roscoe Kennedy on board as our **new placement student** for the next few months, he is a very likeable chap with real personality.



We have had a lot of **new members** joining Clubhouse recently: John L, Keren, Rose, Julie E, Raj and Nikita to name a few.

Newsflash

Arahura and Clubhouse have a **new website** under development. Members and staff will meet weekly at 11am on Fridays to organise the content and layout for the Clubhouse component.

Late Feb Nadine and Damon went on a fact finding visit to **Tapestry Clubhouse** in Dunedin. This is the only other Clubhouse in New Zealand! (Damon and Tapestry crew pictured below). See p 7- 8 for details of the visit and more pics.

In March we stopped regular work for an hour rolled up our sleeves and got stuck into some heavier cleaning with the **Clubhouse Working Bee**. The Clubhouse was humming with action and looks a lot cleaner for it. The next spruce up is scheduled for Sept 12th.

There is a lot of activity at Clubhouse at the moment as we prepare for our annual **Monster Garage Sale**. We would be delighted to have you along, check out invite on p 6.



We had a strong team of 9 people entered in **Round the Bays** fun run this year, a great turn out. Annisia and Dawit give us their take on the day, see p 15.

You are invited to our

Monster Garage Sale

Saturday 13th April

393 Great North Road Grey
Lynn

Starting at 8am



- * Heaps of bargains
- * Free tea & coffee

All proceeds of the garage sale will go to Crossroads Clubhouse
—a charity working in your community.



*Crossroads Clubhouse operates under the auspice of the Arahura
Charitable Trust*

My Journey Back to Work

My journey began by applying to work as a volunteer in order to give me some routine in my week, a sense of accomplishment and to improve my self-esteem. Before this I felt very aimless during my days and weeks and struggled to find useful things to do with my time.

I began working one day per week for Tear Fund, a Christian Aid agency which runs a child sponsorship programme in poor countries. The

work was not too taxing and involved sending out letters ('envelope stuffing') and information to the child sponsors in New Zealand. I got a sense of achievement from this but also really enjoyed the company of the other volunteers. The staff were very friendly too and good at making volunteers feel welcome. Later, I also volunteered with Vision West in Glen Eden. This involved driving a van to pick up and drop off peo-

ple, food supplies and sometimes furniture too. I would recommend volunteer work as a good step for people aiming to get into paid work. The Tear Fund work also led to a 4 week period of paid work for me which was very welcome.

Another valuable way of helping me establish a regular routine was joining Clubhouse. The company and support of the members and staff has been a huge help and encouragement to me. Staff are wonderful at supporting members in the process of job searching. For this I would particularly like to thank Stephen who was a very willing and capable helper to me.



While at Clubhouse I followed up a job opportunity. This job had been taken but my phone conversation with the employer led to an interview for other work. From this I began working as a Home Support Worker

with Ignite Waitakere. The work involves helping people with intellectual disabilities achieve their goals in the community. There is no housework or personal cares involved. I began with one client and have gradually built up to four clients. I work 20 hours per week. The work is sometimes boring but can also be rewarding. I even get to play pool with one of my clients! **Peter C**

Tapestry Trip

The week before Clubhouse Camp, Nadine and Damon travelled to Dunedin. They spent three days at the only other New Zealand Clubhouse "Tapestry".



I was delighted at the opportunity to visit Tapestry. On any given day at Crossroads you may encounter a new situation and wrestle with how to apply Clubhouse philosophy to it. This makes the work challenging but also really interesting. I jumped at the chance to visit the other kiwi Clubhouse having a keen desire to better understand how the model works in other Clubhouses.

Damon proved to be a fantastic travelling companion and fellow investigator. He coped extremely well with

the 5:15am pick up and flying for the very first time!

Staff member Sue and member Chris welcomed us on arrival at Dunedin airport. Together we travelled to Tapestry, where we immersed ourselves. We rolled up our sleeves and mucked into the work ordered day, joining the crew in the kitchen, garden and administrative work. Staff and members were generous in taking time to explain how things worked and answer our many questions.

The two Clubhouses share many typical characteristics - meetings structure the day, work is ordered on whiteboards and carried out by members and staff working side by side. They even have several members with the same names as ours, including 'Merv', and familiar colourful personalities like ours. One member Ross could really give John M a run for his money in the comedy realm!

There are also a number of differences between the Clubhouses, the most significant including:

- Four Transitional Employment Opportunities
- One additional full time staff member, yet same daily member attendance figures
- Ownership of building, (semi-open plan layout)

- Kitchen pays for itself (on a budget of \$300 per week)
- Applying for Clubhouse accreditation
- Significant amount of fundraising for selves as well as other charities

We stayed in a nice motel a stone's throw from St Kilda beach and a brisk 10 min walk to Tapestry. I really like Dunedin it's a beautiful little city with plenty of character. The weather was spectacular!



Highlights from the trip for me were; getting to know members and staff, seeing Damon use his barista training, observing the radio show planning meeting, Employment Dinner at Rat Bags Pizza Bar and the sightseeing tour of the city as we dropped member's home from dinner.

I left Tapestry inspired and also with a stronger appreciation for our own Clubhouse. I think we do extremely

well with the re-sources we have, although

we are missing a critical element - Transitional Employment.

While difficult to obtain I am convinced we can get one up and running again, and from there it will be much easier to develop more!



Back at Crossroads we have discussed ideas from the Tapestry visit. A fundraiser quiz night is in the plan for later this year. The kitchen has started working toward paying for itself on \$300 weekly budget. A larger more open plan rental building is on our wish list for the near future. Most importantly we have begun a fortnightly T.E meeting to brainstorm ideas and remain accountable for T.E development. We look forward to cracking T.E, I can't wait until we have this opportunity on offer for members! Thanks to the Tapestry Clubhouse community for imparting their knowledge and warm hospitality.

Nadine

In Feb came the long awaited 2013 summer camp, We returned to beautiful Mangawhai Heads, new venue, stunning weather, good times! Chris and Craig H fill us in on the happenings...

Monday 25/02/13: We left at 10.40am. We had a good drive up to Mangawhai Heads, stopping off at Wellsford. After arriving people volunteered for cooking and cleaning duties. For lunch we had filled rolls. Later we went to the main beach for a swim. Also we played Frisbee golf in the camp ground. We had Nachos for dinner.

Tuesday 26/02/13: I awoke after a good nights sleep. There was no snoring in our bunkroom. Later we went for a drive around to another beach. The Museum was shut. Back at the camp we played cards and then had buttered chicken for dinner.

Wednesday 27/02/13: Breakfast consisted of bacon and eggs, beans, toast and porridge. Later 6 of us played 14 holes of mini golf near the shops. The winner made it in 37 shots, I did it in 60, the loser. The others visited the chocolate factory and op shop in the main township. We had pizzas for lunch. Afterwards we did the cliff walk which took more than two and a half hours.

Thursday 28/02/13: We cleaned up and returned safely to Clubhouse.

The Campbell Christian Camp has good facilities, a large field and is close to the beaches and shops. It has comfortable sleeping arrangements and a relaxing lounge. I first attended the camp in November, 2003 with Windsor Park Baptist Church.

It was great to get out of town for 3 nights. Two nights wouldn't be long enough. Sixteen of us attended, including 4 women. It was a nice way to finish the summer. I am looking forward to next years camp.
Chris R

Summer Camp

I came to camp because I wanted to get out of Auckland. I hadn't been on Crossroads Camp before.

One day I stay back at the camp site re-

laxing while the others went on an outing. The other days I joined groups on trips to the beach, a visit to the local chocolate factory and op-shop, and for a cliff top walk.

I liked the meals and enjoy cooking Nacho's and Pizza with Nikki. My least favourite thing was the cliff top walk, it was tiring. I was so tired I didn't want to go on the Flying Fox. I would go to camp again. I think we need to get a lot more people to come along to the camp.
Craig H



Precious Pictures

Raymond has been seen on many occasions carting around some very interesting pictures.

My family had a lot of family photos and when I was a boy I would often sit

with my mother and look at the photos and she would tell me stories about the family.

I was always interested in the stories that surrounded the pictures...Mum talked about her parents quite a lot. Mum had a happy childhood she thought the world of her parents.

One of the photos was an important

photo and got torn in half whilst taking it out of a drawer it cost \$200-\$300 to restore. I have spent a lot of money on photos over the years restoring them. I ended up with most of the family photos when my parents died.



Most of the photos I have are 10 x 8 prints in Black and White and only a few are in colour. The photos are all loose at the moment

but I plan to put them in an album that my brother gave me. I also have lots of photos about my father's side of the family which I haven't been able to identify. Father kept a lot of things to himself and didn't talk freely about the past and his family...so maybe I'll never know about them.

The Auckland museum wanted cop-

ies of some of the photos because of their historical significance. One in particular of General Freyberg in North Africa and my father in Crete. I have seen copies of the photos that I have in various books that have been published.

I have enjoyed taking pictures myself as well. I remember one time having a Rail Pass and going on a one month rail trip which covered most of the South Island and going to places like Invercargill, Stewart Island, Dunedin. Ashburton, Christchurch as well as the West Coast. I had a SLR camera at the time and took lots of pictures, unfortunately it got water damaged and now, it is no more, (It's broken). Now I take movies on a high definition digital camera. I decided to have a change and capture life in motion instead of still life.

Raymond S



My 17 years with Clubhouse

Just out of hospital , I joined Crossroads

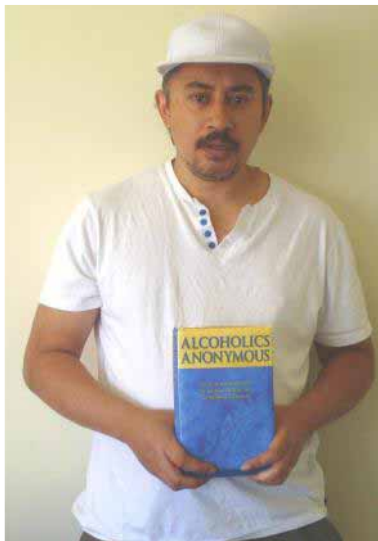
Clubhouse as a foundation member on the thirteenth of February, 1996. We had Nachos for lunch. Mum brought me along, she heard about the Clubhouse through S.F, Schizophrenia Fellowship at the time (now called Supporting Families). Also her partner applied for a job with the Clubhouse.



We celebrated with a formal opening in April. Sandra Lee an MP at the time attended. Later in the year we agreed on the name Crossroads Clubhouse. I attended training at Bromham Place Melbourne in July for three weeks. We worked in the various units and discussed a lot of issues regarding running a Clubhouse. Lindsay Bennett, an OT, was the first co-ordinator. She attended the Clubhouse training the year before and submitted a proposal to the ADHB for funding.

We still have the same premises after all these years. They have been refurbished a few times , such as paint jobs and new carpeting, revamping the kitchen and addition of servery, shower and laundry facilities. The garden has developed well over the years.

I returned to studies in February, 1997 and completed my degree with Co-operative Education in 2001. Clubhouse has kept me well and out of hospital and I have made many friends over the years. **Chris R**



Step One

to me means admitting that the root of my problem is due to drinking and drugging.

My job was affected. Everything in my life that was not good was due to alcohol and drugs.

After all that's happened, the jail time, the mental hospitals I've been to, (Tiaho Mai, Tamaki Oranga Mahi Tahi and Te Whetu Tawera), my thoughts were still psychotic. I believed I was Jesus's brother and that the Government had me under surveillance cameras and were watching my every move.

I was drinking and drugging for about 20 years. It took a long time to discover that my problems were due to the drugs and alcohol. I spent years in denial. It was my be-

lief that people wanted me to drink and drug so that I wouldn't progress both mentally and physically and that they were trying to hold me down. I started to think that everyone was against me, my family, close friends, the public in general, everybody.

One night I was at an AA meeting and a member stated that he had hit rock bottom when he ended up in jail. Like me he had enough of the life style we were living.

The first time I heard about the word Powerlessness I retaliated against it. I couldn't believe that something, whatever it was could control me. It took a few more rock bottoms to finally succumb and acknowledge that the drink and drugs were at the center of all my problems.

To be honest I thought that AA could teach me how to drink socially. I would go around to friends drunk with a joint saying how good AA was and later promise myself that I would never touch it again.

So began my journey with AA... Step 1. We admitted we were powerless over alcohol that our lives had become unmanageable. **Purewa**

Happy Chinese New Year

On Saturday 23rd of Feb Chris R, Rohan (a previous clubhouse member) and I met up and went to the Chinese Lantern Festival at Albert Park. We shared a Korean chocolate pancake and then went to watch the amateur karaoke. It was great fun.

The following day, Chris R and I met up at Albert Park again. We watched singing and dancing items on the main stage, and ate Chinese pork dumplings with soya sauce. We saw the Chinese opera and the Chinese diablos yoyos juggling act. There was a lot of talent.

Then we went to see the Chinese tea ceremony at McLaurin Chapel where we met Matt C. He had met some of the other kung-fu students and his Sifu at the Martial Arts arena. Matt C participated in pouring the Chinese tea and collected a book on the

Chinese tea ceremony. He said it was an honorable experience serving the black tea to Chris R and I to taste during the ceremony. I bought some more Chinese tea and shared some Jasmine tea with Chris R. Matt C helped me to get some steamed Chinese brown sugar and egg sponge cake.

Chris R had to leave early, I stayed behind to watch the Sky Tower fireworks with Matt C. We had a great time. There were thousands of people near the footstalls and at each exhibit. The Lanterns for the Year of the Snake were very beautiful. We appreciated the event, put on by the Asia Foundation and Auckland Council.

This Year of the Snake is a "water" year there will be lots of innovation and advancements in science. I was taught that whoever was born in the Year of the Snake is very beautiful because like the snake regularly sheds its skin, a person is renewed, reborn and transformed. **Pauline T**

The 'Empress of India'

On Thursday 14th of March 'Crossroads Clubhouse' generously organised an evening out at the 'Empress of India' Restaurant on Surrey Crescent, Grey Lynn. Finding it hard to organise social events myself and being a fan of Indian cuisine I leapt at the opportunity to meet new people and hang out with like-minded members I already knew.

Being the first group of patrons there, we got the best seats in the house at a banquet table set up in our honour. Other people came and went while we were there, picking up takeaways to gorge themselves at home. We got stuck in to the food there.

The atmosphere was bright and friendly for an Indian restaurant, allowing us to see the broad range of colours on offer. Most of us were relaxed, and we shared our meals around, sampling the various tastes from different parts of the country. The southern dishes use a lot of tomatoes while the dishes from the northern part of India use more onions. We had complimentary Poppadoms as an appetizer, an extra bowl of rice and there was a beautiful sweet Naan bread one member offered round.

The hosts provided great service, being courteous, and the meals were served promptly. By the sounds of it everyone got to try something new so it was a culinary adventure well worth the ten dollar base price of the mains. **Nick J**

Stephens

Heart

Some people say that Steve Hart is the heir apparent to the Crossroads fortune, and he is taking the courses to prove it — or disprove it, depending on Steve's wishes if and when that time comes: It's the

Diploma in Mental Health Support Work. That's the thing with young Steve — You get the impression life hasn't bitten too deep and the world is still his oyster. (If you don't know

this expression, please look it up

rather than badger the writer.)

Despite appearances, Stephen was born in Odstock, a village of five hundred people thriving in Anglo-Saxon days but these days so obscure that he has never been back just out of curiosity. It is on the Salisbury Plain near Stonehenge, though this particular monument was here from at least 3,000BC, so it's just a coincidence. He was raised in *this* part of the world just

inland from Sydney in the Blue Mountains — that get their colour from the blue haze that rises from the leaves of eucalyptus trees, says David Attenborough. As a nine-year-old



Stephen featured in his class performance put on for the school,



miming to "Blue Suede Shoes". By ten he played tenor horn in the school's 70-piece concert band. The family moved to Auckland the next year and that was the day the music died. It was only revived when mum bought him a Yamaha classical guitar as a Xmas present when he was 18 and finishing at Mt Roskill Grammar.

After uni in 2004-5 Stephen went travelling through Sth East Asia, visiting his parents who had settled in Kuala Lumpur, Malaysia. At 25 he joined the Brunettes, whose sleeper hit "Small Town Crew" can be seen as a video on YouTube. They rehearsed, did local gigs and toured overseas through 2007 —

Australia, USA, Europe, Australia — and Stephen had grown thin living hand to mouth.

Having lived the life of the down-and-out for a year there was only one thing to do: take up his long-term intention of working at a welfare occupation. Stephen's father was a business mentor for Marua, Crossroads' previous director, and when Stephen heard there was a vacancy at Crossroads as a facilitator he jumped at it. That was five years ago, he's happy here and will persevere for the duration.

Law Society Presentation

Representatives of the Law Society did a morning presentation to Crossroads Club-house members recently. They stayed for a shared lunch afterwards where they answered questions. Several members took advantage of the opportunity to clarify legal obligations, including:

Liability for Debts:

Don't take it lightly – people often agree to be guarantor for another person's loan, often for family or friends, but if that person doesn't pay back the loan then the guarantor has to pay it – and if you've agreed to be guarantor, then that's YOU! Tenants can be liable for damage and fire – the landlord's insurance may not cover this. There have been cases where the insurance company has prosecuted the tenant for negligence.

Car insurance – if you have no insurance and you prang into an expensive car, you'll be paying it off for a long time. It's best to get third party insurance to cover the other person's car repair.

If you have a problem, don't delay – sort it out as soon as you can. The longer you leave it the harder it is to fix.

Bankruptcy is not the better option:

Sometimes bankruptcy seems an easy way out of problems, but has long-term effects. It affects future financing, hire purchase. You can't have a bank account in your name. You won't qualify for credit cards.

One alternative is "No Assets Declaration":

The "No Assets Declaration" can be used only once. It's in place for twelve months – you cannot enter into financial arrangements within the twelve month period

It absolves you of existing debts

It doesn't apply to hire purchase items (they may be re-possessed by the supplier of those items).

Doesn't apply to student loans (although there may be a case to test this).

Doesn't apply to traffic fines or outstanding taxes – (although there may be a case to test this).



Consumer goods:

Paying more for extended warrantee is often a ploy by the salesperson to get extra money from you. This is often a waste of your money. The item is covered by warrantee for a time and the extended warrantee is often under the expected life expectancy of the product. Good brands will normally give at least three years trouble free under normal use.

Your local Community Law Centre can provide initial free legal advice and information. The Citizens Advice Bureaux have volunteers trained in consumer law who can provide free information and advice – phone 0800 367 222. If you are having trouble with your loan, call to talk to someone from the Ministry of Consumer Affairs helpline – Free phone 0800 LOAN STRESS (0800 562 678).

A few words about Round the Bays

Annissa

A good day being with others. We meet up at Britomart with everyone. I walked with Pauline at a steady pace. We made our way to the starting point. When everyone started moving in front we knew the event had begun. Some friends were walking but didn't get to

see them easily. We all met up with our group at the end and found a place to sit. We meet Nadine's flat-mate Martin. We had pizzas and soft drinks. Afterwards we got on the bus back to Britomart together. My legs felt okay after but my feet were a bit sore.

Darwit

I had a great day at Round the Bays. I really enjoyed the day and being together with people from the Clubhouse

2012 Auckland Cross Country Championships



I absolutely love competing in cross country running races. This was manifested in the way I thoroughly enjoyed competing in the final race of the Auckland grand prix cross country series at East Tamaki last August. I met up with my surrogate Dad Lee and his nephew Andrew

at the bus stop outside my lodge at 1pm. We merrily made our way out to East Tamaki in his van. When we arrived at the venue I knew instantly I was in my element. I stepped out of the van and took in the colour and atmosphere of hundreds of athletes aged from eight to eighty parading around in their various club uniforms. Lee, Andrew and I made our way to the Auckland university track club, greeted the other members and then Lee and I got ready for the start of our race, the masters men.

The gun went off and we were on our way! As seems to be the case in every race both Lee and I instantly gravitated to the back of the field. It was my strategy before the race to run with Lee for around seventy five percent of the race and then gradually pull away in the last quarter for a comfortable placing. I knew I couldn't push too hard because at forty three years of age I didn't have the strength and endurance I had in my twenties, which was evidenced in my results over the last three years. The race was run in conjunction with the senior men (18 to 39 years old) and it shook me to the core when they went past and lapped me after two of five laps. I kept churning away in the mud with Lee until after four laps I thought I would dig deeper into my pain threshold. I pulled away from him with surprising ease and with my body increasingly in pain I made my charge for the finish line.

I crossed the finish line and I knew it was a hard race as I nearly collapsed with exhaustion. I loitered around the finish line until I could see Lee approaching in the distance. He crossed the finish line five minutes after me and there were smiles all round as we congratulated each other on a race well run. I received my certificate from Lee five months after the race and it showed I finished seventh in the series overall and eleventh place in the Auckland cross country championships.

Tony H

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

For more about our Clubhouse visit:

The opinions expressed herein are not necessarily those
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