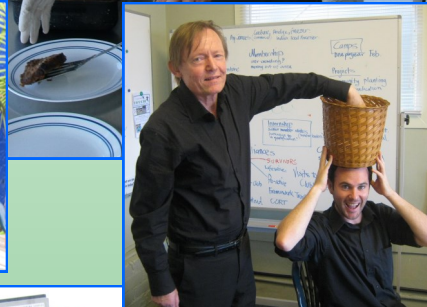


Chatters

A publication of Crossroads Clubhouse

January/February 2016

Happy 20th Birthday Clubhouse



Editor's blog

For me life has never been easy or straight forward (having a hard head doesn't help). For the most part its been a case of soldier on.

I have always been up for a challenge and not shy to try anything. at least that's what I tried to convince myself. Towards the end of last year I thought about where I was at, where I was going e t c and re-solved for 2016 I was going to enjoy, be active and be ready for what ever challenges. Well here I am doing an editors blog which I have to admit I would rather not and wouldn't have if I wasn't asked. dare me to jump off a cliff no problem. But ask me to express myself in an open forum .the answer would be NO WAY! So I'm at a crossroad with a challenge for myself.

"be bold, dare to do what I fear to do the most"

The sky's the limit — ET



Some of the people who contributed to creating this publication:



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.

Director's Update

While Auckland snoozed, holidayed and beached itself in the early part of this year, our Clubhouse continued to charge along at the usual pace. Some of the hard work which we'd been putting into projects in the last portion of 2015 has come into fruition this year. Most notably, our Clubhouse has a new Transitional Employment position in place. This means that a new member will have the opportunity to work in a 6 month paid position before another member takes over. This is a great extension of the work that we do here at Clubhouse each day. We also have a steady stream of casual work coming through as part of the C&C Movers project. Teams have been shifting furniture and rubbish for C.O.R.T. and doing a great job.

We're also looking forward to building on some of the healthy initiatives which we've all been getting behind. This will coincide with our attempts to win another Heartbeat Challenge Award. To do this we need to find new ways to make our work place healthier. The team is already cooking up a plan which will involve increasing exercise, better nutrition options and supporting a smoke-free environment. The last item on this list will be a continuation of the highly successful Wero Quit



Smoking Challenge. As you may know, our amazing team, "Nutz against Butz" took out the first mental health competition and will be role models for the next team. This team also raised over \$4000 for the Clubhouse with their incredible efforts.

Fundraising will be part of what we do for 2016 and we have been having fun spending the funds raised in 2015. See pictured Sam and Brad with our new commercial oven. This has made a huge difference to the kitchen team and of course everyone who enjoys the great Clubhouse meals.

Look forward to working with you this year,

Stephen

Transitional Employment: Ponsonby Baptist Church



We are really excited to announce that our Clubhouse has a brand new Transitional Employment (T.E.) position at the Ponsonby Baptist Church. A T.E. is a paid job in the community which is supported by the Clubhouse community. Members apply through the Clubhouse to do the job for six months, and then another member gets the opportunity. It is a great pathway back to employment. A huge thanks goes out to Jody and Gary from the church for providing us with this job, as facilitated by our member, Kerry. Below, Kathy interviews Kevin—the first member to give it a go...

What made you decide to apply for this job?

I've been physically and mentally unwell for over ten years. I'm now better and ready to interact with people.

How are you finding the work so far?

Very good.

What do you hope to gain from this opportunity?

Self confidence and a pathway to full time employment.

What advice do you have for anyone wanting to start/apply for a T.E.?

Come to Clubhouse as much as possible, interact with staff and members. Learn new skills. Then GO FOR IT!

**DON'T RESTRICT YOURSELF
"GIVE IT A GO".**



Garage Sale — A Success!



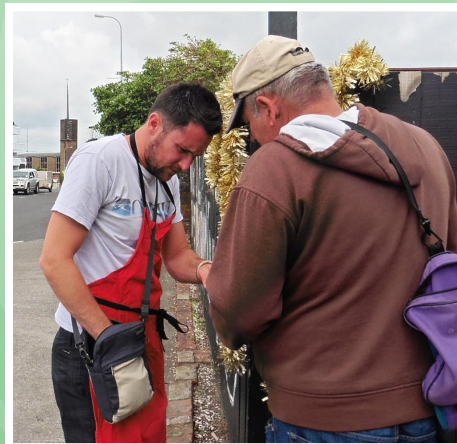
What a success we had with our mega garage sale! We smashed our goal – and made over \$4,500, with ongoing sales on TradeMe.

We also ran a small shop after the Garage Sale to sell some leftovers. What we were not able to sell we donated to Women's Refuge, Salvation Army, Red Cross..

A huge congratulations for the hard work and effort to everyone who played apart in our fund raising.

Of Course after our garage sale we had to do the clean up, which was fun , yes we had fun cleaning up, we all worked together had a few breaks in between and even the yum baking from the kitchen to keep us going.

Roll on Garage Sale 2016!



ANNIVERSARY DATES

The title suggests cause for celebration, but not these ones, and at times they seem to be impossible to avoid, especially if you're unprepared.

For me they used to sneak up on me every year during the months of June and July, when my mind and body would remember and reenact past traumas and life threatening accidents. It's a horrible thing to keep reliving trauma and I would find myself spiraling into anxiety, stress, self-medicating, depression, and suicidal thoughts. Of course there are a whole lot of systems and emotions according to each individual.

So after years of suffering I found I had had enough, and it was time to fight back, or to develop strategies to help me overcome, or assist me through a difficult time. With the help of my doctors and talking to people, we came up with a course of action.

ACKNOWLEDGING AND RECOGNISING

So, first thing was to acknowledge and recognize the dates the trauma happened. It's important that you don't wait in anticipation all year for the time to arrive, but file the date with a course of action to take on the day.

WARNING SIGNS (being aware of)

Being self aware of emotions and actions towards others, as the time approaches, like being angry or sad or abusive or a change in sleeping and eating habits are good indicators something is wrong.

So when things are overwhelming a course of action is required to soften the blow, and to try to distract the mind and replace negative thoughts with positive good thoughts, which may take a little time ,but rewarding if you endure you will succeed.

A COURSE OF ACTION

Watch a good non violent movie, go for a walk, gardening is good relaxing therapy, listening to good music, eat healthy food ,cause what you eat is what you are and can influence our thoughts and behaviour, finally if you're struggling and find things are overwhelming remember you are, as everyone else, a unique individual,a loving person and have something to contribute to the world.

Finally, if it's all too much, I have a written sheet of paper of contact people.

SAFETY LIST

1. Take prescribed meds
2. Practice relaxed breathing techniques
3. Contact your doctor
4. Call mental health crisis team
5. Contact a friend or neighbor you can trust
6. Option: Request respite care

Some useful thoughts: Don't stay in the past. "Ground myself in the present" — the past is over. "I have survived the past" and at this moment in time I do not need to worry about the future — I can do that later, I can have "time out". "I have choices."

Maintain a sense of hope — Remember things can and will get better.

These are some things which helped my recovery. I hope they are useful for you. I invite your interaction and feedback to this article. God bless. Regards, Kevin

My 20 Years At Clubhouse

Crossroads Clubhouse's 20th Anniversary celebrations will take place February 12th (coinciding with Arahura's Founders Day) and 26th. Chris R, our longest-serving member, remembers.

I am a foundation member of Crossroads Clubhouse. My mum heard about the Clubhouse through SF, and her partner applied for a job there. There was an employment focus. I had just been in the Connolly Unit before Christmas 1995. On the 13th of February 1996, my mum dropped me off. Tommy Wong was keen to help me and we had nachos for lunch.

Back in '96 I was fortunate to be chosen for Clubhouse Training at Bromham Place, Melbourne. The training lasted for three weeks. We worked in the units during the day and attended seminars in the afternoon. We covered space, employment, relationships, accommodation, the standards, and the work ordered day. We also enjoyed the restaurant scene over there.

Back in '96 we voted on a name for our Clubhouse. Akarana and Auckland were considered, however Crossroads Clubhouse was chosen.

We had an official opening party in April '96. Lots of people were invited, and food donated, and the Auckland Central MP of the day, Sandra Lee, declared it open.

Back then we had several staff members. I remember them as: Tommy Wong, Karen, Kathy, director Lindsay Bennet, Sonia, Sara McCook-Weir, Grant Walker. Karen worked part-time.

The Clubhouse has been the best thing to happen to me since developing a mental illness. It has given me friends, part-time work, and help with studies and some travel to Australia for training and conferences. I was quite socially isolated before joining Clubhouse.



Christmas party at RSA Review

For 2015 it was decided that Clubhouses Christmas party would be held at Point Chevalier R.S.A.. We have had so many good Christmas parties there and before and this one in 2015 was no different.

The day started for everyone with Claire and Kathy welcoming everyone at the door. We then got our seats and free drinks .The meal was really great. Tasty ham ,chicken and pieces of fish , salads ,roast potatoes and vegetables. For desert ,custard, fruit-cake and pavlova.

Rachael did a good job at MCing ,Peter G did a good job at telling funny Christmas jokes. David M told a good poem.

I was in the skit team which was all about Clubhouse, it went down well.

Karaoke as always was a hit .Rachael and Ngaiwi as usual sang many songs.

It was a day worth remembering.

Review by Paul G.

Claire: I enjoyed welcoming people at the door, also the food and music

Matt C. It was Interesting

Kerry: I found it very satisfying

Julian: I found it entertaining

James S: First Christmas party it was a Blast

Peter G: I told Christmas jokes & the food was very good.

Rachael H: I enjoyed the food, being M.C, Including doing the skit.

Alan: It was Good



Long Bay trip 2016

Social Rec brings staff, and members together especially at xmas time when so many members can feel isolation from family.

Around twenty members came along for a wonderful time together. There was great food prepared by the staff and members, also great comradeship.

Linus showed members a stick game that is played in Sweden which really bought teamwork and all of us together. The day was perfect a mix of cloud and sunny weather. James the staff member enjoyed the sunny day by getting a great tan.

All had a good day ,many said “lets do it again.”

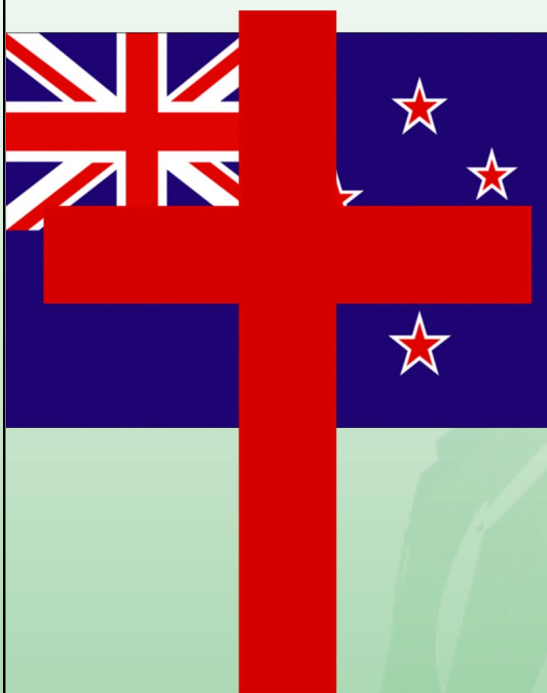


Mervin Hewitt

Vote to Preserve our New Zealand History and Heritage and our Judeo/Christian Roots.

CHRISTIAN HERITAGE DESERVES ITS PLACE IN THE FLAG.

ed. by Barbara from Ian Harris (8 February 2005)



and, if someone had suggested they were not themselves Christian, they would have felt affronted. Most Maori embraced the faith, too. Of course, there were always those who turned their backs on the churches. But a broad identification as Christians, with all that implies about shared assumptions and values, helped hold the communities of the fledgling nation together. Yet, the Christian current in the nation's story is worth reflecting on. Many good things in education, law, medicine, social policy and the arts have flowed from it. The secular society itself is the offspring of the western Christian tradition and cannot be understood without it.

One aspect that has not received much attention is whether any new design should reflect or reject the Christian element in New Zealanders' heritage and psyche.

The present flag certainly does. It bears four crosses: those of St George of England, St Andrew of Scotland and St Patrick of Ireland, with the Southern Cross in pride of place beside them, though most people barely register them as crosses when they see the flag unfurled. They see rather the flag of Britain alongside a constellation of the southern skies.

The associations are there nonetheless. A hundred years ago, that would have been thought right and proper. Most people living in New Zealand then would have readily acknowledged the place of Christianity in the nation's life

Upcoming Events

Smoke-Free Support Groups Every Friday at 1:30pm first one starts on the 5th February Everyone welcome.

Clubhouse Closed Waitangi Day Observed 8th February

Clubhouse Close's early @ 3:30pm 10th February
Staff Have Team Supervision

Founders Day BBQ @ Long Bay 10:30am– 2:30pm 12th February

Heart Beat Challenge is up and coming, eat healthy, get fit, Join our team's 1st March

20th Birthday Party Every-one welcome Bring a plate, Bring a smile and come party with us @ 4pm-7pm
26th February

WERO Challenge Starts again with a new team 1st March

St Patricks Day Come on in wearing Green 17th March

Good Friday Clubhouse Closed 25th March

Easter Monday Clubhouse Closed 28th March

Daily Light Savings Ends put your clocks back
1 Hr 3rd April



A Unique Approach

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

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 info on the Clubhouse model
visit: www.iccd.org

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