

Chatters

A publication of Crossroads Clubhouse

March /April 2016



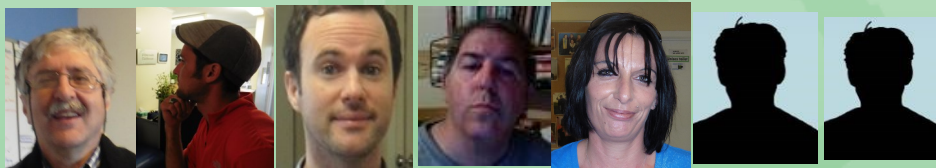
De Olde Editor's Blab

Having spent some of the long weekend catching up on much-needed “origin of Easter” documentaries on the History Channel, I feel I am a bit better informed than previously on the universality of this occasion. Not only did Jesus Christ die on the cross on Good Friday and resurrect on Easter Sunday, but for us heathens the spring equinox (on or about 21st March) had been celebrated by pagan cultures and civilisations of the Northern Hemisphere since ancient antiquity — I’m talking 10,000 years BC (before Christ) and more ago. This was to mark the beginning of the growing season and boost the fertility of their own loins to strengthen the tribe with new blood — crucial to the physical survival of humankind without taking into account spiritual considerations.

I remind myself every now and again that, in an important sense, “There is nothing new under the sun” when it comes to human issues. Researchers into hominid origins estimate that human personality — and certain conceptual and cognitive traits — have not basically changed in thirty thousand years: in spite of all the techie progress engulfing us, irresistible bells, whistles and gizmos from the likes of modern-day “geniuses” Bill Gates and Steve Jobs (who happened to accrue billions of dollars as a sideline). The spiritual aspect of humankind has been with us most if not all of that time — musing on our place in the world and our connections with the earth, its landforms, weather phenomena, other beings.

Cave art has been depicting what is important to humans for scores of millennia (and see Raymond Stewart, p.11)... Today, Pope Francis, for one, is a conduit for timeless issues that reinforce the human spirit. These things, we constantly tell ourselves, should not be consigned to special occasions like Easter. — Gaz DeF

Some of this issue's contributors:



The 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 Blurb

It's been two more months of business for our Clubhouse. In addition to the normal work-ordered day activities which we are engaged in everyday we have been getting involved in and developing a number of other initiatives. To improve the health of our Clubhouse we are continuing with the excellent Wero Smoke-free challenge, developing a plan to win another Heartbeat Award and are engaging with Gardens-4-Health to run a series of gardening workshops.

On the employment front we need to acknowledge the support of Toi Ora Live Arts Trust who have been great to deal with—supporting us to set up two new supported employment positions with them. This in addition to C&C lawns, C&C movers and other transitional placements that we have.

We are in constant conversation about how we can make our Clubhouse better. In this regard we are fortunate to have an international network which has been honing and evolving the Clubhouse model for a good number of years. We recently had a skype conversation with Clubhouse Pelaren in Finland and will begin a Clubhouse self-study at our weekly Clubhouse philosophy meeting (Monday 3pm). This is a chance to examine our Clubhouse against the Clubhouse standards of best practice. This is a process we aim to involve the whole community in, we all have ideas and knowledge about how to do things differently/better. These discussions around the quality of the service we offer are fed into our policy meetings which are on Wednesdays at 2.30pm. Again, all members are invited to attend these meetings to provide input in designing our updated policy manual.

Come join us and give it a go!

Stephen

Founders Day



What a great turnout for Founders Day! The weather didn't let us down — By 1pm the temperature hit 30 degrees. A wonderful day, with the sun shining, bbq and nibbles.



While some of us went for a swim, some sat under the trees and fed the ducks, and stayed cool. Some even played a few games, kicking the ball and throwing the frisbee.



Thank you, Arahura Trust— We enjoyed the day and not too many of us got sunburnt.

HAPPY BIRTHDAY TO US!

***PARTY... PARTY...
PARTY...!***

That's what we did for our 20th Birthday. We had about 55 guests, members, and staff come and celebrate with us.



Celebrating Our People

(Devised by Shona & Natt)

How long have you been coming to the Clubhouse?

Annissa: I have been coming for about five-six years, I consider myself part of the furniture.

Gazza: About seven years now, off and on.

Linus: A year at this Clubhouse, and four months at the one at home (Finland) before that.

Rachael: Around five and a half years, I think since June 2010.

James S: I started working here June 2015.

Claire: Six years.

Glenn: Since 2002.

Athena: Two and a half years.

Natt: One year and two weeks.

Chris R: For over 20 years — joining the Clubhouse was the best thing ever.

Chris B: It would be about 10 or 11 years, about 2004.

Stephen H: I have been a part of Clubhouse about 8 years, since 2008.

What brought you to Clubhouse?

Annissa: The idea of socialisation and not being judged.

Gazza: Julian McC, head of Psych Survivors, brought me to Clubhouse.

Linus: It was through a friend who worked there.

Rachael: I came to check it out because my brother was here. We hosted some sausage sizzles at my mother's place in Glenfield for the members who wanted to come.

James S: I found the job advertised on TradeMe and applied for it.

Claire: I came under my own steam, introduced by Eugene.

Glenn: Personal interest.

Athena: I was referred by Taylor Centre originally around 2008-09.

Natt: A job application and interview, after being in Auckland for less than a year up to then.

Chris R: My mother heard about the Clubhouse through the Supporting Families (formerly Schizophrenia Fellowship) trust, told me about it — and the rest is history.

Chris B: I first visited Clubhouse when I was staying in one of the Arahura Trust houses, and came in to do other activities.

Stephen H: I was looking for work after returning to NZ. I had been away playing music for about half a year in the USA and Europe.

What is the best thing about Clubhouse and why?

Annissa: The people are really friendly.

Gazza: Acceptance, and a good place to rub shoulders with other eccentrics.

Linus: How we work together and approach each other — focusing on strengths and positive development.

Rachael: Friends, and networking with and getting to be friends with people like Ainslie (the outgoing head of Changing Minds, formerly the Northern Regional Mental Health Network).

James S: I like the atmosphere, and really enjoy how everyone works together to accomplish day-to-day goals at Clubhouse.

Claire: The new staff, all the members — a good place when you've got nowhere to go.

Glenn: The friendly and helpful people you interact with daily. I love the teamwork.

Athena: I like making friends with new and interesting people.

Natt: It's the people. There's no stigma, good anti-smoking program.

Chris R: There are many things that I like about the Clubhouse, but the two things I like the most are the people and the work.

Chris B: Clubhouse has a pretty good building and is easy to get to. It has activities which I can do.

Stephen H: I like the fact that no matter where anyone is at they are respected and valued and expected to be a part of the team.

What role do you play?

Annissa: I play the best kind. I am myself and up until recently I used to come in every morning. And do data entry on the computer. Now I have taken a step back to give others a chance to shine. I'm also learning new things like Facebook. And I do my study here, which is Library Studies and computing. I have done job searching too, and written bits of the newsletter.

Stephen H: I am currently the Clubhouse Director.

Gazza: I copy-edit and proofread the text, and format the photos, for *Chatters* magazine; occasionally type up meeting minutes or do data input; some driving too.
Linus: The goofy one in staff, who also can be serious some of the time.
James S: I'm a staff member.
Claire: Voluntary driver, and also now on the C&C Movers team.
Glenn: I love to get involved with lots of activities, especially working in the "Heads Up" unit.
Athena: Kitchen work, some office duties including computer skills.
Natt: I play a staff role, multi-tasking including the kitchen, reception, "Heads up", and "Hands On" including recently painting the ladies' toilet.
Chris R: I play a voluntary role. I also help support people with employment and education advice.
Chris B: As one of the members I help with financial data entry and updating the job board.

How has Clubhouse impacted on your life?

Annissa: I have learned a lot of things I didn't know before.
Gazza: Marua, Clubhouse director at the time, encouraged me to sing, giving me confidence. It gives me a weekly focus and a base for my ongoing job-seeking endeavours!
Linus: I feel it's a great place to work and also in creating good relationships with people from different walks of life.
Rachael: Given me lots of friends and somewhere to go and work.
Claire: Have made new friends, given me skills like chairing meetings, and hooked me up with good supporters like Julian McC.
James S: The impact is substantial and in a very positive way.
Claire: Not quite sure — made it better in some ways but more complicated; half and half.
Glenn: In a great and beautiful way. I've learned a great deal by coming to Crossroads.
Athena: It's broadened my horizons, made me more confident. Thank you to Crossroads for all their friendship, and for the future ahead of me.
Natt: Has stabilised my life in Auckland after shifting from Kerikeri.
Chris R: It's made my life better.
Chris B: Clubhouse gives me a place to go to do voluntary work. It's important to me that I can do this.

Stephen H: Clubhouse has given me the opportunity to grow tremendously as a person. Not only the opportunity with to be the Clubhouse Director and the professional development that comes with it but also, and maybe more importantly the opportunity to work with some amazing people.

What changes if any have you noticed since you started at Clubhouse?

Annissa: I have learned to use the computer. I have got to meet some interesting people, heard about their stories and made some really good friends.

Linus: I'm getting more and more comfortable in the role of staff member. I have also seen a lot of small changes too. Activities like the Big Kiwi Breakfast, creating a great outreach program to the benefit of members and constantly changing the notice boards



to improve our goals.

Rachael: New staff members, and at Arahura Trust too.

James S: There's more involvement and a heightened sense of positive energy on a daily basis.

Claire: Not much, just the change in staff, that's about it.

Glenn: It just keeps getting better and better each year.

Athena: New members have started and finished, and new staff have started and finished.

Natt: There have been serious renovations. The confidence of members has improved.

Chris R: The physical space has changed with new additions over the years. However, the change that I've noticed the most is that we are more organized. I really like the whiteboards.

Chris B: There are more computers, and the staff have changed over the years. The work has also changed over the years.

Stephen H: Since I started Clubhouse has more & more followed the Clubhouse model. We do a lot more every day than when I first started and I think we have a lot more fun too.

★ Everitt's Story ★

A new member and frequent attendee at Crossroads Clubhouse is Everitt, who loves lawn mowing, cooking roasts and making sandwiches (among other things) for us.

Away from Crossroads Clubhouse, Everitt plays a valuable role as a cultural mentor to both seniors and juniors of the Papatoetoe Wildcats, an American Football club in South Auckland that in 2010 took out the Auckland championship over the Metro Lions of Mt Albert. As part of the man-



agement he gives inspirational motivational speeches at most games he attends, in Samoan and English, pumping the players up at the beginning, half-time and end of games. He credits some of his success to Spectrum Care's "Personal Outcomes" approach, a program he follows.

Raymond Stewart: An Artist's Story

My passion for art, particularly drawing, developed in the early 1960s when I was in primary school. I used to look at old historical photographs of people and landscapes and then draw them.

After a few years of drawing from photographs I started doing self-portraits. This is when I truly discovered the essence of capturing “accurate likeness” in a drawing. The challenge of creating a truly realistic drawing motivated me to expand my talent. Subsequently, I began to do drawings of anything and everything I could think of.

From that point onward I was completely entrenched in the world of drawing and perfecting my techniques. However, from time to time I would do the occasional oil painting. In my latter years, one of my art teachers was looking through my portfolio. While combing through the portfolio he found an oil painting that I had recently done. What’s interesting about this is, he told me, that it looked more like a water colour painting than an oil painting.

And, so I decided to take up water colour painting, which I still do today.

In recent years many of my drawings and water colour paintings have been of historical buildings and steam locomotive engines. One of the first historical buildings that I chose to paint using water colour was of the grandstand at the Auckland Domain. When finished, I randomly brought the painting with me to Toi Ora and to my surprise a woman visiting Toi Ora offered to buy the painting. And, I happily agreed.

At this moment in time I am focusing on charcoal drawings done on cartridge paper, like the one shown here.

~ Raymond Stewart is an artist of inner suburban Auckland



Clubhouse Upcoming Events

- * Cooking Class every Monday and Thursday @ 1:30pm
- * House Meeting every Tuesday @ 2:00pm
- * Policy Workshops every Wednesday @ 2:30pm
- * Wero/Smoke Free Support Group every Friday @ 1:30pm
- * Heart Beat Challenge Support Group, Fridays @ 2:00pm
- * Coordination Meetings, Clubhouse every Thursday 3:30pm
- * Bible Study Group on Tuesday @ 3:00pm
- * Daylight Saving ends 3rd of April. Set clocks back 1 hour.
- * Workshop Gardens for Health on 13th April @ 2:00pm
- * Crossroads Clubhouse closed April 25th — Anzac Day

Healthy Eating Cooking

Announcement to Clubhouse members and prospective members:

We have started up another cooking class. For just \$2.50 you get to make a yummy health treat to take home.

We have so far made cornish pasties, oat cookies, pikelets and burritos. Our next lesson takes us in to making hot cross buns. These classes run every Monday and Thursday from 1:30pm till 2:30pm (or as long as it takes!).

We have so much fun helping each other out. If you want to pick up a few tips on healthy cooking, or just help out, come on down and put your name on the list.

As a team we all decide on what we will learn to cook for our next lesson. So your ideas are always welcome.



Nadia



What led you to choose the path of mental health?

I had a support worker and I wanted to do the same sort of thing and help with mental health illnesses.

How long have you been wanting to work for clubhouse?

I started in November and I wasn't actually looking at it but since Natalie left I thought I'd try.

What made you interested in the job?

I like helping people.

What does it mean to you getting this job?

Very happy. I love working with everybody at clubhouse.

Are you enjoying it?

Yes I am.

Where do you see yourself in 10 years time?

I have no current plan of leaving clubhouse so I'd probably still be here, but definitely still helping people.

SMOKIN'!: WERO CHALLENGE

The Wero Challenge is ongoing. Speaking to Natalie Bannerman, our late staff member here at Crossroads — still on board in the family with Arahura Residential Services — its future is assured, rolling over a new challenge three times a year. Clubhouse has another team assembled, with three months to do their thing and stop smoking. This is the second challenge for mental health organisations: the

Crossroads Clubhouse team won the first one. This time round, instead of 15 groups, each of five, competing against each other like last time the organisers have amassed some 300 individuals at the starting gate. Natt wants to continue on as



coordinator because she has clients from residential already signed up. She will be a welcome visitor back on our premises this coming Friday to talk about the new Crossroads Team's prospects and training regimen.

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Heartbeat Revs Up

Heartbeat is another project close to the hearts of several Crossroads persons, with staffer Linus leading. After marked success under our former staffer Nadine Karp, Heartbeat Challenge is restarting soon and will carry on throughout the year with activities including: healthy cooking classes and gardens-for-health workshops. We are planning walking groups, Tai Chi, light soccer training, and are pursuing the possibility of group activities under the Green Prescription concession, which should ease. We will also be participating in the Recovery Conference in terms of helping to host it and/or active participation in presenting people's individual stories.

This seems an opportune time to remind all members interested to forward their details to Linus.

EASY EGG-FREE HOT CROSS BUNS

Ingredients

14g dried yeast or 30g fresh yeast
500g white bread flour
2 tablespoons caster sugar
1 teaspoon mixed spices
1 teaspoon ground cinnamon
40g butter
200g sultana
Paste for crosses
30g plain flour
1/4 teaspoon sugar

Nutrition 100% match
Total calories: 2544
Calories per gram: 2.2
Total fat: Low
Saturated fat: High
Carbohydrates: High
Sugar: Low
Protein: Low
Cholesterol: Low
Sodium: Low
Dietary fibre: Med



Method

- 1) In a bowl combine 2 teaspoons of flour, 1 teaspoon of sugar and 125ml warm water, stir and leave in a warm draft free place for 10minutes. The mix should be frothy and light if not try again because your yeast is dead.
- 2) In another bowl sift the remaining flour spices, add sugar and butter, work with your fingertips and add sultanas. Make a well in the centre and add yeast mixture and 185ml warm water to make a soft dough. Dust with flour off the surface and turn the dough over. Knead for 5 minutes until smooth, adding more flour if needed. Place dough in a floured bowl cover with plastic wrap or damp tea towel. Leave the bowl in a warm place free of drafts for 30-40 minutes until it doubles in size.
- 3) Pre-heat oven at 200 degrees, turn dough on a floured surface, knead to deflate, shape into 12 balls, place on a greased baking tray, touching each other. Leave for another 20 minutes until doubled in size, keeping in a warm place.
- 4) To make the crosses on the buns, mix flour, sugar, and 2 tablespoons of water into a paste. Fill a piping bag and pipe the crosses over the buns. Bake for 20 minutes or until golden brown.

NATT SAYS:

“GIVE IT A GO!”

As I sit here and write this to you all, I’m looking at the new apartment building and thinking of how far it has come, from a shell when I started at Crossroads Clubhouse just over a year ago — to now, an amazing structural growth, just as I see many of you today.

Many of you have gone from quiet, unsure people to these amazing confident people who are now giving so much a go — from working at cooking, on computers, study, and even part-time work.

I hope you are proud of yourselves, as I am proud and honoured to have been given a chance to get to know you all.

Although I am leaving Clubhouse I will taking a part of you all with me. I will see you all around at some point. And until then, keep giving everything a go. Take every day as it comes. Smile, and don’t give up.

Cheers, Natt



MIRACLE DRUGS



Jesus at the pharmacy, Jesus at the lab:
Jesus baked some drugs one day and put them in a bag.
Jesus was a chemist, Jesus had an arm.
Jesus shot it up one day and kept away from harm.

Jesus was a drugstore cowboy, Jesus baked a pill.
Jesus gobbled goofballs when he was feeling kind of ill.
Jesus brewed a potion; Jesus had a 'dram'.
Triple malts for Jesus Christ, that stoner little lamb.

Poem by David Grierson.

(This does not represent the views of the Clubhouse. The poet does not want the reader to take the meaning of this poem literally; rather it is a comment on the way mental-health drugs have a reputation for being miracle cures and over-prescribed.)



CLUBHOUSE RENO

Hello all *Chatters* readers!
Great renovations at Crossroads Clubhouse.

You may recall the success of, and the money raised, at last year's fundraising events. The profits earned, thanks to you Clubhouse supporters out there, have provided us with the wherewithal to afford a number of long-awaited projects.

Our kitchen people are now slaving happily over a hot new commercial-standard oven, surrounded by flash shelving units and soon to be assisted by a self-filling urn and upgraded cook-ware. Elsewhere on the premises, both bathrooms were given fresh coats of paint to come up sparkling new. A new washing machine and laundry tub were installed in our laundry/shower room. With a little elbow grease and tender loving care our green-fingered brigade have transformed the front and back gardens, looking better than ever. The locker/copy room received a major facelift, including installing new shelving units, a colourful paint job, and a new photocopier. The front steps are being reconditioned to make them safer with a non-slip surface.

The hard work and dedication of the team, with your help, has seen all of these projects pay off.

"The success of teamwork
Coming together is a beginning
Keeping together is progress
Working together is success"
~ Henry Ford ~



*Director Stephen,
pondering on what else
he can cook up outside,
in the bad old days
before the kitchen
renovation —
preferably something
edible this time.*

Our Trip: Coromandel

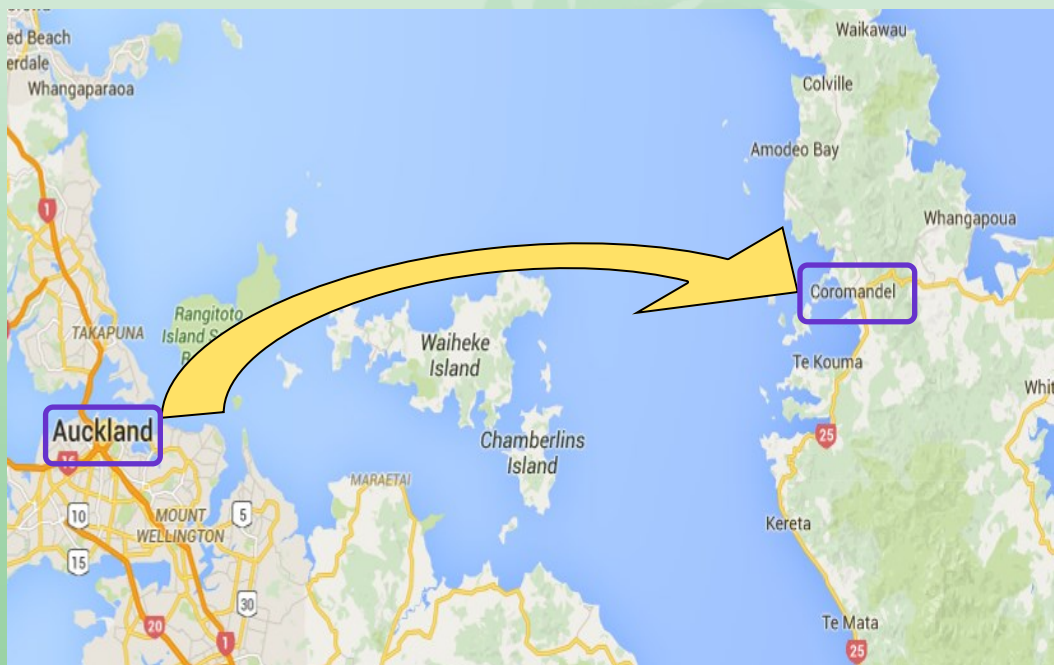
On the 12th of March (a Saturday), Chris Rushworth, Merv H, John, Mark, his brother Rick and myself boarded a ferry bound to Coromandel township. We boarded at 8:30 am, so it was an early morning for us. The boat trip to



Coromandel was rocky.

In Coromandel we stayed at Anchor Lodge, a backpackers. The lodge was modern. It had a spa and a pool. We slept in a dormitory, and hired bikes for a 10-kilometre ride. It was the first time we had been on bikes for years. It was great. We did a bush walk to the top of a mountain overlooking the township. We went for drink at the local pub and we had the tastiest fish and chips at the takeaway for lunch.

We left Coromandel on Sunday afternoon for the two-hour ferry trip back to Auckland. We all had a great weekend. — Paul G



PICK THE JIMMY FROM THE LINE-UP OF JAMESES!



THE JAMES BOYS

To borrow from Shakespeare, modernizing with some poetic licence, "What's in a name? Stinkweed by any other name would smell as stink." Was the Great Bard of Stratford-Upon-Avon wrong in this instance?

The James Names Controversy has been building up a head of steam around the premises of Crossroads Clubhouse here in Grey Lynn, Auckland. Of the 149 members regularly attending Clubhouse, *five* are called James, plenty to create confusion. Biblically speaking, "whenever two or more of us are gathered in his name, there is love"—but inevitably followed by attempts at a description: "... the one with the hair... with the hat... the young one..." trying to narrow the field.

When Linus Unamadu joined the staff a good few years ago now he preferred to be called Gary. (Have you noticed mental health entities change their names just when everyone has got used to them?) Determined not to be left out of the trend, I duly stepped down to "Gazza", a variation of the several names schoolmates cursed me with as a little boy. Still, whenever anyone calls "James!" there are likely to be more than one eager soul fronting up. There comes a point when even a biblical and royal name is so common that it loses its usefulness. So, may I suggest a little humility—and the use of nicknames?

Oh, for the days of Bob, Johnny,

Frank, Fred, Joe, Danny, Paddy... that would "make your name" in your peer group. In the olden days Jameses were only addressed as that by Mum at the end of her tether. They and their mates opted for Jimmy, Jamie, even Jack—from the Jacobite cause supporting the James line of kings. Now, every James, Daniel, Francis, Robert, Joseph clings jealously to his naming rights as if he were the original; not Jim or Jimbo as even Captain James T. Kirk of the starship U.S.S. *Enterprise* was reduced to. It was a token of affection by fellow officers. He suffered no loss of authority as a result; in fact, was held in even higher esteem as a leader for being approachable and not a remote figure posturing under a name designed to demand respect rather than command it.

Why Jameses are so possessive of their names these days is a puzzle. After all, unless you *are* the king, or in line for the throne (or maybe a direct descendant of Saint James the Apostle?), you're just as likely to be on the outer—as the James Gang was (i.e. Jesse James); or a member of the Seventies "Outlaw Rock" band of that name. You might be immortalized as an underling, a chauffeur jumping-to-it as a gofer—"Drive on, James!"—or the game boyfriend of the classic pop song, "James, hold the ladder steady!"

Stop the presses! As I write this a brand new Crossroads member calls himself... Wait for it... Jimmy! — Gaz DeF

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.