

Chatters

January-February 2019



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Editor's Blab

January is a time for holidays, in New Zealand. Many people like to make the most of the nice weather to take a break, avoiding the Christmas rush.

With this in mind, members and staff around Clubhouse have given their recommendations for their favourite places in New Zealand to go to escape.

- Waihi (Jimmy) - it's nice for a weekend visit because it's not too far, and it's a nice quiet town.
- Mt Maunganui (Anna) - it's got beautiful beaches and lots going on.
- Raglan (David G) - it's a nice quiet place to escape from the noise and bustle of Auckland.
- Rotorua (Chris B) - it's got hot pools and a nice waterfront
- Blue Spring, Putaruru (Mickie) - makes a nice day trip to see something beautiful.
- Taupo (Ngaiwi) - it's nice to swim in the fresh water.
- Dunedin (James) - the old buildings and my Scottish ancestry make it an important place to me.
- Queenstown (Geoff) - a beautiful city.

Wherever you go, it's nice to have a break—even if it's just at home.

Some of our pool of 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 Report



The past few months have been quite busy for us. They have seen us through a few of our planning meetings, where we focused on how we can better engage our current members and what we could do to encourage new members to join. I would like to thank everyone who contributed their time and ideas to the meetings! We have also held a few meetings now in regards to our Transitional Employments, including the existing lawns teams TE and through our job club, looking at CVs and what businesses we may be able to set new Transitional Employments up with. We will keep everyone updated in regards to this, and if anyone is keen to come along to the meetings then please let us know. The next few months will see us working to get some of these ideas off the ground, and will hopefully mean exciting things for the growth of our Transitional programme.

Arahura once again put on a great picnic at Long Bay for us and the residential service, which was enjoyed by all. Mickie and some of our members have been busy working on the new park for the trailer, which is going to be located outside of the E and E room window. This has opened up one more of our carparks with the new parking restrictions on Northland Street now being in place.

Until next time,

Vicki

Planning meetings

On 17 and 24 January 2019, we held our big planning meetings for the year to decide what direction Clubhouse would like to go in this year.

We had a good turnout for the meetings this year, and lots of constructive ideas were discussed.

We tried to focus on what members think would get more people through the door, and what people want to get out of our work-ordered day.

Nadia brought up the idea of a board game about Clubhouse, to help new and old members learn more about what they can do here in a way that is fun.

Members and staff also agreed to spend some time developing our employment and T.E. programme, so separate meetings were held for that. You can find out more about this on page 9.

Because we all had so much fun celebrating Mental Health Awareness Week last year, we also identified several key days of celebration which we would like to recognise as a Clubhouse this year, which you can read more about on the next page!

It was great to all have these discussions together as a Clubhouse. If anyone would like to see what was discussed in the planning meetings, they are welcome to ask for a copy of the minutes.



Important Dates

In this year's Planning Meetings, one of the things that was discussed as a Clubhouse was wanting to do more to celebrate things which are important to us as a Clubhouse, on the days they are observed. A few key holidays were named to start with:

- 2 April: Autism Awareness Day
- 17 May: Pink Shirt Day (Stand Against Bullying)
- 25 June-3 July: Matariki
- 7-13 October: Mental Health Awareness Week



We hope to hold meetings to plan these celebrations closer to the dates. If anyone has any ideas or wants to get involved with the events, please let us know!



Founders Day

On Friday 8 February we had our Founders Day picnic with Arahura Charitable Trust. Clubhouse took two vans, and Vicki took her car to Long Bay Regional Park.



When we got there, David Breen and some members helped serve chips, biscuits and fruit. Then David, Vicki, Leeanne and a few others cooked sausages and burger patties on the barbeques.

After lunch, a few of us went for a walk along the beach. Some people decided to stay behind.



My favourite part of Founders Day was spending time with Vicki and Nadz.

A big thank you to David, Hedy, Karen and Vicki for a great day.

- Miss Claire



Daniel's famous chicken noodle stir fry

Ingredients:

- Chicken breast (cut into cubes)
- Capsicum (diced)
- Broccoli (cut into florets)
- Garlic (cut up into small cubes)
- Spring onions (sliced)
- Soy sauce
- Egg noodles (boiled until soft)
- Silverbeet (big slices)
- Carrots (sliced)

Method:

1. Heat oil in large pan
2. Cook chicken until white, then remove from pan
3. Cook garlic, spring onion, carrots, capsicum, and broccoli until soft, then add silverbeet, stirring constantly
4. Add soy sauce to pan with vegetables and keep cooking
5. Add the egg noodles and chicken, and mix together with vegetables
6. Serve while hot



NADZ'S TRIP

On Friday 21st December, my family and I travelled to the sunny Queensland coast. It was an amazing holiday and I really enjoyed it. We were away for 14 days and we were really busy but it was a fun busy.

On Christmas Eve we departed at 4am in the morning to make it to Rockhampton which was 3 hours away. Unfortunately google took us through a national park which had limited reception and no toilets or houses for about two hours straight!!! A three hour trip to rocky turned into a 6 hour trip it took forever.

We stayed the night with my brother in Rocky and then kept travelling to Mackay which was another 2 hours away. We were going to Rocky for a 21st birthday. The only thing about travelling to

Rocky and Mackay is that you have to travel before either dusk or dawn because of the kangaroos. Kangaroos run out onto the road and they can definitely dent your car and can grow to 7ft tall!!! We stayed up north for about 3 days and then made our way back to Brisbane Australia.

In our 2nd week we did three worlds Movie world, Sea world and Wet n wild and that was a mission and a half trying to fit in the worlds in

3 days one after the other but we did it. We also visited the Brisbane river and where the floods happened. On our last day we were at a mall and I misplaced my phone, thank goodness someone handed it in to security because it had the money and ATM cards in it. I was so lucky!!!



T.E./Job club

One of the main things that came out of our 2019 Planning meetings was a need to reinvigorate our Transitional Employment Programme (TEP) and increase the amount of support we provide to members in, or looking for, employment.



Throughout January and February, a series of meetings were held in which members and staff discussed what Clubhouse's TEP and employment support will look like, going forward. We wanted to ensure any positions offered by potential employers in TEP were ones that would be of interest to members, so individual members are taking the lead in reaching out to different types of employers, working alongside staff.

At the time of writing, members and staff are working together to figure out the best way to reach out to employers—drawing on old resources and methods as well as keeping things fresh and exciting.

As a next step, we will be sending out pitches to those businesses and organisations that have been hand-picked by the members involved in the process—and taking things from there.

There has been some interest in bringing back the weekly Job Club as a means of ongoing support for members seeking and actively in employment. If this is something you think you would be interested in, please let staff know so that we can make something happen!

January social rec

On Saturday 5 January, Vicki took a social rec to Maraetai. We took two vans because there were lots of members.

We spent the day at the beach, and a few members went for a swim. Some of us spent the day relaxing under a shady tree.

We had filled rolls for lunch, and fruit bars.

On the way back, we stopped at Why Knot in Otara for people to buy some cheap food. Bieu bought ice creams for some of us. Vicki was still eating hers when we left so she asked me to drive the van back.

My favourite part was the driving.

- Miss Claire

February social rec

The February social recreation was supposed to be mini golf with Nadia. Mini golf got rained off though, so we stayed at Clubhouse instead as it would be hard to hit the ball in the rain.

When we were at Clubhouse we had some pizza and watched a few movies. One of the movies we watched was Mean Girls and the other one was The Help with Emma Stone in it.

We had some snacks while we watched the movies, because there is no point having a movie day without snacks!

It was an enjoyable day watching the movies with other members and spending time with Vicki

- Miss Claire

Rachael's volunteer job—January twilight dinner

On 16 January at the twilight dinner, I was the guest speaker.

I talked to everybody who was there about my volunteer job working at the Mercy Hospice Shop in Mount Roskill. All the members who were at the twilight dinner asked me lots of questions and were very supportive.

I got into volunteering because I heard that they were looking for staff and I have passion for fashion—I have always wanted to work in a women's clothes shop and this seemed like a good way to get experience.

To get the job, I rang the manager at the head office, Julie, and asked her if they were looking for volunteers. She connected me with the manager at the Mt Roskill opshop, Christine, and set me up on a trial.

In my job, I work out the back sorting out and hanging up the clothes, steaming them if needed, then colour coding them on the racks in the shop. My favourite part of the job is getting to see all the different clothes. Sometimes the manager chooses me some clothes that will suit me.

I started off on just one day a week, and now I do three days a week. The busiest day is usually Friday, because that's when most of the donations come in.

The hospice is a good place to work because all the people there are nice to me, and they value my hard work. The afternoon manager, Diane, once asked me if I liked working at the opshop. I said to her that I wouldn't be there otherwise! I like it a lot, and hope they keep me on for a long time.



Round the Bays



ROUND THE BAYS

I really had fun at Round the Bays. It was good, the environment was pretty groovy. I was following Anna and Vicki—I didn't want to lose them or I didn't know where they would be. It was fun, we went past a lot of people using the loo and all that.

Nadia just broke off from all of us and went power-walking, and left all of us behind. She smoked us.

It was a nice day, and it was hot as well. We drank lots of water.

I got my medal, so I was happy about that. I showed it to my family and they were happy about it.

Coming back home—it was a good long hour and a half we had to wait for a bus to get back, but we finally made it. It was good that our van didn't get towed while we were waiting.



I had a very fun and awesome day at Round the Bays with everybody, so thank you guys for the support and encouragement.

- Indianapesa McCarthy

New Years Resolutions

At the start of a new year, people take the opportunity to make new years resolutions. This is when you decide to do something new or to change something for that year. It can be a good way to motivate yourself to make a change for better, or do something you've always wanted to do.

It's up to you if you want to tell people about your resolutions, but if you tell the right people, they can help you, and build you up and support you.

Some popular resolutions people make include:

- Eating more healthily
- Exercising more
- Joining a gym
- Doing a wellness class, such as yoga
- Getting a new job

To help you stick to your resolutions, it is important to stick to a structure and routine, and also to have a buddy that knows your plans so that they can help to keep you on track.

Another great way is to use a journal to keep track of your progress, as this can help motivate you further. For example, if your resolution was to eat more healthily, you might keep a food diary.

Sometimes it helps to have a support group, so you might want to gather some friends and family who might have the same goal, and all do it together. This can help keep you motivated, and boost your confidence.

- Rachael and Leeanne

Mickie's trip

I went for my 3 week holiday to the Philippines in February. I got to spend a lot of time with my mom and my grandma who I really missed a lot. I also went bowling with my cousins and had dinner with the whole family.



I spent most of my time with my family but managed to have a trip away with my friends from college whom I haven't seen for 10 years. We went to a place called Tierra Cuta. It is located in the province of Batangas which is a 3 hour drive Manila. This is one of the most amazing places I have ever been in my life. We stayed in a big mansion with an infinity pool overlooking a lake and a volcano. Our place had a billiard and a table tennis table which made our stay even more fun. The house owner served us very delicious Filipino cooked meals. I have taken a few photos because I wanted to show people how beautiful the place was.



INDY'S WEIGHT LOSS JOURNEY

I'm thankful for this chance to encourage our members and our staff with losing weight. My journey of losing weight wasn't easy—I used to get up at 5:30 in the morning and go for a long walk, round about 2-3 hours. In the afternoon, after Clubhouse, I would do another 3 hours walking.

It wasn't easy, I was running from Morningside to Mt Roskill in the mornings, and run back.

I began to learn to control my eating and use some of the skills I learned from health education and stuff like that. Portion sizes, lots of vegetables and fruits. That was the beginning.

Another thing was, I was able to waste my diabetes and gout as well—my blood sugar levels are now perfect.

Then I began to go to the gym, after looking at them for a while. Jetts was the cheapest gym I could discover.

I came from 127 right down to 92kg. I was very happy about it.

The sad part is that I wasn't developing any muscles, and I realized the reason why was that I was way underweight, so I needed to build some weight again so that I could build my muscles and stuff like that.

Now, I don't do any walking or running, I just go to the gym. I weigh between 103-105kg at the moment, which is my healthiest weight. My blood sugar levels are still good.

The best advice is motivation—if you want it you just have to push yourself to your limits. It's not easy, but in the end it will be worthwhile, and you'll feel a lot better. It is good to be fit and healthy.

Right now, I'm enjoying food, and can eat a lot now and know I can keep my weight stable. If you have diabetes, that would be the way to do it.

It's helped me hugely with my wellness, I feel more confident, I feel good about myself—and it's good to feel good about yourself.

- Indianapesa McCarthy



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 any time to arrange a tour.



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