

Chatters

January—February 2018

What's inside?

Claire H tells
us about her
2017

**Chris R's 22
year journey at
Clubhouse**

**Indy displays his
photography expertise,
along with a brief
interview**

Get to know our
newest members



Editor's Blab

We're just finishing summer. We're now into autumn, and the leaves on the trees are changing colour and starting to fall off onto the ground. We're running out of warm days to go to the beach, so go while you still can.

After autumn it's winter, so it's getting into the colder season. Make sure you dress warm, in your hats and scarves and jumpers. If you have a heater, make sure you start putting that on soon, and keep the warmth in by closing your curtains.

With all those heaters on, everyone might start getting a little dry and thirsty, so make sure you drink at least 8 glasses of water a day to stay hydrated.

Here are a few suggestions for cool things to do in autumn:

- Go to free movies in parks throughout Auckland
- Go outside at night and do some stargazing
- Some landscapes look pretty in autumn so get your cameras out and do some photography
- Grab a cheap reel and go fishing off a wharf

I hope you all enjoy this issue of our Chatters magazine! From Rach H.

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



It has been a quiet few months here at Clubhouse. I would like to thank all those who have attended and submitted proposals for our planning meetings. This has been a great opportunity for members and staff to have their say in the direction that they want Clubhouse to take, and any projects that they want to get up and running. These are drawing to a close now, and we are starting to implement some of the proposals that have

been put forward.

We have been taking a look at our audit requirements, and have begun to look at our Code of Conduct and how we can improve this. This was originally part of the planning meeting,, however it has become quite a big project and we would like as much input as possible from members, so we will be holding separate meetings for this and sending out draft proposals for feedback.

By the time of publication we will have participated in the Framework touch tournament, and will update you all on how that went!

Bunnings have come in for a garden makeover and build us some planter boxes, and this is a project that will be ongoing.

Finally, a warm congratulations to Chris Rushworth, who recently celebrated twenty-two years at Clubhouse.

Vicki

Chris Rushworth's 22 years at Clubhouse

On the 13th of February 2018, it was 22 years since I first started attending Clubhouse.

My mum heard of Clubhouse through Supporting Families, and her partner applied for a job with them.

Mum dropped me off, I was kindly welcomed by the staff, especially Tommy Wong, and we had nachos for lunch.

In 1996 we came up with the name Crossroads Clubhouse and I attended the training at Bromham Place in Melbourne.



There have been many changes over the years – we had social recreation two or three times a week. And the premises have been painted a few times and a servery was created.

Clubhouse has kept me well and assisted me in gaining part-time work.

- Chris R

Kevin's xmas party—a special thanks...

To everyone who came to our Christmas BBQ to end 2017 at my place.

It was a good turn-out—twenty or more people. There was plenty of food and drink, so I hope everyone got fed.

Thanks to the Salvation Army and Crossroads Clubhouse and others who supported and supplied food for the BBQ—it was much appreciated.

It was a nice sunny day, especially later in the day.

Julian McD's Psych Survivors joined the BBQ, and I was impressed with how they brought their own tables and chairs, and nicely slotted in with the programme.



Just to those who may have been concerned with my wellbeing at the time:

As to why I went very quiet and reserved just before lunch being served, I received some bad news—my good friend who I invited to the BBQ had a stroke and died. I was very distressed, but carried on with the programme anyway.

I enjoyed everybody's company, and it was a great day.

Thanks to everyone for attending.

- Kevin Hall

NZ and the Winter Olympics

This year, the Winter Olympics were held at Pyeong Chang, South Korea. To date, it was New Zealand's most successful Winter Olympics, with us winning two medals.



Nico Porteous won a bronze in the men's ski half pipe, while Zoi Sadowski-Synnott won a bronze in the women's snowboarding big air. Both athletes were only sixteen years of age.

The only other time NZ won a medal at the Winter Olympics was in Albertville, France, in 1992 when Anneline Corberger won a silver in alpine skiing.

The Winter Olympics is held once every four years. Up to now, the Winter Olympics has been held in the Northern Hemisphere. NZ has not been successful at the Winter Olympics because we do not have a lot of snow or ice. Norway, a country where there is a lot of snow and ice, is the most successful Winter Olympic nation to date.

In Pyeong Chang, Norway won a total of 39 medals, of which thirteen were gold.

- Paul G

Clubhouse philosophy re involvement

Recently, a few members along with staff have been putting in a lot of hard work to fix the gardens and maintaining Clubhouse as a whole, which has been awesome to see.

However, we need to remember that Clubhouse should involve all members and staff working together.

Below are some Clubhouse standards which highlight the side-by-side nature in which Clubhouse should be run.

Clubhouse standard #15: The work-ordered day engages us together side by side in the running of the Clubhouse.

Clubhouse standard #18: The Clubhouse is organised into one or more work units, each of which has sufficient staff and members working together to sustain a full and engaging work-ordered day.

For a lot of us, Crossroads Clubhouse is a safe place for us to attend where we can learn new skills, gain friendships and get advice from staff when needed.

The staff and members all try their best to make Clubhouse a welcoming and supportive environment for us to attend, but they can only do so much.

So come on everyone, jump on board and help make Crossroads Clubhouse a rocking place for us all to attend. - Leeanne C

Founders

On Wednesday 28 February we had our Founders Day picnic at Long Bay.

At just after 9am, two vans and a couple of cars left Clubhouse for Long Bay. We were supposed to stay there until about 2pm, but we left about lunch time to come back to Clubhouse and finish our meal. A couple of brave people went for swims. It was not very nice weather, because it was so windy, we couldn't even keep the food on the tables. We were so busy rescuing our things from the wind that we even forgot to take photographs of the day! But all in all, it was still good. It was a shame because everybody was so excited for the picnic, and we had to end it early.

Thanks to David and Arahura Charitable Trust for organising an enjoyable day, we still had lots of fun and enjoyed the food a lot.

- Claire H

Day

Overcast skies and turbulent winds,
Off green water and foaming waves.
Tall trees stand strong,
While their leaves and branches take a pounding.

People chattering in between
Bites of food cooked on the barbeque,
Catching up like its been ages.
Masses of bright green lawn rolls over in the distance.

Wind pics up, sending paper dishes flying,
People running around trying to catch them.
People walking along the sand,
Taking in the breathtaking sea views.

Gloomy skies cast a shadow over the land in the distance.
People freezing, packing up belongings.
Scurrying to get back to vehicles,
Retreating to Clubhouse for warmth and shelter.

By Leeanne Cameron on 28/02/2018.

NEW MEMBERS

INTERVIEWED BY RACHAEL H

STEVE

Q: Why did you want to become a member of Crossroads Clubhouse?

A: To meet new people

Q: What do you like doing at Clubhouse?

A: Helping out with coffee service.

Q: What do you like doing in your spare time?

A: Watching movies.

TRINA

Q: Why did you want to become a member of Crossroads Clubhouse?

A: Because I wanted to be around people more.

Q: What do you like doing at Clubhouse?

A: Using the computers and talking with people.

Q: What do you like doing in your spare time?

A: Making mobiles from shells I find on the beach!

CLAIRE H'S TRANSFORMATION STORY

This year so far has been a good year for me. I managed to get a CORT flat, got a car and am keeping it, and now I have a job at C&C Lawns.

Rach and I had been waiting to get a CORT house for a year, and Clubhouse staff were encouraging us to find a new house for health reasons. CORT staff were on the lookout for a place for us. After talking to WINZ and CORT and finding out what we had to do, we thought we wouldn't be able to get a house. We thought we might have to go looking at other places, but then CORT called and said there was a house available and would we like to come and look at it! On the 31st of January, Rach and I moved in. Vicki went to CORT with us to help us sign the lease, then we got the keys and lots of members came and gave us their time to help us move in. Lots of generous people donated furniture and things we needed, and now we're making sure things are kept clean and tidy, and looking after ourselves. I have already noticed that I sneeze less in the new house.

I also have a new car. It has a WOF that will last till December, and the registration runs out in June. It gets me from A to B, so then I don't have to wait around for a bus or wait for ages for lifts. It means Rach and I can come and go as we please. I mostly use my car for just me and Rach, but sometimes I give other Clubhouse members lifts and they give me a bit of money in return. People can come to me if they want to pay a little bit for a lift. Some people say I'm a good driver and they like going with me. As long as it keeps working, my car has made my life better.

In the last few months I have also started working for C&C Lawns. I am mainly just the driver and I drive Kevin to the jobs, but I have mowed some properties and I sweep the paths as well. When the path is wet sometimes it can be hard to sweep. My favourite thing about doing lawns is driving, and the money helps too because I can use it for gas for my car. I had done lawns once or twice before, but now I do it every week. Being able to drive for C&C Lawns makes me feel useful.

At Clubhouse, I have been working on a new skill. Mickie has been teaching me how to bake, and he says that I'm good enough to do it on my own now. My favourite thing to make is cakes, but sometimes I make brownies, muffins and afghans. People say they taste nice, and they buy them for 20c.

I am working towards being a lady. I look at myself in the mirror now and my face looks like I'm a girl, which makes me happy. I'll get there eventually.

So now I have a new house, a new car, a new job, a new skill, and I'm turning into a woman. I feel pretty good about that. Clubhouse helped me get the house, the lawns job and to learn to bake, but I got the car from a friend, and turning into a woman is all me.

Vicki's January social rec in Orewa

When we went to Orewa with Vicki, it was not that windy, but it was a little bit windy. Some of us went to have a look at the shops, and Vicki bought a book and some people went to look in the opshops. Claire bought herself some CDs from the secondhand bookshop.

We sat on the beach and some people had a walk along the beach for a little while.



Some people went swimming, and they said the water was nice. Vicki was sitting on the grass above the beach, and we were all joining in taking some selfies on her phone because it's good to have lots of people in photos.

For lunch we took filled rolls, which were nice.

It was a good day out in Orewa, and I wouldn't mind doing another trip to Orewa again sometime.

- Rachael H

ANNA'S JANUARY TWILIGHT DINNER

For Anna's twilight dinner, we had it in-house, and did karaoke.

For dinner Anna made vege nachos, but it was funny because they ended up too spicy and a couple people found it hard to eat them.

After the nachos, we got started on the karaoke. I really enjoyed that, we had a great time. I think I sang three songs, and some of the other members all sung along too. There were some songs where everyone was singing together. My favourite song to sing is Imagine by John Lennon. Rachael sang the most songs out of everybody, and Claire and Chris sang quite a few too. We had a good time and most people stayed right till the end of the night.



- by Jimmy Mills

Nadia's February social rec

The weather forecast was wrong. It was raining, so instead of going to Maraetai we went to the Otara Markets and pools.

Nadia found a good parking spot in the back streets, and we hit the markets in the rain. Leeanne and Nadia found me a top and I found some shorts. Others like Gary and Ngaiwi made purchases too. I had to get a new swim suit. That was no easy task, but the shops there were very cheap. Then we went to the pools. Ngaiwi, Chris, Leeanne, myself and James braved the tepid waters. Chris treated himself to a spa.

We were leaving and one person got lost so we had a scout round in the van, while Bieu and Ngaiwi went back to the pools to look for him.

We took the scenic route home through Panmure township. I was looking forward to trying the fish and chips there, but the shop was closed.

Thanks to Nadia for making an excellent trip for us all.

- Teresa D.

Mickie's twilight dinner at Gold Ribbon

Too much talking, not enough eating. Mickie knows where to get a bargain. The price was reasonable, and it was a very popular place with workers during the day—they had eat-in or eat-out options.

The food was satisfying, they had things like stir fry.

I quite enjoyed a peanut sauce with my pork—I didn't want vinegar because it wasn't fish and chips!

There was plenty of time for conversation. I filled Mickie's glass, and ten seconds later he knocked it over. On the way there, there was this lady who cut in front of Mickie on the side and pulled out again, nearly causing an accident. Luckily, Merv yelled out to Mickie and warned him, so we all got there safely.

- James Davidson

Indy's



Photography

I really enjoy taking photos. I started off from taking photos of cars and stuff like that, but now I'm moving on to taking photos of architecture, particularly windows and that sort of thing. I'm really really enjoying it, because it gets me going mentally and physically, and it helps me to have something to enjoy doing.

When I was young, I was inspired by photographers and how groovy it would be to be a photographer.

Some of my pictures at school were used to inspire other students to get more involved in stuff like that too.



I learned all about pinhole cameras, and I also learned how to use a darkroom to develop film, and about how different chemicals make the photos appear differently.

What I really enjoy about these photos is the architecture, and the environment.

- Indianasharon(pesa)

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