

Chatters

May—June 2018



Editor's Blab

MY MATE MATARIKI

As I write, it is seven days past the shortest day of the year and seven days till we at Crossroads Clubhouse celebrate the thanksgiving occasion called Matariki—as usual with a hooley at the Pt Chevalier RSA. Te Māori waited expectantly for this time every “new year”, shown by the cluster of “Matariki” stars from late May to July in the night sky (there being few electron telescopes in those days to search out the phenomenon in daylight). Matariki means “the eyes of god”, an all-seeing god, name of Tāwhirimātea, the god of winds. According to legend, he tore out his own eyes and cast them into the heavens to keep vigil over the doings of an upcoming generation of gods, the disrespectful, untrustworthy children of Rangi i Papa.

A close watch was kept for these seven stars’ first reappearance one morning just before dawn, signaling joy unconfined as preparations began for a celebration timed to reach its height in mid-June. Underground cool stores at this time were normally loaded with game birds treasured for their rich fat for winter fuel, kai moana, kiore, kumara... and the ever-present fern root which would tide the hapu over through lean times. Remembering the dead of the past year and welcoming the new life soon to spring forth was expressed by the whole hapu in singing, dancing and feasting.

Matariki celebrations were stopped early in the 20th Century when Māori culture was deemed something to be discouraged by the stick-in-the-muds of officialdom. Still today, to many it means perhaps not much more than an alarm that there are less than 200 shopping days left before the northern hemisphere Christmas, timed at its own winter solstice, kicks in with record spending. Crossroads Clubhouse will be as one with increasing numbers throughout Aotearoa, showing the fellowship of Matariki with much feasting and a knees-up. We will join members of the Returned Services Association in karaoke singing. And we will think of absent whanau. — Gaz DeF

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



This year is flying by so fast! It's already time for our Mid-Winter Christmas, which happened on the 04 July. It was a fantastic night at the Pt Chev RSA, and many people came out despite the cold to all spend some time together over great food and some karaoke.

Kevin has been continuing to work hard on the gardens, creating a path between the two and making it a much safer area for all. The next aim for Clubhouse will be to start arranging the front

area by the carpark, so let us know if you'd like to be part of this project!

A reminder that we have updated and ratified our Code of Conduct. For anyone who hasn't signed an updated copy please continue coming in to do this :) and if you are due for a membership catch up feel free to book this in at the same time!!

We are continuing to go out in the community and do presentations on all that Clubhouse has to offer. So far we have been to Mason clinic, Lotafale and St Lukes Mental Health. These have gone really well, and I would like to thank everyone who has come along to one of these and showcased Clubhouse. It has been amazing and we have had quite a bit of interest come out of it. We will be booking more in at various places so please let us know if you would like to come along to the next one!

With Mid-Winter now over, our focus will turn to our biggest project of the year, the garage sale! We will be scheduling meetings for this shortly, so please look out for the information in our E-Bulletin or around Clubhouse.

Until next time,

Vicki

Presentations

Mason Clinic

In May, a huge group of staff and members went to the Mason Clinic to talk about Clubhouse and what we do here. Two staff and five members went, which filled up the Clubhouse van. Everybody was a bit nervous before we got there, but everybody was very welcoming.

It was very interesting and challenging for me to go to Mason, in terms of representing Clubhouse in a good light. It was good to go to Mason and see a lot of people in there that are willing to listen to what we offer. All the people there were very open and supportive. It was good to talk about what we do at Clubhouse, and we know that some of them are coming over here so it was good to see where they're coming from. I was enjoying doing the presentation.

We all left feeling good, and it was a good time.

From Indy



Lotofale

Last month Indy and I went to Lotofale for a presentation. The presentation was 9.00am in the morning so it was an early morning for the both of us. We arrived at the hospital at 8.45am, little did I know that we were very far from Cornwall complex so there was Indy and I were sprinting through the carpark! Our presentation went well. I introduced myself and Indy, then Indy spoke about how Clubhouse has helped and supported him through his time at Clubhouse and that now he has a part time job through our Transitional Employment. He knew some of the support workers and they were happy to see him and the progress he has made. I then spoke about what we do at Clubhouse. Thank you to Indy for coming with me on this presentation, we had some people interested in coming for a tour afterwards.

From Nadia

Expansion of mental health resources

In recent months, the new government have announced a couple of new initiatives targeted at the mental health and homeless populations, in hopes of providing more beds and housing. There are plans to build a new 500-bed prison at Waikeria Prison, as well as a 100-bed mental health facility on site. The new 100-bed mental health facility aims to address the high rates of mental illness within the prison muster. Labour MP Kelvin Davis has said the country couldn't hope to lower rates of reoffending while it ignored inmates' mental health. Corrections Department chief executive Ray Smith said each government has taken a different approach to managing the prison population. "From the outset, it was blindingly obvious that there is a massive problem with mental health issues in our prisons," he said. A 2016 Corrections report found 91 per cent of prisoners had a lifetime diagnosis of a mental health or substance use disorder. It seems these new beds at Waikeria Prison are a way of acknowledging the high levels of mental illness within the prison population.

Meanwhile at the Auckland City Mission, Jacinda Ardern has announced 110 new beds to target drug and alcohol detox. The new beds will be on the third and fourth floors of a building that hasn't been built yet. The new multi-storey block on Hobson Street is currently in its planning stages to cater for people living on the streets. The project will allow the mission to provide integrated, comprehensive services for some of the city's most vulnerable people. The City Mission will vacate the site in September, and demolition of the existing buildings will begin straight away.

The underlying programme behind the new development is known as Housing First. This approach is based on scientific research, as well as research into what has worked well in other countries to produce long-term results. It says if you're going to help people who need a home, you start by putting them into that home and you make sure you provide the services and environment you need to live there.

There are no conditions to staying there – a rough sleeper doesn't have to be "sober" or "approved" before being given a bed. They get to choose what help they need, with providers taking a proactive and supportive approach. Social services are backed by community involvement and reconnection with whānau and learning opportunities. An onsite medical centre ensures anyone staying there has access to healthcare providers who are working within the same model and are aware of each individual's needs. Housing First doesn't manage chronic homelessness. It aims to eliminate it. Some Housing First centres in Europe have success rates as high as 98%.

In addition to accommodation for 110 people, the complex will house a community centre with a commercial kitchen, meeting and activity rooms, social workers onsite, a café, an art gallery, a gym and a rooftop garden. The connected medical centre will include dental as well as mental health services.

- David G and Anna

SELF-HELP RESOURCE: RECOVERY AND EMPLOYMENT

Maybe start with setting goals and problem solving. Clubhouse staff and your keyworker can help you with this.

Regularly attend groups, especially Clubhouse. You could refer to my directory for this.

Being busy and around people can distract from mental illness symptoms. This can include volunteer work, part-time jobs and hobbies. Meeting with people is good for the brain.

Know that you are capable of working, more than you think you are. Also, you are capable of studying and socialising. You have been capable in the past and can develop confidence. The Open Polytechnic have a Study Skills paper, that might be free.

Have a mindset that you can recover and there is a good chance that you will. Learn from others who have mainly recovered.

Develop and meet with your support team about once a fortnight. To address your problems, wellness, finances, time management, accommodation and employment.

Also there are a range of therapies, such as WRAP, CBT, Peerzone.

Develop deliberate thinking or affirmations. For example: "I can easily cope", "I'll get through this", or any others you can think of.

Reflect on what went well each day. This may help you with your confidence. For example, attending and helping out at Clubhouse or getting a part-time job.

- Chris R

Movie Review by David Grierson

I enjoy going to see rare and festival films. This year I have seen *Mary Shelley*, which is about the life of the author of the classic horror novel *Frankenstein*, and also at the Documentary Film Festival, *Genesis 2.0*, a long film about mammoth-hunting Paleontologists and the science of cloning.

Mary Shelley was set in the early 19th Century, in England, Scotland and Switzerland. She was only sixteen years old when she met the poet Percy Shelley. He was already married but kept that a secret from her, and kept coming up with his liberal sympathies for free love. Her father wanted her to become a better writer and find something unique and original to write about. He was a publisher whose name was William Godwin. Mary's mother had died shortly after she was born. She met Percy Shelley in Scotland and he followed her back to her father's house in England. Her sister Jane Clairemont introduced them at a party to Lord Byron, who invited them to stay with him in his mansion in Switzerland.

There, on a stormy winter's night, Byron suggested a writing competition, and that was when she thought of the idea for the novel. Mary's father published *Frankenstein*, which is among other things about a need for love and admiration from the creator of life, but which was a need which was not fulfilled and so led to a tragic division and loss in the mind of the created being. In August 2017 I acted in a theatre group called the Theoradical Hobohemians, at Shanghai Lils, as the interviewer of Mary Wollstonecraft Shelley and the actress gave a similar story of her life.

Genesis 2.0 was set in two places. One place was a Siberian Arctic island, where twelve young men went out on a three- month long dig for buried mammoth tusks. The other place it was set was the laboratory in Korea where scientists have invented the ability to clone animals, or in other words to invent a new life. The Paleontologists who dig search for the best-preserved tusks they can find, because these are worth the most in sale to others, who carve them into ornate artworks. Russia, on the other hand, has asked the scientist Hwang Woo-Suk to clone for them a mammoth. Hwang has already gone into business for American clients who want their pet puppies cloned. To clone a mammoth, the paleontologists have to find a living mammoth cell. Considering that these animals died when the weather changed 30,000 years ago, that requires some intrepid digging. The three month dig looked really difficult, and the paleontologists did not earn much more than \$4,000 when they brought their haul back to the mainland. The largest carvings of tusks sell for up to a million. Even though Hwang Woo-Suk was featured on the cover of *Time* magazine, he still went to prison for falsifying some of his scientific findings. There is a legend that if a person touches Mammoth bone, they will die. The film was about the new ability which mankind has now to act as God to life and its creations.

BUNNINGS SAUSAGE SIZZLE



On Sunday 13 May, Crossroads Clubhouse did a fundraising sausage sizzle at Bunnings Grey Lynn. They set us up with a gazebo and a barbeque, and all we had to bring was the food. I think it was a good idea to do some fundraising from Bunnings because they came over and supported us with our garden. It was a nice day, and a hot day as well. A lot of kind people made generous donations, except one guy who criticized the way we ran the sausage sizzle. Mickie was really good at doing the sausages, and we managed to sell so many that we had to go

and buy more. We had some customers who ended up coming back two or three times for more sausages.

We had to buy extra onions, bread and mustard as well. Staff had to take about 3 or 4 different trips to the supermarket for more supplies.

Anna was doing a good job of handling the money as well. We had help from 7 members throughout the day, and everybody played their part. We had some members help out in the morning, such as David G, who was also in charge of money, and lots of members helping on the afternoon shift too. It was good to see one particular member who came all the way from out west to help out on the day, and stood by the side of the road with a big sign to attract customers. Rachael also did really well with the sign, she had cars pulling over on the road to buy sausages! They said if it wasn't for the sign they wouldn't have stopped for a sausage.

We pulled it off really well, and were able to make some money for Clubhouse. It was nice to be out in the community and teaching the locals in Grey Lynn about who we are at Clubhouse. But the day was so beautiful, which made it so easy for us.

- Indianapesa McCarthy

Mickie's Spaghetti Bolognese

Ingredients:

- Spaghetti (half a pack)
- 500g beef mince
- 1 tablespoon cooking oil
- 1 medium onion
- 4-5 cloves garlic
- Grated cheese
- 500g Leggo tomato pasta sauce
- Cream (optional)
- Dried oregano



Method:

1. Sauté onions and garlic in oil
2. Add beef mince and cook until brown
3. Add salt and pepper to taste
4. Pour in pasta sauce and mix well
5. Simmer and bring to a boil
6. Add grated cheese to taste
7. Sprinkle dried oregano to taste

Pasta:

1. Boil water with a splash of oil and a sprinkle of salt in a pot
2. Once boiling, add the spaghetti
3. Stir the spaghetti occasionally to stop them sticking together
4. Simmer for at least 10 minutes or until cooked
5. When spaghetti is soft, drain water out
6. Place on plate, then add sauce on top
7. Sprinkle cheese on top and EAT! :D

Note: 500g of beef mince usually serves 2-3 people, so if you have any sauce left over try freezing it to eat later!

If you use a whole packet of spaghetti you will need more mince and sauce.

Anna's May twilight dinner

For Anna's twilight dinner in May we went to Empress of India. There was lots of members there, and everybody chatted a lot. We got a good deal on the food, where you get a curry, a naan, and a drink for a small amount. This time a few people tried new things they hadn't had before, and I had the lamb korma for the first time. It was nice and I decided maybe I would have it again another time instead of butter chicken. The staff at Empress of India were very helpful, they wrote our orders in a big long list and remembered it all! Even though it was cold and rainy outside, the curries and the good company warmed us all up! Thanks to all.

– Claire H

VICKI'S MAY SOCIAL REC BOWLING

For our social rec in May we went Ten Pin bowling with Vicki. I thought it was a better bowling alley than the other Ten Pin bowling places I have been to. We played two games, with 6 people on each team. I enjoyed playing two games, although some people thought it was a bit too long as the earliest we could book it in for was 11am. Many of the players got a high score, with some even scoring strikes more than once! I learnt to choose the right ball, which helped me to bowl better. My aim is to get more strikes next time. We had a good time, and should definitely look to go bowling again. When we got to Clubhouse, we had lasagna for lunch and watched a movie.

– Rachael

Mickie's June twilight dinner

For Mickie's twilight dinner, we had spaghetti bolognese , which I really enjoyed and it was very nice. I liked it because there was a lot of meat in it. I also enjoyed the company, as a lot of great people came. After dinner, Mickie talked to us about green prescription, and it was very interesting to hear about that. I'm interested in going further with that, as it will help with my asthma and fitness. After that, we got out the karaoke. I really enjoyed the karaoke—I always do. My favourite songs to sing are Imagine by John Lennon and I Just Called To Say I Love You by Stevie Wonder. A great evening had by all. – Jimmy

NADIA'S JUNE SOCIAL REC

On Saturday 23 June, Nadia hosted the social rec. We went to the Otara Fleamarkets as well as the Otara Pools and Leisure Centre to swim in the hot pools. Everyone appeared to have a great time. When we got to the markets everyone scattered and did their own thing. Nadia and I had fun checking out the style stores.



Then we all grabbed some lunch before hitting the pools. There was an awesome band playing outside the pools fundraising, so I gave some coins to help out (plus I liked their old school sounds). Then we came back to Clubhouse to give it a spruce up before leaving.

From Leeanne C

Smokefree group and prizegiving

It has been another successful year in terms of the Wero competition for Smoke Free. Many members reduced the number of cigarettes they smoke a day, a fantastic achievement for both their health and their wallets. We placed in the competition, and we will get \$140 for everyone who participated in the challenge to do something fun.

The prize giving was held at Mt Albert War Memorial park. It was nice to see all the teams from various organizations come together and celebrate the achievements of all, and to hear that everyone plans to continue on this journey.

Nadia has been doing a fantastic job championing our smoke free group, and Kirsty has left us with a carbon monoxide reading machine, so we can continue supporting those who are cutting down or quitting smoking.

Don't worry if you are not ready to quit completely or if you missed out on the Wero challenge, there will be another competition beginning in August, so feel free to come in and have a chat with us.

– Vicki

Kiwi Harvest

Every Friday between approximately 11am and 1pm, Clubhouse receives a delivery of food from Kiwi Harvest.

This is a much awaited time for our members, as the food delivered is always fresh and of a good quality. The food is free for members to take home, and use to create their own healthy masterpieces. There is almost always a huge amount of fresh fruit and vegetables, and sometimes they bring packets of meat, yoghurt and cheese so it is definitely worth coming in for! Many members use this to supplement what they are able to buy themselves, where for others they are able to put food in the cupboard which would not be possible without this.

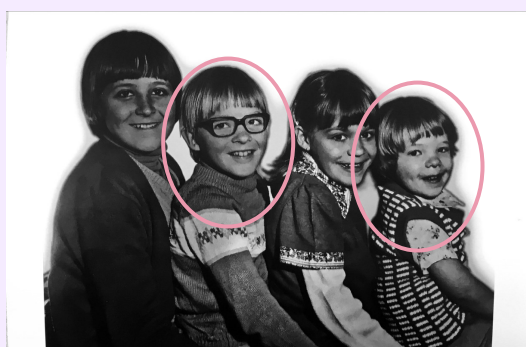


We always find that Kiwi Harvest provide something different to eat than what we're used to, so it's always an exciting time when the green truck pulls into the carpark on a Friday. Within seconds there is usually a line stretching down the hallway of hungry people waiting to see what they're going to be filling their pantries with this week.

A big thank you to Kiwi Harvest and everyone who helps out with organizing it!

Photos—Then

Below are some old photos of our members and staff—see if you can match up who is who!



vs. Now



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
visit: www.iccd.org

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