

# Chatters

A publication of Crossroads Clubhouse

November/December 2014



# INTRO...



There are many fine contributions in this edition of Chatters.

We hear about Clubhouse happenings in the Director's Say and Newsflash, our attending Arahura Trust's A.G.M and the purchase of a new Clubhouse van. Paul G and Stephen tell us their tales of sustaining ankle and foot injuries. It's good to hear they are both recovering well. Jason's story is rather interesting, he shares about his family roots and journey of living with a mental illness. Mark Wilde writes about securing employment (page 12).

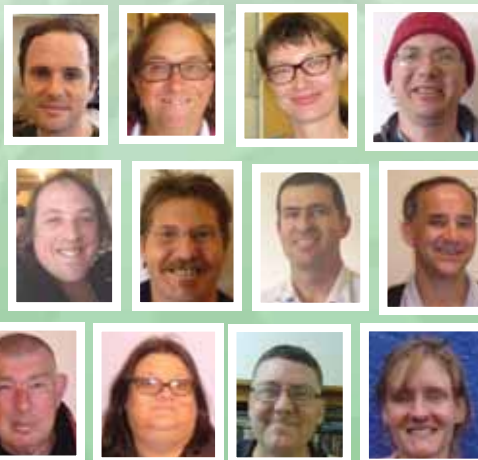
Please take a look at my article on Money Matters (page 9). It provides many tips for making your funds go further. We have dedicated two pages (pp10 - 11) to our successful MONSTER Garage Sale held back in October. On page 13, Geoff and Gavin write about ways to keep fit and non-pharmaceutical supplements to combat depression and anxiety. Emma describes the W C Daldy tug boat on page 14 and Skye entertains us with her story of moving from Buchanan to Waiheke Island (page 17). Peter G reviews a book about Russia (page 18) and Dave recounts Elaine's Surprise Party (page 19).

It has been a great year for our Clubhouse. I'm looking forward to our Christmas Party on the 18<sup>th</sup> of December at the Grey Lynn RSC.

**Chris R**



The contributors to this issue of Chatters are:



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 of Chatters.

## Director's Say

One of most common words used in reference to our Clubhouse (by us and by others) is *community*. For those of you in the biz, the idea of community is also the cornerstone for how we approach mental health support in New Zealand – and this is bloody great! All support should focus on how best to provide people with opportunities to live (not just survive) in their own community.

Unfortunately, *the* community that we talk about is often not capable or willing to be supportive, flexible and free of stigma in a way that allows anyone who is low on confidence, self-esteem, an education, a great work history, or money in the bank to “join-in”. It is hard for any of us to have a strong sense of identity when we feel set apart from others and the things we see going on around us. I sometimes wonder how long it would take me (and I consider myself to be pretty confident) to make a new life if I moved to a brand new city by myself.

My point then, is that while the predominant model of community support is a great place to start, there

needs to be recognition of the gaps in this model. Similar to the way that free-market economics will always leave some in society jobless and homeless.

A well run Clubhouse, and other community initiatives, do a lot to fill this



gap. We are a community in our own right. We gather together each day to work together. We work on big projects, the daily routines, the kitchen, the garden, the administration, the newsletters, the outreach.... and so on. More importantly we are (somewhat under

the radar) working on ourselves; building the confidence, the skills and the supportive networks which help to launch us into new pursuits outside of the Clubhouse. Some of us start courses, some volunteer, others take the daunting leap into part-time work. Regardless the Clubhouse remains – hopefully as a place which models what we want society to be.

**Stephen Hart**

# NEWSFLASH!

Since the last edition of Chatters, we attended the **Annual General Meeting for Arahura Trust**. We remembered Chris Bayliss former Chairman of the Arahura board who passed away recently. His consistent presence over the past ten years will be sadly missed.

Board member Henry Perez delivered a bright and engaging speech. We also welcomed the newest board member Aaron Henry.

Our **C & C Lawns** work initiative has been running successfully for a year! We have recruited a second team of members who have got stuck in to the job.

Congrats to Tony C and James Davidson (pictured on opposite page).

Our **fundraising efforts** have continued to produce great results; we have raised \$6,034.20 for 2014! Congratulations to Stephen's friend Kevin (pictured with Stephen in the suit on page 3), who ran the Auck

land marathon dressed as a carrot. He generously raised \$1200 for Clubhouse. We made close to \$400 from our raffle. Erwin Van Asbeck was the happy winner (pictured below left). We also raised \$182 from our Entertainment book fundraiser.



We used our Frozen funds grant to purchase a second **van** for Clubhouse. This will be a great help especially with the second C & C Lawns team up and running. It will also make it easy to transport members for occasions such as our monthly social recreation outings.

In November our **presentation team** spoke about Clubhouse at the Mason Clinic Recovery Support group. There was a good response from the group of about 20. We will schedule more presentations in the new year.

Our 8 week **Footbeat** walking challenge has come to an end. Well

# NEWSFLASH!

done to our winning team the Slim Slinkies. Darrell blitzed the challenge by walking 100hrs! He was closely followed by Merv and James D.



**DVDs!** A big Thank you to “Fatso” who have donated several hundred ex-rental DVDs to Clubhouse.

As we go to press Clubhouse is getting a mini face lift! Next time you're in, take a look at our newly **painted** phone and conference rooms. Additionally, have a look at the back garden near the car park and be amazed by the **superb landscaping and paving job** that

Emma coordinated with a bunch of Clubhouse members. This was not an easy task, so big ups to all those involved.



We are looking forward to our **Clubhouse Christmas party**, on the 18<sup>th</sup> of December. This year we will go to Grey Lynn Returned Services Club for a change. We will dine on a three course lunch while entertaining one another with items. Someone is pretty excited about their role as Santa... Members need to book in at the Food Services Unit, the cost being \$10.

# Ankle & Foot Recovery

*Lately a handful of members and staff has been in accidents affecting their feet, ankle and and knees. We hear from Paul G and Stephen about their road to recovery.*

*Paul G:*

Back in mid-September I rolled my ankle outside Chris R, Rachael and Claire's place at Framework Trust and broke a bone. I couldn't see where I was going because it was night and I have poor eyesight.

Walking on my ankle the next day I realised something was wrong, so I went to my GP who then sent me to White Cross at St Lukes. They checked my ankle and gave me the bad news. I was given a moonboot to use while walking and pain killers. They told me to keep my leg up and avoid walking on it for several weeks.

I took their advice and put my feet up and used the moonboot while walking. This went on for several weeks. My ankle was starting to get better, over these weeks. Now I can walk on my ankle and only have a slight pain now and again. However I can't run on it yet.

I am now walking to Clubhouse again and no longer have to wear a moon boot.



*Stephen Interviewed by Claire:*

**Claire:** Kee-Oarah. Today is Thursday 26<sup>th</sup> of November and we are interviewing Mr Hart about his broken foot.

Here is the interview, Stephen Hart;

**Stephen:** Hello

**Claire:** Tell us what happened on the day you sustained your injury?

**Stephen:** Would you like the truth?

**Claire:** Definitely

**Stephen:** I was playing a game of social soccer with some friends at the Domain. Basically, the ball went over my head and as I tried to turn around my foot decided to keep going in the opposite direction and rolled over. So I had an x-ray and they found a break and then showed me how to wear a moon boot.

*At this time, Racheal walks past the camera in the background, showing his best side to the viewers.*

**Claire:** Did you require surgery?

**Stephen:** No surgery

**Claire:** Was it painful after it happened?

**Stephen:** Yeah, it was.

**Claire:** How much time was allowed for the injury to recover?

**Stephen:** Probably a few weeks at least.

**Claire:** What is the positive

outcome of the accident?

**Stephen:** Good question, I don't know really.

**Emma:** Have you taken any more self-care than usual?

**Stephen:** Have I taken any more care than usual...no not really. I think I already knew this, but it confirmed how nice all of my friends are and how nice all of the people at Club-house are, when someone gets hurt they all look after you which is really nice now that I've kind of put them to the test.

*At this time, Racheal walks past the camera in the background, showing his other best side to the viewers.*

**Claire:** I guess you're going to be more careful now?

**Stephen:** To be honest, I don't think I'm going to be any more careful, I'm still going to play soccer and I think accidents happen sometimes and you have to have a bit of an adventure and getting a little bit hurt is all part of it.

**Claire:** Just take care. That's all there is and that's the end of the interview.

# Jason's Story

I was born in New Zealand and brought up in Dunedin. My family emigrated from China in the early 1940's and bought a market gardening farm. They became millionaires out of it after much blood, sweat and tears. My uncles, aunties, grandparents, cousins, and two sisters and I all lived in the restaurant we owned.

Much of my family still lives in Dunedin. I prefer Auckland because I feel like I belong here but there are things that are distracting (such as politics) and I experience some discrimination. It's a bit lonely living in Auckland, as I'm up here by myself.

I have studied at AUT and Polytechnic and learnt about Foundations of Mental Health, Pacific Studies and Languages. I'm multi-cultural because I have been to other cities and I'm very tolerant.

I believe the NZ Mental Health system helps people with mental health issues better than overseas because in most cases the right help will be tailored for your needs. There are a lot of things that make you think about mental health such as proper care and housing, (I spent many years living in state housing with my Mum).

I used to be a laborer but no longer like heavy work. I wouldn't mind having a transition employment position working in hospitality or administra-

tion. I have had a job as an apprentice chef and manager and a foreman's job.

My mental health is better, although I find it a struggle to go through the same things again like psychosis. If I don't get help I feel quite desperate.

Sometimes I feel 'friction' in the city, which can develop into overwhelming sensations. However, I'm living in a calm, peaceful place and I have a girlfriend now and she wants me to move in with her.

My advice to people experiencing mental health problems is to know we're not all perfect and it's alright to tell somebody about it. Chinese people generally, are very interested in well-being but the stress and pressure in China is intense. They are caring people but I feel you don't get as much help in China as here in New Zealand. Additionally, if you are a criminal in China there are very serious consequences.

The best thing that has happened in my life is experiencing skilled and high profile jobs, e.g. being a salesperson, chef, hotel and hospitality and a model. My Mum and my sisters are the most important people in my life because I can trust them more than anyone else.

I wouldn't wish a mental illness on anybody but you can survive.





# Money Matters by Chris R

## *General Budgeting tips:*

- Make a note of what you waste your money e.g. takeaways, junk food, alcohol, cigarettes.
- Add up how much you are spending on these things a week – you may be able to save lots instead.
- Preparation and planning can cut these costs down – for example taking a piece of fruit and a muesli bar when your out and about rather than getting hungry and stopping at a bakery or cafe.
- Make a list of what you want to save up for e.g. unexpected medical expenses, or something very meaningful to you, such as a trip to visit family.

## *Grocery money saving tips:*

- Save shopping docketts and see what you spend over the week/month.
- Shop at Pak n Save and if possible try to buy your staples in bulk.
- Make use of specials to stock up on items you always use.
- Don't go grocery shopping when you are hungry!
- If using a vehicle get together with a friend to save on petrol.
- If practical, meet with a group of friends to cook and eat together – it costs less to cook in bulk.
- If you do cook on your own make a lot more than you would normally eat. Freeze extra portions as meals. This saves time and money.



## *Cheap/free places to eat:*

- The Lifewise Hub - 453 Karangahape Road.
- Hare Krishna Food for Life - 268 Karangahape Rd.
- Urban Vineyard Church – free community meal on Wednesdays, starting 11am. 19 Newton Rd.
- Auckland City Mission has food parcels, free dinners on weekdays 6pm and 5pm weekends. 140 Hobson Street

## *Entertainment/ money saving tips:*

- Check out \$5 Wednesday movies at Academy Cinema & DVD rental specials.
- Find free events to attend on eventfinder.co.nz

The following sites give away all sorts:

[www.neighbourly.co.nz](http://www.neighbourly.co.nz)

[www.freestuff.co.nz](http://www.freestuff.co.nz)

[www.freecycle.co.nz](http://www.freecycle.co.nz)

[www.asksharegive.org.nz](http://www.asksharegive.org.nz)

# Another Monster Garage of a Sale!

*Here's a few snaps and words about the Garage Sale we had in October. This was the first time we've had two Garage Sales in one year, and it was also our most profitable.*

## **Origin of Bric a Brac;**

**"Etymology: from obsolete French;" a bric a brac" = "at random, any old way" bric-a-brac. First used in Victorian era referring to lesser objects and are or collections of curios. Now days it refers to items of modest value often sold in street markets."**



"Was very busy throwing money at Stephen!!! A successful day . The Sausage Sizzle rocked!!!"- Nikki

"We turned Clubhouse into a complete op-shop by Friday and back to normal on Monday, we can do anything" - Emma



"I enjoyed helping Amy ,  
Amanda, Bobbi, San-  
dra's sister, Bronwyn,  
Esther, Ngaire ,and  
heaps of other custom-  
ers. I was told I did a  
good job selling clothes  
by lots of people"  
- Rachael



"Thanks to Emma for  
trying to sell the toys  
and Rebecca for her  
successful bric-a- brac"  
- Claire



"Everybody towed  
the line" - James

# Moving forward

Recently, Jules sat down with long time Clubhouse member Mark for a catch up and chin wag about the positive things that were happening for him;

Four things for Mark have contributed significant changes he has experienced over the last twelve months:

1) About 6 months ago Mark secured part-time work. He works Wednesday and Sunday, delivering material for Peach Media. Mark secured this position by contacting the firm, advising them of his capabilities. A Rep from the company then rang and offered Mark the position.

2) The best part of the job has been the exercise and doing something worthwhile; both helping him get his health back to what it was when in his thirties. The worst part was sorting the circulars – which was hard on his knees! Michael, Mark's friend, would help get Mark to the site so he could then walk while delivering.

3) Mark also worked for the Electoral Commission sorting and counting votes during the last election. Mark received 2 hours training for this position. The best part of the job was meeting other young people.

4) With all the exercise Mark did through his delivery job he has lost 12 kgs in weight, waahoo! He has also cut his smoking by 99.5% and “a cigar [is] a treat now and then”.

Mark had been part of a prayer team at his church but had to pull back due to his other work commitments.

Mark feels his family is happy with him, making helpful comments that build up his self-esteem.

## Jules



# Scientifically proven non medical supplements for depression and anxiety

## Eat fresh, unprocessed, nutritious food as much as possible

An Australian study found that people who eat a diet high in vegetables, fruit, fish, meat and whole grains are significantly less likely to be anxious and/or depressed than people who eat a diet high in processed foods, fried foods and take-aways, refined grain, sugary food and beer/alcohol.

## Take the following basic supplements:

### Omega 3 fish oil

Fish oil has shown to decrease depression. *You need to take enough to get approximately 1000mg of EPA per day (you can check the amount of EPA on the back of the container).* I.e. Blackmore's Joint Health Omega Triple Concentrated fish oil, two per day.

### Blackmore's Bio Zinc

A combination of Zinc, B6 and Magnesium which are all important for mood - one/two per day.

### sAMe (S-adenosyl methionine)

sAMe is an amino acid that is crucial for good brain function. It has been shown in studies to be an effective anti-depressant, and to have an additive effect with anti-depressant medications. It is expensive to buy in New Zealand at about \$80 per bottle but can be purchased over the net

from [www.iherb.com](http://www.iherb.com) for \$20 USD. The dose is one 400mg tablet per day; however sAMe should not be taken by people who have "highs" as well as depression as it can trigger hypomania.

## Gavin

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## Abdominal fitness

My current fitness routine is abdominal exercises first thing in the morning before breakfast. I use the Ab twist machine for 2 minutes, then half an hour later, I use the Ab King Pro for 3 x 20 repetitions.

Sometimes I do yoga or use the lymphasizer (mini trampoline) for about 10 mins. Motivation isn't easy but I am determined to get stronger abdominal muscles, and also to have a good spine, vertebrae muscles, discs and ligaments - flexible yet strong and a good nervous system. I am currently using the Ab Twist machine, Ab King Pro, the Ab Wheel, Lymphasizer and Back Massage Machine.

I'm feeling stronger, especially in the back and stomach muscles which makes doing the lawn mowing easier. Getting a good nights sleep is important because it gives me more energy to exercise and get through the next day. My advice to others is do not give up. Start small and slowly and then do more and more as you get stronger, fitter and more flexible.

## Geoff

# Nature Nurtures



Nature is good if it is clean and prosperous. Nature helps man. We must look after our environment. I used to clip onions in

Pukekohe and I enjoyed being outside and working with others - being around people. We started at seven in the morning.

I like the Kingsland park - there is a skating area and a basketball hoop next to the field; heaps of fresh air.

Once a week I walk from Mt Albert to Crossroads. I see a lot of traffic and a lot of busy people trying to get to work. I see all the buses. It's a bit noisy and scary. I see birds and roadside gardens too - I feel that these things help the mind. I like white roses.

**David L**

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## Nature Deficit Disorder:

Nature-deficit disorder is not yet a clinically recognized condition but rather a term to evoke a loss of communion with other living things. A growing movement make the case that a meaningful human relationship with nature is crucial to our society's practice of stewardship, our sense of community and strength of family bonds.

The causes of the disorder include loss of open space, increasingly busy schedules, and large amounts of time spent using electronic media.

Connections with nature can improve someone's life. [Juan Martinez](#) is one example. He grew up in South Central Los Angeles, where he was headed for gangs and trouble. A principal told him he'd have to go to detention or join the eco club. He thought the club sounded like a bunch of nerds, but he joined. He resented it at first, but then had an assignment to grow something.

He had seen his mother break up concrete behind their house to grow chilies to eat. So he grew a jalapeno chili plant and took it home to show her that he could nurture life too. That plant, and later an eco-club trip to the Grand Tetons, changed his life. He is now an environmentalist and head of the [Natural Leaders Network](#), which is part of the Children & Nature Network.

"The future will belong to the nature-smart—those individuals, families, businesses, and political leaders who develop a deeper understanding of the transformative power of the natural world and who balance the virtual with the real. The more high-tech we become, the more nature we need." – Richard Louv.

How have you connected with nature lately?

**Emma**

# THE WILLIAM C DALDY TUG BOAT

The William C Daldy is a coal-fired steam tug. Its main engines are directly coupled to two propellers 11 feet in diameter. They each weigh just under 3 tonnes. Steam from the boilers is directed from a high pressure cylinder, to a medium then to a low pressure cylinder and finally to the condenser where it is cooled by sea water. Steam returns to water and is pumped back into the boilers for re-use.

Currently the tug is available for charter and goes out to Kawau Island once a year. The coal comes from Huntly and is brought 40 tonnes at a time. Four stokers work in 30 minute shifts and it takes three days to heat the tug and the same amount of time to cool it down.

In December 1958 the tug came to the rescue of the construction crew building the Auckland Harbour Bridge. Engineers had been manoeuvring the floating centre section when 34 mile an hour winds began to blow. The William C Daldy provided a sustained pull for more than 36 hours to hold the 1200 tonnes in position.

William C Daldy worked 42 years for the Auckland Harbour Board. The tug normally was on call 24 hours a day and it was equipped for deep-sea salvage during the War. The William C Daldy has a bollard pull of 17 tonnes (which was large for her day). Today's tugs have bollard pulls of 50 tonnes.

## *Interesting superstitions of the Sea:*

When launching a ship it is customary to break a bottle or pour wine on deck to gain favour from the sea gods.

A gold coin was placed under the main mast during building for prosperous voyages'

It was good luck for warships to splash the keel with the blood of your enemies.

Possessing a 'caul' (the membrane around a child at birth) was supposed to mean you could never drown.

## Emma



# Our Garden Path Build

*For as long as many of us can remember our back garden has needed some tender loving care. It has become a well used area with two C & C Lawns teams accessing equipment from the shed in this garden. Emma and a team of members got stuck into creating a plan, and then there was plenty of action! Gavin quizzed Emma on the steps taken...*

Step 1) Levelled the area.

Step 2) Dug shallow trench for the brick perimeter.

Step 3) Made concrete mix – 1 part cement, 2 parts sand, 3 parts gravel plus water, as needed.

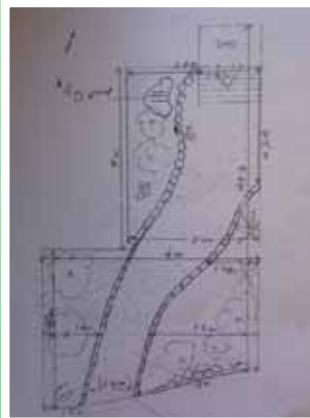
Step 4) Lay concrete in trench, 10 cm deep and 12 cm wide and let dry

Step 5) Mix mortar, 1 cement to 3 sand plus water as needed

Step 6) Lay bricks on concrete with thin layer of mortar underneath and between bricks

Step 7) Clean off excess mortar from bricks and let set. We then laid weed matting on path and covered with gravel. Additionally we laid down mulch around the garden path and planted. As a final touch we built a very stylish low dry stone wall (no mortar).

The "Plan"



Before



After



# Skye's Waiheke Move

## What are you doing?

Transitioning from the Buchanan Clinic to Ostend Waiheke Island.

## What is Ostend Waiheke Island?

It's a suburb on Waiheke Island, beautiful beaches, bays, bush and nature all around, a very therapeutic environment.

## How did you manage to transition from Buchanan to Ostend Waiheke?

I successfully completed all of the programmes at Buchanan. While doing these programmes I learnt a lot about myself and how I can cope much better in social situations.

## How long do you intend to stay on Waiheke?

Indefinitely.

## What do you think you'll do over there?

Just normal things... get a job, continue with my artwork, set up a home, grow organic fruit trees, veges and garnishes.

## Are you worried about the isolation of being on Waiheke?

No way! It's freedom over there. No gangs, no riff-raff, everyone helps each other and supports each other in the community. It is a very safe place to live.



# Reviewing Russia

I have just finished a book called 'Russia' by Jonathan Dimbleby.

The book is about Jonathan's trip across Russia which starts in the west of the country, Murmansk, and ends in the far east, Vladivostok. Jonathan's mode of transport across Russia was by train, car, airplane, ferry, walking and horse-back riding.

Jonathan describes all the people he met and places he went to. The places he went were very depressing, like Yekaterinburg for example which has alcohol, HIV and drug problems. The Russian people have a very bleak life so they escape by taking drugs or alcohol. The drug problem, mainly heroin, causes the HIV problem when drug users swap needles.

The people take a form of alcohol made from common household chemicals, which is very cheap but deadly and so illegal. The consequence of imbibing the substance is a low life span of about 59 years for males, the main group that use it.

The book is full of depressing facts, which describe life in modern day Russia and historical events, like the siege of Stalingrad, Leningrad and the French - Russian War of 1812.

Russia, the book, also has a lot of chapters about minerals and resources that are found

underground like oil, gold, diamonds and gas. The book gives a very good idea about living in Russia. The infrastructure needs a lot of money spent on it. The roads have a lot of

potholes in them so driving on the roads is difficult, also the bridges need maintenance.

The people Jonathan meets in Russia are very interesting - like a witch doctor or holy women who tells him he needs a potion to help his back but doesn't use it in the end. Also he meets the Altai people who live in the Altai Mountains, and joins them on a

camp. They tell Jonathan about their camp customs and language.

Overall the book is a good read of about 500 pages that go into the day to day life of travelling through Russia.

I recommend it, if you like an informative read of non-fiction.

**Peter G**



# Elaine's Surprise Party

The other day at church, Samoa told me that Elaine's birthday would be on the 10<sup>th</sup> of October. He was planning a surprise party for her on the last Saturday of October and we were invited.

We had to be secret squirrels and not let on. We went to the church office premise to wait for Elaine to come. We noticed that there was only a handful of people from church the rest were friends and family.

Elaine was overwhelmed when she came. When it was time for us to be seated and have our meal, Samoa got Lubi and I to come and sit at the head table with Elaine's father and brother and another couple from church.

Three Pacific boys with beautiful tenor voices sang. Then when there were speeches, Samoa got me to say some things about Elaine and Samoan phrases I have learnt. Later on some Samoan ladies performed a Siva (dance).

We felt completely at home. By contrast I remember going to a New Year function at the Croatian Club where we just sat at the corner and went home early.

## Dave B



# A Unique Approach

*Like all our work, this was produced inhouse by members and staff – our approach to recovery: working side by side at Crossroads.*

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](http://www.crossroadsclubhouse.org.nz)  
For more info on the Clubhouse model  
visit: [www.iccd.org](http://www.iccd.org)

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