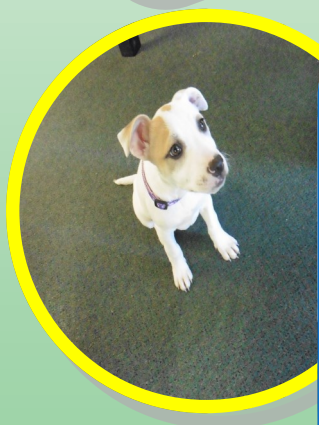


# Chatters

A publication of Crossroads Clubhouse  
July-August 2017



## Editor's Blab

The shortest day was over last month, so the days are getting longer. Here at Clubhouse we have our fair share of winter ills and chills. Now we are approaching spring, 5 weeks away.

Tamara has left and we have hired her replacement.

Kiwi Harvest on Fridays is now supervised to stop people from taking more of their fair share, and any arguments. When it arrives strong members carry it in and the rest queue up in the hallway.

I have noticed that some people do not contribute much. It's not hard just come to the unit meetings and volunteer. You'll find that you will enjoy yourself and pick up new skills.

Come and join in the cooking class on Mondays. You'll learn how to cook on a budget and have lots of fun.

Of course there are the Twilight dinners and the social Recreation trips once a month, be sure to attend the meetings (to have your say) and book early.

Teresa



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.

## Directors Report



The past few months have seen a few changes to our staff team. Mickie has well and truly settled in, and Tamara has resigned from her position. We interviewed a few people for her replacement in July, and have now hired Anna so please come down and introduce yourself and get to know her.

Our fundraising is continuing with the Entertainment Books, however they are now taking a backseat to our planning for our Mega Garage sale. Our Bunnings project is also continuing slowly, as they have been busy getting the Grey Lynn store up and running. They will be coming in over the next

few weeks, and seeing what they can do as the original plans were with the Mt Roskill store. We will keep everyone updated with what they say and when they are coming.

We had our Mid-Winter Christmas party at the Pt Chevalier RSA on Wednesday 5<sup>th</sup> July. It was a great night, and many members came down to celebrate. The meals provided were fantastic, and the people down there are so friendly and the environment so relaxed it would have been hard to not have a good night. A few of our members even got up and had a go on the Karaoke offered by the RSA.

I also really enjoyed our July social rec. It was decided due to the weather that we would just relax at Clubhouse and watch a movie then have some lunch. We also spent the afternoon singing Karaoke, and it was great to see members who haven't sung before get up and give it a go.

Until next time,

Vicki

## *THE “Butt Kickers”*



Who and what are the “Butt Kickers” you may ask.....That would be us!!!! Ready to kick ciggies in the butt.

A couple of months ago Clubhouse was asked if we would like to enter a smoke-free competition. We were wanting to give up cigarettes and this was the opportunity to get extra support as well as NRT (Nicotine replacement). It was very appealing to me and We love a good competition. So I asked around to see if there were any other members interested in giving up or even minimising their cigarettes. Thankfully I found three more willing members to take up this challenge as we needed at least five people to enter.

Every Wednesday afternoon Bernie from smoke-free comes in and takes our carbon monoxide level readings. These readings are then put up on a chart, if you blow between 1-6 you are considered smoke-free. We are competing against other mental health organisations with first prize being \$1000 towards a charity which would be Clubhouse if we do win. All the results from the different organisations are then put on a big chart and the team with the lowest readings after 4 weeks will be the winner. This week one of our members Teresa won a spot prize for having consistently low carbon monoxide readings and has now been smoke-free for a month, I also have been smoke-free for a month. Bernie (who is our co-ordinator) for smoke-free comes in every week to take our readings and also gives us helpful information which helps us either maintain to be smoke-free or help if you are at the contemplating stages.

For all of us in the team we had decided that the money and competition aspect wasn't that important to us as some of our team are struggling to give up. We would rather be there to support every member in our team and not to worry so

much about the competition as we know how hard it is to give up cigarettes. We have great support within our team and look forward to our group every Wednesday and thank you to James Davidson for helping us come up with our team name “ THE BUTT KICKERS”.

Teresa and Nadia

**UPDATE:** I am proud to announce that since we wrote our article our team came RUNNERS UP in the competition and won \$140 we have decided to use the money to have a lunch and maybe a game of bowling. Teresa Dee and Darrell also won \$25 warehouse gift vouchers for their consistent low readings over a four week period. Teresa and I went to the prize giving which was held at Te Atatu community hall. We were very surprised when Crossroads Clubhouse was called out as Runners up especially because we only had three team members left out of five.

All the other groups had at least five or more so it was a great accomplishment! I would just like to say it was a pleasure to take the smoke-free journey with both Darrell and Teresa WELL DONE US!!!! Bring on our next smoke-free competition where we will have a new group and Teresa and Darrell there to support our next group. ANYONE INTERESTED IN GIVING UP OR CUTTING DOWN come to one of our support groups or let me know when a time suits you

Nadia



# MID WINTER XMAS PARTY

On Wednesday 5th of July 2017 we had our Annual Mid-Winter Xmas Party which was held at the Point Chevalier RSA.

There were 36 of us that attended. From beginning to end we had Mickie who drove the Fridge. So a big thank-you to Mickie for helping out. Daniel got up and some Karaoke which was awesome to see.

We were given a complimentary drink with our meal and dessert of choice, however my eyes were bigger than my stomach lol. For the price of \$10 the meal was well worth the price, as all meals on the board were valued at \$20; so it was a definite bargain.

It was lovely catching up with fellow Members and Staff outside of Clubhouse. Even watching some Members have a game of Pool was refreshing.

There was good conversations and a few laughs had by many. This was my first attendance at a Clubhouse Mid-Winter Xmas Party as a new Clubhouse Member, and I thoroughly enjoyed myself. I hope to experience many more awesome outings like this, and getting to know the rest of the Members that I haven't met yet.

By Leanne Cameron.



Peter G and Merv



Liz and Reidar



Heather, Paul G and Reidar



Indy and Mickie



Daniel singing Karaoke



Heather, Paul and Mickie

# MID WINTER XMAS PARTY



Kevin, Mickie and Mark



Rach, Leanne, Geoff, Jimmy, Eugene, Claire and James



Chris R and Stephen Rose



Everett, Daniel, Vicki, Nadia and Indy.



# Social Rec June

On Saturday 15th August we went out to the Otago flea markets with Nadia. It showered on and off while we were there. Jimmy bought him a new watch and the rest of us had a look around a little nibble. We stayed for about an hour and a half. The rain got a little bit too heavy so we decided to come back to Clubhouse for lunch. Leanne and Jimmy helped Nadia with our sausage sizzle. Rach and Claire helped put the Karaoke machine out. Even though it rained on and off we still enjoyed our day out.

Claire and Nadia





# **Newsflash**



**Happenings at our Clubhouse  
and upcoming events**

- ◇ **We will be having Twilight Dinner with Nadia at Empress of India. Wednesday 9th August**
- ◇ **Our employment meetings are continuing to happen on Friday mornings at 11am**
- ◇ **We are still waiting to hear back from Bunnings. They are very busy at the moment as they have just opened.**
- ◇ **Healthy Cooking Classes Mondays at 1:30pm**
- ◇ **Butt Kickers (smoke free meetings) Wednesdays 2.10pm**
- ◇ **We are currently working through membership catch ups so please let us know if you haven't had one in a while**
- ◇ **Social rec with Mickie**
- ◇ **Getting ready for garage sale**

## **A BIG WELCOME to our new staff member ANNA!**



### **Tell us about yourself...**

*I have just finished studying psychology at the University of Auckland for the last five years. I am 22 and I like reading, art, music and cats*

### **What brings you to the Clubhouse.?**

*I love working with the people here and I want to learn new skills around working with people.*

### **What do you like about Clubhouse (even though it's your first day?)**

*Everybody has been extremely kind and welcoming and I'm really enjoying working here. I'm already learning a lot and can't wait to learn more.*

### **What was your last job?**

*I was an administrative assistant at a law firm (A big Change)*

## MONTHLY MENU AUGUST 2017

Monday 31st July:	Cottage Pie
Tuesday 1st August:	Vege Quiche
Wednesday 2nd August:	Bacon and Egg Pie
Thursday 3rd August:	Roast
Friday 4th August:	Kiwi Breakfast and Toasties
Monday 7th August:	Fish and Chips with Salad
Tuesday 8th August:	Vege Stirfry with Chickpeas
Wednesday 9th August:	American Hotdogs
Thursday 10th August:	Roast
Friday 11th August:	NO LUNCH
Monday 14th August:	Bangers and Mash
Tuesday 15th August:	Homemade Pizza on Tortilla Bases, Vege and Meat Options Available.
Wednesday 16th August:	Corned Silverside with Veges
Thursday 17th August:	Roast
Friday 18th August:	Kiwi Breakfast and Toasties
Monday 21st August:	Beef Stirfry
Tuesday 22nd August:	Falafel's
Wednesday 23rd August:	Butter Chicken with Rice
Thursday 24th August:	Roast
Friday 25th August:	Nacho's with Sour Cream
Monday 28th August:	Curried Sausages with Mash and Veges
Tuesday 29th August:	Vege Lasagna
Wednesday 30th August:	Chicken and Vege Pie
Thursday 31st August:	Roast

By Leeanne Cameron

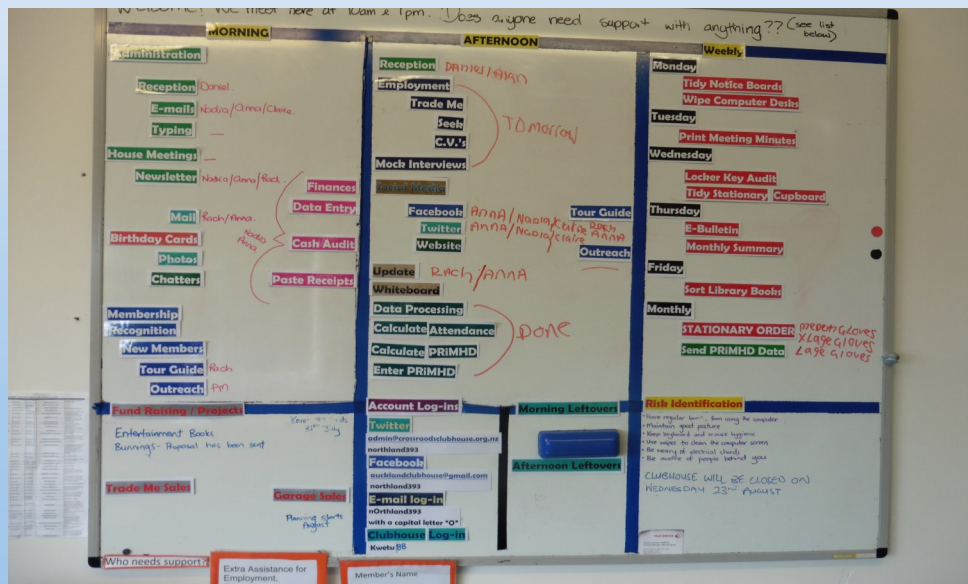
# New Clubhouse white boards

Recently you may have noticed a change to the Clubhouse whiteboard's, which have been shared by various tasks undertaken by Claire, Rachael, Jimmy and myself with the guidance from Mickie. Our aim was to make the Whiteboards more inviting while brightening up Clubhouse while still being able to read with ease.

By Leanne

We hope that this fresh look inside Clubhouse will be able to brighten up everyone's day, and get them to come more often. Everybody is welcome to help and give their suggestion on how we can make Clubhouse a more inviting place to be for all of us.

By Mickie



# Winter Recipe

## **Thick Pea, Ham and Vegetable Soup**

**Serves 6.**

### **Ingredients:**

- 25g Butter.
- 2 onions chopped.
- 2 garlic cloves chopped.
- 3 medium carrots chopped.
- 1 celery stalk chopped, or spring onion if preferred.
- 2L stock or water, your choice.
- 250g of Yellow or green split peas.
- 1 Ham Hock.
- 1/4 tsp Salt and freshly ground Pepper.
- 1/4 cup chopped Parsley.
- 1 Serving of Croutons to sprinkle on top.

### **Directions:**

1. Melt Butter in a large pot.
2. Add Onions, Garlic, Carrot and Celery. Sweat for 8-10 minutes until soft but not brown.
3. Add Stock, Ham, Split Peas, Salt and Pepper.
4. Bring to a Simmer and Cook for 1hour or until meat is falling off the bone and the peas are soft.
5. Remove the hock and pull meat from the bone, dice and return to the soup.
6. Just before serving add freshly chopped Parsley. Top each bowl with Chunky Croutons.

***Please Note: Please only freeze any leftovers once soup is appropriately cooled.***

# ***SUPERSTAR BOARD***

Just recently, we made a few changes around clubhouse, together with the whiteboards, we also started to give the notice boards a new fresh look.

Mickie started to go around and had quick interviews with some of the members. With the help of a few other members and yours truly, we came up with the clubhouse Superstar board where it shows a photo of a member and a few things about them.

By: CLAIRE

This superstar board will help members to know a bit more about each one around clubhouse. It will also be a good thing to look at for our visitors and know who are the people that run clubhouse. So if you are interested to be one of these members on the board just come and see me anytime.

By: MICKIE



## 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.



393 Great North Road  
Grey Lynn  
Ph: 09 3764267  
[admin@crossroadsclubhouse.org.nz](mailto:admin@crossroadsclubhouse.org.nz)

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

The opinions expressed herein are not necessarily those  
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