

# Chatters

July—August 2018



# Editor's Blab

## LOOKING FOR THAT SILVER-CLOUDY LINING

Coming towards the end of August and this has been an eventful Auckland winter. Farmers across the country have reported lambs being dropped in July, and I bet others by now have seen the daffodils coming out—even in Auckland. But locally it's been a harsh though mercifully short cold season of three months, one night dropping to minus 2.1 C, the lowest in three years. (I can hear southern patriots shouting at this point, "Spoilt Jafas!") This coldest night was indistinguishable from many other nights through June and July, testing the constitutions of anyone without extra heating resources. The rainy season has not yet ended—and we get more than our share in Auckland compared with New Zealand's other metro areas (Skitey Jafas!), usually continuing fitfully through to November.

Still, anything is bound to be a blessing if you and your trees survived the big blow of April, when Auckland was battered overnight by wind gusts of up to 215 kph. But around Crossroads Clubhouse the past few months have been a trial for staff and members alike, repeatedly susceptible to physical complaints from the snuffles on up. Then there's the dreaded SAD (Seasonal Affective Disorder) for many. Vitamin D capsules from the G.P. are said to help with this, and others have their own means to get them out of the hole (or at least climb to within sight of the light) that winter and increased isolation digs for them.

If any single event has pointed up for me lately the tragedy of unseen depression, it is the "sudden death" in the past week of current affairs TV journalist Greg Boyed in Switzerland, still "battling depression" while on holiday with his family. Greg seemed on the outside to be a thoroughly together man, looked a couple of decades younger than his 48 years, was an insightful and admired professional, and moreover respected for his deep ongoing kindness in practical form. Admitting to depression can be a career-killer, especially for those in the public eye. We're all so thankful that none of our friends here at Crossroads have succumbed recently, unlike others in less fortunate circumstances. — 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. 2

# Director's Report



Wow, time has continued to fly and we are now fast approaching the end of 2018. With our Mid-Winter Christmas behind us, our focus inevitably turned to our garage sale. As I write this, four of our rooms at Clubhouse are currently filled with items donated for us to sell. We are also listing some of the larger items donated on Trade Me, and so far this has raised us an additional \$400 towards our fundraising in just two weeks! A huge thank you to the members who have

been hard at work helping with our flyer deliveries and assisting with the pickups/arrangement when back at Clubhouse. Also thank you to the members who have donated items to our garage sale, it is all much appreciated.

Along with our garage sale, we are continuing to make Clubhouse a nice environment for people to come. As you know, Kevin has been hard at work beautifying our garden, and has started to work on the carpark area. This includes clearing out under the window in the back room to create a parking space for the trailer and free up one of the carpark spaces. This will be useful once the street parking on Northland Street and some of the surrounding streets becomes timed or permit parking.

I would like to thank those members who have taken the time to fill out the feedback surveys. The insights gained from these have been very helpful, however it would be fantastic if a few more members would be able to fill these out for us. Please give us a call if you would like to do this and we can arrange it.

Enjoy the sun that is coming,

Vicki

# Mid-Winter at the RSA

On the 4th of July, Clubhouse celebrated midwinter at the Pt Chevalier RSA, where members and staff were able to sit around, socialise and relax together. We were treated to a main, dessert, and drinks card, and the opportunity to join in on some karaoke.

“It was very nice. I sang karaoke—the One Direction song “Story of my Life”. I can’t remember everything I ate because there was lots of food, but I enjoyed the apple and blueberry crumble for dessert. There were lots of people there and I met some new people who were quite friendly. I was the last person to sing karaoke.” - Daniel R

“I enjoyed the midwinter Christmas at the RSA with the company of Clubhouse members and staff, and some other people who were

there. I had a steak and salad and chips, and the steak was well-done. I had vanilla ice cream with strawberry topping for dessert. I sang “I’m Dreaming of a White Christmas” and at the end everyone was clapping. There were only a few of us left, we stayed nearly until the end.”  
—Claire H



# Garden update

A lot of work has been done on the Clubhouse vege garden since the last time it featured in Chatters. As you all know, back in April a few members

and staff worked with Bun-nings to get the garden beds built and some seedlings planted so we could start using our garden.

Now, 4 months later, we have used up all our lettuce, all our bok choy and tatsoi, and have big fat cabbages in the garden waiting to be eaten.



In the meantime, the garden has become a lot more presentable, thanks to Kevin spreading shells on the garden paths, which really bring it to life. Kevin and a few others have also kept on top of the weeding and maintenance of the garden, so all our garden beds are looking good for planting in the spring.

Kevin also went to work drilling some shelves to the fence above the garden, which now hold lovely flowering pot plants which really add to the look of the garden.

A huge thank you to Kevin for keeping this part of Clubhouse running, and making the environment nicer for all to enjoy.

- Anna





# SPORTS DAY

It was a bright and sunny day on Thursday 9 August 10:00am when we kicked off our first ever Crossroads Clubhouse Sports Day. All the staff were there together with Claire, Rach, Alan, Indy, David G., Gary, Steve, Paul D. and Daniel. We started off with stretching, led by Nadia, after which we proceeded to divide people into teams. **Team 1** was composed of Rach, Gary, Steve, Paul D., Nadia and Vicki and in **Team 2** were Claire, Indy, Alan, Daniel, David G. and Mickie.

We started with a couple of basketball relay games, it was hard and tiring but everyone had a good time. And when everyone got warmed up we had an actual 3 on 3 basketball game which ended up as a very close game between the 2 teams but **Team 1** was able to make the winning basket.



All of us got hungry after that tiring game so we had a break for almost an hour to have our filled rolls that Clubhouse provided for all those who participated. Then after lunch we gathered again to play touch rugby. But unfortunately not every one of us understood the game mechanics so we decided to drop touch rugby and play soccer instead.

And this was the time when we all discovered that we have members that are talented at playing soccer. Due to the field being wet from the rain the night before, we ended up using the basketball court. Everyone had a good time playing soccer and tried their best to win the game for their team, but with **Team**

1 ended up winning — 21–5. Despite the loss, **Team 2** held their heads high because after all, the sports day was all about fun and we all enjoyed playing with everyone.

When it got to 2pm, everyone was drained, so we decided to go back to clubhouse and play a few minute-to-win-it games.

**Indy** took out the competition, being the one to bounce the most tennis balls into a bucket

in one minute. We decided to call it a day around 4pm for everyone to

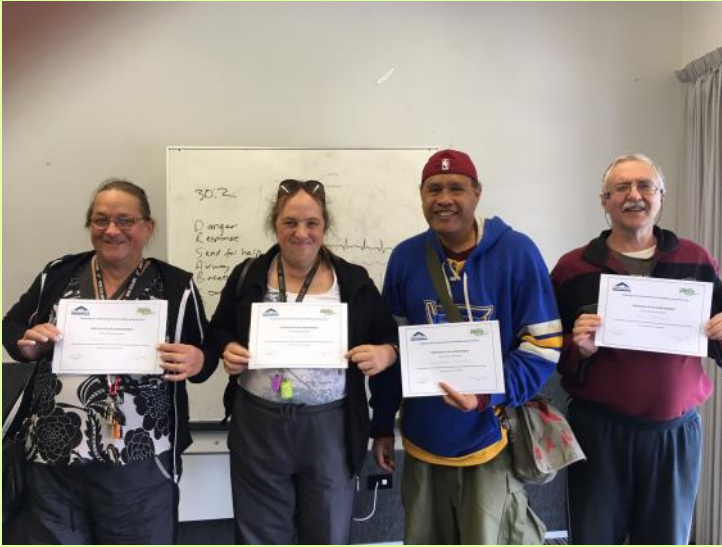


be able to have a good rest. The Sports Day was a fun and successful event and we hope we can organize another one soon and this time we hope there will be more people that will join us.

Congratulations to **TEAM 1** for winning most of the games and **Team 2** for the sportsmanship you have showed. We will get them next time! Lastly, a special mention to **Steve** for winning the Most Valuable Player (**MVP**) award for the day! We hope to see you all on our next Sports Day! - Mickie



# GREEN PRESCRIPTION



A month ago a group of members from clubhouse joined the Green Prescription program at the Mt. Albert YMCA. Claire, Barbara, Indy, Paul G. and I together attend different workshops every Tuesday

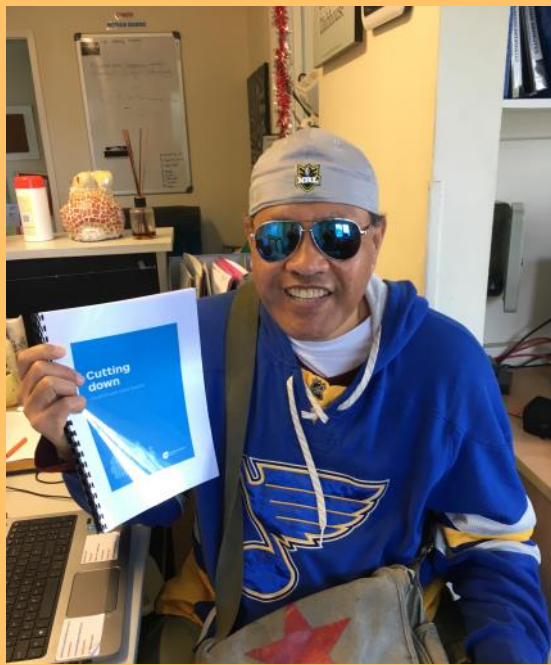
morning around 10:00am – 11:00am. So far we have attended lectures about yoga, nutrition, diabetes, arthritis and asthma, but there are more workshops to go and we are learning a lot. After the discussions we go straight to the gym for our workout program from 11:00am – 12:00pm. Claire and I jump on the treadmill and the bikes for at least 30 minutes each. Our aim is to achieve our goal which is to lose weight and be more fit and healthy. We thank Indy for his support and Mickie for joining us in the gym and for organizing the Green Prescription group. We want to encourage everyone to join us in our journey to be healthy and fit.

- Rachael and Mickie



# Peer-support Group

For the past few weeks, Clubhouse has been running a peer support recovery group. Although the booklet we use focuses on alcohol, the group can be used for any substance you may be trying to quit or reduce your use, or for those people who are supporting others to do the same. We also



have members from all walks of life who come to the group, each with their own experiences of addiction who bring a wealth of knowledge to the group. We all meet on Mondays at 2pm, in the dining room at Clubhouse and anyone is welcome to come and join us. The group can be a really fantastic place to gain advice and feel listened to, as well as building the tools in your arsenal or just gaining some general knowledge around these types of issues.

We look forward to more people coming in and joining us,

Vicki

# Garage sale planning progress

It's now past August and we've had all our other big events for the year, and the next thing to start organising is the Garage Sale.

On Friday 10 August we had our first Garage Sale planning meeting. In the meeting, we decided to have the Garage Sale on the same day as the Grey Lynn Festival, which will be on 24 November.

A group of members and staff have volunteered to take flyers asking for donations and put them in letterboxes around Auckland. Posters have also gone up at St Columbia Church and Ponsonby Baptist Church.

Since the flyer drops started, we've been getting lots of phone calls and emails with people ringing up to donate things for us to sell in the garage sale. This year, we are telling people that we don't want books, as last year we had so many left over at the end!

The storage room was all organised and tidied, and now is being filled with generous donations, as well as the conference room and the back room.

If anyone wants to do flyer drops in their area, please let us know and we will supply you with some flyers. If you've done some, let us know and we will mark it off on a map to make sure people aren't doubling up on areas!

Get your thinking caps on about anything you might want to donate for our garage sale, and start saving your pennies for the big day!

From Rachael and Anna :)

# Oat slice recipe

Mickie's famous oat slices have taken over from muesli bars here at Crossroads, and have been selling out straight away every time he makes them. Here is the recipe:

## Ingredients

- 125g butter, melted
- 1/2 cup plain flour
- 1/2 cup self-raising flour
- 1 cup rolled oats
- 2/3 cup brown sugar, firmly packed
- 2/3 cup desiccated coconut
- 2/3 cup sultanas
- 1/2 cup chocolate chips
- 1 egg, lightly beaten



## Method

- Preheat oven at 180 degrees and grease or line square baking tin
- Sift plain and self-raising flour together in a bowl
- Add rolled oats, brown sugar, sultanas, chocolate chips and coconut
- Mix together and make a well in the middle
- Pour melted butter and egg in the middle
- Mix all ingredients until well combined
- Transfer mixture into the baking tin and bake for 20 minutes

## Anna's July social rec

On Saturday 21 July we had an in-house social rec. This was because CORT were borrowing one of our vans for their annual dinner, so we only had one van to go anywhere with.

We watched a total of 3 movies. The first one was called Hachiko, and it was about a dog. It was interesting but a bit sad. After that, we put on Hunt for the Wilderpeople, which was good and funny but had sad bits. Rach wrote a movie review about it, which you can read below. Then we had lasagne, which was made by Anna and me. It was nice. We also ate lots of banana cake.

After lunch, we watched a third movie, called Ready Player One. It was about a game in the future. We didn't quite get to finish that one because then we ran out of time. Thanks to everyone who attended social rec and thanks to Anna for the hard work she put into organising it. —Claire H

*Hunt for the Wilderpeople was about a kid called Ricky Baker, who went to stay with some new foster parents on a farm. Ricky was a bit of a bad kid, who did graffiti and burned stuff and other naughty things, so he had a hard time getting to know his new foster parents.*

*Just as he was settling in, something happened that changed everything, and Ricky ended up on an adventure with his new foster father, "Uncle".*

*The movie is really funny and had lots of New Zealand stuff in it. The movie had some nice moments in it and it felt good to watch. - Rach*

## Nadia's August Twilight Dinner

It's pretty hard to come up with different activities when it comes to twilight dinner. While I was thinking about what I should do for my next one I saw Merv. Merv loves to tell us what he gets up to during the week and it was during one of these conversations a light bulb turned on in my head and I thought "Merv would have an amazing story about how he managed to live in the city and still survive". So I asked if he would like to speak at twilight dinner. He gladly accepted my invite. The day of my Twilight Merv came in early and had his speech ready.

We started our night off with beef lasagne and chocolate cake for dessert. Merv then spoke for about half an hour about free meals that members could access around the city. After that we concluded the night with karaoke.

Thank you Merv for guest speaking at our twilight dinner. It was a very inspiring talk for all of us and was very much appreciated. I also had members come up to me and say "hey I didn't even know about all that stuff on the whiteboard" (Merv had written all the places down that had free meals on our white board, which members saw the next day.)

Merv also said it's not only about the free meal it's also good for your mental health to have company and try new things to which we all agreed too. Over the page is Merv's story and I hope you are inspired the way we were when he finished speaking.

Ka pai tou ra, Nadia

# Mickie's August social rec



Mini Golf 2.0! Yes you read it right, we went back to Treasure Island mini golf in Manukau. We all came to Clubhouse and left at 9:20am sharp to get there early. We had a van full of people so it was a fun ride as members shared funny stories on our way to Treasure Island.

As we arrived each of us got our own

golf club and a ball, after which we divided ourselves into two groups so that we won't hold up anyone that came after us. The first group included Ngaiwi, James Davidson, Bieu, Indy and Mickie, and the second group were Claire, Rach, Paul G., Merv and Daniel.



This time we took the Blackbeard's Course, which made us go through a big cave which was really cool. Early on the course Indy was able to score the first hole-in-one of the game, but not long after Paul G was able to get a hole in one too. Everyone got competitive as the game went on and no one wanted to lose, but it was still a fun and friendly competition among us. After we finished the last hole, we all rushed to the van and ate our muesli bars and drank the fruit juice that Bieu brought for us to share.

We then went back to Clubhouse for lunch and a movie. Mickie set up a movie titled The Ant-man and the Wasp and then prepared American hotdogs for us. It was a good day spent with fellow members and Mickie and it will be great if we can have another go at mini golf or even something new that's fun do.

- Claire & Mickie





# Merv's food finding tips from Nadia's twilight dinner

15 years ago, I was not finding it easy to survive on the supported benefit – I wanted to have the nice things that everyday life can offer, nice clothes, shoes, watch, money for spending on the grandchildren such as Rainbow's End.

I made the decision to go to the Auckland City Mission. The scary part was some of the people I would meet, however I put my fears aside, and walked into the mission at meal time. People stared at me, knowing I was the new boy on the block, but within two weeks I had made friends with some of the people who attended, and soon was sitting at a table with my new mates, whom I am still friends with.

The whisper around the Mission was that there was a new place, called Urban Vineyard, which had lunch on a Wednesday, a two-course meal, a roast meal and pudding, which many members of Crossroads attended.

I also go to Church functions – one is at 126 Pt Chev Road, where they do Chow Mein, roast lamb, salads, roast potatoes, and pudding. The only condition is that one stays for the church service afterwards.

Going to these places has made a lot of positive changes for me, always meeting new people. I have made many wonderful friends, which is a positive for good mental health, not being by myself, lonely and isolated, I feel valued by the people I meet.

Here is a list of some of the places you can get good free food around Auckland:

- Urban Vineyard
- Mission Hall, Grey Lynn
- 126 Pt Chevalier Road
- Kaitahi Community Meal, Pt Chev Community Centre—every second Wednesday
- Salvation Army, Royal Oak



# Arahura AGM

On Thursday 23 August , Arahura had their Annual General Meeting (AGM). Lots of people turned up at Wesley Community Centre in Mt Roskill, including members of the Trust Board, the residential staff, Clubhouse staff, and lots of Clubhouse members and residential people.

Before the meeting started, David Breen put on a healthy lunch for everyone, including sushi and subway platters, and coffee, tea, sparkling water and apple juice. There were meat and vegetarian options of everything. Everyone mingled and socialised as they ate, then we all sat down for the meeting.

The Chairperson of the trust, Fran, said a few words and told us about changes in the Trust Board, then David gave his speech, in which he talked a lot about Clubhouse. We read the minutes from last year's AGM, and signed off that they were accurate—I seconded this. We went through the Trust's financial accounts for the last year, which looked like things were going well. Fran and another Board member, Debbie, said they would come in to Clubhouse sometime and have a roast with all the members! Then everyone had the opportunity to bring up anything else they wanted to talk about.. After that, we packed up and everyone went their separate ways.

—Rach and Anna



# Searching

*We interviewed Rachael to ask her some questions about her ongoing hunt for voluntary work.*

*Q: How long have you been looking for voluntary work for?*

A: About 6 months now, but have been doing the Clubhouse job searching for ever.

*Q: How many interviews have you attended?*

A: 3—one at an opshop in New Lynn, one at an SPCA opshop, and the last one as a companion volunteer at Auckland Hospital.

*Q: What is the hardest thing about job interviews?*

A: How to say things right, being on time, and the hardest thing is that they acted like I had the job, then called or emailed me later and told me I actually didn't.

*Q: What skills did you practice before your interviews?*

A: Being punctual, we worked on my CV, how to dress nicely and do my hair nicely, practiced some mock interviews, speaking nice and slowly, and remembering all my strengths.

*Q: What advice do you have for other people who are struggling to find work?*

A: Have an up-to-date CV, practice mock interviews, keep a positive attitude, keep trying no matter what, and look for things that match your strengths.



# for Work

*Chris R also gives us some helpful advice, based on what he does himself.*

When I look for work, I do it myself. In the past I have used Facebook to see if there was anyone advertising work that I could do.



Working helps me keep well, and helps me to cover my expenses.

I am particularly interested in gardening work, but also am happy to do cleaning or painting.

My passion is tutoring ESL (English as a Second Language). I have been teaching ESL for more than 12 years now, and have two certificates. One of my certificates is from English Language Partners, and the other one is from Christchurch College of Education, which I did via correspondence.

Currently, I volunteer teaching ESL at the Blockhouse Bay Community Centre.

# Photos



Ngaiwi was the winner at Mickie's mini golf social rec!



The kitchen crew one busy Thursday.

Rach and Anna keeping busy at reception.



Merv looking forward to Spring by wearing his most festive shirt.



# Page



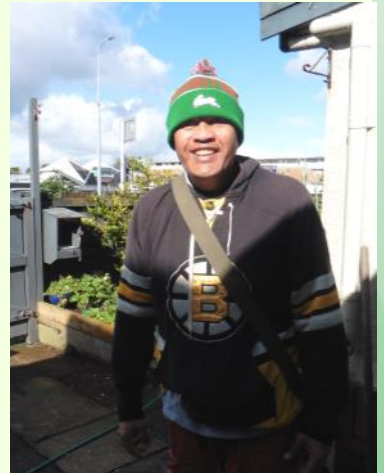
Claire the Professional Receptionist.



The two Pauls, hanging out with Big Ted.



The day Anna first came in on her crutches after injuring her knee.



Indy enjoying some winter sunshine!

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

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