

Chatters

A publication of Crossroads Clubhouse

March/April 2012



Editorial

A little birdie tells me that the Auckland Regional Network is going through more changes, six months after the previous management was given their walking papers. Tina, apparently a sometime staff member of the Mental Health Foundation, is taking over and Claire Moore is leaving. Sure, it was always intended that Claire's role was transitional but it still means members are having to change their mindsets all over again to deal with new faces, personalities, methods... I can't help thinking that the popular concept of

"Change is healthy" is trotted out so often these days as an excuse for corporate under-performance. There is no way that most of Claire's good work will be preserved in this further transition.

Another huge stumbling block to people already facing challenges is when a meeting venue is constantly changing. I suspect April's forum could be the first this year for many members — the first at the usual place. Often the most you can do for people is make sure the simple things are done right, in this case making a venue steady, predictable and easily accessible. — Guest Gossip Columnist

Contributors

The contributors to and the constructors of this issue of chatters are, in no particular order: Tony C, John (J.D.) Henry, Gazza D, Stephen H, James C, George G, John M, Nadine K, Craig H, Brucel, Rune, Tony H and Patrick H.



Director's Report

Following the success of the Clubhouse summer camp and the fundraising we were able to do for that, we are now **Going to Toowoomba**, a three day conference for Australasian Clubhouses. The conference is to be held in Queensland in September and we are hoping to take as many members as we can. There will be workshops and speakers from all of the different Clubhouses from our region. The conference is to show-case the unique ways the different Clubhouses respond to regional cultural differences and to the varying needs of its members.

Past experience shows attendees to conferences like this enrich and enliven their own Clubhouse. In the past, members returning from overseas conferences and training have contributed significantly to the on-going health and well-being of their own clubhouse community. Going to these functions not only gives members a new found confidence but it sets them up to continue on as ambassadors of Crossroads Clubhouse. Several past attendees are regularly involved in presentations to Community groups talking about 'living with mental ill-health' and having the ability to have a life worth living.

Members and staff put in a huge amount of effort to prepare for a fundraiser which kicked

off at Bunnings on St Patricks Day. The 'community Day' was shared with other community group agencies. The response on the day was disappointing but then everyone really got behind selling raffle tickets in the community and suddenly we had turned a disaster into an absolute winner. There were some great prizes too all generously donated by local businesses.

Coming up towards the end of April we are having a gargantuan garage sale. Have a look around your place (work or home) and see if you can't find a few bits n' bobs for the Clubhouse to sell, we can pick up if necessary.



Crossroads Clubhouse had a team once again in the Round the Bays..... good on yer guys (& gals). JD recorded an impressive 38.44 minute time and Nadine a none too shabby 43.36. Thanks again to Pathways for the après-run refreshments and Bar-b-que.

Patrick Harris

Newsflash

Despite the absence of our director Patrick Harris for a couple of weeks, it has been an extremely busy time at the Clubhouse. Instead of putting up our feet in the afterglow of a successful camp we have been forging ahead with new projects—and of course working hard to make our Clubhouse a friendly, effective and positive place.

Crossroads is holding a **garage sale** at its premises, 373 Gt Nth Road (corner of Northland St), Grey Lynn on Saturday, 28th April. We are calling for donations of as-new or otherwise well preserved items of clothing, books, furniture, collectibles and antiques... and modern, working, well-presented kitchen appliances. Please, no roobish!

The **nutrition policy** that Crossroads subscribes to requires a constant tweaking of the imaginations of our new Food Services Unit Coordinator, George, and her helpers, to ensure that meals and snacks are both nourishing and tasty. We look forward also to a rebooting of our exercise regimen, to include walking sessions and weekly badminton as a start. There

are so many nutritional and dietary theories out there these days it is sometimes difficult to get two together that don't contradict each other. Here are a few cast iron rules, as far as we can gather:

- Don't take in more calories than you're sure you can burn off in the course of the day. (It takes up to 10 minutes steady jogging to burn off the 50 calories in one slice of dry toast or plain biscuit.)
- Severely limit fats, sugars and carbohydrates (especially those made with white flour).
- Make sure you stop eating, even snacking (an apple might be allowed), at least four hours before going to bed at night.
- Your weight loss is made up of 80% control of eating and 20% exercise. So, though it is the minor partner, moderate or more vigorous exercise three or more times a week is desirable.
- When restricted to inside by the weather, even stretching exercises are better than nothing, putting extra suppleness in the bank for your old age.

Clubhouse hopes to send a six strong squad of members and coordinators to the **10th Australasian Clubhouse spring conference** on September 23—26 in Toowoomba. This conference will be a forum for clubhouse members and coordinators to become further educated on the workings of clubhouse interna-

tional and a further opportunity to exchange ideas.

In order to make it all the way to Toowoomba, a great **fundraising push** is under way. Stage one of this initiative recently wrapped up with great success. Generously donated prizes from local businesses was raffled off, raising nearly \$500. The impetus for this raffle came from **Bunnings Mt Roskill**, who held a community day.



Dr Himadri Seth, our favourite psychiatrist at Mason Clinic, is presented his prize from a generous Gerard.

After months of planning and organization, the **Crossroads Clubhouse Camp 2012** was deemed by all a great success. Feedback from the camp included the common refrain: “It wasn’t long enough!”. For more information see the articles by Julie and J.D.

Auckland’s **Round the Bays** run/walk/crawl has been an institution for years now (and hasn’t yet been cribbed by Christchurch like the Ellerslie Flower Show was). As such, Crossroads was represented by ten competitors in various states of competitiveness, including J.D. (who beat his record from last year), Nadine, Ngaiwi, John M and Tony C.



John M & Paul G manning the notorious skill tester at the fundraiser outside Bunnings, Mt Roskill.

Big Smoke turns on a Sizzler!!

Tony gives us a rundown on the BBQ Fundraiser day at Point Chevalier Mad Butchers

A huge thank you goes out to all the guys that helped out on this scorching hot day...so to Kerry, Johnny M , Paul G , Pesa, and JD... thanks so much... We made a nice wee profit for the day after all expenses and outgoings deducted... So all in all we ended up happy, the Mad Butchers are happy, and we can guarantee all our customers were very happy.

We provided them with an efficient "grease lightning service"... and the convenience of being able to top up our stocks as and when necessary was remarkably hassle free. Additionally I found the customer service from all the Mad Butcher staff to be friendly, quick, courteous and consistent throughout the day. Well done Mad Butchers... Your branch and staff deserves every success and accoladeand I also noticed how beautifully clean and well presented your store produce was!!!! There was really only one little hitch in our day... that was Mother Nature, who turned on a scorcher... If we're fortunate enough to be gifted with the opportunity for a return visit we'll put out an SOS for a very big sun umbrella.



Regards and thanks to all involved... May the force be with you!...and to Johnny M ...thanks me old dinosaur!!!!... We appreciate your special guest appearance starring role to help out!!!!

The **TOUGH** questions! Directly to you George

James C sat down with Crossroads' newest staff member, George, and found out what makes her tick.

What prompted you to come to CLUBHOUSE?

I wanted a new challenge & love Clubhouse's approach to recovery and seeing people make personal gains... I was also very warmly welcomed on my trial... THANKS J

What attributes do you bring to CLUBHOUSE?

Fun!! Respect for people. Encouragement, and hopefully I can create a kitchen that people feel comfortable to try new things in.

Can you tell us 5 things about yourself?

1. One of my strongest values is to make life an Adventure and have a lot of fun!!
2. The things I like to do when I'm not at work are... Practise my motorbiking skills, get up Mt Ruapehu for some Snow Skiing, Sports in general especially outside sports like Mountain Biking/Trail Running/Kayaking... and of course spend time with the people I love!
3. I am New Zealand born, 1/2 English, 1/4 Irish and 1/4 Scottish, and my ancestors came through Tahiti as missionaries.
4. I have had a speeding ticket and have also been stopped by police for going too slow!
5. I also once parked so close to a tree that we had to cut it down... oops!
6. I have a 10 week old niece named Keziah Gabrielle Walker... she is super lovely!!

I understand that you have worked at an inpatient service. How have you found the change now you're at CLUBHOUSE?

The hospital is about getting people stable and safe, which is valuable, however it's great to be part of what happens in the community. There is much more scope for improving quality of life and that is what gets me excited J !

Why have you chosen to work in the field of MENTAL WELLBEING? As I mentioned already, I'm really passionate about improving quality of life/functioning/enjoyment/confidence... There is a special magic that goes with personal Growth and Development. My choice to work in this field is also informed by my own experience of some very challenging circumstances which left me questioning my value, abilities and purpose in life. This drives me to help others get through their challenges and find the magic in their lives.

How do you feel about the stigma attached to mental health in the present day?

Unfortunately it is very real and I think it is such an unjust extra challenge to add to what people with mental illness already face.

However, I also think that at the end of the day it is often more important that we believe in and stand up for ourselves than it is for us to get a fair response from others. How does it make me feel? Angry... and Sad

How has Clubhouse been treating you, George?

I have been very warmly welcomed thank you!!!

What do you think of the people you work with at Clubhouse?

They are a great bunch to work alongside. With a range of personalities it makes the task of cooking a delicious lunch a new adventure each day. A big thank you for showing me the ropes and letting me be part of your clubhouse!





An afternoon with Rune

What do you like to draw?

I just like drawing different shapes almost abstract but I do add facial features and arms and legs so you can see figurative stuff happening.

Have you always been interested in art or is it a new interest?

Yes it has been an interest most of my life. I dream about having a kind of sculpture park where all my interests can come together. I like having the dream and who knows it will all come to be realized one day.

So do you have Artists that you get your inspiration from?

I am inspired by some of the Maori Designs, artists that use assemblage and collage art and abstract artist like Miro and Kandinsky

Are you mainly self-taught or have you been to classes, I know at Toi Ora they run classes

there.

I have been to art school a long time ago and I enjoyed the life drawing classes there, now I just like doing my own stuff.

Is there anything else you could like to add or say?

Yes I think Clubhouse is a very friendly open safe supportive environment where I can feel understood and without the pressures of the world there is always something useful to do in this community. I think it is a great place to put a routine in place that can transfer to realizing others dreams I have for my life.



Works from Kandinsky (above), Miro (below)



A cruise with Old Man River

On Sunday 12th I was lucky to be part of a group of 60 people to do a 35km boat trip along part of the Kaipara River. We got up to Parakai about 10.30am and, as the boat trip wasn't starting till noon, we had a bit of a wait so we looked around Parakai township. At 12.00pm we all got on our boat for the day; a wooden launch. We then headed up stream past the sand dredging plant and continued further up the river looking at the scenery covered in native bush and animals. Some more *man-made* sightings included several duck shooting huts plus other boats going up and down the river.

After heading up almost to the mouth of the river we then turned back towards Helensville, but before going there we headed up another river which apparently heads to Orewa (eds. Note: maybe the Kaukapakapa River). Then while enjoying lunch we headed to Helensville, eventually following the river through Helensville getting a good view of some of the old cottages, shops, and of

course the railway station (which is right on the river bank). We were told the difference between low tide and high tide is apparently 14 feet, so at low tide the mud flats cover a rather large area. It was interesting seeing how close to the river some of the houses had been built. I did enjoy the day, especially as afterwards I was shouted a meal at the Alexander Racecourse Restaurant by two friends. So all in all a good day out.

The trip was sponsored by a few mens' groups which include Body Positive (HiV Support Group), OutlineNZ (telephone support agency for the Rainbow community), NZAF (The New Zealand AIDS Foundation), and The Gay Walking Group. So if anyone would like to see photos of the day I have nearly 200 that I took. I also think Helensville and Parakai would be a good social rec trip for Clubhouse (wink wink)

John M



GAZZA'S FRESH BEEF CUTLETS



In the good old days, even as recently as the Eighties, March used to be as warm as February. Now, every year, there's a distinct chill in the air from the first week of March — as if the weatherman is going strictly by his rulebook for the seasons. Even in the second half of February, the nights start to get cooler. And all this in what is supposedly an environment of global *warming*... Thank you so much, God! (Sorry — a devout Christian tells me it's more to do with a she-demon named La Nina.)

Now for something completely different. In a 2008 survey to find the 100 greatest Britons of all time the public was polled and answered that Princess Diana was the third greatest Briton — in all history (!). She was therefore greater than: Sir Isaac Newton, generally acknowledged as a greater overall contributor to science than Einstein; Shakespeare, the greatest contributor to the English language; Queen Elizabeth I, saviour of Britain on more than one occasion, and who elevated her country into a world power in the first place; Sir Alexander Fleming, the discov-

erer of penicillin who's saved countless millions of lives; Florence Nightingale, who modernised nursing into a sanitary, healing profession; and Thomas More — judged by serious moralists Jonathan Swift and Dr Johnson as “the person of the greatest virtue this kingdom ever produced” and was martyred by Henry VIII for it. Who would ever have thought that a serial adulteress, self-made star of tabloid papers and professional ribbon-cutter could rise so high? Seriously, what's that all about?

But seriously, folks, our esteemed Mayor of Auckland, Len Brown, one of the darlings of the Labour Party, says he still has all the sentiment in the world for working class people — Could I thank you personally, Len, for those worthless sentiments? But, he goes on, he was voted in to look after *all* of the people of Auckland. Which in political language means maintaining the lifestyles of the upper and middle classes instead of taking your foot off the necks of working people who just want living wages allowing their families to just get by. And we all know what that game is about: sheer, callous greed.

Tough finding the funny side of that last one. If you agree don't hesitate to contact man-of-the-people Len and give him a piece of your mind — He might be running low.

You are hereby invited to the:

First Annual Club- house Garage Sale

Saturday the 28th of April 2012

Doors open at 8.00am

393 Great North Road, Grey Lynn

Come along and score a bargain, enjoy some home-made Clubhouse cuisine—and meet some of the Clubhouse family.

For more information contact us on: **09 376 4267**

Clubhouse Camp

2012

The start of something special...

Hi-de-hi Campers and interested parties, this is your camp spokesman Jd speaking.

The preparations, investigations and spade work for our first camp kicked in around October 2011 and as a result, the meetings started. Quite a few were held, but people didn't mind as there had been a lot of excitement and anticipation for a 'CAMP' since Adam was a cowboy! Windsor Park Baptist Church used to run a similar camp (up North too) and some Clubhousers had been to those. As the Church ceased to run these camps a hole was formed that needed to be filled *Hey guys why don't we have our own camp?!!!!??*

That was where Alan Mc and Steve H came into the picture!! Added to that, Ngaiwi's enthusiasm provided a huge boost. Yay! Then a wave of clubhouse members were infected with the bug...showing the passion and need for a camp. We did a lot of fundraising at places including a BBQ at the Mad Butcher.

We all arrived early at Clubhouse on Monday morning with plenty to do, most importantly: packing and leaving. To get all the troops to the camp a second van was picked up from C.O.R.T. (Cheers for the lend guys!). At the same time the final shop for the perishable



foods was done by Nadine, Pesa and Ngaiwi. Special thanks have to go to the talented Tony for the tie down of the gear on the trailer. A very professional job.

Because of the great planning there was smooth sailing on this day of departure into the glorious blue skies at 10am onto the dry road that awaited us. The group were eager to reach the destination, so decided on a brief pit stop at Wellsford. But no one told Jd! Sorry guys. But the prices for the café, bakery were



too much, prompting a shop around!

When we arrived we discovered we had the place to ourselves, spreading out as much as we preferred to. I shared a cabin with Ngaiwi. The atmosphere was very relaxed and our host Kristal was a country farmer type girl... Some of us had a game of Monopoly, while Steve was treated to Tony's skill at checkers. Later, Stephen showed me his basketball prowess on the court.

The main on-site activities were the water slide and Flying fox. Most people were game enough to try at least one of these activities. I even tried the 'Fox' with a blindfold. Scary stuff, but great fun! The cool water at the bottom of water slide was welcome.

With so much action it didn't take long for us to build an appetite. The meals were done in a very efficient manner and in true clubhouse fashion, members and staff having equal input and working together - just an outdoor version of the "home site" at 393 Great North Road! Using a rostered system for cooking and cleaning up, we took turns picking a spot for the available days and in turns got to pick on the second round the next available spot. On the last evening after dinner and games we went down to enjoy a camp fire together. Nice! Tuesday was beach-day and the weather couldn't have been better. The beach was located a short drive away at the nearby heads. Once Ngaiwi, Jason and I hit the beautiful clear water and pounding 5 foot surf that greeted us; we knew we were going to be in there for a long and great time. I managed some mean body surfing, getting up to 25-30m rides! A pair of Dolphins were spotted by some people playing out there! No doubt having as much fun as we were! To top

it off (and that is an apt word to use) we climbed the large sand dunes for a spot of r'n'r. It was a shame that I got up there late (due to the extended time in the water) — as the group decided to have a race to the water 100m below just as I got up there! Paul, Steve, Nadine, Pesa, John M and I set off; Nadine would have given us a run for our money had

she not lost her glasses on the way down (later to be found that night at dusk, with a trip back to the beach poking out of the sand). Steve won the race! Well done Steve.

I cannot say enough for the spirit of the members and staff that helped organize, fundraise and provide the power to provide, an amazingly neat well needed and a-to-be-continued -for-years-to-come-CAMP yeah!!. Stand up contributors and realize you have helped to start something that is going to be looked back on as the catalyst of the Strength and growth of Clubhouse for the future.

Huge thanks to the Regional Consumer Network (especially Dean) and all the team at the Community of Refuge Trust. Equally large thanks to our lovely host Kristal for making us feel warm, welcome and relaxed, at a home





The sun, the sand, the surf and the stars

Finally! It was Monday morning February 27th, the big day(!) of our crossroads clubhouse camp that we had all been looking forward to. Seventeen of us to be exact including two staff: our wonderful Stephen and our lovely Nadine. We all packed ourselves plus our gear in two large vans and a trailer and set off on our journey up to Moirs Point Christian Camp at Mangawhai Heads. After a stop halfway for food etcetera we arrived at our destination where we unpacked and had lunch.

After the “waterbabies” of us went for a swim, the next target was the flying fox - though not for the squeamish. Nadine and I successfully represented the ladies there. Our attention soon turned to the steep water slide which ended in a steep dip at the bottom where you got dunked. Once was enough for each of these for me!!! However the ladies were fairly represented here too!!!! (Nadine , Annissa and Julie).

The next morning (Tuesday) we packed lunch and headed for Mangawhai Heads beach itself where we spent several

hours sunbathing and more swimming. At about 2pm Alan spied with his sharp eye-sight something leaping out of the water. They were actually two dolphins both leaping simultaneously out of the water in perfect synchronicity, putting on quite a show for us beachgoers. The dolphins repeated this twice before disappearing again into the blue. The sapphire sea and sky views were breathtaking anyway, but this display from our friendly mammal friends was just magic!!!

Finally, the night before our journey back home, we all gathered in the dark to enjoy fruit crumble and ice-cream around a campfire with its flickering flames and sparks , not to mention the night-sky being clustered and bejewelled with stars that can only be seen in the country sky.

The next day, I have to mention, there were two little piglets that had arrived at Moirs Point, not long before we set off home – they were sooooo cute!!! They were barely six weeks old and making little piglet noises. Unfortunately, one of them was a bit car-sick and vomited.

Then, back to Auckland we headed for lunch at Crossroads. Probably the worst thing about the trip and I’m sure everyone would agree, was that we had to come home!!!!!!

– Julie H.

Baywatch

Crossroads Clubhouse was out in force for the annual Round-the-Bays fun run. Craig gives us the up and downs, twists and turns of the day.

Why did you participate in Round the Bays?

I enjoyed Round the Bays last year — that's why I participated this year.

What was your strategy?

I decided to walk all the way at a consistent pace.

What was the most interesting thing you saw?

The Rock FM team selling sausages. I sometimes listen to that radio station.

Did you see anyone you knew?

Yes, I saw a friend from Church at

Glover Park. He congratulated me on my walk.

How did you hold out physically?

My back felt quite sore afterwards.

There were several companies giving out samples of their products. Did



you score any?

Yes, chocolate from Cadbury, fisherman's friends and a bottle of Pump.

What would be your advice for someone considering Round the Bays?

Give it a go and see how you do. You will enjoy it.

CHILD POVERTY

“IT’S NOT OK.”

I hate those ads on tv that talk down to you overstating the obvious: “Beating up the wife, dicing her up, marinating her in peanut butter sauce... It’s not ok.” And they film actors to show what abuse looks like. Are they talking to new entrants? Or do they think people won’t take notice unless it’s presented as visual entertainment? Possibly, the sociopaths who dish out the ultraviolence would appreciate it — but they aren’t the ones watching. Also, it tends to mix the message when you realize one of the celebrities doing the presenting might be one just waiting to get found out (and let off for career reasons).

John Kirwan has been a great, charismatic presenter for depression issues. It helps that he’s been through it. But what to do to combat child deprivation? They can’t speak up for themselves, they can’t vote or put forward an argument — so they have literally no power to help themselves. And don’t we adults take advantage of it! The youngest victims of abuse are already dead before they can speak at all, and gutless relatives are just as likely to clam up instead of giving their most vulnerable family members the minimal form of belated justice. When kids get older the only time the media thrusts a microphone in front of them for any kind of comment is at a fun event or festival when they know a “positive” response is coming.

The result is generations of kids growing up in places where they are told the most they can hope for in life is to play professional sport (and often become burnt out shells by 35) or get caught tagging and, for the lucky ones who have contacts at a government department or find a millionaire willing to sponsor them, get promoted as “artists”.

Once in a blue moon someone like author Alan Duff (*Once Were Warriors*) or Oscar Kightley (*BroTown*) will step forward and make a difference in kids’ lives. But the huge scale of the problem of poor kids (20% in New Zealand living under the poverty line) can ultimately be tackled only by central government. With the political

climate as it is the media demonizes any move by the working class or underclass to advance themselves or even stop sinking so fast. Latest surveys have it that New Zealand has the highest rate of widening-the-gap-between-rich-and-poor of any of the 34 OECD countries.

Of the poor, kids suffer most — when minds and bodies are supposed to be developing at their fastest. Whether from lack of attention, lack of nutrition or educational resources, once they fall behind at this critical stage it is almost impossible to recover anything like the potential they were born with. Even more so if psychological problems arise, as they most often do. Abused or neglected kids often self-abuse as a form of slow suicide — and cost the nation untold *economically*, if that’s a motivator to action.

One day, when society turns 180 degrees, there might be a judicial solution to this. Under the jurisdiction of the New York District Attorney (see tv’s *Law & Order*) death resulting from “neglect” by guardians is manslaughter, and “depraved indifference” is punishable as second degree murder. Of course, one child in poverty is a tragedy; 20% is just a statistic. Like my Maw used to say, “De Forest, if you’re ever tempted to do something dishonest do it big!” The implication is if you do it on a vast scale (even worldwide like unfettered capitalism) then you’ll be accepted as one of The Establishment cementing a new orthodoxy. With their investors \$550 million poorer, ask Doug Graham, Eric Watson, Hodgson and the rest how many hours *community service* they’re going to get.

If by some fluke of misjudgment I was ever put in a position of power, “It’s not ok” wouldn’t do it. It’s so very polite, so mild, so resigned, that any concerned person who really *believes* child neglect is evil might think it’s on the backburner: a minimal fulfilling of obligations by the powers that be. Can this be true? The sheer waste of human potential is something to get very, very angry about — and I suggest a few positive verbs be employed in a serious campaign for a change: “Kill Child Poverty!”, “Make Child Poverty Extinct!”, “Stop Neglecting Our Kids!” It’s your ad money, and our kids, they’re wasting. — Gaz



Another Day in Paradise

Tony gives us the run-down from the late February recreation trip to Okoromai Bay, Whangaparaoa Peninsula

This was an area I had never been to before... The water was great, being quite warm, and there was this beautiful warm mud underfoot when you got in the water... It was like having a beautiful thick soft sheepskin rug under your

feet... Talk about getting spoilt...!!!!

We also had a lot of food that day... Kenny was doing the bbq... and it was Pesa's 43rd birthday... so there was lots of birthday cake ...and snack bars... Everyone had a great day and JD and Ngaiwi were having a great time in the water playing with the rugby ball.

Lara was the staff person in charge and she did a great job of ensuring the day operated smoothly and efficiently.

Another successful day out with Clubhouse. Thanks so much.

— Tony Cavanagh

Inspiration → Imagination

Our resident poet Brucel delivers his latest collection of thoughts. This time the topics explored are threefold: **health, worries, wellness**. He welcomes your approach to discuss interpretation of this his latest work.

Shiny-Tions

Imagination
Anticipation
Infatuation
Regulation
Obligation
Optimisation
Of the nation
Participation
Dedication
Modification
Conglomeration
Indignation
Isolation
Investigation
Aggravation
Intervention
In-trepidation
Interrogation
Medication
Constipation
Rhyming nation
Operation
Alteration
Adulation
No frustration

Connection
Animation
Examination
Justification
Inspiration
Conversation
Sophistication
Sensation
Fortification
Reputation
By **BruceL**

A Unique Approach

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

We'd love to show you our Clubhouse.
Please call anytime to arrange a tour time.



A Place to Belong

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For more about our Clubhouse visit:
www.crossroadsclubhouse.org.nz
For more info on the Clubhouse model
visit: www.iccd.org

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