

# Chatters

November– December 2018



# Editor's Blab

Throughout the month of December, shoppers may have noticed the Soft Plastic Recycling bins disappearing from their local supermarkets. This was because the company taking the soft plastic recycling had got so full, it couldn't take any more.

Soft plastic recycling includes any plastic you can scrunch up in your hand, like plastic bags, glad wrap, and food packets.

Why is this important? Because if they are left lying around, we risk them ending up in our waterways and affecting our sea life. Soft plastic can't go in your usual recycling, and until recently went into landfill with the rubbish.

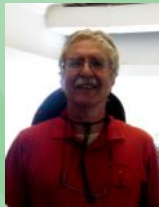
Landfills are harmful because they create greenhouse gases and pollute the land and water around them, and our rubbish piles can't keep growing bigger forever.

In the last year or so, we also stopped being able to sell our normal recycling to China, so all our recyclables are piling up somewhere outside of Thames.

With all this in mind, it's more important than ever to start thinking careful about the waste you produce. Using reusable bags, and avoiding foods that come in extra packaging makes a good start.

We only have one planet, it's about time we started looking after it!

## *Some of our pool of contributors:*



The opinions expressed in *Chatters* are not necessarily those of Crossroads Clubhouse, Arahura Trust or Auckland District Health Board. We welcome your feedback and are happy to pass this on to the contributors.

# Director's Report



December is upon us and we find ourselves at the end of another fantastic year!

November saw us entering in the touch tournament run by Framework again, which was another great day out for many of us. We will be starting up our trainings for touch again shortly.

November also saw Crossroads visited by our Prime Minister Jacinda Ardern on the 21st. It was a fantastic opportunity to showcase what Crossroads is about and it was great for our members to have an opportunity to ask some important questions. A huge thank you to Rachael for contacting Jacinda and arranging it all, as well as all the hard work she put into welcoming our PM on the day.

Following just after the visit from our Prime Minister came our garage sale. We decided to do things a bit differently this year, but I won't go into too much detail as it is covered later on in this edition.

December saw another fantastic Crossroads Christmas party at the Pt Chevalier RSA. We had a beautiful display of line dancing by our Green Prescription group and then some great karaoke. It was a great day enjoyed by all.

I hope everyone had a safe and Happy Christmas, and look forward to seeing you all in 2019!

## **Garage Sale**

We had our Garage sale on the 24 November 2018 this year. We had decided to do it a little differently this year in an effort to raise more money for Crossroads.

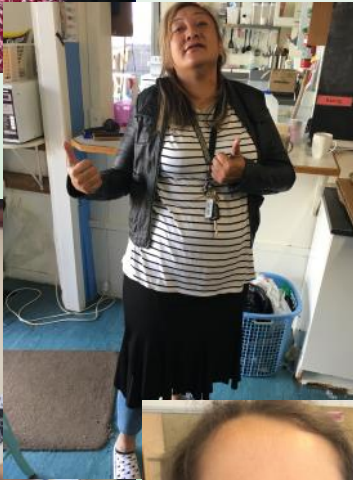
Starting in about August, we started to list some of the items that were being donated on Trade Me. We were lucky enough to be given a donation of some lovely designer couches that earned us \$700. The donations we got this year were also of a better quality, and we had quite a few large furniture /electrical items that we were also able to list. The flyer drops for this garage sale were also done in a much wider area than had been done previously, with one of our West Auckland members dropping flyers in their area on an almost daily basis and getting Clubhouse many donations in this way. Our Trade Me sales earnt us about \$1600 before we even headed into our garage sale, putting us in a much better position than previous years.

On the day, members and staff arrived at Clubhouse at about 8am. Within a few minutes of being here, we had our first paying customers, who owned a antiques shop. The morning of the garage sale was very busy, with many items selling and the kitchen working at full speed. Our sales teams did a great job of giving people enough space, but still being around to answer any questions and to provide great customer service!

In total, our 2018 Garage Sale earnt us around \$3000, and we will be working out what we may like to do in our planning meetings that will be happening at the beginning of 2019.

- Vicki

Members and staff had a great time trying on different items while setting up for garage sale!



# PHOTOS FROM CROSSROADS 2018





# Physical health and mental health

Getting physically active has been proven to be one of the most effective ways to help with depression. Unfortunately if you're depressed or anxious getting active might be easier said than done.

It helps to have a plan of things you know you like to do, for example you might like to meet up with a friend for a cuppa, you could maybe practice some mindfulness

techniques as you're walking to meet your friend if you feel your anxiety increasing; like taking notice of five things you can see or even three sounds you can hear.



It's important to keep going as eventually the good feelings will return, by increased endorphins through exercise.

Maybe take a friend or family member with you for support (tautoko) if you need help to get going.

Physical activity doesn't even mean joining a gym, it could be as simple as walking to your local dairy, or mowing the lawns. If you haven't been active for a while start slowly and then when you feel fitter, try to slowly increase the length of your exercise, remembering to take breaks in between.

If you're unsure about what to do, speak to your doctor about getting a Green Prescription card.

1. Exercise improves anxiety, stress and depression
2. Exercise decreases inflammation (swelling)
3. Exercise improves mental, physical and immune functions, which can contribute to better health outcomes in people suffering from mood disorders



4. Producing feel-good hormones
5. Getting your mind off your problems
6. Getting out of the house
7. Socialising
8. Setting manageable/realistic goals for yourself
9. Creating a daily routine
10. Getting a sense of achievement

Making sure you get a good night's sleep can do wonders for your mental health. The best way to improve your sleep is to train your body (tinana) and mind (hinengaro) by setting a good routine. Maybe you could try these suggestions.

1. Get to bed at the same time every night
2. Get to bed early enough to allow time to wind down
3. Make your room as dark as possible
4. Turn off televisions, computers and gaming consoles in the bedroom
5. Avoid or cut down on smoking and drinking coffee, cola, energy drinks and alcohol, especially close to bedtime
6. If you're worrying about something, get up and write it down, then try and deal with it the next day
7. Do some physical exercise every day, but leave time to wind down before bed
8. Do things that help you relax, like taking a warm shower, yoga, draw a picture or maybe take a mosaic class
9. Do some breathing exercises
10. Don't lie in bed once you wake up in the morning
11. After a late night, don't sleep in. Just go to bed a little earlier the next night

Hope you all enjoy my suggestions, and maybe these can help you to have a life worth living, because you matter.

From Leeanne Cameron

# Prime Minister Jacinda's Visit

Early in the year, Rachael sent an email to Jacinda, asking her to come and speak at a twilight dinner about what it's like to do her job. In October, we got a phone call from Jacinda's assistant, Barbara, asking to speak to Rachael. She rang to say that Jacinda would be visiting on Wednesday 21 November 2018.

Jacinda had been here once before when she was the MP for Mt Albert, in 2012 or 2013.

There was a lot of talk about her security before and after the visit. She kept it low-key, with no announcement when she was in the building. She walked in through the back door, where she was met by Rachael and Vicki.

Rachael and Vicki then gave Jacinda a tour of Clubhouse, after which Jacinda thanked Rachael for the tour, and said she did a good job.

Then they came into the dining room for questions—Jacinda said she was happy to answer any questions we had to ask.

Chris R asked the first few questions on the question sheet, then after that they were handed over to Leeanne Cameron. In answer to one question, Jacinda said that she was positive about continued funding for Clubhouse.

Members congratulated Jacinda on her daughter, Neve, and a visitor gave her a mosaic as a gift. Jacinda told us about a week in the life of a Prime Minister, and said that she even takes Neve to work sometimes.

She talked about meeting Putin and Trump, saying she had to keep her wits about her and that sometimes it's hard going.

The National Party ask her one question—the same question—every single

morning, which is “are you going to stand by all of your standards and principles?”

Jacinda talks to the media most days after the Parliament meet, where they can ask her any questions they like.

In the working week, Jacinda also visits facilities in the country just like she visited ours.

She also told us that every weekend, she has a huge pile of papers which she must read before the following Monday.

There was one member who was not happy with Jacinda, and let her know that. Jacinda said that everyone is entitled to their own viewpoint.

Jacinda thanked us for inviting her to come and talk to us, and said she could remember the last time she visited.

Then we got group photos taken with her.

- David G, Rach and Anna



## *Anna's November social rec*

Anna's social rec took place on Saturday 17 November, the weekend before garage sale. We went to Orewa Beach.

We took two vans full of people, and lots of food and drink. We left Clubhouse at 9:30, and came back around 2:00.

We had a couple new members come along, which was nice.

Anna brought her speaker, and Leeanne was on music for the day.

Four people went for swims, and a bunch walked into town to have a look at the shops. The rest relaxed on the beach and enjoyed the sun. Luckily no one got sunburnt!

We had filled rolls for lunch, which had chicken in them, and there were lots of snacks.

The day was fine, sunny and awesome. It was nice to relax at the beach with members and staff.

Thanks to Anna for taking us to Orewa Beach, it was an awesome day with her and the members.

– Claire H

## Mickie's December social rec

Mickie's social rec in December was to Shakespeare Park. His social rec was the boy band as there were no girls in sight! We took our blankets and our picnic chairs and then went for a swim. We played some baseball, catch and Frisbee. Around 1pm we left and got some Pizza Hutt for lunch. Most of us also went for a walk along the shore at some point throughout the day.



# INTERESTING ANIMAL FACTS

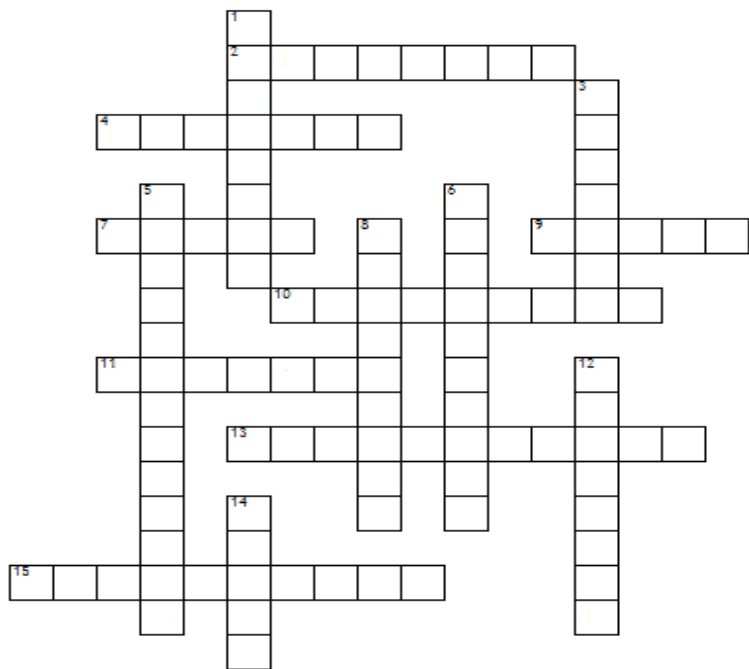
Searching the internet, I came across some interesting facts on animals. I would like to share some of these facts with you. Here are ten of them.

1. Male seahorses give birth
2. Shrimps have their heart in their head
3. A snail can sleep for up to three years
4. Slugs have four noses
5. A dog is as smart as a toddler
6. A cow gives nearly 200,000 glasses of milk in a lifetime
7. Anteaters have no teeth
8. Baby gorillas suckle their mothers until they are three years old
9. Big cats (lions, tigers etc.) except cheetahs kill cubs that don't belong to them
10. Fingerprints of koalas are so indistinguishable from humans that they on occasion have been confused at a crime scene.

I hope that you have found these facts as interesting as I did.

— Paul G

# CROSSROADS CROSSWORD



## Across

2. If we haven't seen you for a while, what might we do?
4. The work unit that takes care of cooking, cleaning and maintenance of the Clubhouse building.
7. One of the Clubhouse vans, which somewhat resembles a small rodent.
9. The most anticipated meal of the week.
10. Everyone has fun at these on a Saturday.
11. The work unit where administration, employment and communications take place.
13. What special delivery does everyone look forward to most on a Friday at Clubhouse?
15. We have a great day out at a tournament for this sport, a couple of times a year.

## Down

1. Clubhouse keeps two of these as pets.
3. One of Clubhouse's favourite activities, where we get to make a lot of noise.
5. What job might you have volunteered for, if you are taking orders and putting cash in the till?
6. Our big event where we get rid of some of the clutter, and raise some funds.
8. The first place you see as you walk into Clubhouse, where you will always be greeted with a friendly "hello" and a smile.
12. Where is Clubhouse located?
14. The number of steps involved in joining up to become a member at Clubhouse.

# 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 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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