

Chatters

A publication of Crossroads Clubhouse

May / June 2016



**Paperwork
got the better
of Stephen**

Editor's Blab

Wither goeth our esteemed director? For sunnier climes? Onward and upward to still greater challenges than keeping a mental health facility on track? By the way — May I be the *101st* one to say this? — Great job, Steve!

The most fascinating option — mused on out loud by Stephen — is the possibility of winging off any minute for the West Coast of the USA, where a mate will soon be touring with his band and has invited our director to be road manager. No better cure after suffering from a surplus of paperwork. This ailment might be somewhat exaggerated for dramatic purposes on our front page, but I speak for many in saying “paperwork” — even amid a world of supposedly paperless technology — especially trying to pay the same bill for the third time online while the penalty payments pile on — is the bane of my existence these days.

Oh to be young again. Nah — bloody terrible. But I'm wishing Stephen will be making a better go of his opportunities than I did. Though very, very good at it, Stephen is definitely not an administrator to the depth of his soul. Yet, for musos — yes, I count myself one on my good days — we both find the simple routine of straight figure work therapeutic. And never have I found bridging the generation gap so pleasant as when having a heart-to-heart chat with him about the pros and cons of Sixties music. I won't stoop to that cliché that he will be “sadly” missed —because I'll always have a smile on my face when thinking of our young boss. — Gaz DeF

Some of this issue's 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 Blurb



The last Director's Blurb from me.... It has been about two weeks now since I announced to the Clubhouse that I have decided to move on from my position as Director of this Clubhouse. And yep, it was a big decision to make. I have been working here for eight years now — almost three as Director. We work every day alongside members — encouraging each other to try new things, both here at Clubhouse and in the community. The time has come for me to do the same. It's been a wonderful journey for me here and an amazing job.

I am incredibly proud of the Clubhouse that we have built together over the years. This Clubhouse now has the beginnings of a really effective employment programme; both supported and transitional positions. The work-ordered day is vibrant and well organized. We have extremely strong attendance on a regular basis. The Clubhouse feels safe, fun and supportive. So, I am confident that this Clubhouse will continue to grow—and I look forward to assisting in the transition to a new Director over the next month.

It would be impossible to mention all of the amazing people that I've worked with

over the years. In the early days I learnt so much from the senior staff, and probably learnt even more when the tables were turned and I had to train the new staff. The team at Arahura Trust have also been extremely supportive — both with ensuring we fulfill our organizational obligations but also in taking a chance on me. The biggest thank you is to the Clubhouse members. You are an amazing collection of people. You've taught me so much about being strong, taking chances, and to always believe that people can change. I have felt very supported in my role here and am grateful for that.

In one way or another, I know I will always be part of the Clubhouse whanau. I am looking forward to my last few weeks, a bangin' farewell party, and continuing to support the Clubhouse in the years ahead.

IT'S BEEN A BLAST!

— Stephen





Newsflash



Happenings at our Clubhouse and upcoming events

* We are sad to say that our Director has informed us that he is moving from our Clubhouse. Stephen has been with Crossroads for 8 years, with the last 3 in the Director's position. Even so, we look forward to the new replacement and we will remember Stephen for a long time. We will be having a farewell for  Stephen in Mid-June—date to be confirmed.

* As we write this, a team is working at cleaning our new fish tank. The idea to get some fishy friends was first put to the Clubhouse at a weekly house meeting by member Charles C. We had some good discussion about the pros and cons—and eventually decided that we could all take on the responsibility of looking after some fish. We found a good deal on Trademe, and Barbara, Sam and Jacqui road-tripped to Morrisville to pick up the goods.

* We have had some great recreational events in the last couple of months. These include a great dinner out in Mission Bay for Indian Food, awesome weather and good times at the Matakana Markets/Snell's Beach, and super-relaxo time at the Miranda Hot Springs. We're looking forward to a Ten-Pin Bowling night and a weekend event with Stephen coming up soon.

* The gardens are looking amazing. Kevin has been toiling in the dirt and has planted a whole array of great looking kai. We have broad beans, carrots, herbs, beetroots, pak choy, mesclun salad and more. Special thanks to Guy from Gardens4Health for his support in and advice as well as Richard for the great workshops. The next workshop will be held at Clubhouse on the 13th of July.

Shane's road to the Special Olympics

It was the Special Olympics in Sydney 2002. Shane got nominated by his coaches to participate in both swimming and basketball. He had been practising every day for quite a while up until he got nominated.

In swimming Shane competed in the styles of freestyle, butterfly and backstroke. Shane admits that he was nervous before the competitions and there were a lot of people watching. They had a lot of cameras there too.

"We stayed at a hotel in the Sydney CBD. We had a nice hotel breakfast first before we went on our practice/warm up before the competition started. We were lucky to have our own bus to drive us around. After the competition we went straight back to the hotel for dinner and a rest. This went on for a week. During the last day there was a big disco as a finishing ceremony."

Shane's best memory of being in the Special Olympics is winning a silver medal for his efforts in backstroke. Shane's worst memory is of getting sick on the last day during the disco. But luckily it was not during the competitions.

Shane would like to finish with a tip. When you are aiming to participate in the Olympics, just be careful so you don't get injuries and give yourself time to learn the exercises and techniques.



The Joy of Helping Out

Nadia asked Rachael about her voluntary work and why she likes it.

I attend a church called EDGE. I started volunteering there about a month ago, on Friday mornings for one hour. I like that it's a friendly environment and that I can help out in areas that interest me. I like knowing that I am helping others.

I was motivated to volunteer at Edge after I heard an announcement during a Sunday service; they were in need of some volunteers.

At Edge I do vacuuming, mopping, cleaning windows and shredding. I

also volunteer on Sunday mornings with communion. This involves collecting the cups at the beginning and end of the service. I love doing this because it is a good way for me to meet people and to be part of a team. I am only trialling this once a month but maybe I will do it twice a month.

I still enjoy volunteering at Changing Minds too. But I only do this on a very occasional basis now [since they are in the middle of changing managements].



Jacob's Challenge



Jacob was diagnosed with kidney failure in 1989. In 2009 he started a life-changing treatment called dialysis, which he still receives to this day.

Jacob is on a dialysis machine 3 days every week. It cleans his blood of impurities. This will make Jacob full of energy and able to do his duties for the day. Jacob did have a dialysis machine at home for his personal use. He then decided it was not for him, so he returned it —

Jacob prefers to have qualified nurses tend to his treatment at the hospital.

For the first few years Jacob says he found the treatment uncomfortable, sitting in the chair for so long – but recently he reckons he is more at peace with receiving the treatment. He used to struggle with negative thoughts, trying to change these thoughts. This wasn't easy. But now he says he is more accepting and he has found that it is easier to deal with the negative thoughts.



**"The
Dialysis
Machine,
and how the
tubes are
connected
on my arm."**

Believe it or not...

Below we have three interesting stories — anecdotes from our Clubhouse. The catch is that only one of these stories is the truth. The other two are made up. Can you decide which is the real deal? The answer can be found at the bottom of the back page.

The First Story: I was waiting in line at Pak n Save when a little girl came up to me and asked for a hug because I looked like her mum who had passed away. I said sure of course I would. Little did I know was that as the little girl had my attention her mother was stealing my wallet out of my bag. I didn't realise until I went to pay for my groceries. I then remembered the strange encounter with the little girl, and sure enough when we looked back on CCTV, there it was on the screen. So be careful when you have strangers come up to you, you never know what will happen.

The Second Story: When I was Eighteen years old I was in the British Army and I was in an exercise at a range in another country. The outcome of this is that I was taken as a free hostage aboard Air Force One with Reagan and Bush, the Presidents. The entire crew

and passengers disembarked from the airplane in mid-air and left me aboard. I put the vehicle onto Autopilot and almost died when I was in a radioactive fire zone which had a Two-thousand-degree-centigrade heat. When the plane landed at J.F.K. Airport, I was taken to the Boston Hospital and revived. There was an eight-percent statistical chance that I could be revived. I watched the emergency crew and my body on the airstrip from above. After that I was hosted at a hotel in New York City. I was blackened and grey.

The Final Story: I was in the back room at Clubhouse, no one was in there except for me. As I was sitting at the computer I felt someone tap me on the shoulder but when I turned around there was no one there. So I shrugged it off and kept playing my games on face-book. A minute later it happened again, I didn't know whether to share this with anyone because who would believe me!!!! So if you are ever in the back room and feel a tap on the shoulder and no one is there it has happened to me as well so be weary.

Rock on this "FOOLISH WIND"

Amber dust

The skeleton and the sand of time, OH! The
powerful Hercules" It is the mind, Samson" Ah!

The rose-prickles and his paws,

Skeleton!

It is the moon-cold, that my muscle, like the am-
ber blood, amber dust,

I said me Hercules, ha ha ha you"

I do have something that amber dust, don't
have,

A mind Samson, oh! Consumed foolish wind"
Your pillar sea's', will be but a consumed wind
in foolish dust,

Amber blood", I am the skeleton and beside
me is a Lion, then "face me" lion

Said I, Samson,

Skeleton put that sands of time before the fool-
ish Wind,

It is time to tawny body you wind, then his
bone are one my Lion," where is your power

Samson? Look at your end"

Foolish wind that been consumed by the Amber
Dust the Blood...

Jive by Indianasharon Pesa McCarthy.

Better to cut the grass than eat the grass

Sitting down with Sam to discuss his short time (so far) with C&C Lawns was a pleasure. With his natural smile and joking ways, Sam kick-started the interview:

"It's better to cut the grass than eat the grass." Nearly brought to tears laughing, Claire H and I (I'm James S) took a few deep breaths before asking Sam to tell us of his job. As the laughter settled, Claire fired off question one.

Q. What do you like about your job?

A. There are many things that I like about my job with C&C Lawns. I like the physical activity. I really enjoy how it provides me with an opportunity to travel around Auckland and see all the new development projects, i.e. the new subdivisions sprouting up. I also really enjoy the lunch breaks because I get to try out a new bakery every week.

Q. What motivated you to apply?

A. The idea of having an additional income stream, which would allow me to save money, was one of the main reasons. Other things were, it would give me a change to try something new, gain job experience, and a way to build up my resume.

Q. What type of work do you do?

A. I do lawn-care. This includes mowing, raking leaves, cutting shrubbery, gardening, and general yard maintenance.

Q. What else do you do?

I volunteer at the Clubhouse four days a week. I primarily spend my time working in the kitchen where I help create amazing dishes for my fellow Clubhouse mates.





Thoughts of Social Rec & Twilight Dinners

In April, the 23rd to be more precise, we organized a trip to Miranda Hot Pools. There were about 17 or 18 of us going to enjoy a nice day splashing around in the hot pools and having a nice barbeque. I (Claire H) enjoyed driving one of the vans even though it was a lot of traffic both ways. I also think that the rest of the people enjoyed themselves too thanks to a few reasons I hereby will list:

Cheap trip – normally, if you go by yourself, it would cost roughly \$14 to enter the hot pools, and then you also have to pay your own petrol to and from Miranda. When you splash around in the pool you would also get hungry – so you would need to buy your own lunch as well. The Clubhouse will chip in with money from the fundraising account, to keep the costs for activities like these low, which gives everyone an opportunity to join in. The cost for this trip was \$5 per person.

Suitable activity for the season – April is a good month for going to the Hot Pools. The winter weather is closing in so it would not be nice to go to the beach anymore.

Socialising – These events give opportunities for Clubhouse members to get out of Auckland and out of their houses. We have fun times together as a group when we go out to create new memories and gain new experiences. If you are at Clubhouse you would probably be focusing on doing Clubhouse work such as doing Outreach, working on the computers etc. But when you are on a Social rec/Twilight dinner you can focus on having so much fun. I remember when we went with staff member James on a trip outside of Auckland. We had good times and heaps of fun – an enjoyable memory. — Claire, Linus

An update from:

The Heartbeat Challenge 2016

As you all might know the Heartbeat Challenge consist of making improvements in four areas: Wellbeing, Physical Exercise, Smokefree and Nutrition. Here is an update on how well we are doing:

First off we have improved the general wellbeing in our Clubhouse by purchasing a fish tank. It is located in the reception next to the waiting area, so everyone can see it. It has got lots of positive feedback and many members involved regarding feeding and maintenance.

We have also had a couple of garden workshops which helped motivate members to re-do our garden. Gardening as an activity is great for people's wellbeing and the result of it supports the Clubhouse in the nutrition area. Our garden has now a wide variety of plants, such as leafy vegetables, root vegetables and heaps of different herbs which are used by the Clubhouse Kitchen.

We have about eight people, both members and staff, attending the Green prescription every Tuesday. At the Green Prescription we get to do exercise and stretching combined with informational workshops about diabetes and healthy eating. We also have a walking group every

Thursday, after the 1pm meeting, where everyone at Clubhouse are welcome to join.



Lastly we have our regular smokefree support group meeting at 1.30pm every Friday afternoon. Anyone who would like to join in is welcome, even if you are just thinking of cutting down. There are a couple of members that are enrolled in Breakfree's Peer support volunteer training which will support Clubhouse with greater knowledge and experience.

If you would like to participate, or help and support in any way please, come and join us in our Heartbeat Challenge meeting every Thursday 11:15pm at the Clubhouse.

All the best from
Rach and the Lion

AN ACTING CAREER

My first job in the performing arts was when I was a boy in the mid-1970, and the work was obtained for me by my mother Elizabeth. I did not particularly enjoy it then, but still it continued into my teenage and then adult years. I was in three youth groups in drama, the first at the Nathan Homestead and secondly at the Auckland Youth Theater and then the Performing Arts Center in Newton. In 1995 I completed the post-graduate Diploma in Drama at the University of Auckland.



I am now represented by the fourth sequential agent I have had, and nearing the third year of being with them. The step-ladder of hierarchy in the world of acting can be climbed if you have persistence, confidence, a sense of spontaneity and a good memory. To assist you in an acting job, your agent will take a series of photographs of you which are updated each year. The agent finds the work for me, and it is up to me to accept or decline the roles that are offered to me. Early mornings starts or work all night and on days which the rest of the workforce rests are common in this business. Transport to a meeting point is necessary, from which the cast and extras are taken to set, as is also these days an online connection by which you can secure the work.

After I graduated I secured a role in a little-known serial about inner-city Auckland, which lasted until half-way into its second season. I have filled in background for many productions, being serials, advertisements and movies. Movies are my favorite, and I have recently discovered speciality ability in acting in rock music videos. My most unusual and cherished roles have been, - a remodeling from a photograph submitted to the production company, from which a statue of a long-passed Dunedain was fashioned for *The Return of the King*; and the other was an opportunity that I secured through my agent in the year 2000 which it involved working in set production for a David Gresham comedy filmed in the Americas.

When I was a boy I acted on the stage of His Majesty's Theater in Auckland city, the building which was so suddenly and selfishly demolished by property developers in the early-1980. Stage productions still come occasionally, and they are crafted with more commitment than what it takes to shoot with a camera. When I am ready I recite poetry on stage, and the class at Toi Ora Live Art continues to produce short films. In 2015 *Walter Out of the Blue* and *Walter Satyricon* won Silver and Bronze Remi awards at the Houston World Fest, which is one of the only short film festival in the United States to take entries made by companies outside of the States.

Just before you ask, I have worked on Shortland Street before, but when faced with their crew's scornful and classist attitudes towards the lower steps of the hierarchy, it is a job which I would rather not have to do. Another word of advice is forwarded here, - if you start doing this for the money, you should not have started. I like feeling good about my life without interference by the ideas of other people, which usually stand as irrelevant.

So the performing arts have become a learned dedication for me over my years. Acting in alternate worlds provides welcome relief from the anxiety which real-life interactions involve. The mental inside-out nature of demonstrating fantasy does cause me some stress on a long day, and after work ends I need to recover alone with a common method of relaxing (although don't call the Tai Chi master about this). **BY DAVID GRIERSON**

Garden Workshop

Richard from Gardens4Health visited Crossroads Clubhouse to share his knowledge and give advice on planting vegetables for the autumn season [not that we've reached autumn yet, in Auckland's amazing Indian summer this late May as we go to press — Ed].

It was a hands-on demonstration. Clubhouse members filled seed trays with seed mix and a variety of seeds including beetroot, silver beet, lettuce and peas.
— Kerry



Kerry works hard on the theory while his assistant looks after the garden. See also page 4, for a rundown of highlights on our own Clubhouse garden, at right.)



"HUNT FOR THE WILDERPEOPLE"

Movie Review by
Barbara T

A FABULOUS NZ
2016 Movie

by Taika Waititi

Based on Barry Crump's
book called, Wild Pork
and Watercress.

1Hr 41mins
An Excellent
Drama/ Comedy



**Starring our favourite
actor Sam Neill**

It is classed as PG, BUT Warning it does include some gory pig/dog killing scenes and some violence and bad language. Please supervise young and sensitive people. It is quite an emotional movie; sad and happy, sad and happy in fast sequences but has a real feel good ending. (Timely in showing Social Welfare Care ?NZ style along with some of the sad realities for young kids.)

The Movie introduces a new young dynamic Actor Julian Dennison as 'Ricky Baker' playing opposite Sam Neill. It also includes other NZ Actors including Comic Rhys Darby, a bit part for Stan Walker, and several other NZer's.

Also it has some amazing scenery which is quite
'MAJESTICAL'

WELL WORTH A VISIT FOR LOTS OF LAUGHS,
AND A REAL TASTE OF KIWIANA AND
LOVELY NZ BUSH AND SCENERY/CULTURE.

QUOTE FROM TERESA "It's a real hoot."
QUOTE FROM SUE "a REAL SATIRE on NZ's

society and how we take care of the family."

No Child Left Behind!!!



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 anytime to arrange a tour time.



Crossroads
CLUBHOUSE

Belonging
Purpose
Hope



393 Great North Road
Grey Lynn

Ph: 09 376 4267

admin@crossroadsclubhouse.org.nz

For more about our Clubhouse visit:

www.crossroadsclubhouse.org.nz

For info on the Clubhouse model

visit: www.iccd.org

The Second Story is the true story

The opinions expressed herein are not necessarily those
of Arahura Trust or Crossroads Clubhouse.