

# Chatters Newsblast

**A publication of Crossroads Clubhouse**

**July/August 2011**



*Farewell to a friend*

WHAT'S IN A NAME? — STINKWEED WOULD SMELL AS SWEET

**W**hen I was at the Housing Corp in the late Eighties, when Helen Clark was minister, we had a motto “We are here to help” (you out of your house, was the joke of the debt-collecting staff). It was so nice and vague that the IRD used it too: “We are here to help” (you out of your money). Most importantly, it meant the organization was totally beyond reproach — How could anyone object to being *helped*? Mottos and names are rarely apposite. The East German dictatorship called itself the German *Demokratic* Republic — just because it could — and its 17 million captive clients were controlled by the notorious secret police, the *Stasi*. Some jobs just aren't worth it. Now any small group is a slave to marketing and calls itself by a *commercial* name — to attract customers, even if they're a captive clientele with no choice. Maori names for n.g.o.s have fast gone out of fashion for a new trend: action words Equip, Engage, Affinity, Proactive, Pathways, Connect, Challenge. These names sound so firing I've decided that if I ever invented my own n.g.o. it would be called *Ennui*, so restful. It is French, so automatically trendy. It does not have an exact literal translation into English but implies peaceful, stable... even comfy and well-fed, like Garfield. There was never a saner, pleasingly plump cat, even if he does smoke.  
—Sub Ed



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I have known Kelmen since 2004, and during that time we became very close friends. I first met Kelmen at Crossroads Clubhouse. These thoughts have been put together by myself and other members of the Clubhouse — a place at which Kelmen was held in very high esteem.

Kelmen was an extremely enthusiastic member of the Clubhouse — He would often volunteer for more jobs in an afternoon than one man was capable of. His people skills really came to the fore, taking meetings and running the reception always with a sense of humour.

Without doubt, Kelmen was the undisputed Chess Champion of the Clubhouse. I had many a great battle with the master. As much as Kelmen enjoyed vanquishing his rivals he enjoyed teaching novices the finer points of the game.

Kelmen had a great many friends at the Clubhouse, including Patrick (the director), whom he had known for many years. They could often be found pottering away in the garden discussing any number of topics.

Kelmen fit the mould of a renaissance man. His interests ranged from chess to mathematics, he could speak several languages, loved astronomy and was the go-to-guy for any matters religious. These interests were indicative of his inquisitive nature. He asked probing and thoughtful questions of all those he met.

Kelmen will be greatly missed not only by myself but by the whole Clubhouse. He had an infectious laughter and could brighten a room with his mere presence. — Paul G



**Kelmen, Kenny and Paul**

**Rest in peace Kelmen**

## KELMEN in GOD'S PRESENCE: LIVING the DREAM

**T**he actual experience of mental illness is seldom discussed in so-called 'consumer' circles. Like mentioning suicide, it's publicly discouraged in favour of 'being positive': See no evil, hear no evil, speak no evil — and it might go away. The great thing about Kelmen on earth was he was almost always affable — agreeable. But he did have his moments, with those who didn't live up to his gentlemanly standards. To his closest friends, members of the Te Atatu Catholic congregation at the funeral, he was a "broken" or "weak" man whom they loved all the more, as this brought him closer to God. He was tormented by his standing in the sight of God — questioning his worth.



Kelmen was of a generation of immigrants to NZ in the late 1950s, as a seven-year-old from Dublin. He wasn't always a devout Christian. Before the traumatic breakup of his marriage and the malicious aftermath contributing to his breakdown, he was a devotee of Indian wisdom. An old friend of Kelmen's (who spoke to his mother, alive until three years ago) told me he rarely made an important move without his guru. It was a lifestyle that worked for him then, at least materially, plying a trade as a fruit-and-vege marketer near Pak'n'Save, Mt Albert, to be very well off.

Kelmen showed extremely high functioning in activities he liked — chess, mathematics, languages, astronomy, and lately tennis! — but the emotional reverses of life got to him in a cruel way. Sensibly, like many of us who like to see the best in people, for self-preservation

he avoided harmful situations but showed a happy exterior to the world.

If the serotonin is running right, all of us have fond illusions about ourselves — if we want to keep our self-esteem up. If you're in the mental health system these illusions are called delusions, something pathological. Kelmen's delusion, constantly underestimating himself, was that of a formidably intelligent but humble man let down by life.

Kelmen's immersion in religion was obvious, with blessings and praises flowing freely. He talked about people he met in terms of seeing God in them or not, and how close they were to Him. So when I heard of Kelmen's sudden death at just 59 and six weeks — a thunderbolt out of a clear blue sky — mixed with the sadness was the thought that it couldn't happen to a nicer guy. He is now exactly where he wants to be. — Gaz

**KELMEN**

*Kelmen* was a

**RELIGIOUS** person

**GOD BLESS !!!**

*Kelmen* played

**CHESS**

**CHECKED**

**GOD PROTECTS**

**SELECTS**

*Collects*

**DOES HE (GOD)**

**NOT ???**

**The End**

*Marjory (YAN)*

I have been saddened by news of the tragedy in Norway and the effect that it must be having on families and the community there. There are some similarities I came to realise between our two countries when on training in Brisbane last year, sharing that experience with a Clubhouse staff member and a member from the Fontenehuset i Oslo (Fountain House) Clubhouse in Norway. The two countries have a similar land mass and population size. I believe events like this impact more keenly on smaller countries because of their size... I am sure I speak on behalf of our Clubhouse community and send our heartfelt well wishes to the community there.

On a completely different note, one of some celebration, we have been successful in achieving funding from an application we made to Sky City earlier this year. It is not the full amount applied for but it is well received and will enable us to continue with the kitchen upgrade on an immediate priority basis. There are other funding bids in the pipeline yet to be resolved.

What a great privilege to have had two of our local (Central Auckland) MPs, Nikki Kaye and Jacinda Arden, visiting Clubhouse over the last few weeks.

Both showed a real interest in us and our set-up here. They have offered some practical assistance for us to address issues of better access to employment for members.

To conclude, I would like to thank to Pro-Active for the use of their van for our weekend outings. It has been of great benefit, enabling a lot more of us to go on trips... Thanks guys.



**Patrick and Clive stare down the admin work**

Patrick

Over the past couple of months we have been making a concentrated effort to obtain Transitional Employment links / positions. We talked with a couple of larger employers such as AUT, Unifec, and more recently Housing New Zealand. After speaking with a key person from Unifec we have pencilled in another contact early next month to gain a meeting. We also made contact with two members of the Cabinet to gain contacts through Housing New Zealand, these being the Minister of Housing, Phil Heatley, and the Minister of Social Development, Paula Bennett. These contacts have ended up on the desk of Villy from Housing New Zealand, and we met with him this past month. Unfortunately a follow up letter from one of his supervisors has advised that they are not in a position to offer any positions at this time, perhaps after their restructuring starting this month it may be different.

As we go to press Paula Bennett has rescheduled a visit at Crossroads on 28th July into a meeting at her electorate office on 25th August 2011. We will use whatever opportunity we are given to talk to her further about Transitional Employment or new contracts that could assist the Employment & Education Unit to continue to grow.

We have been getting in some exercise with letterbox delivery of our "We need your help" Transitional Employment flyers. With the help of members we made a great dent in the Grey Lynn community and got some fresh air and exercise to boot. Thanks to all who participated, namely.....

Remember, if you have any link that may assist Clubhouse with the location of a potential Transitional Employment position then you can let us know through our contact details on the back cover.

Talk to you soon.....Jade



John, Glenn & Annissa share the work load

**I**t has been a really great month of outreach by the Communication Unit of our Clubhouse. As the E & E Unit report mentions, we have begun to develop some really solid employment leads. At the same time we have been fortunate to have visits from both Nikki Kaye (our MP for Central Auckland) and her soon-to-be rival Jacinda Ardern (Labour candidate for Central Auckland). We look forward to working with them in the future to grow our Clubhouse. They have been kind enough to answer some questions for our magazine. In this issue you can see Jacinda's answers and the next will have answers to the same questions from Nikki.

Nikki has been very helpful in setting up a meeting with Auckland Council for our Clubhouse. We hope to develop a working relationship with the new council, including setting up some Transitional Employment opportunities.



Another great article in this issue refers to our a visit Gerard and I made to the new Community Link office in Grey Lynn. This new venture is designed to work in partnership with other organisations to get the best result for the community. Crossroads Clubhouse will be meeting with Community link in the coming weeks to see how best we can work together.



Rumours of my imminent departure have NOT been greatly exaggerated. I will be away from the Clubhouse for the next 6 weeks—travelling across and around North America. I'm looking forward to my adventure but will miss the Clubhouse. I'm sure the exciting growth we've experienced lately will continue on in the weeks to come. Thanks to everyone for your "bon-voyages" and "best wishes".

See you soon

Stephen



The F.S.U. team is peaking! A diverse group of members have found their place (and fast pace) in the unit and are making it their first port of call on arriving at Clubhouse — jostling each other contesting places. With the extra hands, improved set-up, morning baking, coffee service and lunch prep flow with great ease.

Last week I asked Kerry to perform for us a knife skills session. Several members and I participated in this excellent demonstration. Jade introduced it with a run-down on how to sharpen a knife with a steel and stone. Kerry coached us through safe knife handling techniques and simple and effective methods of prepping a range of vegetables. Several members are eager to be involved in the next sessions. Dates will be advised shortly. We continue to enjoy an array of meals by member guest chefs. Recently Kenny & Pesa created tasty Island style chop suey with taro and rice aplenty — too much for your average *palagi* appetite, but too delicious for expanding tummies to resist. Others have expressed interest in cooking a meal of their choice in hopes of joining our Clubhouse Kitchen Hall of Fame. Keep an eye on the menu for updates.

Some weeks ago we received superb news... Clubhouse was successful in acquiring a \$3000 grant from SkyCity. This funding is allocated to update the kitchen equipment. Fresh equipment will be greatly appreciated, especially as a lot of the existing is on its last legs. Sincere thanks to Stephen and Gary D for their effort in completing this application.

Stephen is about to leave on a jet plane... just for 6 wks thankfully. I look forward to working between the F.S.U and Com Units during Stephen's leave. — Nadine



Kerry shows off his knife skills



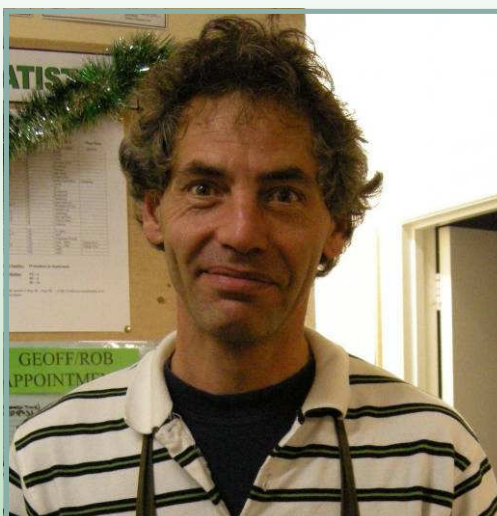
Pesa and Kenny pull off a great Chop-Suey

*This month we invited Tony to share his thoughts about Clubhouse Standards. These standards are developed by the International Centre for Clubhouse Development (ICCD) in New York City and guides Crossroads in its operation. Tony chose to address some of the standards that relate to membership at Crossroads Clubhouse.*

**I** think the most important thing about being here for me is Clubhouse offers lifetime membership. Because I come from a fairly dysfunctional background and pedigree — and became quite transient between the ages of 20 to 50 years — it's important for me to have a place of belonging, where I feel part of and welcome, and not judged.

I value the opportunity to choose daily which employment unit I'll work in and which staff and members I'll work with.

I also appreciate not being judged on my diagnosis of Borderline Personality Disorder, which has a whole range of symptoms and behaviours, some subtle and difficult to recognize, and some quite easy to see and pick up. Identifying these signs and symptoms can be even more difficult if a person, such as myself, has a high level of functionality and blends in so well and easily within a wide range of environments and interacts really well with quite a diverse cross section of society.



Finally, there is immediate re-entry after a time of absence from Crossroads. I'm really thankful for Clubhouse's outreach service and concerted efforts to remain in touch with me when I was in full time employment and had begun to drift away from the support, love and acceptance so freely given to me by staff and members when attending regularly before I started full time work.

So how these International "Membership" Standards for Clubhouse Programs have been applied at Crossroads have really worked for me since my first visit dating back to March 2008. I hope and pray others are enjoying the friendliness, companionship, support, and unconditional love and acceptance that I've consistently been the recipient of from members and staff alike over the three and a half years I've been a member at Crossroads.

Kind Regards to everyone. Arohanui me Manaakitanga me Tumanako me Rangimarie kia koutou katoa.  
— Tony Cavanagh

For more information about the Clubhouse Model please visit [www.iccd.org](http://www.iccd.org)

*This is the first of a projected series of two: a questionnaire to Auckland Central Members of Parliament about mental health. First up, this issue, Jacinda Ardern of the Labour Party. To follow, Nikki Kaye of National.*

**D**o you have first-hand experience of mental ill-health, or second-hand knowledge of mental health issues through family or friends?

Yes — like many New Zealanders I have family members who have experienced mental health issues. It's given me just a little bit of insight into what so many Kiwis experience on a day-to-day-basis.

**How do you feel about the level of support currently provided in New Zealand to promote mental wellbeing?**

Mental health is often the poor cousin of the health system and I believe the current Government has made that situation worse.

In 2010, the Government cut more than \$20 million to community and public Mental Health programmes. This included a \$4 million cut to mental health training, \$4.2 to Like Minds-Like Mine and \$5 million to mental health research.

A further \$6 million in health promotion around mental health issues was cut, \$1 million in alcohol and drugs programmes, \$200,000 in mental health advice, \$1.2 million to not apply the future funding track for anticipated demographic rises; all these cuts totalling \$21.6 million.

In 2011, \$3.2 million of mental health funding is being "taken out" in the Health Budget. Mental health providers around the country, including Wel-link in Wellington, are cutting their services, and the contract for peer support services in Rotorua has not been renewed.

All of these cuts has a detrimental effect on our communities, and we must turn this around.

**Could you tell us any aspects you might change?**

Like other parts of the health system, there is limited funding for mental health. Therefore it is important that we not only focus on delivering services to those most in need, but also on preventing future demand through early intervention, support for those with lower acuity illness to be able to self-manage and a public health approach to maintaining mental wellbeing.

Labour acknowledges the importance of mental health and therefore we believe it should be restored as a health priority with appropriate targets. We will continue to ring-fence mental health funding and enhance the provision of acute services to those most in need. We will also work to ensure equity of access to health care for those experiencing mental illness.

**With the increasing pressure on beneficiaries to enter work, it is universally acknowledged that there are not enough vacancies even for those who don't face discrimination. How does your party intend to create space in the workforce for those, for example, who are only able to work up to 15-20 hours a week (and could certainly use the extra money)?**

In the past two years National has done nothing to create jobs and unemployment is forecast to remain high. We've seen from long queues of job applicants that most unemployed people are desperate to find work.

Our plan is to reduce welfare dependency by creating more jobs which is one of the primary causes of it.

**Many *tangata whaiora* come up against barriers to adequate, timely and affordable housing. (Given that the Rugby World Cup and Christchurch refugees are further pressures on accommodation, Auckland's normally high rents will continue to rise.) What remedies do you see to Auckland Central's special problem?**

Housing affordability is a structural problem, not a cyclical one, and we will develop policies accordingly.

We need to develop supply side solutions in order to lower house prices rather than increasing them. We are still developing our policy on this; however our recently announced Capital Gains Tax will help to make houses more affordable for people wanting to own their family home.



**Auckland District Health Board has not increased funding for our n.g.o. for more than three years, like other small service providers. In this survival-of-the-fittest recession, can you foresee a tipping balance when essential services will start to fall over? What can be done about this?**

Labour will review the contracting arrangements for mental health providers with a view to creating a more consistent and efficient approach to contracting.

### **CORT (Community of Refuge Trust)**

A number of Crossroads Clubhouse members live in homes that are either owned or leased by CORT — See the May/June issue. I decided to find out more about this group that plays such a major role in the lives of many Auckland *tangata whaiora*.

In July I met with Peter Dobson, the head of their housing division, and he shared with me a little of CORT's business activities. It provides accommodation currently to 190 people. Originally the n.g.o. focused on Auckland Central, Grey Lynn, Ponsonby and Freemans Bay but six years ago the Auckland District Health Board asked them to look at providing for other areas, Panmure, Onehunga and Avondale. This they now do. Properties are mostly one and two-bedroom but there are some group homes too.

Although its main focus is working in mental health, CORT also supplies housing for other needy people. Its approach is to present a friendly face to the landlords' role in collecting rents and it encourages tenants to be a part of its supportive community for group activities. Ponsonby Baptist Church, to which CORT is attached, holds weekly support meetings under Jim Pearson (a.k.a. "Michigan" Jim), the everywhere-at-once super-friendly community worker employed by CORT, along with monthly gatherings in winter and bar-b-ques in summer.

One major difficulty, Peter explained, is funding properties in the Inner City. Only 10% of properties listed are affordable for the CORT client base. Even the properties they do take on are too expensive for some. This is why he meets with applicants to go through their costs to compare with their incomes, and see how doable a match is.

CORT has a lengthy waiting list but usually applicants will be seen within ten days and housed in two months. They are negotiating with Housing NZ to take over the lease of nine of the apartments being refurbished in the Western Springs blocks, and there are the same number of apartments proposed to build in Panmure. So all in all it looks like a busy year ahead: good news for our members and other mental health clients needing accommodation.



Transitional Employment – Could this be the missing link to sustainable employment? Let's take a look at that.

What is TE? TE is a program run at Clubhouse but based with an employer in the community, members are paid the prevailing wage rate, the position is time limited

to between 4 – 20 hours per week and temporary for a period of 6 – 9 months per placement. It is a basic position that anyone could easily fill. The position allows each member that participates to gain confidence, skills and motivation while gaining extra money. No doubt the added income assists each member but it's more than just money.

The confidence and change in self esteem for people that may not have worked in a long time or had a bad experience with employment due to stigma is immense for some people. TE is like the paid pre-employment to supported employment.

Members can access TE not once but many times if needed to assist them in moving forward with their lives and recovery. The acceptance that as a person, you are enough and do not need to change just to fit into a job is possible.

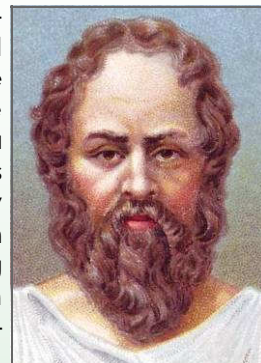
Clubhouse is the training ground for members to start the relationship with wellness and employment. Members get to practice and feel comfortable in a safe environment before TE, so ideally a member that commits to Clubhouse and gaining experience through a work-ordered day can only benefit from a program such as TE.

Think of a perfect case scenario - A member gains transitional employment, next step is supported employment, followed by independent employment. This can only assist the member and the community as a whole, moving in to a brighter employed future and building a strong relationship with employment and recovery. Strong supports need to be put in place to act as a safety net for those returning to the workforce, and that can happen with Clubhouse.

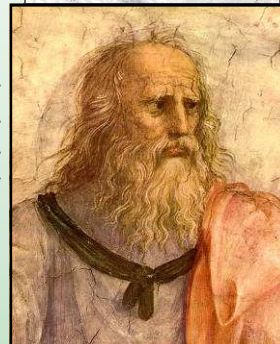
Members can and often do return to Clubhouse while working and keep their connection strong with the Clubhouse community.

So can TE be the missing link for sustainable employment. In my opinion I would say *YES, most definitely!!* - Jade

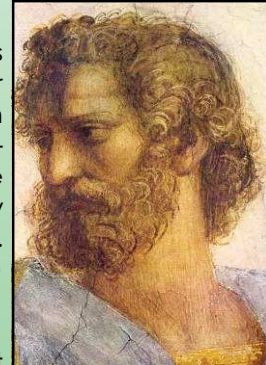
**I**n my uni days I took two papers in Philosophy, Logic, and Metaphysics & the Theory of Knowledge involving much more than right-or-wrong answers. This paper implied that how we “know” things in the everyday world is down to personal idiosyncracies. Philosophy harks back to ancient Greek thinkers — Socrates, Plato and Aristotle. The first taught the second, who taught the third, who taught Alexander the Great among his pupils. Each added, modified or subtracted ideas, perceiving the workings of the world in his own light. Despite misperceptions, they are still considered giants of civilized thought two millennia later. Archimedes, a brilliant engineer whose principles are still applied today, was so impractical in everyday terms that he was run through by a Roman centurion when he wouldn't leave a calculation he was working on — that might have brought who-knows-how-much additional knowledge to the world. The dangers of living with homicidal A-type personalities are still with us.



Psychology courses Sensation & Perception and Comparative Psychology also dealt with how different beings see things differently. Social Psychology includes how people's perceptions and beliefs are influenced by others outside their own senses, affected or even determined by the power of suggestion and peer pressure intruding on their thinking.



My perception of Mental Wealth comes via Julian McCusker-Dixon, a guru in Auckland holistic health and longtime Clubhouse member. I see it in the huge pool of knowledge among *Tangata Whaiora* that is hardly ever tapped — because employers and other leaders of society are generally only interested in knowledge and insights that they can only comprehend with limited understanding, and whether you're wearing a suit. This puts mental patients, no matter how intelligent and far-sighted, to the bottom of the heap. This is nothing new. Don't Socrates, Plato & Ari (above) remind you of homeless eccentrics around Grey Lynn?



Two uncomfortable facts: 1) In NZ the government puts less than half the funding to Research & Development that most developed nations do. 2) In the States it is said George W Bush defeated John Kerry (a Vietnam vet *and* strong protest organizer) in the 2004 presidential election partly because the latter beat Bush hollow in the three tv debates and so was *too* clever for many electors. And Bush would be “more fun to have a beer with”. While thinking laterally, outside the box, and every other which way continues to be so suspect to the powers that be, the battle is still ahead of us. —Gaz

### Interview with Kerry about work and wellness



I work part-time doing commercial cleaning and found this position through Crossroads and a member Diana. P. The staff and boss where I work are great. Stella Rogers who is my direct supervisor and Mary Gibson. Both work in the mental health field so the acceptance where I work is great. There is no stigma and more support. I find that it is a very safe environment to work in. Working has helped with my wellness as it gives me more money to spend and my self esteem is better. There is also acceptance in society from working. When you meet someone and they ask "where do you work?" I can answer with a reply "that I am a commercial cleaner". Some of the benefits I find are that you have pocket money, more disposable cash and you can pay your bills.

Last word.....Working is easier then not working!!

### Interview with JD about work and wellness

I work part-time doing commercial cleaning like Kerry. I found this position independently myself through looking in the local paper. My first boss was awesome. They were a mother and son team. They worked more eco-friendly and supported me. I even got to attend social events with them. Unfortunately they lost their contract so there was a change in my boss. My new boss is cool, but he likes things done in a structured manner, which is different but still good. Not only does my current boss manage me, but he also helps with the cleaning. Working has helped with my wellness as I find cleaning therapeutic I don't think of it as a chore. It has built up my self esteem. I look at



work like how I would like things to be if someone else had cleaned and how I would like the space to look this gives me structure and makes the work easier. The benefits of working are money to get extra goodies and snacks it also helps to pay my bills. Last words.....Start small then gradually gain more. Cleaning is not as bad as it seems.



**S**teve had mentioned to me about attending the opening of the new Community Link last Friday (22nd July 2011) at Richmond Road, Grey Lynn. I was happy to go along to this opening. Community Link is the new name for WINZ centres that make space available for reps of other government departments popping in at set times during the week.

This new idea is adapted from the Centre Link idea in Australia. The Richmond Road facility houses the usual Work & Income office, along with a Study Link and access to other services: Work Focus, Workbridge, Housing NZ and even Plunket.



At the opening were a number of MPs including our mate Nikki Kaye and the Minister of Social Development, Paula Bennett. Paula was bubbly and told a few good jokes. A kaumatua opened and closed the proceedings with a *karakia* (prayer).

After the opening, over a cup of coffee we had the chance to catch up with some old acquaintances and make some new ones. These included David from Supporting Families, James and Julena from Work Focus and Lorraine from Community Link itself.

The event came to a close when Paula Bennett left, and pulled away in her Westie mobile — a shiny new Holden. — Gerard

On a Saturday a few weeks back a group of us from Clubhouse went on a social rec to West Auckland. We were loaned a van from Proactive and it took us a while to get it to start. Finally with four heads together we managed to sort it out. It added to the atmosphere of the day. People were patient in an upbeat atmosphere.



For some it was their first trip to Karekare and Piha. We went to Karekare waterfall and had lunch: a filled roll, fruit and Museli bar. On to Piha. Bruce pointed out his family bach. It was very modern. Some of us went for a beach walk, but soon ran back under heavy rain.



On the way home we stopped at Lopdell House, the old art gallery in Titirangi, for a photography and artwork exhibition. We watched slides on West Auckland beaches in the 1950s and '60s, arousing great interest from the group. The artwork was bizarre and abstract. There was little interest in this. We returned about 2 o'clock. Everyone enjoyed it immensely. It was a great day out. — Paul G & Nadine

**H**ello, I am in the midst of going on an extramural course in Organic Horticulture. It is a three-month course that finishes around the end of August.

I send away my assignments via email to the tutor, who is in Invercargill. They get checked, and then I have an opportunity to correct any mistakes or omissions.

My reading and studying skills have increased with my confidence greatly over the last few weeks. I can say, Don't worry about whether you are good enough or not — Just get out there and give it a go! Things in life are very often not as hard as they look.

— J.D.



J.D. gets back to nature while hitting the books

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We've heard from our intrepid adventurer, Geoff, who recently moved to the freezing south — studying massage at the Southern Institute of Technology. We are glad to hear he has settled in well, and look forward to seeing him in a few months.

# A unique approach

Like all the work at Clubhouse, the production of this magazine was done in-house by our membership. This is our unique approach mental health recovery: members work side by side performing all the tasks for *their* Clubhouse.

If you would like to know more about our Clubhouse visit:

**[www.crossroadsclubhouse.org.nz](http://www.crossroadsclubhouse.org.nz)**

And for more information about the Clubhouse model of recovery visit:

**[www.iccd.org](http://www.iccd.org)**

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



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