



Chatters Newsblast

A publication of Crossroads Clubhouse



*Hosting an Australasian
Knowledge Share*

May/June 2011





As we head into winter it is time to reflect on all those sweltering Auckland summer days that were a misery to live through... No one ever accuses me of being the most 'positive' person but I know when I'm well off.

As for the rest of the 'climate' we live in, all us former psychiatric survivors must think of ways to *recover* and then *thrive* under the government's budget cuts. Ever notice that when times get worse the buzz words get more 'positive'? Lip service is 'work' that some people thrive on — a *negative*, unproductive kind of work.







But it's not as destructive as leaders who target vulnerable people on benefits. If there are more health casualties now than there were in 1970 as the PM says, I'm sure people helped his mum and the family when they most needed it. It's time to return the favour. I say to all my fellow *tangata whaiora*, take your Mental Health Days aplenty. And just stay thoughtful about your life and what you contribute every day to others, in small and large ways, and you will be aiding the country's welfare as much as, maybe more than, our current leaders. — Sub Ed



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It was terrific to have visitors here from other Clubhouses and also friends of Crossroads. On the 25th and 26th May, Crossroads hosted an Action Plan Conference with director Morag Roseby of Stepping Stone Clubhouse Training Base in Brisbane and Bernie Aitken, team-leader from Tapestry Clubhouse in Dunedin. Also in attendance was Joanne Burns of Stepping-out, a mental health day programme support service in Thames. Joanne is really keen to introduce aspects of the Clubhouse model into the Stepping-out programme. Who knows? — In the future Stepping-out could become a Clubhouse in its own right.



Chris, Patrick, Morag, Stephen and Bernie

The Action Plan Conference was about evaluating Crossroads' progress against planned changes proposed after Kerry and my training at Stepping Stone last year. So this was a post-training site visit to Crossroads by a member of that training team.

I took the opportunity to invite our guests as a way of supporting them in their programmes so that the discussions we would have about Crossroads would lead us to look at similarities, differences, problems and solutions with their services. And this is what I believed happened. Thanks to all the members that joined in and became a part of those discussions which became quite lively at times.

A report will be sent from Steppingstone in the near future which will summarise the content of our meetings, although I will be presenting some of those findings more informally in our weekly business meetings and in the new Steering Committee meetings.



Joanne from Stepping-out in Thames also joined us for one day of the Action plan meetings



Morag from Brisbane's Stepping Stone Clubhouse. Chris R is not in the corner for being naughty — He's been promoted to head of the class.



Bernie of Tapestry Clubhouse explains a finer point of Action Plans, as Patrick is all rapt attention.

Our visitors from around Australasia



Member involvement has been a real highlight in FSU over the last few months. Perhaps this has occurred out of necessity? A gap was created when we suddenly saw a lot less of several regular members — the majority were successful in finding work!



The FSU team prepare an amazing dinner together

It has been delightful to have a steady stream of member Guest Chefs. Special thanks to Mike W, Piri, Kenny and Matt. They all introduced us to some amazing food experiences. We've had a lot of fun in the kitchen as well as venturing to Asian supermarkets in search of ingredients.

Tapestry (Dunedin) Clubhouses operate. It was also a great opportunity to talk about ideas of how to run the F.S.U. more effectively. I look forward to exploring this more with members.

The recent Employment Dinner was an extra-special occasion with the presence of our guests Morag and Bernie. We dined in fine style on soup, garlic bread and moussaka followed by apple crumble and ice cream. Many thanks to the team of members who contributed ideas, helped with shopping, food prep, cooking, serving and not neglecting the cleaning up afterwards.



Piri's Boil-Up was a huge hit

We are celebrating World Smoke Free Day at Clubhouse May 31st with morning tea, smoking cessation information and resources. This brings to mind three members who have successfully quit for the last two, three and almost ten months! Please come and have a chat if you're thinking about quitting.



In the past month there have been some welcome visual changes in the E & E Unit. We have finally got rid of the 80s lavender and updated with a delightful lemon, and with the help of a couple of great members put together some brand-spanking-new desks. Notice boards have had a colourful update with new information both educational and employment focused. Our whiteboards also have a new look. This will no doubt enhance the quality of work of the Unit. If you haven't dropped by to check it out, then we warmly invite you to do so. Have a look and jump in to help complete some of the work that is always needing to be done, and don't forget to have a good dollop of fun doing it.

In April we delivered 23 supports; two housing and three educational assistances, nine job applications and one confirmed success. For May (still with a few days to go), six educational and five housing assistances, eight supports, eight job applications and two successes. We welcome gratefully the assistance of Chris Graham of Affinity Services (in Ellerslie) and from time to time Chantelle and Gary based at Queen Street Work & Income, who drop by with new resources or updates of info.

We are building our links for a basis in TE (Temporary Employment) placements. Patrick met with the Grey Lynn Business Association for new contacts. Our links continue with ProActive Trust. We placed an ad in May's RCN *Newslett* and received an inquiry from Housing NZ to refer potential staff to them. Please let the E & E Unit of other possible employers so we can follow up and send out information .

Education-wise we have had Deidre from the Adult Literacy Centre, who gave us a presentation and signed up two members for its services. Should you be interested please let us know so we can arrange an appointment for you. Remember, you can keep warm by dropping in to the toastie E & E Unit this winter and keep the blood flowing and the grey matter growing with typing or administrative work. *Ka kite* for now and see you somewhere somehow!! — Jade



Kerry and Stephen tooling around (above) while Chris and Craig enjoy the furniture (below)





It has been a story of something *old* and something *new* for the Communication Unit this past month.

New and *old* were combined at the ADHB Family Forum held at Western Springs. I had the pleasure to accompany Chris and Kerry to this event. It was great to see many old faces and to meet a lot of new people. Chris made a great speech to those present, relating his experience of Clubhouse. Unfortunately, there were more NGOs present than interested families, but we hope this event continues to grow.



Laura (above) and Marjory (below) work hard to keep the Comms unit ticking along

The *old* action plan developed by Kerry and Patrick at Stepping Stone Clubhouse in Brisbane last year was pleasantly brought back into *new* focus by the visit of Morag from Stepping Stone and Bernie of Tapestry Clubhouse, Dunedin. As we revisited some of the recommendations from this plan it was great to see that many of these initiatives have already been put into place. There is more work to be done but the feedback was all positive.



The *new* database we use to collect figures for the Ministry of Health has begun to feel *old* lately, as we have been working through compliance testing. While not the most exciting topic, this is important work and has received great support from Communication Unit regulars — Laura has, as always, been amazing in this regard.

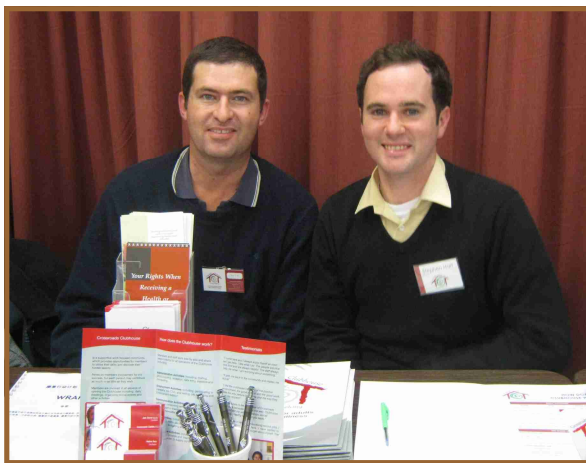
We are eagerly awaiting news of a funding proposal to SkyCity that could enable us to upgrade our kitchen facilities. In with the *new* and out with the *old*, as they say. There are also a number of other funding opportunities on the near horizon. These will be up for discussion at another *new* initiative at the Clubhouse: the creation of a steering committee. This is a chance to look at the bigger picture for our Clubhouse and to do some strategic planning. The first meeting is 2nd of June, 11am, and is open to all members. —Stephen 7



On Monday the 23rd of May a Family Forum took place from 6.30pm at Western Springs Community Hall. This was hosted by the ADHB and Supporting Families in Mental Illness (of Grey Lynn).



Most of the major mental health organizations in Auckland were represented at the meeting including Challenge Trust and Thrive, Pathways, Affinity, Toi Ora and, of course, Crossroads Clubhouse. Each representative was given a few minutes to explain what they provide.



Stephen and I spoke on behalf of Crossroads. Stephen gave an overall explanation and I discussed how Clubhouse has helped me over the years. And how our service endeavours to keep members well and out of hospital.

Tables were set up to display each organization's information. Wynnis of Affinity suggested I set up anxiety workshops after she saw the article in the last *Chatters*.

Chris R



There was plenty of variety to choose from at the Ponsonby Food Court, the cuisine looking fresh and delicious.

JD and Bruce L loaded a food mountain on their plates — Sir Ed would be impressed! Nadine, Marjory and Stephen went for the spicy Thai option and were well pleased with their choices. Their smiles said it all. Damon and myself chose the Indian option, plenty of flavour and great value.



Kerry



**Ponsonby Food court get's
Kerry's 5 star seal of approval**

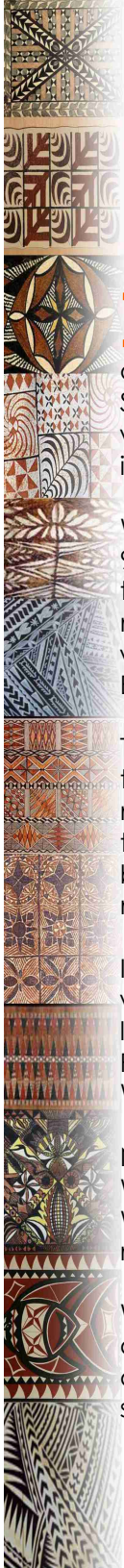
In the past couple of weeks we have been talking to Cherie, Programme Leader from the Free B computer course with M.I.T and have been very lucky to get some new computer resources to assist members with their computer knowledge.

We are currently putting this information together in to booklets and are now looking for members to start facilitating these programmes. You can learn useful skills such as how to set up a computer or how to creating an email address. Annissa has kindly put her hand up to facilitate an email tutoring session, and let's be honest, most employers now want people to apply online for a job vacancy, so emailing is fast becoming an essential part of job applications.

A **HUGE** thanks to **Cherie** and everyone from the **Free B Computer Course** for the resources, Annissa for helping out other members and to other members that will also join in to assist with facilitation. Remember see E & E if you're interested....Hope to see you there!!

A 5 star review

Help with computers



Your Boy Kenny — Boy Reporter

Hi guys, it's your boy Kenny here, just wanted to let you guys know about how our Social Rec day went on Sat 16th of April. Well, in the morning the weather was wary but we weren't going to give up.

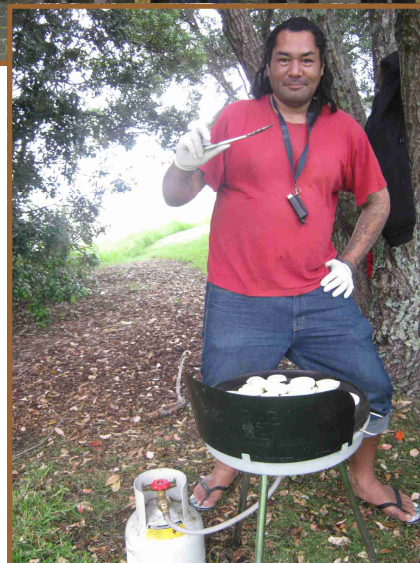
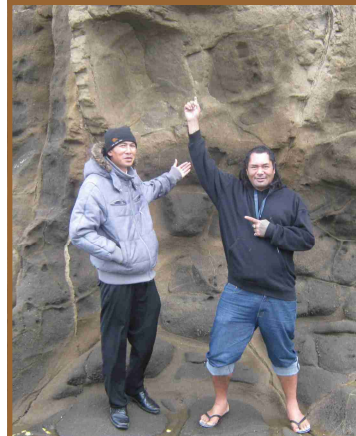
We all met at Clubhouse around 9.00-9.30am, put everything into the van — the bbq, the drinks and the muesli snacks — and then we left for Mahurangi Beach.

The ride was awesome. We travelled thru the toll tunnel, which was cool. By this time the rain was falling a bit stronger but there was no turning back.

It was a shame because we could've stayed a bit longer at Mahurangi. But we had a Plan B, and that was to drive 2 Warkworth.

Now that was cool. Walking around Warkworth township was a buzz... What a way 2 spend a Saturday morning... Choice.

Well, anyway, I love Social Rec. It's a fun day, so join us next time — and this could be you telling your story.



Sweet as Mahurangi



Glenn was conspicuously absent from the Clubhouse one morning. We decided to interrogate him and get to the bottom of this mysterious mystery.

On the afternoon of Wed 6th April we noticed you weren't at Clubhouse. Where were you on the day in question?

I was out feijoa picking for the Clubhouse. We left at 10am, and took bags and rakes.

Who else went?

Glenn (that's me), Nadine, Kenny, Kerry, Naomi & Pesa.

Was the raid successful?

Yes, we were. We filled up our bags and ended up with a large plastic container full to the brim. Some were not quite ripe, but most were good.



Glenn with his booty worth of feijoas — not an urban guerrilla with hand grenades.

Where did you go?

Grove Street in Sandringham has a number of feijoa trees on Council land. These were full of fruit. Piri called the Council to make sure we were allowed to pick them. The story is you can take as many as you like as long as you don't damage the trees.

What did you plan to do with all the fruit?

Some will be eaten fresh, but a lot will be turned into delicious jam for the Clubhouse.

That's his story and he's sticking to it.



Hey Pesa, did you have a good weekend?

Yes, I had a great time.

How's that?

I went to the Flea Market in Mangere with Jade and some of the boys from Clubhouse.

Weren't there any other ladies there?

Nup, just Jade.

So you went to the Flea Market. Where else did you go?

We had a look around the shops where I bought a refreshing can of coke. We then had lunch, which was Pies and Chips — a great kiwi lunch! After that we headed to the Mangere Pools for a swim and a spa. It was pretty cheap, only \$3 for a spa.

Did they have a sauna?

They had a sauna there but I didn't use that. I spent most of my time in the spa pool.

What happened next?

We went to the Pacific Art Gallery. This was cool. We were fortunate

enough to get a guided tour of the gallery. There was a video room which showed different groups of people preparing for different ceremonies and performances. That was quite interesting. They talked about their own cultural experiences.

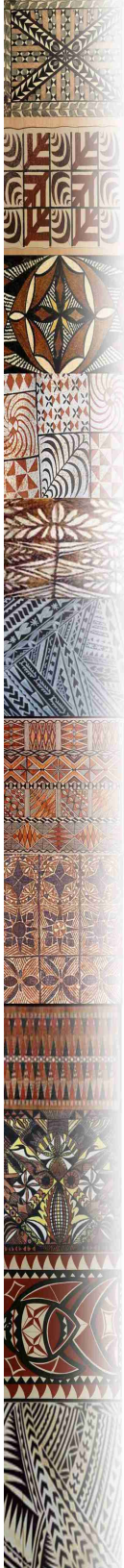


Have you been involved in similar ceremonies?

Yeah, I have many years ago — when I was a young buck. That was for a Samoan festival



Pesa talks Mangere and Pacific Time



which involved me performing some Samoan dances.

I hear that Samoa is going to change its time zone. What's that all about?

Yeah, it's true. I'm not sure when this will happen. It means that Samoa will no longer be on the other side of the International Date Line a whole day behind NZ. They will instead be the same, in fact get the sunrise ahead of NZ.



Does this mean they are time travelling into the future?
YES!!!!



Pesa talks Mangere and Pacific Time



Yes you can succeed at studying

— I did !

Study skills have to be developed over time. Information is available from learning centres. Course providers have booklets and workshops on studying and there are books at libraries and bookshops.



As you gain experience your skills will improve. You will have more confidence over time.

Study skills are: exam strategies, writing assignments such as essays, researching, memory techniques. And time management is important.

Part time study may be a good option.

Also, access to a computer is essential.

With good study skills, study can be easy, enjoyable, interesting and not stressful.

You need to choose your course carefully: the subject something you may enjoy; the level it is pitched at compared with where you are; and that leads to work.

Free courses are available, i.e. from SIT, Stotts, Free B Computing, Regent Training and Wintec. The Open Polytechnic has cheap 12 months courses. Other courses can be funded by Work and Income's Training Incentive Allowance and Course Participation Assistance.

Maybe you could meet people who have succeeded at studying and get some tips from them.

Chris R

How to succeed at study



We talked to Annissa about her experiences with C.O.R.T. It's more than an acronym!

Hello Annissa! Hello

We know that a lot of members at Clubhouse are involved with CORT, but what does it stand for? It stands for Community of Refuge Trust.

What do they do? They provide housing for people with mental illness and maybe people with other disabilities.

How long have you been with CORT? About 5 or 6 years.

Where were you before CORT? I was living at Cockburn St, which was supported accommodation living with others, and run by Affinity Services.

So your CORT place is the first house of your own? Yes.

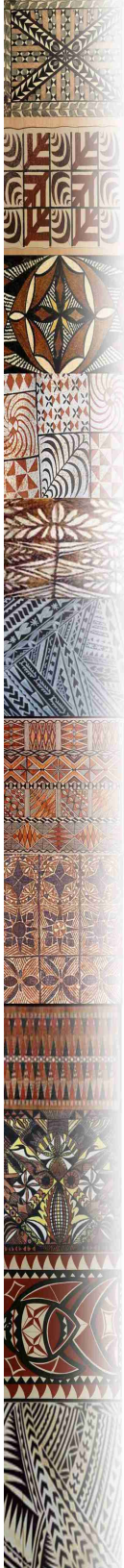
What's it like? It's a studio apartment in Grey Lynn. It's a nice place, except it sometimes has a leaky roof in winter. Though this isn't CORT's fault, as they have been trying to sort this out for me. It's one of those leaky Auckland buildings.

Do you like living by yourself? It has its moments, ups and downs. The bills can be tough to manage, but at least you don't have to wait in line for the bathroom.

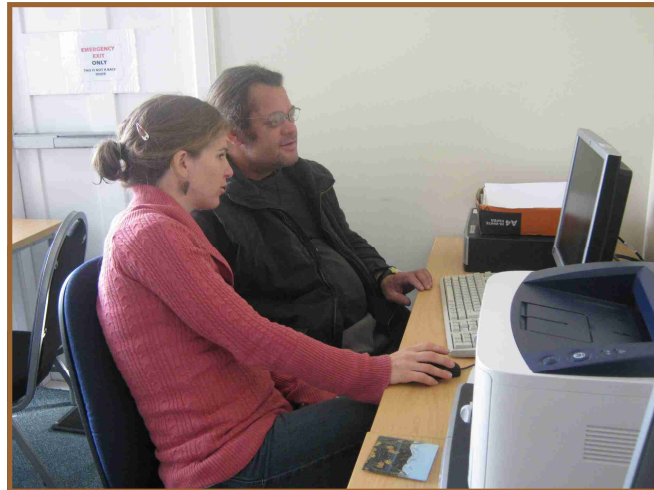
What are the advantages of having CORT as your landlord? They help out with managing power bills, and it's really easy to contact C.O.R.T. if anything goes wrong or needs fixing.

Is there anything else that CORT does? They run monthly barbecues for all the tenants and their friends. These are good events. They also recently put on a Midwinter Xmas party, which was really well attended.

Glenn P, who gets around, was luckily just passing within hearing of Stephen's interview of Annissa, and wasn't backward at seconding the endorsement of the Midwinter Xmas and CORT's thorough arrangements. "It was free and they had yummy food. There were some Crossroads people there too. There was also a live band. And the people who didn't have a car were picked up and dropped off."



As a boy I found literary and numeracy very difficult... mostly because I was bullied by other kids and this affected my confidence in everything that I did. My support team at Mason suggested that I try doing a structured literacy course. I was a bit unsure at first but this feeling changed as I began to get into it. Jenny, the tutor, was really supportive and patient with me. As time went on I began to enjoy the study more and more. I began to understand the basics of mathematics and surprised myself how I was able to pick it up. Jenny also taught me additional computer skills along the way. One of the other reasons I did the course was to help to my improve memory. So now I have completed the course and I am thinking what else? I am continuing to improve my typing by using a typing tutor and simply by doing more typing. I have been feeling lately that I am living a new life and it seems that opportunities for a different life are opening up to me.



Gerard hard at his Literacy Course, and showing a vast improvement in his life for his sustained effort over the past few months. Helping him along is Jenny from Adult Literacy.

Gerard



I am in love with a new word I recently discovered. It appeared rather coincidentally at a time when it fully resonated with the importance of my wellbeing. It was a boon to my psyche development. It amazed me that I had never come across the word ever before in my life.

The word is "STOLID." It refers to a person who is calm, dependable, showing little emotion or animation. *NO PANIC, NO SENSATIONALISM, NO THEATRICALS*, just pure "IT IS WHAT IT IS-NESS." What a great state for us all to aspire to. Preserve your mental health and chase the ZEN of STOLID!!!!

It is speculated that the word comes from the word *stulus*, which means "foolish" and could imply "stupid". While this may seem peculiar, you might imagine Forrest Gump, the lovable character that Tom Hanks brought alive to much acclaim. Forrest was simple, to the point, dependable and loyal. Just as real life shows us, such characters as Forrest can be very easy to fall in love with and can tame the heart of the hardest, meanest shrew. It was also captured by Peter Sellers in his very last film, *Being There*, that I highly recommend you watch. In a way, this behaviour of being stolid is a form of innocence. The honesty of allowing yourself to look stupid can be very empowering because you don't have anything to hide. People admire that about a person. Also you are not viewed as a threat, so people feel comfortable and secure around you.

Stolid may be the answer to all our woes. Keep stolid to get you thru times when life has become all too complicated and the "he said/she said" nonsense of common conflicts can abate, subside and perhaps even disappear. Some of the most beautiful examples of life in motion incorporate beings who practise the principle of being stolid. That is, being in the nature of a child.

stolid: | \square stälid | **adjective, (of a person) calm, dependable, and showing little emotion or animation.**

Derivatives:

stolidity | stə \square liditē | **noun**

stolidly (**adverb**)

stolidness (**noun**)

Origin: late 16th Century from obsolete French *stolide* or Latin *stolidus* (perhaps related to *stultus*, "foolish").

The Zen of Being Stolid

EDGE OF DARKNESS — a film review

Don't much like modern movies — good for nodding off to after a hard day at Clubhouse, a rainy afternoon, blobbing out on the couch with the cats, just glancing at the tv every now and again. \$15 to see a new film? Americans themselves pay half that. Whatever happened to \$6 Tuesdays? In Mexico, \$2.40 — That's my kind of siesta.

The first *Edge of Darkness* came out of Warner Bros, 1943. It was a World War II "Nazi Resistance" movie set in Norway, directed by admired film stylist Lewis Milestone (*All Quiet on the Western Front*, 1930). Mood music was by another Hollywood legend, Franz Waxman; stars Errol Flynn & Ann Sheridan, superlative actors Walter Huston, Dame Judith Anderson, Ruth Gordon making it a classic. Routine then when films went through

rigorous studio quality control and were tested publicly before general release.

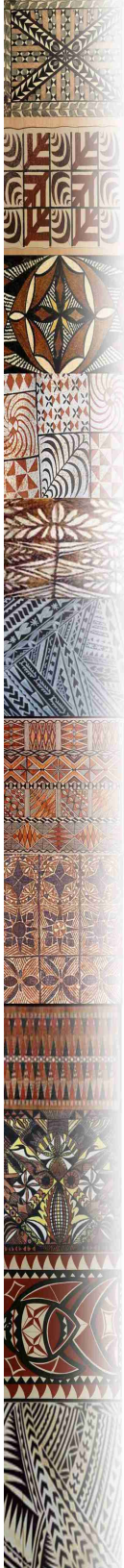


This one is by a British tv writer but that doesn't explain it. *Prime Suspect*, *Morse*, *Waking the Dead*, *Inspector Lynley* are all streets above this. *Edge of Darkness*... Even the title doesn't make sense. In 1943, the threat to the world tipping into the dark abyss of Nazism. In this the worst happens, but a nice ending is tacked on to make punters happy. Hitchcock predicted a good night out would one day be going to a room where electrodes are attached to pleasure and fear centres of your brain and tweaked in turn.

It's up to the usual action flicks with car chases, guns blazing and blood splashing but tries to meld *Dirty Harry* — Mel Gibson as an older hard-bitten cop — with *Ghost*. Mel's daughter works for an evil conglomerate doing illegal stuff. She knows too much and is wasted by the bosses in an oozing pool of her own DNA on Mel's doorstep 15 minutes in.

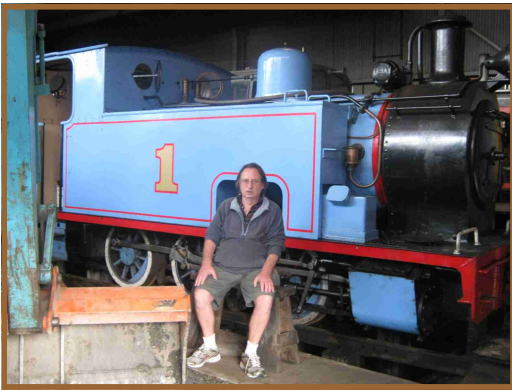
The movie is based on a Nineties tv series, and suffered from too much condensing... Too much something. English actor Ray Winstone adds some grit. Mel too shows a lack of New Age spiritual sensitivity. But when he's not blowing people away, he sees and hears and talks to his dead daughter in scenes that are very, very... nice. So is the ending nice, when father and daughter get up off their slabs and walk, not into darkness, but out into the light to die happily ever after. — Gaz

Happy ever after...



My name is Ray. One of my interests is to spend Thursday evenings at the Railway Workshops in Parnell. A group of like-minded enthusiasts meet each week and do volunteer work on the restoration of old locomotives. These are mostly steam powered but can use either oil or coal as a fuel.

As a volunteer I am able to go on some of the excursions (train rides) that the companies connected to these workshops run. I have left a copy of the details of these excursions with Stephen at the Communication Unit. Some of these more regular excursions go up to Helensville but there is one coming up that goes all the way to Whangarei.



The work I do on these locomotives is usually to get rid of rust or old paint and then polish them up and then oil the individual pieces. Most of the work is done by hand but I have used power tools from time to time.

Sometimes I feel that it is often my lack of confidence that stops me trying other things but I do what I can and it gives me lots of pleasure. I have also had the amazing opportunity to drive one of the trains... but only for a short distance around the workshop yards.



At the moment I am looking forward to the next excursion to Helensville. Hope to see you there or maybe a little closer to Whangarei...

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

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

www.iccd.org

We'd also be more than happy to give you a tour.

Tour times are **Tuesday** and **Thursday** between **11am** and **12pm**.



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