

Chatters Newsblast

A publication of Crossroads Clubhouse

September/October 2011



In the good old days people had an unwritten *right* to a job based just on ability to do it. Up to the mid-1970s there was literally zero unemployment in New Zealand. No matter how mentally or emotionally disturbed, people were accepted by the government and employers as workers. Now with high unemployment and underemployment embedded in the world economy, how fortunate for employers despite the United Nations' Universal Declaration of Human Rights, and NZ laws, that they can imagine any number of reasons not to hire a particular person — or no reason at all, if they wish.

This tacitly approved discrimination might be tolerable if those discriminated against were provided with a liveable wage as compensation for this gratuitous stigma, but instead, in spite of all the efforts of organizations like Crossroads Clubhouse, persons with a psychiatric diagnosis tend to be consigned to an underclass — even when formidably talented enough to shine supreme in their field or determined enough to make continuing herculean efforts to bounce back from repeated rejections. Look at the suicide rate.

And try to escape this mark of Cain? How bizarre, considering doctors swear an oath of secrecy about their patients' condition, that we job applicants are made by employers to state any such human weakness — unlike others lucky enough to go undiagnosed their whole life. These include shrewd and superficially 'normal' sociopaths, who are able to rise high in society in pursuits like politics and big business. — Sub Ed

A note about the cover: The cover art of this issue is a photo mosaic made up of shots from around our Clubhouse. Many people bring their differences together to make a community; Art imitating life as they say.

A huge thanks to everyone who works so hard to put this magazine together. It's always just a little bit more work than you expect, subsequently seeing the end result is pleasantly satisfying. Special thanks to two out-sourced contributors: Miriam Barr from Engage Aotearoa has submitted a letter to the editor and central Auckland M.P. Nikki Kaye shares her thoughts on current mental health policy.

The contributors to this issue of chatters are, in no particular order: Gary D, Tony H, Sandra T, Estelle N, Kenny H, John N, Jason Y, Patrick H, Stephen H, Moses S, Annissa C, Jade T, Nadine K, Paul G, Eugene M and Stephen M

Spring is on us and just like the season is picking up a notch and getting warmer things around the Clubhouse too are getting hot.

It's great to have Stephen Hart back after his extended holiday break in the good ole US of A. Thanks to our reliever, Lara, coordinating the kitchen, Nadine was able to oversee the Communication Unit. So by and large we were able to continue 'business as normal' with minimal disruption.



Mental Health Awareness Week (10th to 16th October) is almost on us too, kicking off earlier with Fiesta in the Park on Saturday 8th. We'll be there and I hope you will be too. Clubhouse is running a raffle to help fund our continuing kitchen upgrade: This to make the kitchen a more commercial environment for training members, as opposed to the domestic situation that currently exists. There are some great prizes to be won, courtesy mostly of the Grey Lynn business community.

It was great to finally get to meet Paula Bennett (Minister for Social Development), which members John Mustchin, Chris Rushworth plus Jade and myself did last month at her Waitakere electoral office. The topic of conversation was employment. We are still pursuing contacts for Transitional Employment (TE) positions. Paula indicated that there might be something available within her auspices under the Grey Lynn super-office of MSD, so we will be following this up with her shortly. Also discussed was the business of those important subsidies to encourage businesses to take on staff. It seems there are plans in place for changes (for the better) to expand some of those subsidies.

As of 1st October, Clubhouse has become Smoke Free. This decision was made after much discussion and deliberation. Clubhouse Standard #27 (ICCD) states the need for Clubhouses worldwide to 'promote healthy lifestyles'. Given the smoking habit's negative effects to a healthy lifestyle, Clubhouse will no longer provide a space for smoking. — Patrick

This is the inaugural News Report of Chatters Newsblast, serving our increasing membership and attendance. Unit reports were thought to be a little boring for a general readership, and have been discontinued.

One of the highlights of the Crossroads Clubhouse social calendar is the Twilight Dinner (formerly the Employment Dinner) held on the last Thursday of each month. Sep-



tember 29 saw popular guest Harry Lyon, formerly of rock band Hello Sailor, regaling diners with stories regarding the many challenges in his life. All went down well with lasagne & salad, pavlova & sorbet.

*

For the Grey Lynn Street Party on September 22, Clubhouse set up a street stall in cooperation with Toi

Ora Live Arts Trust. As well as an info booth, Clubhouse sold enough 'homebaked' goodies to raise around \$40. Unfortunately the rumoured appearance of Manu Samoa rugby stars did not eventuate.

*

The Communication Unit and its speakers gave a talk at Auckland University of Technology to nursing students. According to all reports it was a success. Next up is a presentation at Unitec in Mt Albert.

*

Clubhouse premises are undergoing an external facelift. The first phase of beautification has entailed digging the foundation for a paved area and removal of small trees, shrubs, roots and stumps. A European café setting is mooted alongside a managed compost system and revitalised vegetable plantation.

*



Clubhouse is refurbishing the kitchen for the Food Services Unit and budgeting its \$3,000 grant from SkyCity carefully. First up for consideration is new equipment from Southern Hospitality. Their rep called round on Friday, 30 September to assess an estimate.

Education & Employment Unit representatives visited Social Development Minister Paula Bennett in her electorate office on ... September. Prime Clubhouse objectives were able to be discussed. (See more details in the Director's Report.)

*

In connection with the previous item, all at Clubhouse have the enormous pleasure of Lara's continuing presence as a student placement. She is particularly active in the kitchen, and has become indispensable to the smooth running of everyone's tummies. We owe a great debt to her.

*

The Mainstream Employment Program is now in Clubhouse's sights as a source of potential job support, especially since its recent changes rung in that have expanded the range of eligible employers. Now not only government departments are able to hire job applicants who can identify and fill a special new job needed, but also n.g.o.s and certain private enterprises. Those taken on to Mainstream Projects are funded 100% for the first year and 80% for the second year, and paid at the going rate in that field. Up to 44% of Mainstream graduates are said to go on to permanent employment.

*

Our Feet Beat Challenge is now into its fourth week of a two-month schedule and is going well. It encourages walking, running, swimming and cycling activity as well as other forms of exercise. Participants are arranged into teams which compete against each other by totalling Marjory & the Marching Men are quoted as favourites.

*



The Arahura Trust AGM will be held on 27th October, 2pm, at the Wesley Community Centre, Sandringham Rd south, Mt Roskill. All welcome.

Dear Ed

I was intrigued to see you mention us in your editorial last issue. I thought you and the other members might like to know a bit more about where Engage Aotearoa got its name. We started out with a group programme to help people with anxiety. Anxiety is all about reactions to threat and it is designed to make us move away from threatening things. Problems with anxiety pretty much always involve some form of avoidance. When you break it right down, the solution almost always comes down to some form of engagement. So I called that first programme Engage Group and Engage Aotearoa grew from there.



The more research I did, the more I found that this rule-of-thumb for anxiety applies across the board to almost every form of unwellness I looked at. Our name isn't meant to be a call to action, but a clue as to what we can do to improve our sense of wellbeing—engage. The thing I like most about the concept of engaging, is that you can engage with anything you want. So if you are looking for restful ways to improve your wellbeing, then that's the kind of thing you can engage with to get there. I'm pretty over-busy myself these days and let me tell you — engaging with a bit of *ennui* or boredom every now and then is crucial at the moment. Some time to just 'be' has always been part of what I have needed when I've been struggling most. I think this is true for a lot of people.



I've never seen all these ngos' names written down together before though, and I think you're bang on with a shift in the kinds of names people are giving their mental health services. But perhaps this signals a turn towards more useful, practical approaches, rather than the vague or narrow approaches that seem to predominate so often as the norm? This at least is our intention with choosing a more proactive word as our moniker. We're a bit nervous about being lumped in with all these other services though — we are indeed a non-government organisation, but we're also service-user run and led, so we hope to be different in some pretty key ways.

Best wishes,

Miriam

Miriam Larsen-Barr
MA (1st Class Hons; Psych).
Service Director
Engage Aotearoa

After coming out of hospital, I had nothing to do. So I started coming to Clubhouse to approach something meaningful in my life and was satisfied being in a volunteer working environment since it kept me away from harsh thoughts due to my mental illness. I learn different skills, which is great. If you are unsure what organization Clubhouse is, Clubhouse is a place where consumers and staff come to do volunteer work for the consumers and work with the staff. There are different units: food service unit, employment and education, and communication unit including reception. Once a month there are twilight dinners on a Thursday and social recreation, which is going out for the day, doing an activity and having lunch.

The highlight at Clubhouse is doing volunteer work, which keeps my mind well since my mind is focused on my tasks. I also enjoy social recreation since it gives me an enjoyable activity to do. I've gained more confidence in my tasks at Clubhouse and am able to find networks at other places to attend like Framework Trust since it usually has a monthly course timetable posted at Clubhouse.

Clubhouse volunteer work has never been hard for me since there is always a staff member to help me when unsure about something.

There are many International Standards for Clubhouse programs. I have chosen one standard to give my opinion on — how I see the standard according to my understanding. That is Standard 3:

“Members choose the way they utilize the Clubhouse and the staff with whom they work. There are no agreements, contracts, schedules or rules intended to enforce participation of members.”

I think it is great to be flexible at Clubhouse, and when coming to Clubhouse as a member I usually don't work too hard and when wanting a break I am free to have a break. It is good that there are no schedules at Clubhouse since I have flexibility to go on other courses. It is important for a consumer to come to Clubhouse with a relaxed mind, so utilizing Clubhouse how the member wants is a good idea. This is my understanding of this International Standards for Clubhouse programmes.



For more information about the Clubhouse model of recovery you can visit www.iccd.org

Fiesta in the Park

On Saturday, October 8th, there will be a Fiesta (party!) at Western Park, Ponsonby, between the hours of 10 am and 4pm. Crossroads Clubhouse will have a stall there – including raffling off a prize pack with donations from generous Grey Lynn businesses.

There will be many bands and musicians playing, ranging from Ben Lummis of New Zealand Idol fame to rocker Jan Hellriegel, Others include Emma Paki and also Andrew Fagan of Mockers fame.

There will be a wide range of food for sale and information stands from many of the mental health care providers. The Fiesta is the beginning of Mental Health Awareness Week for which the theme this year is “Get in the game”.

Paul G



On Friday, 26th August, 16 people came up to visit us at the Clubhouse from Thames, Stepping Out to be exact. (Sub Ed — a drop-in that is inspired by the Clubhouse model and wants to move away from a them-and-us approach to participative inclusiveness.) We were their hosts, and my job in particular was to be tour guide — with Gerard and Pesa.

We showed them around Clubhouse, notice boards, computers, the work of the Units and so on. I explained about the Tutors Board and about Clubhouse providing education support and employment



Our guests from Stepping Out, Thames

support. It was their team leader Jo's second visit to the Clubhouse. Everyone liked what they saw. I found their group friendly, approachable and interested.

After a formal welcoming presentation, everyone introduced themselves and Jade gave a good description of Clubhouse activities. There were some lively exchanges with Stepping Out people giving the reasons why they came to the Clubhouse and how they found it helpful for them.

Then we had a lovely beef lasagne lunch cooked by Lara and John M. The group stayed on a bit longer and some asked if Clubhouse members performed work around the Clubhouse. I explained our lucky dip system (of sharing out the daily chores) and said that I thought it was a good idea. They made the comment that our notice boards would work for them too, if they took it on board.

Nikki Kaye, National Party MP for Auckland Central, responds to our August questionnaire on mental health policy.

Do you have any first-hand experience of mental ill-health, or second-hand knowledge of mental health issues through family or friends?

Yes, I have friends who have and have had mental ill-health.

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

I think a lot of people understand that with the global financial crisis and the Canterbury earthquakes it has been tough to ensure we can keep spending in key areas for our most disadvantaged while bringing government debt down so that we can have a stronger economy and more jobs.

Overall this Government is putting more money into mental health. Approximately \$1.2 billion is now spent each year on mental health services. Budget 2011 provided an extra \$40 million over four years, including \$4 million for dementia-related respite care.

The Government currently spends \$15.6 million per year on mental health promotion including the very successful Like Minds Like Mine project and the National Depression Initiative.

(Please visit our website for more detail around Like Minds and the NDI.)

Could you tell us any aspects you might change?

Officials regularly review the evidence to identify best practice approaches to mental health promotion and work with providers through the contracting process to ensure the best approaches are used. At this stage, no aspects of the existing programmes are planned to change within the current year. However, if any changes or future initiatives are planned we release them in our election policy in the next few months.

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)?

At the end of July 2011 there were 10,278 working-age Invalids Benefit clients whose doctor had indicated they would be able to engage in employment at some point in the next six months. Long-term welfare dependency imprisons people in a life of limited outcomes and limited choices. We don't believe it is good for New Zealand socially or financially to ignore this problem any longer.

The main aim for the Future Focus changes that the Government announced in March 2010 is to reinforce the expectation that people who can work, should work. That includes people on Sickness and Invalid's Benefits. The Government is making it clear that work is the best option for people who are able to work.

That said, the Government does recognise that people's situations are complex and some have responsibilities or conditions which justify exemptions. For some people, exemption from the usual reassessment and work testing regime will continue. For

example, people receiving Invalid's Benefit because of a high level of permanent disability, or people on the Sickness Benefit who are too ill to work for a time. However, we know some are capable of part-time work and we want to focus on what people can do rather than what they can't do. The changes mean that New Zealand's welfare system will provide help for those who genuinely need it, without becoming a lifestyle choice for those who don't. That's all we are aiming to do. Work and Income have a number of initiatives and financial assistance in place to assist clients who have barriers entering the workforce.

(Please visit our website for more detail)

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?

There is currently no evidence to suggest that RWC and those displaced following the Canterbury earthquakes will have any significant long-term impact on the availability of affordable housing in Auckland.

The Government has taken a number of practical steps to encourage the supply of housing including streamlining building regulations and reducing the cost of building through initiatives such as Multiproof. Departments are working closely with Auckland Council on the development of a spatial plan that will provide more space for the development of housing.

A new Social Housing Unit established by the Government on 1 July 2011, will look to grow provision of social and affordable housing by both niche and at scale social housing providers. The Government is supporting the work of this Unit with the provision of cash and land and Housing New Zealand is also looking to see if there are opportunities to support the work of the Unit through the divestment of any surplus state housing stock.

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?

The operating rules that apply to DHBs (the Operating Policy Framework) requires them to be able to demonstrate fair pricing over time to provider arm and non-government (NGO) providers of mental health and addiction services that is affordable to the DHB.

To make best use of the bulk funding available to a DHB each year, it will consider factors such as the needs of its population for all health and disability services, government priorities, new and innovative cost effective service models, the outcomes for clients and the performance of their providers.

If a mental health NGO provider is delivering a cost effective service, which achieves good outcomes for its clients, all DHBs, including ADHB, are required to be fair in their pricing of services so there is not "a tipping balance" for essential services.

**You can find the answers from Nikki Kaye at our website
www.crossroadsclubhouse.org.nz under the "Newsletter" section.**

INTRODUCING "KEN" — A SURVIVOR OF 9/1 LIVES HIS SECOND LIFE

Kyung-Ho "Ken" Na (family name) is our new student at Crossroads Clubhouse. He will be here Wednesdays and Thursdays until next June when he completes the practical requirement towards his Certificate in Mental Health Support Work based at Unitec.

Originally from Seoul, South Korea, Ken and his wife have lived in New Zealand 16 years and maintain traditional Korean gender role divisions in their marriage. He only became interested in mental health as a profession when a friend at Lincoln Rd Bible College suggested it suits his personality and aspirations to help people at a deeply personal level. He will search for a job on graduation but has no preference yet for community, residential, or home care.

The spiritual strength Ken intends to pass on to clients underwent perhaps its greatest test in Korea. His parents fled the North Korean dictatorship at the beginning of the Korean War as Mao's Chinese war machine swept southward in 1950. Helping to establish a whole new life for the family, eventually graduating in law in Seoul, Ken became legal counsel for the giant corporation KAL (Korean Air Lines), a complicated and highly stressful job at the best of times.

Ken's great trial of character started on 1st September 1983 when the historic Flight KAL-007 strayed into Soviet airspace and was shot down by the Russian air force. There were no survivors. KAL was bombarded by law suits from survivor families from 16 different countries. Ken, appointed KAL's legal manager for the case, spent the next five months living out of his office and hotels between Seoul and Washington.

As can be imagined, this was an incredible strain on him and on his marriage. After that, though continuing in the legal profession, he longed for a more peaceful lifestyle — one in which he could practise his Christian principles and values. In living at least two lives already, and continuing to cope well with his stress, Ken's life might be an example to many in how we are often capable of more than we think, and with the right support can come through the other end intact and thriving.



Eugene "The" Man and Ken

A pow-wow with Paula

On 16th September a representative few from Crossroads Clubhouse met up with Paula Bennett, Minister of Social Development, at her Auckland office: Jade, John M, Chris R and Patrick.



Paula was very welcoming and interested in Crossroads and the work that members do. We spoke to her of Clubhouses Transitional Employment programme and she agreed with us that the financial support given to the employer should actually be placed on the employee and not the employer. John shared a bit about a lot of voluntary work he has done through-out his life.... By working at Clubhouse it has given him some stability in life and less chance of isolating and getting more depressed. He talked about working for the MHF.

Chris spoke about being a foundation member of Clubhouse and what that means to him.

Paula said that she would look at the possibility of TE placements in her Grey Lynn offices.

In addition, the Minister spoke of a planned change of policy of the National government: to put more resources into those on benefits who are generally understood as being hard to place into employment. The announcement and roll-out is expected to take place around the end of the Rugby World Cup celebrations.

As some of you know, Crossroads Clubhouse is smoke-free as of 1st October 2011. Aside from traditional smoking replacements (patches, gum, lozenges) we have been investigating some new alternatives to smoking cigarettes.

John Key (not the celebrity on tv every night) visited Clubhouse in August and gave a presentation on the *smoke-stik*. John himself first tried it, not because he wanted to give up smoking, but because he didn't want to be taking in all the harmful chemical additives that are in cigarettes.



He likes the fact that he can now smoke at home, and in cafes and bars and no longer has to go outside in order to do so. He finds it quite amusing when he is smoking in these usually off-limits places that people will come up to him and tell him "sorry mate, it's non-smoking in here. With this *smoke-stik*, there is only nicotine and water vapour to inhale and exhale, no second-hand smoke for others. It's also a lot cheaper.

Getting going with the starter pack is the biggest expense, about \$120. Then once you're up and running, a pack of five cartridges costs \$28; each cartridge is equivalent to 25 cigarettes. So the pack equals 250 cigarettes, which would cost \$90.00: therefore, a saving of \$62!

Remember, by using the *smoke-stik* you only take in the active ingredient nicotine into your system; no other toxic chemicals that are in cigarettes. If you want to give up smoking or reduce your nicotine intake then you can choose a lesser strength cartridge.

SURVIVING OUR PSYCHOLOGY

Life has serious consequences for us all — death being the only certain one. It's a truism that how we handle the good and bad times in life makes us who we are. It used to be believed that suffering pain was a character-builder, and the more physical and emotional suffering you could take "on the chin" still "with chin up" the more moral you were: So, men who dodged artillery shells and machine-gun bullets in World War I were deemed immoral, a.k.a. cowards. But later in the 20th Century, by the time of the Korean War (1950-53), it was realised everyone had his or her "breaking point", especially under "brainwashing" torture: pushed past your personal limit, where you might swear that the sky is green and the grass blue, just to have a moment's sleep or peace.

Some people's lives might be equated to slow torture, deliberate or not, from whatever source(s): family dysfunction or simple incompatibility; broken home and/or family relocation; 'friends' from childhood, bullying exacerbated by swapping schools; societal institutions (school, scouts); cultural practices. Authority figures can abuse their power or neglect their responsibilities just as easily as uplift a child's life, and the effects can be irreversible. Children growing up can easily miss out on a deeper education about the ways of the world — those not mentioned in school books and social engineering manuals written by 'educators'. Like every living thing, from inception we are conditioned by our surroundings. Even plants know to grow away from harsh conditions and bend towards the sun. Forced to live in punishing circumstances, to have the IQ or EQ (emotional quotient) of a potplant could be a blessing in disguise.

More and more is becoming known through research about life events influencing or actually determining our mental makeup — changing our brain chemistry — and vice versa. Little is known yet of the part played by our individual "genetic memory" passed down to us by our parents and their parents. This might range from genes passed down for personality and temperament that might dispose us to mental or emotional injury — rather than physical weaknesses often passed on through other families in the form of cancers, heart disease, addictions... Something, or rather a combination of things, is going to kill us in the end. —Gaz

Beach Boys

We were all away by 9.30, all us dedicated followers. It was a Saturday in August. I thought at first we were going to Maraetai... Then there seemed to be a change of plan. We stopped in Clevedon for nibbles and some members bought fish'n'chips and others coffees. Then we made our way to Kawa Kawa Bay, arriving there approximately 11.30.



There was a lot of spontaneity from members. A couple of members went swimming. Some did a boot of the ball. John M went climbing up the hill. Others went for a walk along the beach. It took about half an hour to set up the bar-b-que. And people just enjoyed sitting looking at the gorgeous view. Kenny was the bar-b-que chef... We all had a good feed and then we motored on to Kaiau. We stopped there briefly for a comfort stop and then took the long ride home through rolling hills to Matatangi, Mangatawhiri and then back home to Clubhouse. Along the way at Matatangi, I think, we saw a big sign for Crossroads Church — and stopped and took pictures. I rate the outing as a 10-out-of-10 trip.

Yeehah! — Estelle

Genuine mental illness has never been a popular subject of popular movies. The biopics of Frances Farmer (Jessica Lange) and *The Insatiable Moon* (Rawiri Paratene) are rarities that take some pains for accuracy. TV drama still treats psychotics as prime suspects for murderers and there is still confusion between multiple personality disorder and “schizophrenia” — a term rapidly going out of use it is so coverall.

Of recent films, I was first put off *Insatiable Moon* by a fear that it was about Ban Ki Moon’s sex life. But two very good older ones are *Dream Team* (1989) and *The Cobweb* (1955). The latter features multiple superstars of their day that wouldn’t mean anything to filmgoers now (Lauren Bacall, Richard Widmark, Charles Boyer). It’s a colour blockbuster, advanced for its day, that treats mental illness as blameless, condemns stigma and focuses on how the power politics of a powerful mental health trust adversely affect the residents at its therapy centre.

The Dream Team has been described as a comic *One Flew Over the Cuckoo’s Nest* (1975). It stars Michael Keaton, Christopher Lloyd (*Back to the Future*), Peter Boyle (*Everybody Loves Raymond*) and Stephen Furst. Two months after this one, Keaton starred as *Batman*, quite a leap. It involves a five-hour escorted leave in the van to see the New York Yankees that hilariously evolves into a liberating experience for all four clients. They gain confidence, turn the tables on condescending clinicians and make large steps towards recovery. I recommend both films for all those in the mental health system in danger of taking themselves too seriously.

Other Hollywood stars have given good portrayals of men under stress: Robin Williams, Michael Douglas... One that has been called a truly great film is dear to my heart and probably appeals to a lot of men entering upper middle age. It has Jack Nicholson (no, not *The Shining*) as a put-upon retiree ending 40 years’ devoted service to his company to face the usual gold-watch kick in the pants. Schmidt, a nice guy put-upon to the extent of sitting down every time he uses the toilet just to please his harridan wife, discovers she has been unfaithful with his best friend for years.

He’s dissed by his daughter too, and is so out of touch with the dating scene his first approach leads to an accusation of sexual assault. After living a life of illusions, he finds real meaning for the first time when he realizes the young “son” he is sponsoring in Africa is the only person in the world who still respects him, is grateful for his well-meaning efforts and loves him with no strings attached. He dissolves in tears as a fitting finale.

The Great Grey Lynn Samoan Street party brought our community alive. I live just up the road and it so was handy for me and my mate John N to



Ambassador John caught up with Jacinda Ardern

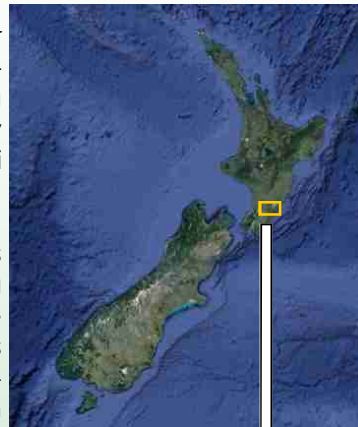
drop in and sample the goods. We got to see some of the local people out and about — Grey Lynn's finest. As well as baking from Clubhouse and others, there was some traditional Island food like chop suey. The Grey Lynn shopkeepers were getting involved too. Bands were playing at either end of the Surrey Cres shops, and the boys from St Joseph's School played Island drums. There were Samoan supporters everywhere, taking a short break from supporting their team at the Rugby World Cup, just a few short k's up the road at Eden Park, Sandringham. Jacinda (above), our friends from Toi Ora, Erwin and Bernadette, were there — and Miriama Forbes covered the party for tv.

This is your boy Kenny signing off till next time.

One of our Clubhouse alumni, namely Glenn Morrissey, has sent an updating letter to our staff to say how he's getting along after leaving Auckland last December — not an easy thing to do for even the bravest soul venturing into the wilderness south of the Bombays. Glenn is fondly remembered as a rock drummer and was a great help on all sorts of tasks through 2010. In return, he is very grateful and says a huge thank you for the support from staff: Patrick, Stephen, Nadine, Jade.

Glenn relocated to the Wairarapa to be closer to his family (see map). As a change from Carterton nightlife, Glenn often makes it in to the Big Smoke of Masterton or Greytown. He normally has greater things in mind, studying in a Mauri Ora program (Maori culture and protocols).

Glenn is obviously still his well-organised self, as he sets aside Monday mornings to meet with a social activities group. He volunteers for the Heart Foundation sorting second-hand books and worships at St Lukes Anglican Church, Greytown. Despite a few teething problems settling in — he's Presbyterian — things are going well there too. But all this is not enough for Glenn. He is initiating a support group for local people with bipolar disorder, having done the same in New Plymouth earlier this year. He was amazed at the high level of response he got there, and says there is no shortage of mentally ill people either in his new area.



Like many *tangata whaiora*, Glenn is more than eager to get work, preferably where his aptitude and passion lie: "Looking to the future, I really want to be fixing computers in some capacity, but that takes more study, equipment, money... It all really pivots on getting regular work. I'm really kind of impatient to get going, being well now, but it takes as long as it takes." Glenn rides his mum's Honda scooter to look for work while his own is still in storage in New Plymouth. Let's all hope his hard work, patience and persistence are rewarded soon. Everyone deserves a chance to make a living, and Glenn is more able than most to make it work.

A unique approach

Like all our work, this was produced in-house by members — our approach to recovery: working side by side for our Clubhouse.

**Attention Employers:
Crossroads Clubhouse has a pool of
skilled and motivated members who
are ready to work. Please get in
contact with us if you can help**

For more about our Clubhouse visit:
www.crossroadsclubhouse.org.nz

For more info on the Clubhouse model visit:
www.iccd.org



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

**393 Great North Road
Grey Lynn
Ph: 09 376 4267
adminclubhouse@vodafone.co.nz**

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