

Chatters

A publication of Crossroads Clubhouse

July/August 2013



HOME IS WHERE THE HEART IS



I came back to Clubhouse for the second time in November 2011.

What Clubhouse means for me personally is a place where I can get my brain refocused and make a contribution to the wider community.

My life outside the Clubhouse community can be pretty humdrum a lot of the time, so coming to Club-

house really invigorates my week. Clubhouse is good for maintaining a standard of consistency; this gives the other members and I a strong foundation, which we can turn to in our sometimes difficult lives.

One thing I do regret is that I haven't made fuller use of Clubhouse in respect to participating in social activities. I believe that with the support of other members and staff I can step outside my comfort zone and more fully enjoy the Clubhouse culture.

Tony H

The contributors to and the constructors of this issue of *Chatters* are:



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

Director's Say

Well haven't we had a mild winter... I was over at Ambury Park on the weekend with some friends cycling along the old Mangere bridge, then around the estuary to the Park. I would certainly recommend it. At Ambury Park we were met with the sight of new born lambs, calves and piglets that were frolicking around. It was only then that it hit me that it's only a few more weeks to spring... Yee Ha!

You know there are some really great spaces and places in Auckland to visit and explore. But I still think we could do a lot more to make the city more people friendly.

I am disappointed that I am unable to get to see Jan Ghel's 'The Human Scale' currently showing at the International Film Festival. Unfortunately it was completely booked out. The film is about making cities human friendly as opposed to car friendly, which ultimately is at the cost of peoples' quality of life. The film looks at the changes that have been made over a 40 year period in Copenhagen, to make people more the focus of city life.

There are some two minute clips you can see on Youtube. It shows other cities of the world (including Christchurch) and how they are fairing in this endeavor. Jan Ghel was in Auckland a couple of years ago and gave a lecture 'Auckland – rebuilding towards a great city for people' .

I attended a meeting today in connection with 'Fiesta in the Park' for Mental Health Awareness week. Put the 12th October in your diary! Though we were only a small group from different support agencies, there was a lot of enthusiasm and lots of very positive energy there. Lots of ideas and suggestions have been proposed.



Some recommendations from the first 'Fiesta' meeting last month have already been implemented, musicians confirmed, contractors booked, the site mapped for best use etc. etc. Something that came over very strong at the meeting was that everyone agreed the event be interactive. So it's all looking really good.

The next planning meeting will be held on 27th August at 12 midday at Supporting Families in Mental Illness (SFMI). If anyone wants anymore info on the 'Fiesta', contact: janette@toiora.org.nz

Patrick

Newsflash

We celebrated the middle of the year with a party in June. This was a fun occasion with silly hats and all! See cover pics and Peter G's story on p. 10.

Recent **Social Recreation** trips gained rave reviews. They included a trip to Miranda hot pools and Thames township, check out Diana P and Glenn P's update on p.14.

There has been some momentum on the **employment** scene with a number of members busily attending interviews and several gaining paid work p.9.



We are continuing to work on developing **Transitional Employment (T.E)** opportunities for members. Please contact Crossroads if you have any ideas or leads for supportive employers.



The Crossroads **presentation** team spoke at Mason Clinic in June. The next presentation will be held at a Supporting Families in Mental Illness (SFMI). See p.16 for an interview with David Murray from SFMI. Presentations are also in the pipeline with Work and Income staff.

Our run of **placement students** has continued. PHD student Laura Y was with us for a short time, Gavin is currently on board and Peter will join us in the coming months.

The kitchen team are enjoying our new commercial **chiller**, featuring a glass door. The chiller replaces our domestic fridge which was becoming unreliable. This purchase was made from our garages sale profits earlier in the year.

Summer Camp is locked in for Feb 2014! We will be returning to the stunning Mangawhai Heads, (100km north east of Auckland). Accommodation is booked at Campbell Park Christian Camp. This is a fantastic opportunity

Newsflash

for members to get out of the city and enjoy a holiday at the beach. Fundraising will kick off with a BBQ at Bunnings in August.



We are currently selling **Entertainment books** as a fundraiser for Crossroads. This book of discount vouchers is a great way to save money on eating out, staying in hotels and activities like visiting the Zoo. It also makes a great gift. Give us a call on **396 4267** or click on the following link <https://www.entertainmentbook.co.nz/orderbooks/9004x25> to get hold of a book.

Our **DVD library** has been well utilized over the winter months. We have recently had several new DVDs donated. If you have quality DVDs to clear we are always willing to make good use of them.

Fiesta in the Park is coming up during **Mental Health Awareness week**.

Keep Saturday 12th of October free, pop down to the Fiesta at Western Park, Ponsonby. There will be plenty of talent on show in the form of live music, poetry recitals and participative art. There will also be a host of health and wellness sites and food stalls, hosted by local businesses and support services. Crossroads will be a part of this, we look forward to seeing you there!



My life hasn't gone up in smoke

Hi, my name is Preston and on the 23 December 2012 I gave up smoking!

When my Papa died I decided that I would make one change in my life to celebrate his life, so I decided to give up smoking. This was a hard decision because I was addicted to cigarettes and I loved to smoke. So one morning I woke up and two cigarettes left in my packet and I said to myself that these would be the last two that I would have for the rest of my life.

I knew that I couldn't go cold turkey so I went to Mason clinic staff and asked if I could have some nicotine lozenges from the doctor and I sucked those lozenges long and hard. Over four months I slowly decreased the amount of lozenges that I had been charted – giving up the lozenges was hard I think that was because for me, the lozenges replaced the cigarettes – well that's what I thought. So I knew that I had to find other things to do during the day – because this is when I smoked the most. I noticed that all of a sudden my food tasted better but then I began to eat more – eating more meant that I put on extra weight so I had another problem to sort out – I could have easily gone back to smoking at this stage.

To sort all this out I decided to start exercising. My Zoo Doo job is really physical; the bags of Zoo Doo that I lift weigh about 30 kg so that's one good workout to start the day. I also walk to Pt. Chevalier – I know that I should do this everyday but sometimes I am

really busy and I talk myself out of it. I know that I have to get more motivated.



The other day the staff told me to walk to church and that was the best advice that they could give because I knew that I had to make the effort. I have to get into the routine of daily exercise if I am going to get fit and healthy aye.

An Update from 12/06/13

Well it has been a month and a half since I started to write this article about my journey of being smoke free and things have been tough, I won't deny this but I remain strong in myself and I haven't smoked.

I have started back on my lozenges because I needed some extra help but I am slowly reducing the amount I take- I think in all honesty it will take me until the end of the year until I come off these but it's still better than smoking. Most of my friends are smokers and sometimes I tell them to 'give it up bro', but they just laugh, I guess that they aren't ready yet.

Do you know what? I have more spare money now so I can use my leaves to go to the movies, put things on lay-by, treat my mum to something nice, go into town. I now have many choices of what to spend my money on.

Preston

SMOKING = NOT MY FUTURE

Journey to Clubhouse

Garvin who is a placement student at Clubhouse interviewed Mark to find out how he came to Clubhouse. Here is his story.



Mark first heard about Crossroads Clubhouse through WINZ. He came to Crossroads through the Taylor Centre. He didn't find the Taylor Centre were able to give him the extra help he needed.

He lives with his aunty. In his younger days he took drugs and alcohol for twenty years. He came off substances while he was living with his Father. He felt a mental and spiritual feeling come over him which he attributes to being the Holy Spirit.

He is a committed Christian and he attends church twice a week on Tuesday and Sundays. He enjoys walking, one hour every day.

The best thing he likes about Crossroads is that he can volunteer for light duties. Crossroads has good recreational activities, good social trips and he enjoys meeting people with the same disabilities. He mainly likes working in the Food Services and Employment and Education Units. If not for Crossroads he would be sitting at home watching TV when not going to church.

His advice for anyone contemplating joining Crossroads is, it's a good place to be, you can fill up your day by coming to Crossroads and you can socialize with others or do nothing at all.

He says his experience of mental illness is due to past drug and alcohol abuse.

We wish you well on your journey Mark!

Patrick flies south for the Winter

*On his return from Dunedin, Patrick was interviewed by Paul G about his trip to our sister organisation—
Tapestry Clubhouse*



When did you go down?

On Friday 14th of June. The plane was supposed to leave at 7:15am, but it left an hour later due to fog at Dunedin's airport.

Did you get picked up at the airport?

Yes - Mick, one of the staff, and a couple of the members picked me up. It was a really nice ride through countryside and then into town on a bright, crisp winters day.

What was your first impressions of Tapestry?

Good. I have been there before, four years ago. It's an attractive place - two old villas joined together by an annex, set in a sleepy suburb called St Kilda.

What did you do when you were there?

I said "Hi" to everyone and then was introduced to the Clubhouse International auditors Jason and Andrew - they are both from Australia.

What did you discuss?

Many of the findings and issues they had with Tapestry was also common to Crossroads, so we had common ground with which to dialogue. They had been at Tapestry all week. Just as I arrived they made their presentation of the results of their audit of the service which they made to the assembled group.

Do you hope for something similar (International Accreditation) for Crossroads?

No - it's a big expense and the money can be spent on other things.

What did you think of Dunedin City?

I think it is an interesting city with lots of character and I love all the old buildings. Unfortunately I didn't really get to see much of it this time around. I spent the entire day working.

What did you do while you were working, Pat?

Talked about Clubhouse. Talked about their findings on Tapestry on how Crossroads can benefit from this. They provided some ideas and suggestions for Crossroads moving forward. They were sad that we were unsuccessful in finding other premises.

Will you take their suggestions on board Patrick?

The need to establish an advisory board was probably the main thing I took away from all our discussions. Also for staff to develop more projects and invite members to sign up for these - like what we have done for F.S.U, with members committing to come and work prior to the day.

Did you enjoy it?

Yes, catching up with everybody.

The Work Front

Chris, Pauline T and Peter G have been working hard at securing paid work. They share their recent success and challenges.

Chris R:

Back in May I was walking past the Surrey Hotel and noticed lots of weeds and grass around their hedges. A while later I asked Nadine for a contact name. On the 6th of June I phoned them and that morning started working there at 10.15am.

I enjoy the work and the staff are great. The work involves cleaning rubbish and weeds, lawn mowing and pruning. There is some spraying to do also. The job is 10 hours per week, spread over three days.

Gardening is my preferred work. The Clubhouse has had some contact with the Hotel over the years. They have donated raffle prizes to us.

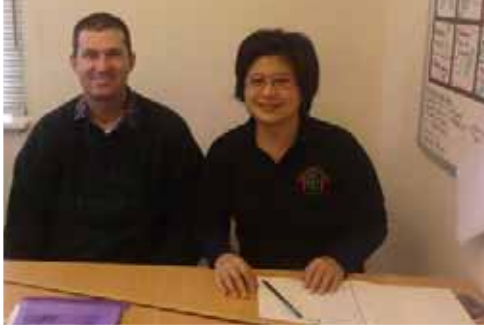
Pauline T:

After several interviews I have secured a two days per month job, stuffing accounts and newsletters into envelopes for Ceres Enterprises Ltd. I am yet to secure more regular work. My patience is tiring but my faithfulness is great.

I completed a work trial at a lawyers office, they wanted to keep me on but the role was based in Papatoetoe which was too far to travel (about an hour by bus each way).

I am still doing voluntary work for the Salvation Army and the Asian Family Services. Unfortunately my benefit is affected by the work I have gained. I hope I get full time

work eventually and I can only "keep trying" as Milly from Frameworks tells me. So wish me luck in my job search and hopefully I will have good news soon.



Peter G:

I started my new job on the 1st July 2013, at 8.30am. The company is called "Woodstar" and it's on 184 Stoddard Rd, Mt Roskill.

On the first day I was very nervous and scared because I didn't know what to expect from the new job, and I wanted to do well in the position. Stephen met me at the company which was very encouraging and useful. Scott showed me what to do, which was very helpful.

My responsibilities include washing the dishes, filling up the hot water urn with filtered water, emptying the timber bins, (by pushing them to the large timber bin and throwing the off cuts into the large bin, then pushing the bin back), picking up the mail, any milk which is needed, and two copies of the New Zealand Herald. I also pick up any rubbish which is in the yard, and empty the office bins.

I work Monday to Friday 8:30am - 10:15am. I record my hours on a time sheet.

I find the job quite easy, because it's a cleaning job and it doesn't take much thought.

Mid- Winter Party

The party started at 3pm on the 26th of June. We began with nibbles and karaoke at Clubhouse. Members like Ngaiwi, Craig H, Gary and I sung to the other members. The singing was not very good, but that didn't matter to the singers and others.

The members arrived with silly hats on, like a policeman's helmet and a frogs hat for example.

Stephen's hat was like a robots head, which was very funny. The nibbles and singing lasted 2 hours and at 5pm, the members left the Clubhouse and walked or drove to the Em-press of India restaurant.

The members kept wearing their silly hats, while they were walking to the restaurant, they looked very peculiar.

The restaurant had tables set up for our group of 40 people. There were lots of photographs taken and talking among the diners. Meals were pre-ordered. The meal was very good, I had lamb Korma medium, everyone seemed to enjoy their main course.

Peter G



A Trip to the Homeland

Maricor disappeared for a few weeks recently. Emma decided to get to the bottom of this mysterious absence...

Maricor recently returned to her island of origin, Leyte, Phillipines. She came to join her Mum and live in New Zealand in 2007. This was her first visit back to the Phillipines' in six years.

Maricor grew up with her Grandparents and studied Political Science before moving to NZ. She did a year of voluntary work before enrolling to study Occupational Therapy.

Maricor, her Mum and brother went back to Leyte and enjoyed catching up with friends and visitors. They stayed two weeks and found it incredibly hot, showering several times a day.

Made up of over 7,000 islands, the Phillipines' has a population of more than 97 million people. Maricor flew from NZ via Hong Kong and onto Manila, the capital. She then had to take a domestic flight to her island, Leyte and travel an hour and a half by car to reach her old home.

Tagalog is the language spoken in urban regions and Maricor also speaks her regional dialect, Cebuano. The Phillipine's have at least two fruits that we don't have in New Zealand; Rambutan and Dorian – a stinky but good-tasting fruit.

Maricor's home village is in the countryside. People live simply, fishing being the main activity. Some people work in the big cities and come home only for holidays. Lots of Maricor's relatives still live there.

On her holiday Maricor spent two days in an upmarket resort in Manila enjoying the bustling city life with so many people. The traffic is really bad (so much worse than Auckland traffic!) but there is good shopping and cheaper food and accommodation.

Maricor ate sweet, yellow mangoes every day. She arrived at the end of May which is a festival time in the Phillipines' – each suburb/town organizes their own celebration. She loves the village discos which involve lights, dance and hip-hop or club music.



Maricor is happy living in New Zealand. She loves the libraries, the laid-back lifestyle, friendly people and the beauty of our seasons. Maricor appreciates the level of social equality in New Zealand and the way she can make decisions independently

(rather than excessive extended family involvement.)

Maricor misses the warm water of the Phillipines' and being able to swim at night. Bonfires are often made on the beaches.

Emma

Places of Sanctuary and Grounding

Paul G and Glenn talk about getting away from the big-smoke, heading for places that provide them with a bit of what they're looking for...



Hawkes Bay Retreat

On Tuesday, May 2013 two friends and I drove to the Southern Star Abbey in Kopua, Hawkes Bay. I have been there once before. It is a Catholic monastery. They have added a new guest building since my first visit. The new Guest House is modern, fits two people to a room. Each room has a shower and toilet.

The monks were very welcoming and friendly. Always a smile on their faces. They would get up at 4am in the morning to meet together and pray. They would meet at various times during the day to pray. Mass was at 8am. The monks also did farm work and hospitality work. Some would work in the kitchen to prepare meals for the guests. The monks were also available for talks.

The monastery has a library. The books mainly cover topics of theology, meditation, monastic life and the lives of the saints.

The monastery owns quite a bit of land which is farm land and bush. There's a path that goes through the bush.

The meals were good. Tasty and healthy. For all this we only had to give a donation if we

could afford it. There was no pressure to pay. It was very enjoyable. With the quiet of the surroundings, the beauty of nature, it's a place one can find God.

It's worth a visit. Paul G

Glenn's Marae Visit

My marae is Hora Hora. I am of Tainui descent through my father's side. My subtribe is Ngati Mahuta. I am of Scottish-Danish decent and Maori on my mother's side.

My marae Hora Hora mare, is on the way south of Auckland, towards Hamilton, hang a right at the Rangiriri Pub over the Waikato River.

I love the warmth and hospitality of my marae – the welcoming by kisses on the cheek of the wahine (women) or hongis with the tane (men).

Every year we meet for Pokai which is a new years eve celebration where all the whanau see the new year in. We share meals together in the whare kai (dining room), no one goes hungry. My iwi got our tribal settlement in 1995, our whanau can apply to the marae for educational grants. Glenn P



Above is a picture of the whare tepuna, a place where whanau and guests to the mare sleep.

Study of a Student

Paul D and Mark P quizzed Stephen on his studying habits.

Q: What is the course and what does it entail ?

A: I am studying the Diploma of Mental Health Support Work. As I am studying part-time this means I am at Auckland University of Technology (AUT) for two half days per week.

Q: How do you enjoy the course?

A: The most enjoyable part of the course so far has been meeting all the other students who have come from a wide range of backgrounds, many different ages, experiences and ethnicities.

Q: Do you find it hard?

A: Yes and no. A lot of what I have learnt at Clubhouse is really helpful in the course, so most of it makes sense immediately. But, those assignments sure don't write themselves.

Q: So will you continue with it?

A: Absolutely!

Q: What are your hobbies when you're not studying?

A: I used to play a lot in bands and I still do this from time to time. Lately I've enjoyed some building projects – very unskilled DIY.

Q: Is the course compulsory or do you want to do it?

A: Good question Paul! There is an expectation in the mental health field to be qualified, so yes in some ways it is compulsory. But now that

I realise it's not too much of a stretch to work and study at the same time, I'm glad I did it.

Q: Is it long hard hours?

A: The classes themselves don't take up too much time but you are expected to do readings and assignments outside of that time. So there are times when it doesn't seem like there are enough hours in the day.

Q: Will you do the course again?

A: I hope not! I hope to pass all the papers so I can move onto other things.

Q: What's your long term view?

A: I really like the direction that Clubhouse is headed in, so I plan to be here for a while longer but longer than that I don't really know.

Q: What will you do with your Diploma ? Will it go on the wall? Or will you bring it

to Clubhouse?

A: My house is pretty small so I don't know if it will go on the wall, but I will certainly bring it to Clubhouse for a visit. Of course, I still have to get it.

Q: Do you get feedback from the course?

A: Most of the feedback so far comes from the assignments you get back, though the classes are very interactive so there's good discussion all the time, which is great feedback.

Q: Do you think you have a hope of passing?

A: Yes, absolutely. There is hope for us all.





Miranda Hot Pools: Glenn's words

On Saturday 15th of June, we went on a social rec to Miranda Hot Pools. The people that went on this trip were Clive, Merv, Pauline, Chris R, Ngaiwi, Paul G, Diana, Pink, Mark P, Sandra, John M, Kerry, Rhonda, Geoff, Craig H and myself.

We left at 9:15am to go to the hot pools. These pools are situated near Thames. Kerry drove one van and Rhonda the other one. It was a real fun trip . At Miranda there are two hot pools. Everyone went in for a swim. I took lots of photos. Maricor handled the food and John M cooked the sausages.

On the way back we went through Clevedon. Our van got back first. We arrived back around 3pm. It was a great day out.

Miranda Hot Pools: Diana's Words

Hi my name is Diana. Last year I really emphasised with Clubhouse if they were going to Miranda as a social rec day to let me know. Why? I had the one experience in 1984 to go there. I remember the trip very well. One of two of the friends I was with, were having their first babies and sitting around together on the main pool talking about it. I was quite curious what they were saying as I wasn't expecting a baby.

The next opportunity was 1990 when I went to on the Campadair Camp with Carrington hospital. Thoes with disabilities were able to go to Miranda Hot Pools. I could have gone but didn't know they were going. That's why I know 1984 was the only time I've ever been. So I really appreciated someone telling me about the proposed trip two weeks ago. I quickly booked a

place and I paid my money.

There were five females and about ten men attended the soc rec trip with Maricor. When we arrived it looked exactly how I remembered it. One friend said "it is the sort of place that probably wouldn't change over the years." After 10 minutes in the hot spa we gathered into the larger pool which was still quite hot. We enjoyed a lovely barbeque and other goodies, and all had good time chatting. We then took the scenic coast road back to Auckland. I was very satisfied and happy that I went on the social rec trip. It felt like I had squashed 30 years of memories into one.

The Call of Nature in Thames

When seventeen members from Crossroads Clubhouse descended on the bird sanctuary in Miranda, Firth of Thames, the proprietor's eyes lit up with expectation.

However, when he realized the influx of visitors was more a call of nature than an interest in nature, he made the most of the occasion by requesting a small donation to use the facilities. Members were reminded of the old saying "to spend a penny" when they had to drop some coins

in the donation box before using the toilet.

The Social Recreation Reports

Having spent the morning browsing through the shops at Thames after travelling from Crossroads Clubhouse at 10am, the convenience of using the facilities was worth a few coins. The lure of the nearby beach and the prospect of a barbeque lunch outweighed the option of spending any more time in the bird sanctuary. With a clear blue sky, sun and sea, the lunch spot provided a beautiful outlook ,overlooking the harbour, shared with a few motorhomes that were making the most of the lovely spot.

One sausage too many and feeling a little queasy, a few pieces of ginger fixed the problem. Being aware of the soothing properties of ginger, Chris had decided to buy some in preparation for the journey. Yes, even crystallised ginger sweetened with sugar can do wonders for a queasy tummy.

Debbie's destinations/destiny



Our on-and-off kitchen lady, Debbie the lovely colleen from County Donegal, is an inveterate (look it up) world traveller. Hence Dad's favourite encouragement to her has always been "Your life is

one long holiday!" (Dad came from spartan farming stock and later in factory work had just one day off in 32 years — and the thought of that single day almost killed him.) They were living in the Irish enclave of Birmingham, England, when Deb was born. The distaff side of their family all went into caring professions, starting with Mum in nursing; elder sister an occupational therapist in mental health; another, a carer in a home for homeless men; and younger sister works for the "Make a Wish" foundation, UK.

All things point to Debbie being a *very* caring person, aside from her unfailingly good-humoured indulgence of Crossroads members' sometimes wacky behaviour. After university in Belfast she looked after Mum for a year recuperating from an operation. In the meantime she's been to Korea (working as an English language teacher) and back, China (Jiansu province) and back, Australia (where she met Tam) and back. Deb and Tam, short for Tam O'Shanter, had known each other back in Ireland but didn't like each other then. In Australia there was a 180-degree change of heart and the two came on to NZ.

Not surprisingly, having been cooped up in Auckland the entire time they've lived in New Zealand — all of three months now — they will tour in their little motor out of Auckland for the

first time come this spring and summer. Here on a three-year visa, come August they will be eligible to apply for NZ permanent residency. For now, Debbie appreciates her free time in coming to know her new country better and living her life/one long holiday to the full.

And here's a poem Debbie wrote about the Clubhouse:

The Crossroads

It starts with an autograph

A daily signing in

A catch up of the night before

Then the emptying of the bins.

We gather around to plan our day

The jobs to do and have our say.

We get right to it, getting things done,
Tending the herbs, the toilets can be fun.

In this house we can all be ourselves

Chatting or moaning while cleaning the shelves.

Photos are snapped
for Facebook and Chatters

We type up some quotes,
and the Clubhouses matters.

As noon arrives, you'll hear the bell.
And from the galley will come the smell

Maybe it's burnt or a little bit late

But tis cooked with love
by your kitchen mate.

With tummies a full of lovely food,
For afternoon jobs we are in the mood.

A bit of this and a bit of that

What about a Clubhouse cat?

Another day has come to pass

We've shared our stories and had a laugh

It couldn't run without you all.

We thank you and hope you had a ball!

Supporting Families

The Grey Lynn Office for Supporting Families is a "stones-throw" from Clubhouse. To find out more about the great work they do we sent a delegation to pick their brains...

David Murray works for Supporting Families in Mental Illness (SFMI) Auckland. He is a Senior Field Worker and has been with the organisation for 11 years. SFMI has over twenty branches nationwide and is funded by the Ministry of Health. They provide information, support and advocacy for families who are supporting the recovery of a loved one with mental health issues. Fieldworkers offer face-to-face and telephone support from their office on Great North road, Grey Lynn; and also do home visits. KIDS Club is a service provided to children with parents with mental health issues. Children take part in recreational and educational activities and are given age appropriate information.

SFMI helps family members to understand the recovery process and how to support it and also the importance of keeping up the self-care. "Some of our clients haven't had much of an opportunity to talk about their experience to someone who understands and many find talking with a Fieldworker a cathartic, offloading experience". Recovery is about learning to manage symptoms and being able to lead a fulfilled life - not necessarily eliminating health difficulties but learning to live in the best way with them. Fieldworkers provide key information about services as well as providing emotional support to the supporters of individuals experiencing mental health issues. "It's like supervision for families – they can talk about what's going on; some of the struggles they're having." Families aren't usually given much advice when a mem-

ber is diagnosed or starts to face difficult symptoms – they aren't trained to support recovery. SFMI facilitates support groups and teaches skills on how to improve relationships and communication at home. Fieldworkers are available to come to clinical meetings and generally help navigate the mental health system. Mental Health services recognise the important role family play in a person's recovery and are trying to establish good policy around family engagement.

SFMI is very aware of how stigma affects families; that it can come from the surrounding community, and even mental health services or other family members.



Some clients themselves are self-stigmatizing and with support can come to see

mental illness as "just another human experience". Some families only need support for a brief period; a 15 minute conversation maybe all that is required. Others stay in contact for longer periods or come back for further info/support down the track when new challenges arise. Support can be particularly important around hospital admissions and David assures us "SFMI is there for families whenever we're needed."

SFMI is a free service for those supporting someone with mental health issues; "here to be beside families however the journey goes." To access the SFMI's services call by phone (09 378 9134) or access their website on which there is a referral form. <http://www.supportingfamilies.org.nz/>

Emma N

REED'S READ

**A classic goes under the microscope.
Here's Reed Mathieson's review.**

Wuthering Heights by Emily Bronte

Characters:

Heathcliff was a possessed man of capricious character, i.e. he changed his opinions about people because he was self-righteous and his idea of dignity was to grab it back instead of moving on — which reminds me of *The Lion King* in which "Scar" wouldn't move on from the Pride Lands because he thought it would challenge his withstanding moral integrity about admitting defeat. Which is the same for Heathcliff because he wouldn't move on from Catherine: she was a hole in one for him, he didn't have the humility to let her go.

Catherine Earnshore. She betrayed her own emotions and this is because she had a fancy for Heathcliff but didn't have the edge he had in which to chase after her true love so she chose the modest life maybe because she wasn't as patient as Heathcliff.

Nelly the maid. She was a dedicated woman in her role and she also narrated the

story for *Wuthering Heights*.

Hindly Earnshore. He bullied Heathcliff by slandering him, sometimes physical, mostly verbal. He was Catherine's brother and was involved with the Lintons while Heathcliff prattled on his own at times. He was moody and depressed at the end of his situation in the book.

Edgar Linton. He was pompous, maybe because he was rich and he suffered the loss of Catherine when she died. He wasn't insane for Catherine like Heathcliff but he was reasonable in his advances to Catherine. I mean, come on, it takes two to tango and all that to a start a kinship.

Isabella Linton. She was naïve and a bit stubborn to get what she wanted, i.e. she was told by Catherine that she wasn't right for Heathcliff but still she persisted.

In this book there was voodoo, i.e. stuff that doesn't resemble realistic circumstances, for instance spirits here and there. I liked this book, as Heathcliff was funny in his own vindictive way. It had a good sequence

of events from Nelly the narrator, i.e. she told the story well. Emily Bronte did a good job.



Natural High

We asked Dave B. and Nadine a question or two about pounding the pavement and parks...

Q1: Why run?

D: I really like the feeling I get when a run is over, there's a sense of accomplishment and a great sensation in my body. Running itself can be quite uncomfortable.

N: I really enjoy being outdoors and active. Running is one of the things I do for myself. It makes me feel fit and strong. It's a great way to clear the mind and unwind.

Q2: How did you develop an interest in running?

D: At school I was not very athletic, I was a slow sprinter but being bigger than the other boys I found I was strong over long distances. It feed my ego to be good at something! At intermediate school I started running three miles each way to school. I carried my bag in my hand, running non-stop.

N: On my first holiday from university, Dad asked me to join him on a jog. I wasn't keen on the idea of running but I wanted to hang out with Dad, so off we went. After a few "jogging catch-up's" I started to enjoy the feeling after a jog. I took this new habit back to uni and it continued from there.

Q3: What is your goal in running?

D: My goal was to run in my twilight years. Since I had pneumonia, it effected my breathing. I try but I can't run long distances now. Sometimes I can only run a length of two lamp posts and walk the same length .

So I am reduced to walking long distances.

My future goal is to walk the steep 2 mile road at Great Barrier Island when we visit there for a reunion in January. I was only able to run this route when I was very fit.

N: This has changed over time - to start with my goal was about the frequency and distance of runs. Now it



is more about completing fun run events and achieving personal best times. My next goal is to complete my first marathon.- I am currently training for Auckland Marathon on November 3rd.

Q4: Have you had any setbacks in running?

D: I have big legs, when I run on concrete it hurts my ligaments on the outside of my knee cap. Pounding on concrete with running has always been a problem for me, so I had to go to run in parks on the grass.

N: Yes, last year I was training for my first marathon (The Speight's West Coaster at Bethels Beach) when I was involved in an accident. I couldn't continue to prepare for this goal as it took several months for my injuries to heal.

Q5: Are you competitive?

D: I was very competitive. For my first cross-country race I over trained by running 10 miles a day, and I ran 2 miles in the morning before the race. When it was time for the race I was positioned to far back and had to overtake a lot of people to get to the front. This was exhausting. By the time I got to the finish line, I collapsed. The teachers had to carry me to the sickbay. After that I had to have written permission

from my parents to run. The following year I came third in that event. I used to run for Glenn Eden Harriers Club. I would get so nervous that I would take tranquilizers before the run to calm my nervous stomach. I was obsessed with wanting to be number one and didn't enjoy the race. In the 5th form

I went for a run, I felt so burnt out I stopped and walked home.

I had Croatian mates at school who laughed at me for running and introduced me to smoking and a hedonistic lifestyle, I didn't run anymore until I was 25 years old when my body repaired.

N: Yes! It seems the more running I do the more com-

petitive I become. I try to focus on personal bests but I don't always succeed in keeping this focus.

Q6: How often/far do you run?

D: I don't run at all now, due to pneumonia.

N: I am doing a 16 week marathon training program, that I found on the internet. I am running four days a week. Runs range from approximately 5 - 20 km, with the longest run increasing by 1.5 km each week.

Q7: Is there a spiritual side to running?

D: I think there is, particularly when running in bush areas.

N: I think so, like dancing it feels good for the soul!

Q8: Who do you run with?

D: When my son was younger, myself, wife Lubi and son Dushan would run together. Dushan would be miles ahead, me in the middle and Lubi trailing behind.

N: Mostly on my own sometimes with friends or Dad, when I had the opportunity.

Q9: Do others encourage you too run?

D: At school the teachers encouraged me to run, especially the physical Ed teacher, my relations and Croatian mates thought that it was stupid.

N: Yes those that know how much I enjoy running, they often ask how it's going.

Q10: Do you enjoy running?

D: Yes, when I was running I enjoyed setting goals for myself. When I turned 40, I ran twice from my place in Sunnyvale to my in-laws farm in Taupaki (17.6 km). At one stage I worked at a sheltered workshop in Grey Lynn, I would run from my place in Sunnyvale to Grey Lynn every Monday (14.2km).

N: I certainly do- I find it very moreish, and plan to keep it up.



MASTERING THE CRAFT

Merv knew I was interested in crafts; he got the ball rolling when he told me about a sign he saw outside a craft shop, advertising craft lessons.

Julie and I went along to these lessons twice. We learnt how to do a basic chain stitch and started to learn the basic granny square which is a technique used for making quilts. Unfortunately the lessons were very expensive even though we were given a slight discount (\$25 each class). So Julie got busy researching other craft classes. She contacted the Citizens Advice Bureau, local churches and community centres.

Julie found a craft group at the Homestead in Pt. Chevalier. It's open to anyone and runs on Thursdays from 10am - 12pm weather permitting. Tea, coffee and biscuits are provided. Those that attend bring their own craft material and a \$2 donation. A lady called Cynthia runs the group, she is very knowledgeable on many different types of crafts. About 5 ladies attend the group.

I enjoy learning new things. I have never learnt croquet in my life. It's good to learn new things, it's fun.

I would like to master the basic granny square. I am currently working from an American pattern. It's not easy but hopefully I will learn sooner or later. I still want to learn more things like knitting, embroidery, sewing and making home-made preserves like pickle and jam.

Heather S

A Unique Approach

Like all our work, this was produced inhouse by members and staff – our approach to recovery: working side by side at Crossroads.

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



393 Great North Road
Grey Lynn
Ph: 09 376 4267
admin@crossroadsclubhouse.org.nz

For more about our Clubhouse visit:
www.crossroadsclubhouse.org.nz
For more info on the Clubhouse model
visit: www.iccd.org

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