



Phoenix Newsletter

Special Feature

Spring Lunch 2004

It was February 5, 2004. Although we all went to work at the clubhouse as usual, our hearts were all at the lunch at noon because it was our annual spring lunch, and everyone worked hard to prepare for it. Eva donated a suckling pig, which was delivered around 12:30 p.m. Dr. Wong, the nurses, social workers, volunteers, and other staff all came to celebrate the occasion with us. Ah Yee and I were honoured to be the MC's.

We first welcomed all the guests and then we thanked all those who donated food for the lunch. Many contributed to the 5th anniversary book "Journey to a New Life", and Dr. Wong presented them souvenirs at this time to thank them for their participation. Lunch officially started when Dr. Wong cut into the suckling pig.



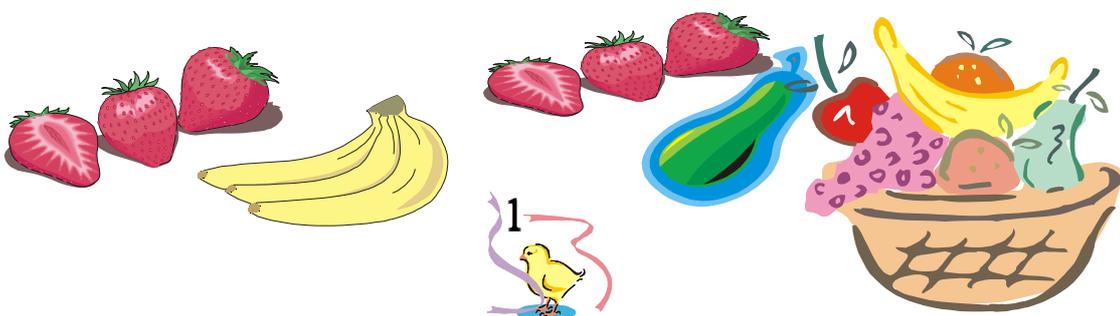
We also had a lucky draw. Among the many attractive gifts was a pretty shoulder bag, and those who won prizes were very happy. A group picture was taken near the end of lunch.

Last on the program was lunch itself. It was very crowded as more than 20 gathered around the food table. There were all kinds of vegetables; mushrooms, fungus, corn soup, rice sticks with eggplant. Tin Chi prepared curried fish ball with turnip and we had fruits for dessert.

After lunch, members cleaned up and did the dishes together. We were all very willing to do that!

Spring Lunch is an annual event, but it was especially exciting for me as it was my first time. I only joined the clubhouse recently, so it was a memorable day for me.

Alfred



Activities News

Day trip to Lamma Island

On February 7, 2004 (Saturday), twenty-six people from Phoenix Clubhouse spent a nice day on Lamma Island.

We met at the Hong Kong Internal Route Pier 5 in Central on that day, and chatted with excitement on the ferry. Ah Tung added to the fun by raising all kinds of IQ questions. We exchanged information on various scenery points on both sides of the boat and marvelled at the way society had changed through the years while taking in the beauty of it all.

Soon we disembarked at Sok Kwu Wan (Picnic Bay). Walking to Yung Shue Bay, we saw houses characteristic of the community and three huge chimneys, which were parts of the famous power station. When we looked carefully, it was quite easy to discover the mark of time on these buildings. The many scenic spots along the way added to our visual experience.

Misty rain didn't disappoint us. Instead, it provided a romantic atmosphere for our walk on the beach. We took photos and wrote "Phoenix Club House" on the sand. Janet, Tin Chi, and Mathew threw rocks into the water to see who had the longest throw.

As a result of the rain, we left without visiting Tin Hau Temple, which was also one of the scenic spots of Lamma Island. Residents on Lamma Island worship this God faithfully. Many local groups and residents would make their sacrifices to this God on March 23 of every lunar year when they pray for good weather, prosperity, and good health.

We took in the scenes of the village and suddenly felt hungry on the way. So, we bought some soybean pudding from a local store before lunching in a famous restaurant. Outdoor dining with a grand view of the bay definitely increased our appetite!

We filled two tables with food such as dim sum, fried rice, crabmeat and corn soup. Everything was delicious and we ate until our stomachs bulged with satisfaction! What an unforgettable trip! After taking a group photo at the pier, we took the ferry home.

We got to know one another better during the trip and it sure left wonderful memories for us!

JANET

Evening BBQ in Water-fall Bay Park

It's February! Spring has returned and the weather is starting to warm up. We are all ready to take off the bulky winter coats and don the much lighter spring attire. On February 26, the Clubhouse took up Sau-may's suggestion and held an evening barbecue at Water-fall Bay Park in the Wah Fu Estate.

More than ten of us met at the clubhouse at 5 p.m., armed with all kinds of food and barbecue equipment. With Anita as our leader, we took the no. 40M bus to our destination. After a ten-minute walk uphill, we reached the park. What appeared before our eyes only made Michelle and I exclaim, "Whoa!!" Scattered around the beautiful bay were tiny fishing boats with the setting sun, the big egg-yolk, as backdrop. The park was not big, but it was clean and neatly arranged. The red brick barbecues under leafy green trees constituted a pretty picture. We occupied two barbecues and they were all started by Ah-Quan as no one else knew how! It took quite a while to get the coal burning red-hot. By then, we were all eager to start our feast. We had lots of food—frankfurters, chicken wings, steaks, vegetables, fish, yams, etc. We chatted as we ate. Tin-chi, Wah-sang, Janet, and Yiu-wing even sang for us! We all had a great time. It was as though we were back in our childhood! We packed up and left at around 9:30 p.m.

I was glad that I had the opportunity to visit this park. I hope all the staff and members of the clubhouse could come next time!



Har



Empolyment Voice

Kenneth's Unemployment & Transitional Employment

I lost my job at the beginning of 2002. I tried to find work with whatever way I know how, but to no avail. When I started, I was quite confident about my ability, but just as I was to be offered a job at the end of an interview, the employers would hesitate as soon as I told them that I was a rehabilitated psychiatric patient. This made me lose confidence in myself. I collapsed under tremendous pressure and had to go back to hospital. In the middle of July, I joined Phoenix Clubhouse. I received support and recognition from the staff, and in the beginning of March this year, I obtained a job with Morgan Stanley through the transitional employment program. I work part-time in the Mail Room. It is actually hard work. Besides distributing letters within the firm, I need to run errands outside as well. I regained my confidence. Because of the nature of this job, the employer and some of the staff know I am psychiatric rehabilitated. Still, they are very good to me, and I am very happy with my work. I wish more companies would provide transitional employment for rehabilitated psychiatric patients like us so that we are given a chance. All we need, really, is opportunity. Thank you!

Author : **Kenneth**
Translator : **Michelle**

Employment Voice of Catherine

Members and staff of Phoenix Clubhouse, how are you? It has been two years since I joined the clubhouse. I still remember my first day there. Everything looked unfamiliar and I was a bit scared. I was unfamiliar with the environment and afraid of being looked-down upon.

The members and staff of Phoenix Clubhouse were very good to me. When I was sick, they comforted me; when I fell, they supported and encouraged me; and when I was happy, they shared my joy. I am truly grateful for them.

The Clubhouse is like a small company in which every department provides different training. There are culinary experts in the kitchen, talented persons in the Clerical Unit, people who are adept with their hands in arts and crafts in the Tuck Shop and Environmental Protection Unit, and flexible managers in the Administration Unit. Through the co-operation of staff and members in each department, the Clubhouse runs smoothly. Through counselling by clubhouse staff, members gradually regained mental health.

Guided by the clubhouse programs, I eventually went back to regular work in society. Now, I have a permanent part-time job. Although the salary is not high, I am very happy with my work. This job also boosts my self-confidence and gave me a lot of satisfaction.

Since I have to work, I hardly come to the Clubhouse these days. However, I never fail to find happy memories every time I drop by to visit.

Author : **Catherine**
Translator : **Michelle**



Work Unit Report

Clerical Unit



1. All cupboards in the Clerical Unit were labelled.
2. Tapes and books about psychiatric rehabilitation were added to our library. Everyone is welcomed to borrow them.
3. Computer maintenance information has been renewed.
4. We visited Kwun Tong Training Centre on its Open Day—March 18.
5. The original copy of the tour guide notes was placed at the Reception. Please take it out for photocopying when needed.
6. A new laminating machine was acquired.

Administration Unit

1. The Clubhouse has completed its “One American Dollar per Person” project. US\$70 was raised and given to Mr. Ralph Bilby to take back to ICCD.
2. Ralph and Andrew, a member of the Australian Clubhouse “Stepping Stone”, visited Phoenix Clubhouse.
3. The 2003-2004 working goals were reviewed and the 2004-2005 goals planned.
4. The 2004-2005 financial budget was discussed.
5. Eva presented a paper on our clubhouse in the Occupational Therapy Conference and received the “Outstanding Paper Award”.
6. Next week we are giving out a questionnaire on housing. The goal is to understand how Phoenix Clubhouse members feel towards the Hong Kong government’s housing services for psychiatric rehabilitated persons. We would like to know their level of understanding, satisfaction and their expectations.
7. Every Job Placement Manager and member reported on the nature of available jobs in Transitional Employment and Supported Employment in the House Meeting.



Environmental and Tuck Shop Unit



1. This year’s Spring Dinner went very smoothly. Many thanks to the contribution of members and staff. Together we produced a total of ten different delicious dishes. There were many guests. This Unit made about a dozen photo frames from dried flowers and presented them on behalf of the clubhouse to those members who shared their personal stories in our 5th Anniversary book “Journey to a New Life”.
2. More than twenty members participated in our trip to Lamma Island in February 2004.

Food Services Unit

-In order to provide better service, we decided to food items that are not needed so we can purchase more necessary ingredients.



Phoenix Clubhouse
4/F, 9B Bonham Road,
David Trench Rehabilitation Centre, Hong Kong

The Latest News

1. The Easter Afternoon Tea will be held at 2:00pm to 5:00pm on April 10, 2004 in "Golden Bauhinia Square". All are welcome. Please check with the reception at 2517 8127 or contact Amanda, Marge or Neil.
2. Due to the Hilton Humanitarian Award, Ralph will accompany Ms. Dyanne Hayes to visit our clubhouse and meet our member and their families on 19 April 2004.

Special thanks to Stella Poon for proofreading the newsletter

Phoenix Clubhouse Address:

4/F, David Trench Rehabilitation Centre
9B Bonham Road, Hong Kong

Tel: (852)25178127

Fax: (852) 25178169

Website : www.phoenixclubhouse.org

E-mail : pc@phoenixclubhouse.org

Opening Hour

Monday-Friday :8:30am-5:00pm

Saturday :9:00am -12:00pm

Phoenix Newsletter

Production Crew:

Alfred, Amanda, Janet, Kenneth,
Marge, Selma, Wing, Ka Li

Cover design:

Alfred, Katherine, Kenneth, Selma

All rights reserved. Reproduce or copy must be under the consent from the clubhouse.

