



We are not alone!



Eva and I accepted an invitation from the four clubhouses in Japan to attend a joint conference held in Tokyo on July 2. The joint conference was held in the conference room of a famous theatre. We arrived in Tokyo the night before and stayed at a hotel nearby.

After breakfast on July 2, Ms. Kyoko Takahashi took us to the meeting venue around 1 p.m. Eva immediately communicated with the translator who was hired by the clubhouses in Tokyo. Then around 2:00pm, the Conference formally started. Eva and I talked about the state of affairs of clubhouses in Hong Kong respectively. Our talks were then translated into Japanese. Eva reported on the development, with a lot of help from ICCD, from one to the current four clubhouses in Hong Kong, as well as the situation of transitional employment in Phoenix Clubhouse. I added a few other pertinent points and explanations.

Afterwards, people from the Japanese clubhouses gave talks. One of them spoke about the ACC (the Asian Clubhouses Conference) held last year, including the date, venue and participants, and some of his thoughts. As the talks were in Japanese with only little English, the communication was not very good. However the atmosphere was warm. I myself as a psychiatric patient did not feel lonely there because there was support from the many members of the local clubhouses. During the breaks, many of them came to say hello. We talked in simple English and we were filled with warm wishes for the future development of clubhouses.

Around 4:30pm, the Conference ended. We were reluctant to leave even though we exchanged souvenirs and took photos together. After this trip to Japan, I learnt that no matter whether one is in Hong Kong or overseas, psychiatric patients are all united, helping one another and supporting one another. Our hearts are one anywhere in the world. We are not alone!

Written by Linda
Translated by Amy

Pokfulam Rehabilitation Day Camp



In the morning, after the rain had stopped, we excitedly set off for the day camp. Before the activities, we took a group photo in order to capture members' smiling faces, and keep a record for the annual Rehabilitation Camp.

The first group game was "gateball". With the tutor's guidance, we were able to greatly enjoy the game. Everybody used his or her eyes, hands, and brains to complete, and at the same time cheer for their own team. The atmosphere was excellent. When we were playing "gateball", some members went swimming. I

saw the smiles on their faces and thought to myself that sports could really help lift our moods!

The second group game was archery. After listening to the tutor, we were all very eager to begin. Every time somebody hit the bull's eye, every one applauded. The scenery of the archery place was exceptional. There were two blocks of old English style mansions. It was very beautiful.

After lunch, we arranged for karaoke. Everybody sang a song, and our activities ended in a sea of singing.

*Written by Tina
Translated by Michelle*



One day trip to Cheung Chau

On that day, a bunch of Phoenix Clubhouse members met up at pier no. 5 in Central before 8 a.m., and together we boarded a boat to Cheung Chau.

It was sunny and breezy when we got off the boat. We set off on foot towards the Northern Emperor's Temple. On the way we had to cross a sports stadium. From there we could see the workers dismantling the frame for the "bun mountain" because Cheung Chau had resumed its famous bun snatching competition the previous Sunday. We all took pictures there. It took a while to walk to Tung Wan Beach and when we got there, the sun was right overhead. Everyone was soaked to the skin with sweat. I saw a family and their dog playing frisbee on the beach and heard swimmers laughing from afar.

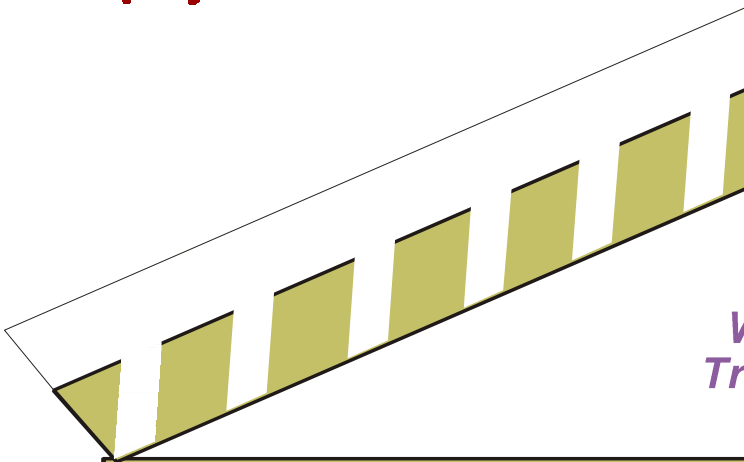
After leaving the beach, we walked through Cheung Chau's small lanes. On the way we stopped at Angic's Mom's teahouse to rest. Her mother was very hospitable and treated everybody to all sorts of Chinese teas. Some of us even bought the kinds they liked. This sure was a rewarding trip!



For lunch, we had the famous fish balls at Cheung's restaurant. The food there both smelled and tasted very good. Then we had dessert at a dessert shop where we excitedly discussed the itinerary of our next trip before boarding a boat for Central, and home. It was a very enjoyable day.

*Written by Wilson
Translated by Michelle*

Employment's Voice

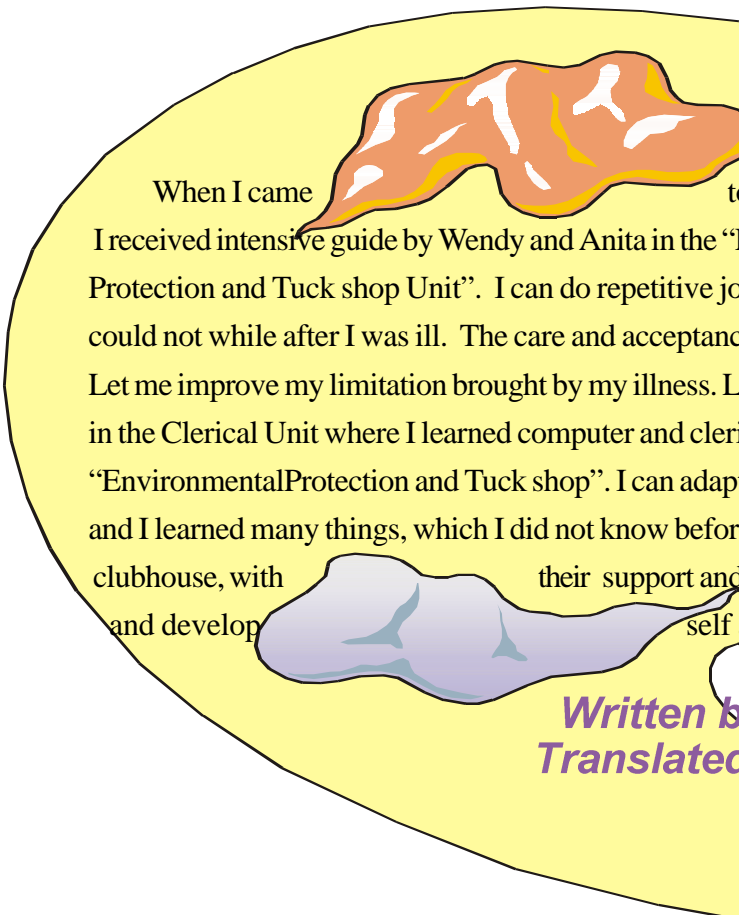


*Written by Ocean
Translated by Maria*

Introduced by the clubhouse, I started working at 'A plus' as a pamphlet distributor. I learned to co-operate with other members, take initiatives and inter-personal relationship skills. Catherine's cool collectedness is a good model for me to take after.

That was good training for my job at the "The Hong Kong Economic Times". With the help of Calvin, Anita and Sam, I managed to grasp the basic chores and communication skills within one month! I am indebted to my colleagues: Miss Lin, Miss Ching, Connie, Christine, Queenie, Vannesa and Maggie etc. for their assistance. They made it possible for me to enjoy working. I also thank the clubhouse for the help they gave me.

Member's Voice



When I came to the "Phoenix Clubhouse", I received intensive guide by Wendy and Anita in the "Environmental Protection and Tuck shop Unit". I can do repetitive jobs now, which I could not while after I was ill. The care and acceptance of the staff. Let me improve my limitation brought by my illness. Later I changed to work in the Clerical Unit where I learned computer and clerical work Because I have been in the "Environmental Protection and Tuck shop". I can adapt the work in the clerical group easily and I learned many things, which I did not know before. I know many good friends in the clubhouse, with their support and encouragement I can improve and develop self and be a person accepted by others.

*Written by Sunny
Translated by Maria*

Departmental Report

Clerical Unit

1. \$500 was awarded to Wai Ling, Linda and Wilson from the Supported Education Fund for school fees.
2. Amanda and Anita switched responsibilities as of June 13.
3. The library now has copies of the "Hong Kong street map" and "Practical Chinese business-letter writing".



Administration Unit



1. Eva and Michelle returned to Hong Kong safely from Finland. They participated in the 13th International Clubhouse Conference from 18th to 23rd June.
2. Eva and Linda went to Japan to make a presentation in a clubhouse conference.
3. The Employment Development and Training Course will be held at the Phoenix Clubhouse from 8th to 19th August 2005. It is to be conducted by Ralph Bilby, and assisted by Eva. Anita, Amanda and Michelle, Amity Centre, Take Your Way and Kapok Clubhouse will be attending as well.
4. A VCD for the Clubhouse Model Orientation Program is being produced. The information about the program will be uploaded to the website. Formal invitation letters will be sent to the participants to facilitate their visa applications. The Orientation Program is to be held in September.

Environmental Protection and Tuck Shop Unit

1. We welcome Amanda who is joining this unit.
2. Since we have already stopped printing out photos, we uploaded photos from the Cheung Chau one-day trip and those of visitors from the US and Macau in Computer no. 9. Members can buy the CD for burning onto their own CDs.



Food Services Unit

We will replace the pan and the four-head town gas cooker.

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

Latest News

1. The clubhouse is planning a day trip to Disneyland in Nov 2006. Starting now, Members are encouraged to save \$1.00 to \$2.00 a day. By November next year, we may have saved enough to pay the cost of this activity. We hope every member can reach our target.
2. The Seventh Anniversary Celebration cum Volunteer Appreciation Day will take place on August 6 2005, from 2:00 pm-3: 00 p.m. The program includes members' sharing, presentation of awards, cake cutting, and refreshments. Any volunteers, members and related parties are welcomed. Please contact reception.
3. The training course on "Employment Development," will be held in Phoenix Clubhouse from 8/8/05 -19/8/05. It is to be conducted by Mr. Ralph Bilby of ICCD.
4. Clubhouse & ICCD jointly hold The Clubhouse Orientation Program from Sept 13-16, 2005. This is a four-day course for Chinese-speaking communities who are interested in the clubhouse model and will be taught in Putonghua or Cantonese. Phoenix clubhouse is the only clubhouse offering such a program in HK. Representatives from Beijing, Shanghai and Chengsha will be attending this orientation. Please visit our website for details.

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Phoenix Clubhouse Address

**4/F, 9B Bonham Rd., David Trench Rehabilitation
Centre, Hong Kong.**

Telephone : (852) 2517 8127
Fax : (852) 2517 8169
Website : www.phoenixclubhouse.org
E-mail : pc@phoenixclubhouse.org

Phoenix Newsletter

Production Crew :

**Amy, Anita, Katherine,
Ken, Marge, Maria,
Michelle, Rowena, Sunny.**

Opening Hours :

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