

Our Easter Trip to Lamma Island



This Easter, our Clubhouse organized a hiking trip to the beautiful Lamma Island. That day, more than thirty of us boarded a ferry for Lamma Island at Central Pier. Although the weather wasn't good, we insisted on going through with the journey in the rain. We walked, and we were soaked through. I had forgotten to bring my umbrella, but fortunately a kind-hearted Clubhouse member helped me out, which really touched me and made me realize how precious friendship was. After the walk, we had snacks and afternoon tea at a Hong Kong-style restaurant and enjoyed ourselves very much. Although the weather was not good, we helped one another throughout the journey, overcame the difficulties caused by the weather, and completed the whole journey.

Wing



The Four-day Visit by Clubhouse Representatives from Chang-Sha



On the 8th to 11th of April, staff members of Heart Wing Clubhouse of Chang-sha had an exchange of experience at our clubhouse. They were called Ahn and Li. Their attitude was serious and thoughtful, they earnestly asked questions to understand the operation of the Clubhouse, and attended meetings with us. At the meetings, members who knew Putonghua helped explain what was going on. I taught Li how to do photocopying. Li also chatted with an Eurasian member of the clubhouse.

We hope that Ahn and Li are able to put into practice in Chang-sha what they have learned about the clubhouse and that they have had a fruitful and happy visit.

Ginny

A Discussion on the Issue of Stigma: Encouraging Members to Face and integrate into Society

The purpose of this meeting is to encourage Phoenix Clubhouse members to tackle stigma against them, accept themselves, and seek their own happiness in life. Anybody can develop mental illness. When mentally ill, we have to learn to accept and face reality.

The meeting was led by Eva. Experienced Clubhouse members such as Rowena, Mimi and Kenneth shared with us their true stories and experiences. Though they have had mental illness for years, their optimistic attitude towards life is exactly what we should learn. They have been interviewed by the media in the hope of getting more people in society to understand mental illnesses, to reduce their prejudice against rehabilitated mental patients, and to give more opportunities and concern to them. We also invited Friends of Phoenix Clubhouse members Shirley and Stella to share their views on the issue of stigma.

When faced with stigma from society, many mental patients feel disturbed. The Clubhouse reminds us to be broad-minded and to accept the reality of mental illness. We also have to build up our self-confidence through studying and working, communicating more with family members, and talking with psychiatrists and social workers and the staff of Phoenix Clubhouse.

Among the members attending the meeting was Kitty. She shared with us her story: I remember that in the early days of my illness, I only bothered to take medication and see my psychiatrist regularly. When stressed or facing difficult times, I only sought to escape. Sheltered from the outside world, I felt alone. I was afraid to tell other people about my illness. Later on, however, I tried hard to breakthrough and contact the outside world. As a result, I made more friends. Taking this first step forward, I actually gained. I hope that people with my condition can face society and refrain from staying secluded or sheltered. I wish everybody the best of everything.

Ho, Gabriel



Book Title of 10th Anniversary Book

The 10th Anniversary Book is expected to be launched in June. The Chinese title 「卓越拾影」 that we decided upon has two meanings. One meaning is that the Clubhouse has been in operation for ten years. Another meaning is that the word 「拾影」 refers to snapshots. Most of this book is made up of photographs that illustrate our outlook on life and of Clubhouse activities in the past ten years. We are thankful to Clubhouse members, staff and volunteers for their gallant efforts.

Learning in working



Recently, I enrolled in an intermediate accounting class. I have not taken any academic courses that could help my work for a very long time because most of my time was spent taking care of my family.

Later on, the Clubhouse provided me with a clerical job through its transitional employment program. I worked in the accounting department of that company. I feel that the most important department of a company is the accounting department because the gains and losses of a company are all made known here.

I feel inadequate at work because it is all computerized but my knowledge and skills with computers are wanting. Besides, I need to co-work with Caucasian people, which poses a communication problem. However, I have already regarded these as hurdles to overcome and goals to be achieved.

I don't know why I want to be a student again these days. There is much to learn: Firstly, accounting, then computer skills, and then professional English, and Putonghua...

I hope to stay in good spirits in the days to come so that I can learn more.

Milan



Reports of the Various Units of the Clubhouse

Administration Unit

1. 41 suggestions were received for the Chinese title 「卓越拾影」 and the English title "Vision & Image" of the 10th anniversary book were selected. We thank all members for their support.
2. The 10th anniversary dinner of the clubhouse will be a Chinese dinner in a restaurant and will be held on Friday 14th November.
3. The 2008-2009 annual plan and annual budget are being discussed.
4. The exchange with the Heart Wing clubhouse of Chang-sha took place from 8th to 11th April. We thank everybody for their support.
5. In order to introduce the Clubhouse Model to places in need of it, Phoenix Clubhouse conducted a "U.S. \$1 Per person" campaign for the ICCD. We thank members for their great support. The total amount raised has already been transferred the ICCD.
6. The details of the floor plan of the future clubhouse have been preliminarily decided upon. We hope that the facilities of the relocated clubhouse will be better and improved over the existing one.
7. The employment and education sections of the Chinese version of the clubhouse standards have been translated and sent to various clubhouses for discussion. We welcome members' opinions.

Supported Employment

1. Mena is working as part time Clerk at Swire Properties Limited.
2. Chi Wai is working as part time Administrative Clerk at Ipsos Hong Kong Limited.

Clerical Unit

1. The Clerical Unit has already replaced the old monitors with LCD screens and purchased the up-to-date software.
2. We have already selected the photographs for the 10th anniversary book. Captions are being revised. We thank volunteers Mr. Yung and Viona for helping with the translation. We are communicating with the designer, and the book will be published in June.

Education

1. Every Tuesday and Thursday in May at 11:30 am, Mr. Chan Kwong will be conducting a Putonghua class for us.
2. Six Clubhouse members have been approved for supported education funding for the 07-08 year.
3. Milan and Neil are now taking accounting courses.
4. Dick has agreed to be a tutor of English to members on Tuesdays. If interested, please contact the Clerical Unit.
5. The 2008-2009 supported education fund is now accepting applications from members. The purpose of this fund is to encourage members to further their education. For details please call the clerical Unit at 25173703. The deadline is 30th May, 2008.

The Environmental Protection and Tuck Shop Unit

1. We have already held a meeting on the 10th anniversary dinner and decided to have it in a Chinese restaurant. The fee per member is HK\$50.00 Please watch for announcements on registration details.
2. After taking inventory, the clubhouse discovered that some VCDs are missing. These VCDs belong to the clubhouse. Please be disciplined and considerate and put them back where they belong, and do not take them away. Also, please do not put labels on personal VCDs that do not belong to the clubhouse and put them on our shelves, or use the clubhouse as dumping ground for your used VCDs. Thank you all for your co-operation.

Food Services Unit

1. Starting 11th April, we will provide tomato and egg macaroni for Friday breakfast.
2. Menu change in May: Chicken tomato and egg with rice will be substituted by spare ribs in soy sauce with



| SUN | MON | TUE | WED | THU | FRI | SAT |
|-----|-------------------------------------|---|--|---|-----|---|
| | | | | 1 | 2 | 3 |
| | | | | Labour day | | Hiking Wendy 、 Marge 、 Can (10:00-12:00) |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| | | | | Standards meeting (2:30-3:00) Monthly Meeting (3:30-5:00) Basketball (5:15-7:00) Henry 、 Bing | | Employment Luncheon: Employment Regulation Amanda 、 Gabriel 、 Janet (10:00-12:00) |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| | Birthday of the Buddha | Karaoke, Stationary Bike (5:15-7:00) Henry 、 Chi-Wai | | Standards Meeting (2:30-3:00) Weekly Meeting (3:45-5:00) | | Badminton Anita 、 Gabriel 、 King (10:00-12:00) |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | | | Yoga Class (5:15-7:00) June 、 Gabriel 、 Bing | Standards Meeting (2:30-3:00) Weekly Meeting (3:45-5:00) First Aid (1) (5:30-8:30) | | Karaoke 、 Tread-mill Banana Pancake Amanda 、 Mui 、 Chi-Shing (10:00-12:00) |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| | First Aid (2) (5:30-8:30) | | | Standards Meeting (2:30-3:00) Weekly Meeting (3:45-5:00) First Aid (3) (5:30-8:30) | | Audio-Visual Entertainment, Skipping, Birthday Party Wendy 、 Marge 、 Peter (10:00-12:00) |

June 2008

| SUN | MON | TUE | WED | THU | FRI | SAT |
|-------|---|---|---|--|-----|--|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | First Aid (4) (5:30-8:30) | | Wrapping rice dumpling (2:00-4:00) Simon 、 Yee- Ping 、 Lung 、 Can 、 Kam Food Unit | Standards Meeting (2:30-3:00) Weekly Meeting (3:45-5:00) Tasting rice dumpling (after 4:00) First Aid (5) (5:30-8:30) | | Heath food Tapioca Soup with pumpkin Rice Haircutting by a Volunteer Eva 、 Henry 、 Lung (10:00-12:00) |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| | The day of following The Dragon Boat Festival | Table Tennis (5:15-7:00) Gabriel 、 Keung | | Standards Meeting (2:30-3:00) Monthly Meeting (3:30-5:00) First Aid (6) (5:30-8:30) | | Education Luncheon: Social manners Anita 、 Gabriel 、 Janet (10:00-12:00) |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | First Aid (7) (5:30-8:30) | | | Standards Meeting (2:30-3:00) Weekly Meeting (3:45-5:00) First Aid (8) (5:30-8:30) | | Employment Luncheon: Human relationships at Work Amanda 、 Mui 、 Simon(10:00-12:00) |
| 22/29 | 23/30 | 24 | 25 | 26 | 27 | 28 |
| | First Aid (9) (5:30-8:30) | Computer Course (5:15-7:00) Gabriel, Janet | | Standards Meeting (2:30-3:00) Weekly Meeting (3:45-5:00) First Aid (10) (5:30-8:30) | | Health Food Interflow Birthday Party Wendy 、 Marge 、 King (10:00-12:00) |

Printer Matter

Latest News

1. Heart Wing Clubhouse of Chang-sha sent two staff members Ahn and Li to Phoenix Clubhouse from March 8-11 for an exchange of experience.
2. We were now designing 10th Anniversary T-shirts.
3. The 10th Anniversary Book is titled "Reborn Phoenix our Vision & Image".
4. 10th Anniversary activities include the June publication of the 10th Anniversary book, a press conference, the 10th Anniversary Dinner Banquet on 14th November, and the 10th Anniversary Picnic in December. For applications and submission of fees, please enquire at the Clubhouse.
5. The First Aid Certification Course for Adults will be held on Mondays and Thursdays from 22nd May, 2008 to 26th June, 2008, from 5:30pm to 8:30pm. Members have to pay \$80 for the first aid manual and \$50 for the certification. Then minimum number of students is 15. If the member's attendance 70% or above, the course fee will be paid by the Education Fund. Otherwise the student will have to pay \$240.00. The date of examination is Thursday, July 10, from 5:30-8:30 pm at Phoenix Clubhouse.
6. The 2008-2009 Supported Education Fund is now accepting applications. Members can enroll in classes or take examinations that can be help to their careers. For details please see the attached page. For enquiries please contact the Clerical Unit. The deadline for applications is 30th May, 2008.

Special thanks to Miss Stella Poon for proofreading the newsletter.

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Opening Hours:

Work-ordered Day
Monday - Friday : 8:30am - 5:00pm
Saturday : 9:00am - 1:00pm
Social Activities
Tuesday or Thursday: 5:00pm - 7:00pm
and some public holidays

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