

## Location and Design of the New Clubhouse



The High Street front entrance to the new Clubhouse.



"Beside the balcony is a huge camphor tree, listed by the government as a protected plant" (design photo)



"Part of the balcony is roofed and allows covered access from indoors to the horticulture room" (design photo)

In conjunction with the 2013 completion of the West Hong Kong MTR Line, David Trench Rehabilitation Centre will be re-located in 2010 to a nearby category 3 historic building--the old, vacant Mid-levels No. 8 Police Station on High Street. The current centre will become the entrance to the Sai Ying Pun MTR station. No. 8 Police Station was completed in 1935 and was the most stylishly designed building in the 1930s. It has been vacant since 2005. MTR will renovate the police station; part of which will be designed for the needs of the rehabilitation centre.

Since 2006, much discussion has taken place between MTR and Queen Mary Hospital. It was decided that Phoenix Clubhouse would be placed north of the existing building and on the first floor of a new wing which also houses the Occupational Therapy and Physiotherapy, and Hydrotherapy departments on other floors. The floor area of the re-located rehabilitation centre will be roughly the same as that of the current centre. The out-patient psychiatric clinic and the geriatric psychiatric service would be located in the existing police station that would be renovated. Green and brown would be the main colours used in the design, and large glass windows would be installed for better lighting. The old building and the new wing would be connected by an all-weather roofed corridor. There are more than 100 trees in the vicinity of the old police station; 12 of them will be removed, but most of them will be preserved to retain a feeling of nature. Especially valuable are the cotton tree outside the front door and the camphor tree in the middle of the courtyard for they are more than 50 years old .

Ivy

# First Aid Celebration Party

At 5:00 pm on 31st July, 2008, after picking up three pizzas at Pizza Box, Mimi and I returned to the clubhouse to make preparations for the first-aid course celebration party, which began at the arrival of Mr. Mak, our instructor. Ocean was the MC. After Mr. Mak awarded several gifts and certificates to Clubhouse members, we took a group photo at the reception desk. Then we enjoyed nice food such as Swiss chicken wings, sandwiches, pudding, and curried fish balls, all prepared by Clubhouse members. Pizzas and fruits like lychees, lung ans of course, were bought. Everybody very much enjoyed the food. The party ended in a sea of laughter.

Wilson



## Health Food Interflow

Phoenix Clubhouse has been advocating healthy eating for a long time. Last year we organized such activities as the healthy cooking competition. In view of Clubhouse members' earnest pursuit of the knowledge of nutritional values of foods, the Clubhouse held a meeting where members shared and exchanged latest information on healthy eating. On that day, members brought different kinds of fruit. There were Rowena's dragon fruit, Man-Ling's lung ans, Katherine's papaya, Winnie's prunes, Ho's kiwi fruits, Wai-Fong's colourful peppers, Marge's yellow peppers and Daisy's mixed dried fruits. At the party, everybody shared the health benefits of the foods they had brought. I hope that the Clubhouse can hold this kind of activities on a regular basis to enable members to better understand the importance of healthy eating.

Katherine



# Goodbye Friend

Gabriel, a staff member, will be leaving his job in mid-August to further his studies. We will surely miss him, but at the same time we wish him a prosperous future. We hope that he will come back to visit us even though he will be busy so we can maintain our friendship forever.



Time flies! It's been several years since Gabriel has been our friend. I remember when Gabriel came to work on November 16, 2005, members all wanted to chat with him and everybody was happy. We had the impression that he was energetic and sporty, that he joked a lot, liked quizzing us, was progressive, serious about work, and was a polite, affable youth.

I remember that over the past few years, there were ups and downs in my condition. My mood was unsteady and sometimes I threw temper tantrums; I couldn't concentrate well, was careless, and made mistakes; I needed to double check things, but Gabriel was kind to me and was patient with me.

When I had problems at work or in life, he gave me precious advice that would always help me. Gabriel was a popular guy in the Clubhouse and participated in various activities, for example, basketball, table tennis, birthday parties, lantern riddles, visiting Ocean Park, designing posters for Spring Lunch 2006, 2007, 2008, karaoke, going to movies and education luncheons etc. He could speak English, Putonghua and Cantonese, and enjoyed cooking. He liked playing basketball and table tennis.

What impressed me most was the annual Reunion Dinner on 31st January 2008 at Ka Shing Restaurant. We ate, drank, chatted and were happy. The last event was the lucky draw where Gabriel presented the gifts. We all felt the warmth and togetherness at that Dinner.

## The Lecture on Equal Opportunities and Me

Date : Saturday 25th October, 2008

Time : 10:15 am – 11:30 am

Content: Law on discrimination against the Disabled – what does it mean to break this law?

How to file complaints; – what to do when faced with discrimination.

Lecturer : The Training Supervisor of the Equal Opportunities Committee

Remarks: The Equal Opportunities Committee enforces “The Gender Discrimination Act”, “The Act on Discrimination against the Disabled”, and “The Act on Discrimination against Roles in the Family”. The Equal Opportunities Committee works against discrimination based on genders, marital statuses, pregnancies, disabilities and roles in families.

Enquiry: The Clerical Unit (Telephone: 2517 3703)

# *Reports of the Various Units of the Clubhouse*

## **Administration Unit**

1. Milan, Eva and Dr. Chui will represent the clubhouse at the Western Regional Clubhouse Conference in Hawaii from 23rd to 26th October, 2008.
2. Gabriel resigned from his position on 13th August to further his education. We wish him a bright future.
3. The discussion of the Chinese Translation of the Clubhouse Standards has been completed. It will be sent to other Clubhouses for further discussion.
4. South China Morning Post reported on the partnership of transitional employment between Phoenix Clubhouse and Baker & McKenzie in the July 23 issue.

## Transitional Employment

1. Michele started work at Baker & McKenzie as a Marketing Assistant on July 17.
2. Daisy started work at Baker & McKenzie as Filing Clerk on July 18.
3. Ho started work in the Department of Psychiatry of The University of Hong Kong as Clerical Assistant on July 18.
4. Henry started work at the Hong Kong Economic Times as Clerical Assistant on August 18.
5. Rowena started work at the Hong Kong Polytechnic University as Office Assistant on August 18.

## **Clerical Unit**

1. Copies of "Phoenix Clubhouse--Image and Vision" are being given to guests and members.
2. We received many e-mails, and also a gift from Peer Station Yu of Japan, congratulating us on our 10th Anniversary.
3. On 1st August, the Clerical Unit interviewed prospective staff members and arranged for applicants to teach members how to use computers.
4. We have decided to change the Chinese name of Education Room in the new Clubhouse. The Clerical Unit and the Reception will keep their Chinese names.

## Education

1. The First Aid Class is completely finished. The graduation party was held on July 31.
2. There will be English Listening Practice from 11:30 to noon every Tuesday and Thursday.
3. Putonghua Class will be conducted from 11:30 am to 12:30 pm every Tuesday and Thursday.
4. In September, a few members will continue with their education. Wilson has enrolled in a daytime class of construction and evening Form 6 classes, Daisy and Tin-Chi have enrolled in Form 4 commerce classes, and Winnie has enrolled in Form 1. We wish them luck and success.

## **Food Services Unit**

1. The food services unit has collected members' opinions on the menu change sheet. We will withdraw the eggplant and minced pork with rice and the mushroom /preserved vegetable and shredded chicken with rice. They will be replaced with tomato, egg and minced pork with rice or spaghetti; and shredded chicken and onion with rice.
2. On 13th December the clubhouse will hold a picnic to celebrate its 10th anniversary. The maximum number of participants is 55, and the fee per person is HK\$40.00. Please pay the fees to Wing-Ming and Marge. Fees paid cannot be refunded or transferred for other members. Those who are interested, please register as soon as possible. Once the maximum number is reached there can be no further applications.
3. The restaurant has stopped using tablecloths to facilitate cleaning.

## **Environmental Protection and Tuck Shop Unit**

1. The maximum number of participants in the 10th Anniversary Dinner is already reached.
2. Every Thursday (9th, 16th, 23rd, 30th) in October there will be a Quali-walk Class. Members are encouraged to participate. The Class will be taught by Coach Eva Yu, from 5:30pm to 7:30pm, in the Clubhouse or George V Park.

# Activities Preview

SEP 2008

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
		<b>Computer Class</b> (5:15-7:00) Wilson · Henry		<b>Standards Meeting</b> (2:30-3:00) <b>Weekly Meeting</b> (3:45-5:00)		<b>Education Luncheon For the beginning of the school term</b> (10:00-12:00) Wilson · Anita · Mui
7	8	9	10	11	12	13
				<b>Standards Meeting</b> (2:30-3:00) <b>Monthly Meeting</b> (3:30-5:00) <b>Dinner</b> (5:15-7:00) Lung · Mui		<b>Karaoke, hula hoops, skipping</b> (10:00-12:00) Man Ling · Wendy · Mui
14	15	16	17	18	19	20
	The Day after Mid-Autumn Festival	<b>The Celebration of Mid-Autumn Festival</b> (5:15-8:00) Lung · Marge · Henry		<b>Standards Meeting</b> (2:30-3:00) <b>Weekly Meeting</b> (3:45-5:00)		<b>Employment Lucheon: Interviews and Resumes</b> (10:00-12:00) Daisy · Anita · Wendy
21	22	23	24	25	26	27
			<b>Yoga Class</b> (5:15-7:00) June · Eva · Bun · Bing · Man Ling · Shau King	<b>Standards Meeting</b> (2:30-3:00) <b>Weekly Meeting</b> (3:45-5:00)		<b>Birthday Party Hiking</b> (10:00-12:00) Kong Sang · Milan · Eva · Henry
28	29	30				
		<b>Basketball</b> (5:15-7:00) Ho · Henry				

## Oct 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
			<b>National Day Walk along Seaview Promenade at Repulse Bay Afternoon Tea</b> (2:00-6:00) Rowena · Wendy · Marge	<b>Standards Meeting</b> (2:30-3:00) <b>Weekly Meeting</b> (3:45-5:00)		<b>Music Appreciation</b> (10:00-12:00) Peter · Eva · Bun
5	6	7	8	9	10	11
		<b>Chung Yeung Festival</b>		<b>Standards Meeting</b> (2:30-3:00) <b>Weekly Meeting</b> (3:30 -5:00) <b>Quali-walk Class (1)</b> Shau King, Amanda		<b>Birthday Party Food Making</b> (10:00-12:00) Wai Fong, Amanda, Mui
12	13	14	15	16	17	18
				<b>Standards Meeting</b> (2:30-3:00) <b>Weekly Meeting</b> (3:30-5:00) <b>Quali-walk Class (2)</b> Shui-Gyun, Henry		<b>Cooking, Hair Cutting</b> Wah Sun · Milan · Didi Wendy · Marge
19	20	21	22	23	24	25
				<b>Standards Meeting</b> (2:30-3:00) <b>Weekly Meeting</b> (3:45-5:00) <b>Quali-walk Class (3)</b> Rowena · Wendy		<b>Employment Luncheon</b> (10:00-12:00) Michele, Anita, Henry
26	27	28	29	30	31	
				<b>Standards Meeting</b> (2:30-3:00) <b>Weekly Meeting</b> (3:45-5:00) <b>Quali-walk Class (4)</b> Lam Lam · Henry		

Phoenix Clubhouse  
4/F David Trench Rehabilitation Centre,  
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Printer Matter

## LATEST NEWS

1. Results of the First Aid Certificate Course examination have been communicated to the individual students. Those who have passed, please come to pick up your certificates.
2. We cordially welcome Chan Ai-Bun, our new staff member who replaces Gabriel. He starts work on September 1.
3. There are still a small number of vacancies left for the 10th Anniversary Picnic of the Clubhouse on 13th December.
4. The Quali-walk Class will be held on 9th, 16th, 23rd, and 30th October (Thursday), from 5:30-7:30pm.
5. We have invited the Training Officer of the Equal Opportunities Committee to explain the laws on discrimination against the disabled, and the channels of complaints. The seminar will be held at the Clubhouse from 10:15am to 11:30am on Saturday 25th October.
6. The Clubhouse 10th Anniversary Dinner will be held on November 14.
7. The new "4-Day Clubhouse Model Orientation Program" will be offered in March 2009.

**Special thanks to Miss Stella Poon for proofreading the newsletter.**

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Opening Hours:  
Work-ordered Day  
Monday - Friday : 8:30am - 5:15pm  
Saturday : 9:00am - 1:00pm  
Social Activities  
Tuesday or Thursday: 5:15pm - 7:00pm  
and some public holidays

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