

The 20th Anniversary and Volunteer Appreciation Day



The 20th Anniversary and Volunteer Appreciation Day was held on 16/2 (Sat). This included three events: the 20th anniversary of Phoenix Clubhouse, volunteer's appreciation day and the new book publication ceremony. We had two activities for participants to take part in before the ceremony started. Some of them stayed in the dining room to sing karaoke, others went to the Community Resource Room with the volunteers, Amimi, Onee and Brian to participate in the "Arts of Blessings". We used red packets to make recycle handicrafts to convey New Year's hopes and expectations to everyone. Members and family members enjoyed the event very much.

The long-awaited-for ceremony started at noon when guests, members and family members began to file in. Kam Fai and Sze Kwan, the masters of ceremony started the opening remarks. First of all, we broadcasted the short video filmed by our Phoenix Young Adults. There were several staff and members in this video expressing their feelings on the 20th anniversary of PC. Everyone was laughing wholeheartedly. Phoenix Clubhouse invited the Queen Mary Hospital psychiatric department in charge Dr. Chan Kwok Ling to make the speech. Then came Eric and Lucia to review the past year's events. Everyone had great expectations towards the future. Afterwards came the sharing of Rennie and Anthony, to let people know that support from families, friends and members was the utmost important thing in life.

During the ceremony, we thanked the volunteers for their hard work in the Clubhouse. The 5 year award winner Onee was the yoga and stretching class teacher who promoted a healthy living style. Other awardees included every staff of Friends of Phoenix Clubhouse and those volunteers who assisted in big events. Apart from volunteers awards, what I anticipated most was the publishing of our new book "Journey of our Hearts--Phoenix Clubhouse 20 Years". I was one of those members in the book. Members and family members were delighted although it was only the first copy. Finally we took a group photo. The atmosphere was exquisitely warm.

After the ceremony, staff and members enjoyed the lunch buffet. Everyone laughed and talked. After lunch, OT students, Bonnie and Kathy played group games with us. Next came the Phoenix Clubhouse Talent Show. Rennie and Ah Bo's magic show astonished the audience while I told a story and encouraged participants to involve in volunteer work. Sheung Chun, Eric and Charlotte sang the song "no time to delay" and received much applause.

Throughout the activity, the team spirit of Phoenix Clubhouse was highlighted. Everyone, be it staff, members, or volunteers, participated in it whole-heartedly. We recalled our progress in the past twenty years and expected Phoenix Clubhouse to have a sparkling and brilliant future. Phoenix Clubhouse was with me when I matured and I also witness the development of the Clubhouse. I hope other mentally ill people could join this big warm family!

Desmond



Pun Choi Banquet

As always, the Clubhouse will celebrate the New Year with members and staff. We held a Pun Choi Banquet this year. We were happy that most of the working members could come to celebrate with us. Members arrived early at the clubhouse, some of them even came before the clubhouse opening time. It was bustling with noise and excitement.

Leona played games with us before the Pun Choi started. The game was to guess names of movies and pot plants. We were happy and excited. Then Tak Mong hosted the game of guessing subway stations' names. Everyone was thrilled.

Then Pun Choi started as everyone had expected. We had plenty of food like shrimps, chicken, mushrooms and broccoli. They were extremely tasty. We also wished each other blessings. The atmosphere was very warm!

We had a wonderful Pun Choi Banquet under a sunny sky!



KK

Here comes the new-in-charge!

Hello! I am Francez. I am glad to return to the big family of Phoenix Clubhouse. I believe everyone is familiar with me. I worked in the Clubhouse for 5 years from 2011 to 2016, in the Clerical Unit, the Environmental and Tuck Shop Unit and the Food Services Unit. So, I can now work in the Administration Unit too!

I love Phoenix Clubhouse very much because it is a place full of memories and feelings. I also believe the clubhouse model gives us positive influence. I love working side by side with members. We have developed relationships of support and trust with each other. I can help members to explore their strengths, goals and dreams. This is a meaningful job that provides me with a sense of satisfaction when I witness our members reintegrate back to society. I learn the importance of perseverance from members as well.

For me, the new-in-charge, I hope I can follow the steps of Eva and Anita in developing and promoting the spirit and concept of Phoenix Clubhouse so that members can in time, return to the community. I also hope the society can know more about our Clubhouse, understand and accept mentally rehabilitated people, hence eliminating discrimination towards them.



Employment and Education Celebration Party 2019

The Employment and Education Celebration Party was held on 2/2/2019 with 40 participants. We gathered together to award the members who had participated in employment and education.

First of all, Anita made a speech of encouragement to urge members to work hard. Then every member received certificates with a short sharing and took photos with Anita as a keepsake. Vivian and Kam Fai shared their experiences on employment and education. The atmosphere was wonderful. Members were all keen to hear other members sharings.

Bonnie played the guitar while Kathy and Chi Lok sang during the performance. We showed videos and photographs of members who simultaneously participated in employment and education in 2018. Some of the members sang songs while others concentrated on the video. It was delightful.

Everyone used different props to take photos before the end of the celebration party. Finally the activity ended with a lunch and birthday party. We hope members will participate in more of the employment and education activities next year!



Charlotte



Hiking at Wan Chai Gap Road

In the old days, I used to go hiking by myself along the MacLehose trail from trail 1 to trail 10 with distance markers from 100 to 200. I thought I was pretty good as I was also able to walk the Hong Kong island part from distance marker 1 to 100. While hiking I would drink Oolong tea and eat pastry. After hiking, I would go to a western restaurant to have dinner and finish with a cup of hot coffee. I still liked going hiking after I joined Phoenix Clubhouse. I immediately jumped to sign up when I heard that we had a hiking activity at the Wan Chai Gap Road on 9/2/2019. It wasn't sunny in the few days before the activity but luckily it wasn't raining either so we could all go hiking. We, eight people set out at 10 o'clock to Wan Chai via the new renovated Lee Tung Street and met other members who were waiting at Hopewell Centre. Then we went to Wan Chai Gap Road to challenge the slope of the Wan Chai natural trail. Then we arrived at Bowen Road to visit the Lovers' Rock. Originally we planned to visit the Hong Kong Police Museum on Coombe Road near the Peak but due to limited time and fatigue in some members, so finally departed when we came back to Wan Chai.

I mostly went hiking alone until I joined Phoenix Clubhouse. Sometimes I felt lonely when I hiked by myself but nowadays I can go with members. I feel amazing talking and laughing with others. I will continue to take part in this kind of activity if the Clubhouse hold this kind of activity again. I hope I can see you all next time!

Kwong Yi

Administration Unit

1. Our new-in-charge, Francez Leung was appointed on 11/2/2019, she will take over Anita's job.
2. The 20th anniversary and volunteer appreciation day of Phoenix Clubhouse was held on 16/2/2019 (Sat). 104 members, 30 family members and 43 guests and volunteers participated in this event. It went smoothly. Thanks to everyone's participation and support.
3. We published the first 20 special copies of "Journey to our Hearts-- Phoenix Clubhouse 20 years" for guests who came to the 20th anniversary celebration. We will continue to get more published and will distribute them to members later on.
4. Phoenix Clubhouse's accreditation will be held from 24/6 to 27/6/2019. Members please come to the clubhouse for assistance and support.

Employment :

Transitional Employment

1. Kwai Cheung finished her job as Scanning/ Filing Clerk at Baker McKenzie on 28/2/2019.
2. Shuk Ching finished her job as Training and Development Administrative Coordinator at Baker McKenzie on 28/2/2019.
3. Lawrence finished his job as Document Control Clerk at Hong Kong Land on 5/2/2019 and was replaced by Chi Lok on 11/2/2019.

Clerical Unit

1. Phoenix Young Adults WhatsApp Group had been set up. We will share the minutes and activities discussion through the group.
2. Phoenix Young Adults filmed a short video of the 20th anniversary celebration. Members and staff shared their thoughts on and blessings to Phoenix Clubhouse in this short video.
3. Phoenix Clubhouse 20th anniversary celebration and Anita's farewell party were held on 22/2/2019. Lots of members came to say goodbye to Anita that day. We also filmed a short farewell video for Anita. The atmosphere was warm and touching.

Education

1. The new "good books recommendation" list can be found in the Education Room.
2. The 2018 Education Need Survey was analysed. Every member's opinion had been discussed at the weekly meetings. We hope to improve and encourage members to participate more in the education activities.

Environmental and Tuck Shop Unit

1. We are currently distributing the 20th anniversary canvas bags. Each member can take one. Please contact John, Lung or staff for registration at the Environmental and Tuck Shop Unit.
2. Recycling of clothing in January 2019 was completed. We received approximately 650 pieces of clothing and successfully donated more than 500 pieces. The new season of recycle of clothing will be held again during July.
3. The Health Questionnaires will be held in the middle of March in 2019. Members please actively participate in it. Please set goals to benefit your health.
4. The annual sports program and dance class in May and June is "A Havana Summer". The steps are simple and accompanied by a relaxing and happy melody. Members will surely enjoy it immensely. The dancing instructor is Ms. Tang, who was our previous line dancing teacher. The venue is at the Sheung Wan Civic Centre Dancing Studio.
5. The nutritional seminar of 2019 was held on 25/1/2019. We had 22 participants. Thanks to Ms. Cannes Chan from the Queen Mary Hospital for explaining to us how to select a healthy diet for the New Year in order to succeed in weight control and prevention of diabetes, high blood pressure and high cholesterol.

Food Services Unit

1. The Spiritual Lunch was held on 5/1/2019. We made lots of bookmarks from the leaves that we picked on the patio to mark our goals for 2019.
2. The employment dinner was held on 18/1/2019. Ah Bo and members shared their feelings of their work for the past year. Everyone has his own opinions on his future expectations.
3. The weekend activity was held on 19/1/2019. We invited the volunteer, Karen Chan to teach us write red couplets scrolls. Everyone paid full attention and wrote a large number of creative words of blessing.
4. A new method was used to operate the lucky draw on the 20th anniversary and volunteer appreciation day of Phoenix Clubhouse. It went smoothly with abundant prizes, everyone was satisfied.

March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
						Clubhouse is Closed
3	4	5	6	7	8	9
Radio-I-care 10am – 5pm Eric, Martin		English Class (3:00-4:00pm) Greg, Alex, Eric	Putonghua Class (11:00-12:00nn) Charlotte, Eric, Henry	Board game, X-BOX, Karaoke 5:00-6:36pm KK, Martin		Spiritual Class (Zentangle) + Birthday Class Katy, Leona, Enzo
10	11	12	13	14	15	16
		English Class (3:00-4:00pm) Greg, Alex, Eric	Putonghua Class (11:00-12:00nn) Charlotte, Eric, Henry		Employment Dinner 5:00-8:06pm Joyce, Bianca	Flower Show Calvin, Bo, Bianca
17	18	19	20	21	22	23
		English Class (3:00-4:00pm) Greg, Alex, Eric	Putonghua Class (11:00-12:00nn) Charlotte, Eric, Henry	Snack Class 5:00-6:36pm Ling, Tracy		Hiking Doris, Henry, Tracy
24	25	26	27	28	29	30
		English Class (3:00-4:00pm) Greg, Alex, Eric Movie Night 5:00-7:36pm Chris, Bo	Putonghua Class (11:00-12:00nn) Charlotte, Eric, Henry			The 4th 'Hiking for Health' Competi- tion Kenneth, Eric, Henry
31						

April 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
		English Class (3:00-4:00pm) Greg, Alex, Eric Stretching / Yoga Class 5:00-6:36pm Volunteer Onee, Joyce, Enzo	Putonghua Class (11:00-12:00nn) Charlotte, Eric, Henry Friends of PC Meeting 7:00pm		Ching Ming Festival	Mindset Talent Show + Birthday Party Ling, Martin, Francez
7	8	9	10	11	12	13
		English Class (3:00-4:00pm) Greg, Alex, Eric	Putonghua Class (11:00-12:00nn) Charlotte, Eric, Henry	Mobile App Class 5:00-6:36pm Calvin, Henry		Employment Lunch (Work Attitude & Interpersonal Communica- tion Skills) Sunny, Francez, Bo
14	15	16	17	18	19	20
		English Class (3:00-4:00pm) Greg, Alex, Eric Snack Class (Easter Egg) 5:00-6:36pm Vivian, Bianca	Putonghua Class (11:00-12:00nn) Charlotte, Eric, Henry		Good Friday	The Day Following Good Friday Activity Martin, Bo
21	22	23	24	25	26	27
Easter	Easter Monday		Putonghua Class (11:00-12:00nn) Charlotte, Eric, Henry	Badminton Class 5:00-7:06pm Katy, Bo		Spiritual Class (Life & Death Education) Chris, Eric, Tracy
28	29	30				
		English Class (3:00-4:00pm) Greg, Alex, Eric Karaoke + X-box 5:00-:36pm Lam, Tracy				

<http://www.phoenixclubhouse.org>

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David Trench Rehabilitation
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Printed Matter

Latest News

1. The Radio-i-care activity was held on 3/3. The booth was located on Pak Sha Road, Causeway Bay. Phoenix Clubhouse will be closed on 2/3 (Sat).
2. Leona was promoted to another organization. Her last day was 20/3/2019 (Wed). Hope more members will come to the clubhouse to bid farewell to her.
3. Phoenix Clubhouse will participate in the fourth "Hiking for health" competition on 30/3. The clubhouse will be closed that day.
4. Easter activities is currently under preparation. Details will be announced later on!

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

Social Activities
Saturday :9:00a.m.-1:00p.m.
Tuesday or Thursday: 5:00p.m.-7:00p.m.
and some public holidays

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