



卓越之訊

Phoenix Newsletter

<http://www.phoenixclubhouse.org>

Five in One Blessing Celebration

I haven't participated in a big event held by Phoenix Clubhouse for 10 years so I consider it an honor to take part in the "Five in One Blessing Celebration". When I first stepped into the clubhouse, I could hear people singing their hearts out. Some members and carers were playing 'Recovery Chess'. The atmosphere was warm. The aroma of the food coming from the kitchen also stimulated our appetite. Tour guides showed the guests around. Two MCs were busy rehearsing. Everyone's goal was to make the event filled with sound and color. I believed people would be interested to know what "Five in One Blessing" means. The Five Blessings included the 17th anniversary of the Clubhouse, volunteer's appreciation, success in Clubhouse Accreditation, the 2016 Outstanding Team in Hong Kong West Cluster award and the 2016 spring dinner. In addition to the Five Blessings, Clubhouse International and Fountain House had been awarded the Hilton Humanitarian Prize in 2015, and Phoenix Clubhouse had become their 11th training base. One can actually call this a "Seven in One Blessing" Celebration!

Following the opening remarks by the MCs, the grand ceremony officially started. It started with the singing of the "Phoenix Clubhouse Song". Then, Ming Ho, Wai Ling and Wai Ming shared their recovery experiences, which was very touching. I was particularly touched when I saw them taking pictures with their family members. After that came the annual review of the Clubhouse. We accomplished so many achievements in the past year!

Then came the volunteer appreciation where we paid our deepest appreciation to our volunteers. The 10 year award goes to Ms. Shirley Mok, who is the current vice chairperson of the Friends of Phoenix Clubhouse. Another 10 year award goes to our Putonghua teacher Mr. Chan Kwong. The 5 year award went to Ms. Vivian Hung, a member of Friends of Phoenix Clubhouse, Ms. Shirley Pow, the dessert class teacher, and Ms. Verita Chu. After toasting and cake-cutting, we took group photos together.

We had a fabulous lunch which was prepared by the staff and members of PC. There was a wide variety of food and all the dishes were delicious. OT students prepared for us some creative and interactive group games. After that came the brilliant talent show. King Kam's performance was amazing. My whistling performance was a bit off key but the audience showed understanding. Rachel's piano performance was brilliant. Henry's singing performance and Bianca's piano playing were superb. Every one of us asked for an encore!

The program soon came to an end. Everyone was waiting for the lucky draw and was happy to receive a great prize. Although everybody had gone home, something wonderful still lingered in the air. Hope that we will have the same beautiful time for next year's 18th annual anniversary!

Man Li Mon



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Recovery Chess Challenge

We participated in the "Recovery Chess Challenge" on January 15. Four organizations participated in this challenge which consisted of two rounds; the 1st round scheduled in the morning and the 2nd round in the afternoon. We had a fabulous lunch buffet in between and we enjoyed it a lot.

Originally I thought our results in the 1st round were just fair. Surprisingly, our overall score was the highest. We were very excited when we heard the news. We felt extremely excited and nervous when the examiner verified the scores after the 2nd round. Although we hadn't won any individual prizes, we were the overall winner! We were very happy since I haven't received any prizes before. While receiving the prize, the judge smiled and said "Your team must have practiced this game very often." This event gave me a lot of joy and satisfaction..

I thought this board game wasn't an ordinary game since it was meaningful, and allowed us to think in different perspectives. For example, there was a question on identifying the strength of one of your team members. I thought for a while and tried to praise one of my team members, Maria, so I said, "she is very attentive." There was also a question asking participants to twist the waist five times. Another interesting question was "Do you agree that believing in Feng Shui would cure mental illness?" I thought that was a very good question because I believe we control our own destiny.

In conclusion, I thought this board game should be introduced to other service users. Since this game brings out the positive message that there are ups and downs in one's life regardless of whether you are in favorable circumstances or adversity.



Wai Fong

Christmas Trip to Cheung Chau



I had a good time in the one day trip to Cheung Chau. Scenery in Cheung Chau was beautiful and people packed the narrow streets. It is a bustling island where we watched the beautiful sunset. We walked around the island and it was very enjoyable. The air was fresh and it made me feel good. I was very satisfied with the lunch and the delicious dinner. In summary, I had a meaningful and delightful day.

Hau Ling

New Year Celebration

I decided to experience the festive mood during Chinese New Year, so I participated in the Chinese New year Celebration activity at the Clubhouse. We sang karaoke, made “glutinous balls” and played group games. Finally we had a big feast for lunch. Not only did we eat to our heart’s content but we also received other members’ good wishes. I was very pleased. At first, I didn’t know how to make glutinous balls and I wasn’t very interested in making it, knowing it would be difficult, but the end result turned out to be delicious. I was confident and satisfied in helping others to make food for the feast. Although the balls didn’t look perfect from outside, it was full of love. Then, we played group games. I wasn’t very good at playing games but I managed to win a bottle of shower gel. To sum up, this activity was special and fun.

Winnie Sze



Employment Training

Phoenix Clubhouse and the Hospital Authority held a one-day employment training at Kowloon Hospital on January 14. 30 Occupational Therapists from different hospitals participated in it. We were much honored to have the Clubhouse consultant, Mr. Ralph Bilby and our ex in-charge of Phoenix Clubhouse, Ms Eva Yau as speakers. Our topics included how to develop employment services and how to find new employers. We had the chairman of Friends of Phoenix Clubhouse, Mr. Danny Luk share his feelings on being an employer to the service users for so many years. He encouraged the audience that there were plenty of employment opportunities out there for members but we needed to communicate with the employers on our member’s conditions and negotiate suitable jobs. Derek also shared his recovery story while June, Francez and Anita shared the current employment situation of Clubhouse and the Open House cum employer’s reception. The participants were satisfied with the training and we wished to spread the employment concept to more potential employers in Hong Kong so that more service users could benefit from it.

Anita

Administration Unit

1. Accreditation professionals Ralph and Peace finished the accreditation of Phoenix Clubhouse on January 8, 2016. Special thanks to Eva for the translation and Friends of Phoenix Clubhouse for their support. In addition, we had achieved the highest standard of having full scores in all the 36 Clubhouse standards. Clubhouse International praised us as well. We obtained the highest three-year score ever.
2. Dr. Wong, Mary, June and Anita had already discussed with Dr CC Luk on the training base issue. We already had the approval by Queen Mary Hospital and Clubhouse International. Phoenix Clubhouse would be the 11th training base in the world as well as the first Clubhouse serving mainly the Chinese-speaking community. We plan to hold the first three-week training in July or August, 2016. We are busy preparing for it now.
3. On January 14, 2016, the Hospital Authority and Phoenix Clubhouse held an employment training at the Kowloon Hospital. 30 occupational therapists from different hospitals participated in it. Ralph and Eva were the chief speakers. We also invited Danny Luk, the chairman of Friends of Phoenix Clubhouse, to share his experiences from the perspective of an employer. Our member Derek also shared his employment experience and June, Francez and Anita shared the employment services of Clubhouse.

Supported Employment

1. Ching Wah finished the job as shop assistant at the Rehab Café on January 28 and the job was taken over by Apple.
2. Tin Chi finished the job as office assistant in Shearman and Sterling on December 15, 2015.

Clerical Unit

1. The "Five in One Blessing" Celebration was successfully held on February 27. There were 137 participants, including 22 volunteers and guests, 79 members, 22 family members, 5 occupational therapist students and 9 staff. Thanks again for all of your support.
2. The Clerical Unit is currently getting a quote from the wireless network suppliers. We have received one quotation now. However, the speed of this network is too low and we would continue to search for other suppliers.

Education

1. The English class is held in the Community Resource Room on Mondays from 3:00pm-4:00pm. Contact Persons: Greg, Lawrence, Winnie and Jennifer.
2. We are recruiting new Education Committee members for 2016-2017. Interested members can sign up at the reception desk. Contact person: Clerical Unit
3. After discussions in the Education Committee, the content of computer class 2016 is now confirmed. It will include Power point, Excel, Photoshop and Mail Merge. Computer class would comprise of 4- 6 sessions, 1.5 hours per session. The exact date is to be confirmed.

Environmental and Tuck Shop Unit

1. The health ambassador meeting discussed the advice from the accreditation experts. Since January 25, the gym equipment has been available for use the whole day. There is no need to make an appointment but the user should be accompanied by another member. Members have to watch the gym equipment video on PC 17 before use. In addition, we bought some new gym equipment such as dumbbell, foam roller and stretching tool. Members are welcome to use them.
2. We thank Mei Wah for teaching us how to make Chinese New Year's decorations and for giving us a turnip cake and a coconut New Year cake. We thank Danny's mother for teaching us how to make turnip cake and for giving us a taro cake.
3. The January used clothes recycle program was successful. Donors and members were thrilled. We had received 400 pieces of clothing and had successfully donated 200 pieces to members. The event was very meaningful because it redistributes resources to the needy as well as raises the awareness of being more environmentally friendly. We will continue to hold such activities in the future. Hope everyone will continue their support. Thank you.

Food Services Unit

1. The original Saturday program of hiking on January 16 was cancelled due to heavy rain. We held a cookie baking class and sang karaoke instead. Everyone enjoyed it in spite of the bad weather outside.
2. On the second day of the Lunar New Year, we held a "New Year Celebration". Members enjoyed it a lot. We made glutinous balls, made New Year's wishes, played group games and had pun choi together. We enjoyed the New Year's atmosphere.

March 2016

Program Review

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		1	2	3	4	5
		Board Game/Chess (5:00pm-6:36pm) Henry, Jack	Putonghua Class (11:00-11:45am) Chan Kwong, Katy		Healthy Chef Competition (2:45pm -3:45pm) Isabella, Joyce, Rachel, Martin	TWGH Radio i-care (10:00am -3:30pm) Neil, Henry, Enzo
6	7	8	9	10	11	12
	Nutrition Talk (10:00am-11:30am) Nurse Chan, Jack, Francez English Class (3:00pm-4:00pm) Jennifer, Greg, Winnie	← Hope Clubhouse 4 Days Exchange Visit →	Putonghua Class (11:00-11:45am) Chan Kwong, Katy	Healthy Cooking (5:00pm-7:36pm) Joyce, Enzo		Flower Festival (Victoria Park) +Birthday Party Eli, Rachel, Bianca
13	14	15	16	17	18	19
	English Class (3:00pm-4:00pm) Jennifer, Greg, Winnie	Housing Talk (10:00-11:30am) Mr. Wat, Nurse Yam Jung Da-yeon Gymnastics (5:00-6:36pm) Rachel, Wendy	Putonghua Class (11:00-11:45am) Chan Kwong, Katy	Friends of PC Meeting (7:00pm -8:00pm)		Fu Hong Society Hiking Competition (9:00am-2:00pm) Wendy, Francez, Martin
20	21	22	23	24	25	26
	English Class (3:00pm-4:00pm) Jennifer, Greg, Winnie		Putonghua Class (11:00-11:45am) Chan Kwong, Katy		Easter	Easter Activity Picnic/Group Games Ling, Martin, Tracy
27	28	29	30	31		
	Easter Monday		Putonghua Class (11:00-11:45am) Chan Kwong, Katy	Yoga Class (5:00pm -6:36pm) Volunteer June, Betty, Tracy		

April 2016

日	一	二	三	四	五	六
					1	2
						Employment Lunch (Understand Mood Disorders and Mental Disorders) Gary, Francez, Martin
3	4	5	6	7	8	9
	Ching Ming Festival		Putonghua Class (11:00-11:45am) Chan Kwong, Katy Fitness Equipment (5:00pm -7:06pm) Anita, OT Student			Dessert/Dim Sum Class +Birthday Party Volunteer, Shirley, Wendy, Henry, Enzo
10	11	12	13	14	15	16
	English Class (3:00pm-4:00pm) Jennifer, Greg, Winnie		Putonghua Class (11:00-11:45am) Chan Kwong, Katy HK West Cluster Outstanding Team Awards Ceremony (Afternoon-Time Pending)		Employment Dinner (5:00pm -8:06pm) Erwin, Bianca	Employment/Education Celebration Party Winnie, Anita, Rachel, OT Student
17	18	19	20	21	22	23
	English Class (3:00pm-4:00pm) Jennifer, Greg, Winnie		Putonghua Class (11:00-11:45am) Chan Kwong, Katy	Student Activity (5:00pm -7:06pm) Anita, OT Student		Education Lunch (Time Management) Neil, Winnie, Tracy
24	25	26	27	28	29	30
	English Class (3:00pm-4:00pm) Jennifer, Greg, Winnie		Putonghua Class (11:00-11:45am) Chan Kwong, Katy	Tennis (5:00pm -7:06pm) Apple, Martin		Hiking/Fitness Equipment Katy, Winnie, Bianca

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Latest News

1. Yung Guo Ting and Shum Tao from the Hope Clubhouse in Sichuan, Chengdu, will come to Phoenix Clubhouse on August 3, 2016 for a four-day exchange program. Members are encouraged to return the Clubhouse to help.
2. A health talk will be held on March 7 from 10:00am to 11:30am. A nutritionist, Ms. Cannes Chan would share the following topics: 1. How to maintain weight balance when taking psychotropic drugs, 2. How to prevent and manage diabetes, high blood pressure and high cholesterol, 3. Low fat diet recommendation. We welcome members and family members to participate. Interested persons please sign up at the reception desk. Attendants would receive a small gift. Contact: Environmental and Tuck Shop Unit.
3. Social workers, Mr. Wat and Ms. Yam, will introduce the service and application procedures of public housing and midway hostel on March 15 from 10:00am to 11:30. Members and family members are welcomed. Attendants who arrive on time will receive a small gift. Interested persons please sign up at the reception desk. Contact: Environmental and Tuck Shop Unit.
4. Two Occupational Therapist students will start attachment program at the Clubhouse for 6 weeks, from March 14 to May 6.

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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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