



卓越之訊

PHOENIX NEWSLETTER
www.phoenixclubhouse.org

Calvin's Success

When I was 30 years old, my health deteriorated. I quit my job and subsequently encountered financial difficulties. With Doctor Mak's help, I applied for the Hong Kong Government's Comprehensive Social Security Assistance. I slept my days away. I knew that even though on medication, I could relapse any moment. I remember working at carpentry and plastic flowers in Day Hospital when I was a teenager. When I applied for membership to Phoenix Clubhouse, Eva told me membership there was for life, which took away one concern in my mind. At the Clubhouse, with assistance from staff and members, I learnt to be a cashier at the tuck shop and participated in gardening. After a while, I started transitional employment at the Hospital Authority (staff co-operation entity) and the Hong Kong Economic Times. Very soon I found a part-time job as courier. I started with working 4 hours per day and then increased to 6 hours. This job lasted for 5-6 years. Presently, I work at a sizable courier company and have been doing so for 4 months. I am happy to report that I will stop taking the Government's Comprehensive Social Security Assistance this month. I thank those who have rendered me assistance, so that I can regain purpose and self assurance. I am confident that I can do my job successfully.



Calvin

In early 2010, the Clubhouse gave me a chance at transitional employment as mail operator in a big firm. Every morning I have to be at the company at 9:30am and I knock off at 1:30pm. The work is to inspect with X-ray all in-coming mail and to make photocopies of the front pages of documents for signatures. I also have to deliver mail to the 20th floor where other colleagues distribute it to various recipients. Since I started this job, friends have all said that I have been complaining less. Because I've got an income, my mood has been better. And what's even better is that after working for three months, the doctor reduced the dose of my medication. I'm very thankful to the clubhouse and Morgan Stanley for this precious working experience.

The Beginning of a new life



Ching

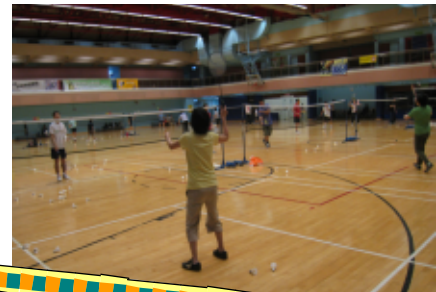
Regular exercise is good for the body

Badminton Training Class



The clubhouse arranged for badminton sessions at the Sheung Wan Sports Stadium every Saturday morning in May and June. Participants were taught by a professional badminton coach whom I thought was a very good teacher. He taught us some basic badminton skills through demonstrations and practice, which made the instructions easy to grasp. During the class, I played badminton with some members and besides learning things about badminton, I got to know friends. I have come to like badminton. I will keep practising even after the class so I can have some exercise as well as develop friendships with other people. I hope that the Clubhouse can organize more activities of this sort because they are good for both the body and the mind.

Rachel



The badminton practice match took place from 5:15pm to 7:00pm on Tuesday, 8th June. After snacks we played badminton at Sheung Wan Sports Stadium. People who took lessons on Saturdays from the badminton coach felt that their badminton skills had greatly improved. They knew how to use the backhand and could hit the birdie quite well. This badminton training enabled us to further understand the game of badminton, which is good for both the body and the mind. It becomes even more meaningful because members can develop friendships through participation in the game.

Hung

From the Health Ambassador

I am not aware that I have actually been leading the Health Walk for two years. There were many happy memories that I would like to share with you. In particular, I could train my body alongside other members, reduce my weight, be close to nature and establish friendships.

I hope we can all benefit from walking. Please join us on Tuesdays and Thursdays 1:00-1:30 p.m., and walk for health!



Lam

Jardine City Tour

Hello, my name is Janet. I was happy to be given a chance to join the Jardine City Tour on 6th February, 2010 (Saturday). It covered various places on Hong Kong Island, including Central/Western District, East and Southern District. The aim was to let secondary school students and mental rehabilitated people participate in the same activity that would allow them to know Hong Kong Island better. Jardine provided lunch and traveling allowance. This trip was interesting as it allowed us to understand the streets in Hong Kong more. At the same time, we also learnt to plan how we spend our allowance as we had to visit many designated spots in a limited time and within a limited budget. The group with the best team spirit would win this competition.



My group visited one spot after another, but we did not win the competition because we did not complete all the requirements. However, other group members and I enjoyed the game and got to know one another better. The five of us gained something precious—friendship!

Janet

Nine members and I joined a mental health programme held in Tseung Kwan O. It was a one-day tour participated in by secondary school students and mentally rehabilitated people and was sponsored by the Jardine Group. That day we went by coach from Phoenix Clubhouse to a secondary school in Tseung Kwan O. We were divided into groups of five. One of the five was a member of Phoenix Clubhouse.

The group I joined was group 21. We took the HK\$500 provided by Jardine Mindset and used it for transportation, lunch and shopping. First we went by minibus to the University of Science and Technology. We followed instructions and arrived at designated places to take photos and play games. All the way we chatted and laughed and were so happy. Later we went to different spots in the Metro City Plaza, and then we met the staff of the Jardine Group and had lunch with them. Finally, we took a taxi to the Jardine Group's restaurant to have some snacks and to report on our day's activities. About 200-300 people were there so there was a lot of excitement!

When we were leaving, every person was given a bag of gifts and went home completely happy.

Ka



Administration Unit

Administration

1. Staff Zhang Lin and Shen Yun and Huang Li Guang from Heart Wing Clubhouse visited Phoenix Clubhouse from 8-11 June for 4 days.
2. Doctor Luk Chi Chung became Director of Hong Kong West Cluster, and Administrative Director of Queen Mary Hospital and Tsan Yuk Hospital on May 31.
3. Queen Mary Hospital will introduce Auxiliary Medical Service on Radio Hong Kong's Programme "Be Smarter". Eva, Rowena and June will talk about Mental Health Rehabilitation Service.
4. Phoenix Clubhouse's moving date is tentatively scheduled on 9th April 2011 (Saturday).
5. In its 2009 annual report, International Center of Clubhouse Development thanked Phoenix Clubhouse for its donation, contribution and support.
6. The 11th Western Region Clubhouse Conference will be held on 12-15 October in San Diego. After an interview, Calvin is invited to join Eva as delegates to the conference.

Transitional Employment

1. Vincent started work as an office assistant at Paul, Hastings, Janofsky & Walker on 3rd May.
2. Joyce started work as an Administration Assistant of Professional Development at Baker and McKenzie on 7th June.
3. Ho started work as an Administration Clerk at Schindler Lifts (Hong Kong) Ltd., on 12th May
4. Tony completed his job of Professional Development Administration Coordinator at Baker and McKenzie.
5. Suet completed his job of Administration Clerk at Schindler Lifts (Hong Kong) Ltd.
6. Billy's Clerical post at Eli Lilly (Asia) Inc. is extended to 20th August.
7. Celesty's post of Document Control Clerk at Hongkong Land Limited is extended to 7th December.
8. Apple's post of Filing Clerk at Holake Hong Kong Lifts Limited is extended to 22nd November.

Clerical Unit

1. Thanks to every member who acted as "Computer Ambassador." We hope that members will continue to participate in this activity.
2. We are gathering members who are interested in learning Putonghua in order to fix the time and date of lessons. Members interested must register at the reception counter and also contact the Clerical Unit.
3. The Clerical Unit is now recruiting new members for the Clubhouse VCD Committee. A meeting will be held on 7th July (Wednesday) 2:30pm. Members who are interested must register at the reception counter. Each unit may send 2 representatives to attend the meeting.

Education

1. Thanks to Putonghua tutor Mr. Chan Kwong for teaching the Putonghua class that finished on Jun 2010.
2. English Classes are held from 7 Jul 2010 – 25 Aug 2010 (Wednesday) 4:00pm – 5:00pm. Linda, Shirley and Stella will teach our members practical and interactive English. They are assisted by Alex Kerr, Gallant, Fei, Ka Lai, and three volunteers Verita, Ruth, Jasmine.
3. Computer Class finished on 2 Jul 2010. Thanks for enthusiastic support from members.



Environmental and Tuck Shop Unit

1. Miss Lam Hiu Fong reported duty on 5th July. We wish her success at the job!
2. The two remaining Badminton Training Classes will be held on 3rd July and 10th July. The time will be between 10:50am – 12:00pm. The venue is on the 12/F, Sheung Wan Stadium. All members are welcomed.
3. A seminar on housing benefits was held on 19th May. The speaker was our colleague from the Medical Social Workers Department. Relevant information is kept at the Community Resources Room, which members are welcomed to use. Another seminar on Comprehensive Social Subsidy will be held. The time and date still need to be fixed.
4. The week-end activity on July 31st is a workshop on "Ways for reducing the belly; Eating habits for a stronger body". The speaker, Mr. Chen, is a volunteer and is also a licensed nutritionist. The time of meeting is 10:30am – 12:00pm. Members are all welcomed. Please contact Tung, Yuen and Yin So.
5. The 12th anniversary outing of Phoenix Clubhouse will be held on 13th November (Saturday). The venue is still to be determined. All members are urged to please reserve time to attend.

Food Services Unit

1. On 10th June, we had rice dumpling wrapping- "Fun Fun Fun" for the Dragon Boat Festival.
2. Additional items to the breakfast menu: Siu Mai, \$2 for 4 pieces, and Beef Ball, \$1 each. Available from 8:45 am to 9:30 am.



Activities Preview

July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
				HKSAR Establishment Day	Basketball Class (5:15-7:00) Eric, Chi	Badminton Training Class (10:00-12:00) Sheung Wan Stadium Eva, Alan, Joyce
4	5	6	7	8	9	10
		Standards Meeting(2:30-3:15) Table Tennis Class (5:15-7:00) Alan, Hung		Monthly Meeting (3:30-5:00)		Badminton Training Class (10:00-12:00) Sheung Wan Stadium Brian, Eric, Michelle
11	12	13	14	15	16	17
		Standards Meeting(2:30-3:15)		Weekly Meeting (4:15-5:00) Badminton Class (5:15-7:00) Enzo, Lam		Employment Lunch: Relax Your Mind Birthday Party Rebecca, Ho, Jessica
18	19	20	21	22	23	24
		Standards Meeting(2:30-3:15) Computer Class (5:15-7:00) Henry, Hung		Weekly Meeting (4:15-5:00)		Museum Visit Henry, Enzo, Milan
25	26	27	28	29	30	31
				Weekly Meeting (4:15-5:00)	Healthy Cooking with our Healthy Chef Champions Eric, Grace, Jessica	Talk on Nutrition and Health Registered Dietitian Mr. Chan Brian, Eric, So

August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
		Badminton Class (5:15-7:00) Alan, Chi		Weekly Meeting (4:15-5:00)		Education lunch The joy of continued education after work Rebecca, Lung, Jessica
8	9	10	11	12	13	14
		Standards Meeting (2:30-3:15)		Monthly Meeting (3:30-5:00) Karaoke, Movie Night (5:15-7:00) Enzo, Sang		A Beautiful Journey – looking back on life Eva, Alan, Rowena
15	16	17	18	19	20	21
		Standards Meeting (2:30-3:15)	Yoga Class (5:15-7:00) Henry, Apple, Jessica, June	Weekly Meeting (4:15-5:00)		Photography class & Birthday Party Henry, Enzo, Janet
22	23	24	25	26	27	28
		Standards Meeting (2:30-3:15)		Weekly Meeting (4:15-5:00)	Employment Dinner (5:15-8:00) Eric, Janet	Employment Lunch: Occupational Safety You should know Eva, Alan, Hung
29	30	31				
		Standards Meeting (2:30-3:15) Table Tennis Class (5:15-7:00) Alan, Hung				

Phoenix Clubhouse
4/F David Trench
Rehabilitation Center,
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Printed Matter



1. The last two lessons of the Badminton Training Course will be held on 3 Jul (Saturday), 10 Jul (Saturday). All registered and interested members can participate.
2. After an interview, we are inviting Calvin as the representative to attend the 11th Western Clubhouse Conference.
3. Changsha Heart Wing Clubhouse staff Zhang Lin, Shen Yun, and member Huang Li Guang completed a four day clubhouse exchange.
4. Lecture on Nutrition: “Ways for reducing the belly; Eating for a stronger body” will be held on 31 July (Saturday). The speaker is Mr. Chan, a registered dietitian.

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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