



卓越之訊

PHOENIX NEWSLETTER
www.phoenixclubhouse.org

11th Western Region Conference

This was the second time I got on an airplane. My first flight was to Shanghai where I attended a conference some time ago. The destination this time was San Diego, USA. I arrived after a 13-hour flight from Hong Kong to San Francisco followed by a 1-hour domestic flight. On arrival, staff with greeting cards welcomed Eva and me and they presented us with a bouquet of beautiful roses. Ralph met us there and we went to the hotel together.

After a little rest, we met participants from other Clubhouses. My English was not good so I felt uneasy and only exchanged simple words with them. Eva delivered her speech the next morning while I talked about my experience with Transitional Employment. The audience liked my story. They shook hands with me and congratulated me afterwards.

Because of jet lag, I was not feeling too well. I was half-asleep during the two afternoon sessions. On Wednesday night, we joined a cruise at our own expense. I bought some gifts and enjoyed the scenery while enjoying my dinner. Ralph spent 10 US dollars for a photo with us.

On the day of my return, I got up at 5:00 am to catch the airport shuttle. I have a very pleasant memory of everything that happened in these four days. I remember all the places I visited, especially those stylish houses and mountains. I like the spaciousness and openness of San Diego and I hope to visit it again.



Calvin



Hilton Humanitarian Award



Ralph and Mr. Moorghen join the Clubhouse Mid-Autumn Party



Ralph and Mr. Moorghen interviewed Wing & Calvin in the clubhouse

The Hilton Humanitarian Award is to recognize organizations that achieve remarkable performance in alleviating human suffering. The International Center for Clubhouse Development (ICCD) is in the running for this award this year. Mr. Moorghen, a representative from the Hilton Humanitarian Award, visited Phoenix Clubhouse on 21/9 and 22/9.

Mr. Moorghen kindly talked with me and Calvin, together with Eva and Ralph. I expressed my feelings as a person with mental illness with utmost sincerity. We hope people in society would understand our difficulties and render us better help so that we can contribute to society without feeling inferior. Phoenix Clubhouse provides strength for us. I consider ourselves lucky to be part of this clubhouse where we are given a chance to develop and demonstrate our inherent abilities.

I wish that Mr. Moorghen may convey to the Hilton Humanitarian Award committee that the Clubhouse Model of Psychiatric Rehabilitation does play an important role in the betterment of the quality of life in this one sector of society.

I take this opportunity to thank Phoenix Clubhouse for helping me so that I may once again live happily as an honest person with contributions to the society. Let us all work hard to achieve our goals!

Golden Bauhinia Square/Stanley half-day trip

October 1st (Friday) was the Chinese National Day holiday. We joined the Golden Bauhinia Square/Stanley half-day trip organized by Phoenix Clubhouse. We assembled at the Wanchai Family Planning Society at 1:00pm. All participants arrived within 15 minutes. By 2:15 pm we were taking pictures at the Golden Bauhinia Square. At 3 pm, we took bus no. 260 to Stanley, and visited the Marine Museum on Stanley Main Street. Modern and ancient vessels were displayed. We had intended to take afternoon tea after the museum visit but were unable to find a place that could accommodate our group of more than 20. Finally, Tin Chi managed to secure seats at the Stanley Restaurant where we had tea until 5:30pm. Having completed the headcount, we dispersed at the Stanley Bus Terminal where everyone went home on the appropriate buses.

Although Stanley was a bit far away and the bus fare was quite high, the scenery there was beautiful. We felt it was worth going there and we all enjoyed the trip.

Calvin, Wai, Cheung



Clubhouse Health and Education Seminar



The Clubhouse invited social workers from the Social Welfare Department to talk about welfare topics such as procedure for application of Disability Allowance and Comprehensive Social Security Assistance. Q&A session was included.



Hong Kong Park Outbound Plan - "Introduction to and Caring of Orchids" workshop was held on 17/9 at the Clubhouse.

Clubhouse Education - Putonghua Class



A party was held after the last Putonghua class in honour of Mr. Chan Kwong who had been teaching us for months. Mr. Chan was pleased to receive our gift and shared snacks with us.

Feedbacks from the teaching assistants of the English Class:

I'm glad that I was able to help at Phoenix Clubhouse this summer. Being a volunteer, I was happy to see that members were able to learn more and even to use what they had learnt in the classes. I love to hear them say, "Thank you! See you next week!" Or "Thank you for your help; I have learnt a lot." I hope that I can come to help again in the near future!

Amanda Lee

It was a pleasure to be a teaching assistant in the summer English classes. Although I hadn't had any experience in teaching, I was able to learn some interpersonal skills in the process of interacting with the members, and that was a great benefit. The members were serious and they really put their minds to what they were learning. I hope that in the future when I'm in Hong Kong, I can continue to be a teaching assistant!

Grace Chung



One day Alan and Eric asked me if I was interested in working as an Office Assistant at the HKU Department of Psychiatry. At first, I refused them because I was worried that I was not capable of doing that job. However, with Alan and Eric's encouragement, I did accept the offer after giving it some consideration. In the following two weeks, I worked in the Clubhouse Food and Services Unit. I cooperated with them and I learned the requirements of the HKU job. Thereafter, I started the office assistant job.

Initially, I felt uncomfortable because I had to learn new faces and new job duties. I was worried because my memory was not good.

I must thank Alan and Eric, who in the beginning spared no effort in teaching me, until I could fully master the job. I worked hard and took notes of all the procedures that I needed to follow. Gradually, I could work independently.

I worked at the HKU Department of Psychiatry for half a year and successfully completed the contract. I felt more confident than before and I was also happy to have made friends with my colleagues.

Lam

Employment Sharing



I worked at Jardine Schindler for one year and didn't really want to leave. Colleagues were nice to me and accepted me for who I am. During this year I learned to handle office business. e.g. filing, copying, faxing, scanning, sending email, printing, sending letters. I benefited a lot from that. I thank the Clubhouse for giving me this opportunity.

Ching

Administration Unit

Administration

1. Eva and Calvin attended the 11th Western region Conference from 12/10/2010 to 15/10/2010 in San Diego, USA.
2. The 5-day hospital accreditation of Queen Mary Hospital took place from 25-29/10/2010. 6 Australian and 6 local experts formed the Accreditation Committee. Dr. Derrick Au, Ms. Rita Cheng visited Phoenix Clubhouse on 27/10/2010(Wed) 2:00pm-4:00pm.
3. Eva, Ralph Bilby and the representative of the Hilton Humanitarian Award Mr. Jean-Marc Moorghen visited Heart Wing Clubhouse in Changsha and afterwards Phoenix Clubhouse on 21/9/2010 (Tue) and 22/9/2010 (Wed).

Transitional Employment

1. Henry finished the contract as clerk at Eli Lilly Asia, Inc. Billy will pick up this position.
2. Lam finished the contract as office assistant at the University of Hong Kong. Chung will take over her position.
3. Michele starts the position of Admin. Assistant at Schindler Lifts (Hong Kong) Ltd. She is replacing Sandy.

Clerical Unit

1. The training for Clubhouse tour guides took place on Oct 4 at 11:30 am and Oct 6 at 3:30 pm.
2. The new laminator broke down. It is waiting to be repaired.
3. The Clerical Unit has already revised the work guidelines and systematized the files.
4. The Clerical Unit is updating Employment File and part of Website content.
5. Clubhouse will buy one new laser printer and one new digital camera.



Education

1. Mr. Chan Kwong will help members with the Putonghua certification class from Nov 2010 to Mar 2011 (every Wednesday). Interested members can complete the application form at the reception.
2. Putonghua Certification Class will be starting from Nov 2010 to Mar 2011 on Saturdays at 10:30am-12:00nn. Total: 12 lessons. First lesson is on 6/11 (Saturday). Please refer to details on the notice board in the education room.
3. Computer Class on Microsoft Word finished on 24/9/2010.

Environmental Protection and Tuck Shop Unit

1. Workshops on orchid care and Welfare were held in September 2010.
2. We welcome Carol as our new Clubhouse staff. We wish she would feel at home here.
3. We start to set up Edible Plant Corner on the balcony. Different kinds of edible plants like chili, tomato, papaya, peppers, Italian parsley...etc. were planted.
4. A VCD on the proper usage of exercise equipments was made with Ms. Yu, the trainer, as illustrator. Please watch this VCD before you use the equipments.
5. Ba Duan Jin Class will be held every Wednesday starting from 3/11/2010. Eva will be teaching us. Please encourage members to join this activity.
6. The Clubhouse 12th Anniversary Trip to Noah's Ark, Ma Wan, will be held on 13/11. There is no more space but we encourage members to be listed on the waiting list.

Food Services Unit

1. The Kitchen Safety Course was finished on 20/9/2010.
2. Our Mid-Autumn Party was held successfully on 22/9/2010. Thank you to those members and staff who sponsored various food items (Lan, Hung, Rowena, Wing, Katherine, Pamela and Sin), and also St. James' Settlement, Dr. Anna Lam and Dr. Albert Chung.

Activities Preview

Nov 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
		Standards Meeting (2:30-3:00)	Putonghua Class(11:00-12:00) Tutor: Chan Kwong Ba Duan Jin Class(5:15-7:00) Eva, Enzo, Janet, Chuan Hsiung	Weekly Meeting (4:15-5:00)		Putonghua Class(10:30-12:00) Rebecca, Alan, Lung
7	8	9	10	11	12	13
		Standards Meeting (2:30-3:00)	Putonghua Class(11:00-12:00) Tutor: Chan Kwong Ba Duan Jin Class(5:15-7:00) Eva, Wendy, Janet, Alan, Chuan Hsiung	Monthly Meeting (3:30-5:00)		Noah's Ark Tour Eva, Eric, Brian, Henry, Lam, Rowena, Chi Wai Calvin
14	15	16	17	18	19	20
		Standards Meeting (2:30-3:00)	Putonghua Class(11:00-12:00) Tutor: Chan Kwong Ba Duan Jin Class(5:15-7:00) Eva, Wendy, Carol, Janet, Chuan Hsiung	Weekly Meeting (4:15-5:00)		Putonghua Class & Birthday Party (10:30-12:00) Henry, Enzo, Rowena
21	22	23	24	25	26	27
		Standards Meeting (2:30-3:00)	Putonghua Class(11:00-12:00) Tutor: Chan Kwong Ba Duan Jin Class(5:15-7:00) Eva, Wendy, Alan, Janet, Chuan Hsiung	Weekly Meeting (4:15-5:00)	Healthy Cooking (5:15-7:00) Henry, Lam	Employment Lunch: Employment Ordinance & Education Lunch: Course Selection to achieve your aims Rebecca, Carol, Lung
28	29	30				
		Standards Meeting (2:30-3:00)				

Dec 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
			Putonghua Class(11:00-12:00) Tutor: Chan Kwong Ba Duan Jin Class(5:15-7:00) Eva, Eric, Janet, Chuan Hsiung	Weekly Meeting (4:15-5:00)		Volunteer Celebration and 12 th Anni. Celebration Co-ordinated by Clerical Unit All Staff & Member
5	6	7	8	9	10	11
		Standards Meeting (2:30-3:00)	Putonghua Class(11:00-12:00) Tutor: Chan Kwong Ba Duan Jin Class(5:15-7:00) Eva, Enzo, Janet, Chuan Hsiung	Monthly Meeting (3:30-5:00)		Putonghua Class & Birthday Party(10:30-12:00) Brian, Alan, Apple
12	13	14	15	16	17	18
		Standards Meeting (2:30-3:00) Badminton (5:15-7:00) Grace, Eric	Putonghua Class(11:00-12:00) Tutor: Chan Kwong	Weekly Meeting (4:15-5:00)		Putonghua Class(10:30-12:00) Henry, Enzo, Rowena
19	20	21	22	23	24	25
		Standards Meeting (2:30-3:00)	Putonghua Class(11:00-12:00) Tutor: Chan Kwong Christmas Party (5:15-7:00) Henry, Apple, Enzo, Brian, Janet	Weekly Meeting (4:15-5:00)		Hong Kong Brands And Products Expo & Tea Time Brian, Carol, Chi Wai
26	27	28	29	30	31	
		Standards Meeting (2:30-3:00) Table Tennis (5:15-7:00) Carol, Hsiung	Putonghua Class(11:00-12:00) Tutor: Chan Kwong	Weekly Meeting (4:15-5:00)		

