



Phoenix Newsletter

Phoenix Clubhouse 13th Anniversary cum Volunteer

Phoenix Clubhouse 13th Anniversary cum Volunteer Appreciation Day was held on 18 February (Saturday), with great success.

About 60 members and 24 volunteers were present. Together, they enjoyed various programs such as review of Clubhouse past events, tea ceremony demonstration, talent show of staff and members, as well as lucky draw for everyone. What I appreciated most was the "violent sea 7542", a kind of Pu Ur tea and the lucky draw. My prize was a jar warmer.

Ah Ho appreciated very much the Try and Guess event and the lucky draw designed by

the two occupational therapy students.

Members sharing of their experience enabled me to understand how the clubhouse and volunteers helped members when they re-joined the society.

Chi Wai found the food very delicious, in particular the red bean cake and cheese cake. Members helped to prepare these cakes. I know I would want to join every clubhouse anniversary!

Prepared by: Chi Wai, Hey, Ah Ho



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My name is Neil Lee. Before I joined the clubhouse, I was lazy. I did not pursue active learning and seek help from others. When I joined the big family of Phoenix Clubhouse, I gradually found life fulfilling and changed my pessimistic outlook of it. Phoenix Clubhouse also offered me a chance of employment. Re-joining the society by working at Jing Tin CPA let me re-discover my own value as a person. I am now more confident and must treasure this job opportunity.

Before working at Jing Tin CPA, Phoenix Clubhouse referred me to work at Jardine Schindler and Baker & McKenzie. I was happy that both of them offered me employment and allowed me to physically rejoin the society as well as build up my confidence.

I also participated in other activities of Phoenix Clubhouse, such as English lessons, Computer classes, and Educational and Employment Lunches. In English lessons I learned office and commercial English, which were helpful to me. In Computer classes, I learned Chinese entry codes. I have more skills and I also have more confidence in myself.

During Educational and Employment Lunches, activities included work sharing, learning ways to improve memory and reduce pressure. I actively participated in these activities which widened my view, boosted my self confidence and strengthened my life goals. These were all accomplished because of clubhouse activities. I am encouraged to try more. Hopefully I shall continue to have chances of employment and learning. Thanks to Phoenix Clubhouse!

p.s. I thank Phoenix Clubhouse for offering me job opportunities. I thank everyone for your encouragement to me. I hope to be successful in my jobs.



Neil



My name is Lam. In 2002 I was referred by Dr. Michael Wong to join Phoenix Clubhouse. I worked at the Food Services Unit. At first I was not feeling well. I felt depressed. I went to the doctors and took medicine regularly. Clubhouse staff and members all cared for me. I was happy because I made a lot of friends. A staff named Amanda discussed with me my rehabilitation plan. Whenever I had problems, I shared them with staff and members. This raised my confidence of re-joining the society. Later, the clubhouse referred me to join group placement doing mainly packaging work. In addition to making money, I gained working experience and confidence. I felt happy and grateful. I thank the clubhouse for offering me a work opportunity.

There are many activities at the clubhouse. I enjoy table-tennis and badminton. I am relaxed and cheerful when I play.

On Wednesday, I learn Putonghua. English classes are held during the summer holidays. As a result, my Putonghua and English are both improved. I also made new friends in the Clubhouse. The clubhouse serves good and cheap meals which are nutritious and tasteful. Soup and dessert are available every week.

When I was hospitalized, many clubhouse friends came to visit me, support me and they gave me get-well cards. They wished me an early recovery. I was grateful for their care of me. Finally, I thank again clubhouse members and staff.



Lam



Hello, my name is Chuen Hung. I was lucky to be able to participate in a drama produced at Phoenix Clubhouse. It was about joint effort in rehabilitation program and expressing care and concern for others. My role was performing a Chinese exercise called Ba Duan Jin. I worked hard at the rehearsal, and realized that performing in a drama was very meaningful. My performance came naturally, with no difficulty at all. My effort was encouraged and supported by others in the clubhouse. I very much wish that we may all have confidence to travel this road of rehabilitation.

I have been happy since I joined Phoenix Clubhouse. I learned Ba Duan Jin and improved my health. Originally, I knew nothing about computers. I learned the basic knowledge of computers at the clubhouse, and widened my view.

Finally, I wished everybody a happy new year.

Hung



Adult First-Aid Class

I joined the First-Aid Class and I am happy to report that I have now graduated. This is a rewarding experience as well as a training and test for me, reminding me of my school days. When I was about 20 years old, I joined a First-Aid Class. I did not complete it because of my illness. Through first-aid classes at the Clubhouse, I was given a chance to finish it. Mr. Mak is a strict yet humorous teacher. He is an instructor that teaches students patiently and he tries to reveal their abilities. Continuously he encourages us and builds our confidence. Members and staff co-operate with and care for one another during our lessons. This First-Aid Class is helpful in my job as a security guard. Possessing a First-



Acid Graduation Certificate is a requirement in some employment advertisements for security guards. It is definitely an advantage and now that I have it, I feel I have a better chance of getting a job in the future.

Yeung Sai Kit



A Warm Celebration of the New Year



I read in the Phoenix Newsletter that there was a hotpot lunch at the clubhouse. I was not very fond of hotpots but as I was invited by other members, I finally decided to register at the reception for this event. I paid Pauline the fee.

On that day, I arrived late at the clubhouse. On the way, I met Joyce and the others who were just going to buy food for the hotpot. I went with them to buy what was necessary at the super-market. When we got back to the clubhouse, I saw that some food was already placed in the kitchen.

There was an abundant supply of food and the \$10 charge for this activity was definitely price-worthy! We started to prepare food for the hotpot at around noon. Everybody ate to his heart's content. Finally we cleaned up the place together. I helped to wash the dishes.

This was an enjoyable activity. I hope the clubhouse will arrange similar programs for members in the future.

Man Yee

Administration Unit

Administrative Management

1. Clubhouse satisfaction surveys and leisure activity questionnaires are now being conducted. Please complete them seriously because your decision will influence clubhouse strategy in the future. Please contact Enzo, Wing or Janet
2. Due to inflation, The International Centre for Clubhouse Development has approved Phoenix Clubhouse to increase the fee for the 4-day orientation program from the 2005 charge of HK\$9,000.00 to HK\$12,000.00. This will be effective immediately.
3. We welcome occupational therapy students Kar Yan and Yuet Nam as clubhouse volunteers.

Employment

1. Tony has completed the TE position as IT Database Operator at Baker & McKenzie, and he was replaced by Kar Song on 1/2/2012.
2. Anny has completed the TE position as Filing Clerk at Holake Hong Kong Lifts Limited, and she was replaced by Meidy on 15/11/2011.
3. Ping has completed the TE position as Document Control Clerk at Hongkong Land Limited, and she was replaced by Viza on 26/1/2012.
4. Hey has completed the TE position as Office Attendant at Department of Psychiatry, the University of Hong Kong, and he was replaced by Man Yee on 19/1/2012.



Clerical Unit

1. Phoenix Clubhouse 13th Anniversary cum Volunteer Appreciation Day was successfully held. A follow-up discussion will take place at the weekly meeting.
2. We wish the two occupational Therapy students Yan and Nam success in their future endeavors.
3. The laptop computer for meetings was repaired.

Education

1. Putonghua tutor Mr. Chan Kwong cannot attend the class on 29/2 (Wednesday). The Putonghua class will be held as usual on 7/3 (Wednesday)
2. An English revision class will be held during 9 May – 22 June on Wednesdays and Fridays from 12:00 – 12:30 p.m. We invite members who had attended the classes last year to act as teaching assistants. Please register at the Reception.

Environmental Protection and Tuck Shop Unit

1. Phoenix Clubhouse 13th Anniversary cum Volunteer Thanks Day was held on 18th February (Saturday). Professor Wu led us in the singing of the Clubhouse theme Song.
2. Adult First-Aid Class Graduation Ceremony was held on 9 February (Thursday) 4:45 – 5:00 p.m. We invited Mr. Mak, our instructor, to present graduation certificates.
3. Wing Cheun master Mak will demonstrate for us Wing Chung on 24th February (Friday) 6:00 – 6:40 p.m. Employment dinner will be served at 6:40 – 8:00 p.m. If we are interested at the demonstration, we shall arrange a Wing Cheun class for the Clubhouse. Contact: Environmental Protection and Tuck Shop Unit.
4. We thank you for donating new and old clothes to support “Phoenix Clubhouse Environmental Month”. We received some clothing and dispatched them to members in need. Over 100 items were handed out. Hopefully we shall continue to support environmental protection. We thank Brian, Kar Yan and Ming for their contribution to this activity.

Food Service Unit

1. Members of the Food Service Unit worked hard to prepare the lunch for “Phoenix Clubhouse 13th Anniversary cum Volunteer Thanks Day”. We believe every member and guest was satisfied. Do you still remember our magic show?
2. During Lunar New Year, members brought warmth and joy to the clubhouse by participating in the “Clubhouse Dinner for the Year” and “A Warm Celebration of New Year (Hotpot)” programs.

Activities Preview

March 2012

日	一	二	三	四	五	六
				1	2	3
				Karaoke, Paper Art (5:15-7:00) Enzo, Janet, Andy		Education Lunch(How to apply for suitable courses) Brian, Pauline, Yee
4	5	6	7	8	9	10
		Calligraphy Class (Mr. Tsoi) (5:15-7:00) Henry, Lam, Yee	Putonghua Class (11:00-12:00) Chan Kwong, Francez, Lam			To Know Yourself Better Francez, Martin, Wing
11	12	13	14	15	16	17
		Calligraphy Class (Mr. Tsoi) (5:15-7:00) Eric, Lam, Man Yee	Putonghua Class (11:00-12:00) Chan Kwong, Francez, Lam		Kitchen Safety Talk (I) (11:00-11:45) Food Service Unit	Tea Art, Birthday Party Volunteer Stella, Henry, Enzo, Janet
18	19	20	21	22	23	24
			Putonghua Class (11:00-12:00) Chan Kwong, Francez, Lam	Table Tennis Class (5:15-7:00) King, Pauline	Kitchen Safety Talk (II) (11:00-11:45) Food Service Unit	A heart-to-hear conversation with Eva (Eva, Eric, Katherine)
25	26	27	28	29	30	31
		Badminton Class (5:15-7:00) Martin, Ho	Putonghua Class (11:00-12:00) Chan Kwong, Francez, Lam		Healthy Cooking (5:15-7:00) Enzo, Lam, Ada	Employment Lunch (Visit Labour Department) Brian, Pauline, Sandy Lam

Fitness activities : every Monday, Wednesday, Friday (5:00pm - 5:30pm) Martin/ Pauline

Ba Duan Jin : Every Monday to Friday (12:30pm - 12:45pm) Eric/ Enzo

Healthy Walk/Table Tennis : Every Monday to Friday (1:00pm - 1:30pm) Pauline/ Martin

Tea Art Practice : Every Monday to Friday (12:45pm - 1:30pm) Saturday (12:00pm - 1:00pm)

April 2012

日	一	二	三	四	五	六
1	2	3	4	5	6	7
		Computer Class (5:15-7:00) Pauline, Andy	Ching Ming Festival		Good Friday	The day following Good Friday Hiking Brian, Martin, Janet Sandy
8	9	10	11	12	13	14
	Master Monday	Basketball / Soccer Class (5:15-7:00) Eric, Ho, Hei				Cake-making Class, Birthday Party Volunteer Shirley, Francez, Martin, Sang
15	16	17	18	19	20	21
				Yoga Class (5:15-7:00) Volunteer June, Martin, Ada		Employment & Education Celebration Henry, Enzo, Sik Ho
22	23	24	25	26	27	28
		Relaxing Exercise(5:15-7:00) Enzo, Sandy			Employment Dinner (5:15-8:00) Henry, Sandy, Janet	The Birthday of Buddha
29	30					

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Phoenix Clubhouse

Address:

1/F North Wing,
David Trench Rehabilitation Centre,
No. 1F High Street, Hong Kong.

Printed Matter

Latest News

1. The Clubhouse will start to discuss the self study report in preparation for the clubhouse accreditation in February 2013. We encourage all members to join our discussion and to provide valuable opinions to support our clubhouse accreditation.
2. Eva will be working as a full time volunteer. She will leave the clubhouse on 11/5/2012. She will be replaced by Anita Chan.

Farewell

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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