



Oct 1st--Tai Tong Day Camp

Our Tai Tong day camp was held on Oct 1st. Our family members, members and staff all participated in this activity. It was bustling with noise and excitement.

Participants who were excited arrived early to the clubhouse. Then we distributed souvenirs, congregations were extremely smooth. After a while, we took the bus to our destination. During en route, Martin and Enzo played group games with us. They made us laugh, the entire trip was wonderful.

When we arrived at the Tai Tong Day Camp, different activities started pouring in. Everyone chose his own sports. I chose to sing karaoke. I sang my hearts out. It felt comfortable.

After lunch there were the sharing and group games. It was a precious opportunity to gather ourselves all together in one place. The first game was "five cents one dollar". We laughed and could also bring out teamwork. Next was "thrift store owner". Everyone laughed their heads off. Then was Kam Chuen's sharing. It was very touching. I saw that Wai Wai is nervous but so emotive.

Afterwards there was another game called "time travelling machine" in which we see ourselves two years later and what effort should be put into what we are doing now. Eric was very calm in handling the situation, he could have been the master of MC.

To end this, we had a joyful and fulfilling day!

KK



Mid-Autumn Festival



Mid-Autumn Festival was on 24/9. Phoenix Clubhouse organizes a party every year. Unfortunately because of bad weather, we decided to cancel BBQ party and turned to indoor party. Members who were working and those who were not available during day time also rushed to the clubhouse to participate in this festivity.

Our party started at six o'clock sharp. Members and staff all participated in preparing food, decorating venue, distributing food and maintaining order etc. We had plentiful of food. Except different kinds of dishes, we also had mooncakes. Everyone ate heartily.

We played the exciting Bingo card game after the meal. The host arranged each member to pick a number from the box. Everyone checked the number on the Bingo card. If the five numbers could horizontally, vertically or diagonally formed a straight line, then the person won and received a prize. Members who received the prizes were happy but those who didn't win they were stuffed.

After partying, members started cleaning up. In the remaining time, some members sang karaoke. After spending a fabulous night together, we thanked all the people for their preparations, assistances and the participations of members and staff. It was a warm festive atmosphere.]



Desmond



New Staff Eric - Q & A

Q : What is your name? How would you like people to call you?

A : Eric or Ah Kit.

Q : When did you join Phoenix Clubhouse

A : 22/8/2018

Q : How do you feel about the clubhouse? Do you like it?

A : I like the clubhouse very much! It's a place filled with love where members work side by side with staff.

Q : What do you like to do in your spare time?

A : Playing badminton, making dessert, enjoying good food



Q : What do you like?

A : Crayon Shin-chan!

Q : What are your favorite foods?

A : Cream! Chicken wings! Salmon fish steak!

Q : Which unit did you join?

A : The Clerical Unit.

Q : What do you want to tell us?

A : Feel free to chat with me anytime!



The interview techniques class



I benefitted a lot after participating in the skills of interview techniques class held by the clubhouse! I had an intention of trying many aspects for development but after the workshop I particularly understood and realized about my career and my life direction.

I have lots of interests; for example, dessert making, gardening, flower arrangement and skincare. Also I had the fundamental knowledge of business and science. I feel a little bit hard to select one out of all my interests in order to develop my career.

Under the vexed circumstances and luckily with the guidance of the volunteer, Ms. Ho, I can integrate all of my interests knowledge into my career; for example, the art of flower arrangement, the knowledge of healthy living and the science theory of dessert making all put together into the cake. I think it is new and fun. It is worth a try.

I was very grateful for Ms. Chan recommendations and guidance.



Administration Unit

1. The Tai Tong day camp was completed on Oct 1st. 69 members, 30 family members, 22 volunteers and 6 staff took part in it. Program arrangements were well-rounded, members were all thrown into participation. Member's sharing and games ran successfully.
2. The 15th European clubhouse conference and training base meeting will be held in Aalborg Denmark from 26/11 to 29/11. Sunny was nominated as representative with Verena and Wendy (the administrative staff) to participate in this conference.
3. Anita was promoted to Senior Occupational Therapist on 3/9 to replace June's job while June was promoted to manager of the occupational therapy department on June to replace Mary's job. The New In-Charge of Phoenix Clubhouse will be appointed openly.

Employment :

Transitional Employment

1. Shammai finished her job as Database Operation Assistant at BakerMckenzie on 31/8 and was replaced by Winnie on 3/9.
2. Po King took over the clerk position at Eli Lilly on 5/10.
3. Ka Fai was employed as Mailroom Clerk cum Men Laundry Room Assistant which was a new transitional employment post on 10/24.

Supported Employment

1. Hin Lai was employed as Office Assistant at Coben Limited on 3/9.

Clerical Unit

1. The English Class will be held every Tuesday from 3:00pm to 4:00 pm at the Community Resource Room.
2. The Putonghua Class will be held every Wednesday from 11:00 am to 12:00pm at the Community Resource Room.
3. Johnson, the volunteer, will assist members in English teaching, computers, write CVs and practice interview skills every Monday from 10:00am to 2:00pm. Interested members please arrange an appointment with the clerical unit.
4. Self-taught software such as Microsoft word 2010, Microsoft excel 2010, Adobe Illustrator CS6, Adobe Photoshop CS6 and Putonghua have been installed in the computer of the Clerical Unit. Members are encouraged to learn regularly.
5. After the Education Committee meeting, members were recommended to apply it before the new course starts if they want to apply for the supported education fund.
6. Young Adult Committee was established on 31/8/2018. The Committee targeted at the young members from 18-30 years of age in order to assist them in building friendships and their stages of developing from adolescents to grownups. The first social activity, Ocamp Evening, of Young Adult Committee was held on 25/10.

Environmental and Tuck Shop Unit

1. Hot drinks machine has been set up at the clubhouse. We can enjoy hot drinks in the winter.
2. There was a staff who came from the Leisure and Cultural Services Department to teach us how to plant pot plants on 13/9. Everyone benefitted a lot.
3. Due to the weather condition of the BBQ party in the Mid-Autumn Festival on 24/9, we turned to indoor party. There were altogether 55 members took part in there to celebrate the festive occasion.
4. 2018 Health Care Exhibition of the Central and Western District will be held at Sheung Wan Sports Centre from 10:30 am to 5:00pm on 3-4/11.
5. Leona will end her maternity leave on 12/11 and come back to work at the clubhouse..

Food and Services Unit

1. The employment lunch was held on 15/9. We shared the topic on job hunting trap and investment scam. The talk was to remind members not to be gluttonous since the swindlers would offer jobs with better conditions than those available in the market in order to attract victims.
2. The interview techniques class was held on 29/9. We invited Ms. Chan, the volunteer, for the talk. She had plentiful interview experience since she worked for a long time at the Human Resources Department. She explained and answered lots of questions from members. We hope she will come again soon.
3. The homemaking dishes and birthday party was held on 6/10. Our cuisines included poached chicken, steamed eggs with salted eggs and minced pork, stir fried veggies with fish paste and stir fried eggs with ham. Members were enthusiastic on cooking, we tasted our dishes after cooking.
4. There will be a new staff Ms. Ho to replace Kyra's work on 5/11.

Nov 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
						Central and Western District Health Festival (9:00am-1:00pm) Ching, Enzo, Tracy
4	5	6	7	8	9	10
		English Class (3:00-4:00pm) Greg, Alex, Eric	Putonghua Class (11:00-12:00nn) Lok, Eric, Henry	Handicraft (5:00-6:36pm) Desmond, Po		Employment Lunch + Birthday party Joseph, Verena, Martin
11	12	13	14	15	16	17
		Snack Class (5:00-6:36pm) Ling, Tracy English Class (3:00-4:00pm) Greg, Alex, Eric	Putonghua Class (11:00-12:00nn) Lok, Eric, Henry	Standards Meeting 10:30am Mimi, Verena		Hiking Vivian, Henry, Tracy
18	19	20	21	22	23	24
		English Class (3:00-4:00pm) Greg, Alex, Eric	Putonghua Class (11:00-12:00nn) Lok, Eric, Henry	Fitness Equipment/Stretching Class (5:00-6:36pm) Joyce, Martin		Cookie Dessert Lok, Verena, Bianca, Po
25	26	27	28	29	30	
	European Clubhouse Meeting + Training Base Meeting				Employment Dinner (5:00-8:06pm) John, Enzo	
30		English Class (3:00-4:00pm) Greg, Alex, Eric	Putonghua Class (11:00-12:00nn) Lok, Eric, Henry			

Dec 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
						Dental Care Po King, Leona, Tracy
2	3	4	5	6	7	8
		English Class (3:00-4:00pm) Greg, Alex, Eric	Putonghua Class (11:00-12:00nn) Lok, Eric, Henry	Badminton Class (5:00-7:06pm) Eli, Henry		Spiritual Relaxation Chris, Verena, Martin
9	10	11	12	13	14	15
		English Class (3:00-4:00pm) Greg, Alex, Eric	Yoga (5:00-6:36pm) Michelle, Volunteer, Po Putonghua Class (11:00-12:00nn) Lok, Eric, Henry			Disney Land Day Trip KK, Henry, Eric
16	17	18	19	20	21	22
		English Class (3:00-4:00pm) Greg, Alex, Eric	Putonghua Class (11:00-12:00nn) Lok, Eric, Henry	Karaoke & Board Game(5:00-6:36pm) KK, Bianca		Employment Lunch Neil, Anita, Bianca, Po
23	24	25	26	27	28	29
	Christmas Party (5:00-8:06pm) Ling, Tracy, Henry	Christmas Party	Christmas Activity (Tai O) Anna, Po, Eric			Hong Kong Brands and Products Expo Lam, Leona, Enzo
30	31					

1/F North Wing,

David Trench Rehabilitation
Centre,

No. 1F High Street, Hong Kong.



Printed Matter

Latest news

1. Disney trip will be held on 15th December, 2018. Time is from 8:30 am to 6:00 pm. We have 55 participants. There will be a draw if the signed up members exceed the quota available. The deadline for application is 8th November, 2018.
2. The 15th European clubhouse conference and training base meeting will be held in Aalborg Denmark from 26/11 to 29/11. Sunny was nominated as representative with Verena and Wendy (the administrative staff) to participate in this conference.
3. Anita was promoted to Senior Occupational Therapist on 3/9 to replace June's job while June was promoted to manager of the occupational therapy department on June to replace Mary's job. The New In-Charge of Phoenix Clubhouse will be appointed openly.

Special thanks to Miss Stella Poon for proofreading the newsletter.

Phoenix Clubhouse Address:

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

Tel : (852)2517 8127

Fax : (852)2517 8169

Web : www.phoenixclubhouse.org

Email : pc@phoenixclubhouse.org



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

All rights reserved.

Reproduction or copy must be under the consent from the clubhouse.