



The

# 卓越之訊

Phoenix Newsletter

<http://www.phoenixclubhouse.org>

## To survive the outbreak, to thrive for Clubhouse's self-improvement

In the blink of an eye, 2020 has passed by a quarter. Hong Kong people are having a hard time beating the coronavirus, so as the Clubhouse. We tried our best to maintain the working days and Saturday week-end activities despite the decrease in the attendance of members. As we always emphasize: Clubhouse is more than a mental health recovery service, it is a small community where staff and members always support and help each other. Under the coronavirus outbreak, Clubhouse has the urgency to break through the physical boundary to continue to provide support for our members.

Under the coronavirus outbreak, each unit increases the frequency of outreach service and contact with members. Living in a technological society, we not only contact members through phones, but also through WhatsApp, video conferencing call and Facebook Live. In order to update members with Clubhouse's latest information, we upload the daily news on Google cloud drive for members to download. Members can also see the interesting pictures from different activities on our Facebook.



With the intention of increasing the opportunity of discussing Clubhouse affairs with every member, we make use of ZOOM to organize online unit meetings everyday. We also use ZOOM to share our situation with Clubhouse International and Clubhouses all around the world.

Members and staff need to check temperature and wear masks before entering the clubhouse. Everyday we mop floors, sanitize the facilities such as telephones, computers, desks, chairs and the handrails of the doors etc.



The safety of dining is also important. In order to keep the social distancing, there are changes to the Clubhouse lunch arrangement: lunch hour is only 30minutes per section, in a total of three sections from 12:00 to 1:30 pm. Members will take turn to have meals. Canteen can accommodate 8 people to have meals while community resources room can accommodate 5 people. Everyone needs to write down the time slot for lunch at the reception when entering the clubhouse.

Apart from this, in order to support member's physical and spiritual health, we specifically held seminars related to stress and anxiety management during this hard time.



We believe that Phoenix Clubhouse upholds the Hong Kong spirit and we can overcome the challenges and find our way out. We are also more than thankful to have received the donation of masks from the citizens, so we can distribute them to members who do not have a mask when they enter the Clubhouse. Let's not lose faith, the coronavirus will eventually leave us!

Clerical Unit

# What's in my mind about the COVID-19?

It was very encouraging to hear that there were only 17 confirmed cases from the yesterday news. I wish the number of the recovering people could increase and the government adopt measures to handle the travelers and those who had visited Lan Kwai Fong. I hope there are more good news and the coronavirus could be under control soon. Oh, Lord! Have you seen our sufferings? Please save us, save the world, save the medical professionals and protect them!

I wish everybody can access to masks and the sanitizing items at this moment. Hope the supply of masks could increase so the masks could be less expensive.

Rennie

**I haven't been to Phoenix Clubhouse for more than 2 months during the coronavirus outbreak.** In the past I came to the clubhouse often because staying at home was boring. However, I am happy that the Clubhouse use ZOOM to gather members from Phoenix Young Adults to discuss on how to renovate our room. Through this interesting app, I can enjoy meetings with staffs and members at home and able to **update everyone's current situation.**

Dicky



In order to survive, we have to eat to intake food nutrients such as vitamin. Different vitamins have different functions to our body. In life, we have to face diverse challenges. If we want to succeed, we shall depend on different positive elements. Those elements, I call them the Vitamin of Life.

As a middle-aged man, looking back to my life, I had faced many difficulties. The social events of last year and the current coronavirus outbreak definitely gave me a shock. In order to let myself to conquer adversity, positive attitude is a necessity.

Being a peer support worker, I have tried a lot of methods to help my friends and myself. Now I want to share with everybody the essential factors to support ourselves:

1. To discover different emotions and to accept them,
2. To treat things seriously but not for over perfection,
3. Be self-**confidence, at the same time be humble to listen to other's** opinions,
4. To treat family and friends well,
5. Do appropriate exercise,
6. Live with a sense of humor.

Hope the tips help and wish everyone a healthy and happy life!

## The power of the Clubhouse cohesion

Phoenix Clubhouse, Clubhouse International, Pathways Clubhouse Canada, Eden Clubhouse Taiwan, Dandelion Clubhouse Shenzhen, Hope Clubhouse Chengdu, Heart Wing Clubhouse Cheung Sha and Sunshine Heart Clubhouse Si Chuan used ZOOM to conduct a conference on 2<sup>th</sup> April. I was much honored to participate in this discussion to learn from other Clubhouses' arrangement during the pandemic. They tried hard to maintain the working days in a virtual way. It inspired me about the importance of the working days. Clubhouse can't be operated without working days.



We shared about our infection control measure under pandemic

Mimi

## My twenty years life in Phoenix Clubhouse - Tak Mon's sharing

I, Tak Mon, joined Phoenix Clubhouse in 1999. It has been 20 years now. I witnessed Phoenix Clubhouse to transit from a traditional day hospital to Clubhouse model. During these 20 years, Phoenix Clubhouse has undergone a lot of changes.

I could still remember clearly that the first big activity that I experienced was Christmas Celebration. In other activities, I also had an opportunity to serve as a MC. Sharing my thoughts and feelings in front of other people helped me to conquer my anxiety with strangers. I have met people with different backgrounds in the Clubhouse. I was only a teenager when I joined Phoenix Clubhouse. I was a guarded and vigilant guy, which made me difficult to meet new friends. However, I was thankful that most of the members treated me like son and little brother. Most of the great friends I met were from Phoenix Clubhouse. I have also witnessed a lot of changes in members which are really encouraging.

Twenty years is definitely not a short period of time. Clubhouse is a special and irreplaceable place where I have a strong sense of belongings. I am glad that I received a lot of caring and love from staff and members, and at the same time, I had the courage to accept their love. To quote a saying from an author:

“There is no unfounded love in the world and there is also no unfounded hate” . I will continue to use a friendly attitude to treat others to sow the seeds of love and to remove the roots of the hatred. I hope I can prolong my sense of belongings with Phoenix Clubhouse.



# Welcome the new staff



New staff Flora at the Clerical Unit, you can also call her ah Tsoi.



Relieving incharge-Wendy during Francez's maternity leave

## Francez's baby boy

I entered this world on 5/3, weights 6.7 pounds with lots of hair just like my daddy Mr. Tung! Staffs in Phoenix Clubhouse were very happy when they knew that I was born. I guess it is because they can taste the delicious "New-born baby treat" - Knuckles & Ginger with sweet vinegar! One of my biggest wish is to grow taller than mommy, Ha Ha!



## Sharing from Sze Wai about teaching Japanese class



Hardworking Students!

My name is Sze Wai San, San in Japanese is Mr or Miss. You can call me Mr. Lam or Lam sensei. It was my first time to teach Japanese class in the Clubhouse. I felt really happy to be able to share my learning with others.

I met 3 members in the Clubhouse. Their attitude towards learning the beginner's course of Japanese wholly brought out the learning spirit of the adolescents.

My mother said I was a rather unintelligent kid when I was small and I had difficulty in learning. However, I did not give up and continue to strive for success with my hard work. I also cherish the experience of failure because I believe failure is the mother of success. Let's continue to work hard together!

# Administration Unit

1. Clubhouse International, Phoenix Clubhouse and the other five Clubhouses in China and Taiwan held a video conference on 2<sup>th</sup> of April (Thurs) at 9 o'clock to share our measures under the COVID-19 outbreak. We had staff and members participated in the conference and did sharing as well.
2. Francez gave birth to a baby boy on 5<sup>th</sup> March (Thurs). He weighed 2.2kg, almost 6.7 pounds. Congratulations to Francez!
3. The Asian Clubhouse Conference, which was schedule to be held at Si Chuan in June, was cancelled due to the COVID-19 outbreak. We hope to join the Canada Clubhouse Conference in Toronto in November.
4. The 2-week training scheduled in August will be postponed due to the COVID-19 outbreak.

**Transitional employment**—The effect of the COVID-19 outbreak:

The start date of work of the following positions will be postponed until further notice	The following positions adopted work from home arrangement
<ol style="list-style-type: none"> <li>1. Mailroom operator (PM) at Morgan Stanley</li> <li>2. Database operator at Baker McKenzie</li> <li>3. Document operator at Schlinder</li> <li>4. Document control clerk (AM) at Hong Kong Land</li> <li>5. Men's laundry room assistant at Hong Kong Land</li> </ol>	<ol style="list-style-type: none"> <li>1. Administrative Clerk at Paul Hastings (Katy)</li> <li>2. Training and Development Administrative Assistant at Baker McKenzie (Samuel)</li> <li>3. Clerk at Eli Lilly (Doris)</li> <li>4. Document Control Clerk (PM) at Hong Kong Land (Jason)</li> <li>5. Men's Laundry Room Assistant at Hong Kong Land (PM) (Kendall)</li> </ol>

**Supported Employment**—Work temporary suspended/adopted work from home arrangement:

1. Marketing Assistant at Baker McKenzie (Amy and Yin) home office
2. Office Assistant at Jardine Matheson (Chris) Work postponed
3. Financial Assistant at Schlinder (Sunny) home office

# Clerical Unit

1. The Clerical Unit promoted video editing using iMac. We produced the video of “DIY diffused stone” with members to let members who could not return to the clubhouse to watch the video and try at home. We also made a short film about infection control measures under COVID-19.
2. The repair of main door is almost finished, except the component of mortise cylinder.
3. The Clerical Unit is currently recruiting members to be the Education Committee of 2020-2021. Members are welcomed to join.
4. The Japanese class will be held every Wednesday from 2:30 to 3:30pm. Thanks Sze Wai for teaching us.
5. The English class will be held every Tuesday from 3:30 to 4:30pm. Thanks Greg for teaching us.

# Environmental Protection and Tuck Shop Unit

1. The Nutritionist Seminar was completed on 11<sup>th</sup> March. We had 12 participants. Participants learnt about how to choose healthy food.
2. The Leisure Activity Questionnaire Survey of 2020 was completed. We had 40 participants. Thanks for everyone's participation.
3. The Annual Sports of 2020 which was scheduled to be held from May to June will be postponed due to the COVID-19 outbreak. Details will be announced later.
4. Altogether 9 classes of the “Fighting the Coronavirus” activity series will be held every Monday from 3:30 to 4:30 pm from May to June. The activity includes psychological support, exercise, hand-craft and interest group etc.
5. The new matrix rolling machine has arrived. We have made some new cards. Members can purchase from the Environmental Protection and Tuck Shop Unit, \$10 for big cards, \$6 for small cards.

# Food and Services Unit

- Starting from 21<sup>st</sup> April, there are some changes of the Clubhouse lunch arrangement: The lunch hour is shortened to 30mins each session, from 12:00 to 1:30, altogether 3 sections. Timeslot 12:00 to 12:30 is reserved for the working members and the members of the Food Services Unit. The canteen could accommodate 8 people while the community resource room can accommodate 5 people. Everyone please write down the time slot for lunch at the reception when entering the clubhouse.

## Phoenix Young Adults

- Phoenix Young Adults meetings will be held every Wednesday from 3:00 to 4:00 pm. We hope more members can participate in the meetings.
- Let's welcome 4 new members joining Phoenix Young Adults.
- We started the renovation of the interview room 1. We will add floor mat, beanbag sofa, table and other furnitures. We hope to create a happy and relaxing environment for gathering. We will also create graffiti design on the walls.
- During the COVID-19 period, we used ZOOM for meeting to discuss the renovation of the interview room 1. We played online games together as well.

### 二零二零年五月

日	一	二	三	四	五	六
					1	2
					勞動節	手工班(西洋書法) Ceci, Flora, Enzo
3	4	5	6	7	8	9
	抗疫情緒要支援 3:30-4:30pm 秀媚, Eric	英文班 3:30-4:30pm	普通話班 11:00-12:00pm 日文班 2:30-3:30pm			肥皂工作坊 2.0+生日會 梓欣, Henry, Tracy
10	11	12	13	14	15	16
	靜觀伸展 3:30-4:30pm 莉莉, Wendy	英文班 3:30-4:30pm	普通話班 11:00-12:00pm 日文班 2:30-3:30pm			就業午餐(職場人際關係處理) Mary, Wendy, Martin, Bianca
17	18	19	20	21	22	23
	Secret Garden 3:30-4:30pm Cat, Flora	英文班 3:30-4:30pm	普通話班 11:00-12:00pm 日文班 2:30-3:30pm			布口罩制作班 巧玲, Eric, Bo
24	25	26	27	28	29	30
	抗疫資訊 3:30-4:30pm 垣, Henry	英文班 3:30-4:30pm	普通話班 11:00-12:00pm 日文班 2:30-3:30pm			就業午餐(九型人格) Ceci, Flora, Enzo
31						

## 二零二零年六月

日	一	二	三	四	五	六
	1	2	3	4	5	6
	音樂 3:30-4:30pm Mary, Martin	英文班 3:30-4:30pm	普通話班 11:00-12:00pm			行山//電影欣賞 巧玲, Henry, Tracy
7	8	9	10	11	12	13
	茶道 3:30-4:30pm 巧玲, Bo	英文班 3:30-4:30pm	普通話班 11:00-12:00pm			就業午餐(精明工作態度)+生日會 莉莉, Francez, Martin Bianca
14	15	16	17	18	19	20
	禪繞 3:30-4:30pm Katy, Tracy	英文班 3:30-4:30pm	普通話班 11:00-12:00pm 包糰 2:30-4:30pm 環保小賣部			身心鬆弛拉筋/瑜珈 Mary, Eric, Bo
21	22	23	24	25	26	27
	咖啡班 3:30-4:30pm Mary, Enzo	英文班 3:30-4:30pm	普通話班 11:00-12:00pm	端午節		就業午餐(強積金你要識) 寶琮, Flora, Enzo
28	29	30				
	身心鬆弛鬆一鬆 3:30-4:30pm Queenie, Bianca	英文班 3:30-4:30pm				

## 二零二零年七月

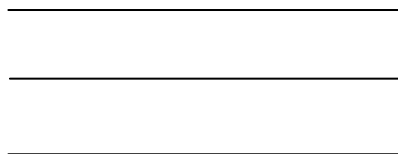
日	一	二	三	四	五	六
			1	2	3	4
			香港特別行政區 成立紀念日			海傍漫步/手遊知多少 Sunny, Henry, Tracy
5	6	7	8	9	10	11
		英文班 3:30-4:30pm	普通話班 11:00-12:00pm			沖調咖啡/茶制作班/ 樂天生活在五常+生日會 Mary, Francez, Martin Bianca
12	13	14	15	16	17	18
		英文班 3:30-4:30pm	普通話班 11:00-12:00pm			心靈教育午餐(生死教育) 莉莉, Eric, Bo
19	20	21	22	23	24	25
		英文班 3:30-4:30pm	普通話班 11:00-12:00pm			行山 港生, Flora, Enzo
26	27	28	29	30	31	
		英文班 3:30-4:30pm	普通話班 11:00-12:00pm			

<http://www.phoenixclubhouse.org>

卓越之友

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戴麟趾康復中心北翼一樓



## 最新消息

1. According to the visitor restriction of Queen Mary Hospital, peer members could not attend the Clubhouse temporarily due to the outbreak of COVID-19 until further notice.
2. The exit of Hospital Road is closed. If members wish to enter or leave the Clubhouse, please use the exit of High Street.
3. IT department is currently installing WIFI in the Clubhouse. However, we have to wait for Queen Mary Hospital to inform us on the access right of the WIFI.
4. Francez gave birth to a baby boy on 5/3 (Thurs). He weighed 2.2kg, almost 6.7 pounds. Congratulations to Francez. Francez took maternity leave and absence leave from 17/2 to 31/5/2020. She will return to work on 1/6/2020. Wendy Chan will relieve Francez's position during this period.

**Please like and subscribe the Facebook Page of Phoenix Clubhouse for the latest information!**

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### 開放時間：

工作日

星期一至五：8:30a.m.-5:00 p.m.

社交活動(某些活動暫停至另行通知)

星期六：9:00a.m.-1:00p.m.

星期二或四：5:00p.m.-7:00p.m.

及部份公眾假期

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如閣下不欲再收到此通訊，請聯絡卓越之友文書部(電話: 2517-3703)登記，謝謝！