



# Phoenix Newsletter

<http://www.phoenixclubhouse.org>

Issue 150  
4-6/2025

## “The 26<sup>th</sup> Anniversary Celebration & Volunteer Appreciation Day”

The "26th Anniversary Celebration & Volunteer Appreciation Day" was held on Saturday, February 22, 2025. We had a photo booth, lucky draw, and members' sharing, but the highlights were undoubtedly the fashion show and talent performances.

Mei Ling showcased 6 original designs while sharing her recovery journey through fashion, which was deeply moving! I think her use of fashion as a medium to share her story was a highly innovative approach! Her live explanations gave me a deeper understanding of the creative ideas behind her work. During my own illness, I also experienced confusion and negative thoughts which made me feel guilty and self-blaming, so I could deeply relate! Moreover, society holds prejudices against people with mental illness, assuming that they might harm themselves or others. This is why we must actively promote mental health awareness to help the public understand that mental illness is not something to fear! The guests were highly interested and impressed by the exhibition. I was so happy for Mei Ling—after investing so much time and effort into her idea, she finally succeeded! During the preparation, I also helped with tasks like creating catalogs and dressing mannequins, which made me realize how challenging it was for Mei Ling to organize this fashion show! If she has the chance to exhibit elsewhere, I'd be more than happy to assist and admire her work again!

In addition, there were talent performances by three teams on that day. First, Isis and I performed a duet of "Even If the World Has No Fairytales." Despite multiple rehearsals, we inevitably felt nervous during the actual performance, leading to mistakes like missing the beat and lacking of eye contact. Though Isis and I felt we didn't perform at our best, the audience's response was positive! We took this collaboration seriously, and as long as we gave our best, that's what mattered. I'll learn from this experience and believe I'll sing even better next time! Next was the dance performance of "A.P.T" by members Ceci and Lily, OT students Heidy and Kuby, and staffs Onee and Henry! It was a delightful surprise—I didn't expected Onee's choreography to be so fun, with unique moves like making heart shapes and pointing at each other. Henry's hilarious dancing especially lifted the cheerful atmosphere! Lastly, member Paolo performed "Tomorrow." Since few members sang English songs, it felt refreshing!

HOPE TO SEE YOU SOON!

I'm grateful to the clubhouse for providing so many opportunities for members to showcase their talents, whether through the fashion show or talent performances!

Charlotte





# Mei Ling's Reflections

## 26th Anniversary Fashion Show

I've always wanted to promote mental health awareness and deepen public understanding of mental health recovery.

My inspiration came from an episode I experienced three years ago. My mind was flooded with thoughts at that time - the pain of the episode, physical and mental sufferings, discomfort, the pressure of being misunderstood, and a sense of helplessness.

As inspiration surged, I immediately grabbed a pen and sketched these feelings. After calming down, I conceived the idea of translating these sketches into clothing, gradually figuring out how to turn abstract emotions into tangible designs.

Initially, I planned to make seven outfits, but as life unfolded, I ended up completing ten pieces, each carrying its own story. I wanted to express the different states and stages of my illness, especially the early phases, so I focused heavily on that in my designs. Throughout, my emotions were conflicted - half persistence, half letting go. Recalling those episodes inevitably brought sadness, these painful memories haunted me for three years, making me unable to progress on turning my designs to real life.

I also faced a lot of obstacles during production. For instance, I encountered skepticism from others while seeking help. Some accused me of using the project to promote my clothings rather than mental health awareness. These criticisms were disheartening, but I chose to be persistent.

Moreover, I had to handle everything on my own. For example, I had no financial support, and costs tripled the budget. Yet I declined external funding as I wish to maintain full control of my own designs. I overcame many hurdles alone, even requiring to move heavy items and to handle tons of trivial tasks.

Though exhausting, I was enjoying myself in the process, believing, "If you do the right thing, someone will eventually notice your efforts."

I joined the Phoenix Clubhouse a year and a half ago. It gives me incredible opportunities to experience many of my "firsts": my first fashion show, first time renting a warehouse, organizing a photoshoot, presenting my work to others... These experiences boosted my confidence. I realized I was stronger than I thought.

Before the exhibition, I worried my message wouldn't be able to resonate with others, but it did!! Successfully promoting mental health through my work made me feel "Someone truly understands me."

For this, I'm deeply grateful to Phoenix Clubhouse. I'm unsure of my future pathways, but I'll take these ten pieces to different districts, spreading my message along the way.

Mei Ling





# Mindset x Health in Mind

I remembered rushing out on the morning of January 18th to reach the clubhouse on time, only to find the tour bus was repeatedly delayed due to parking issues.

After picking up the secondary school students, we finally arrived at the Data Technology Centre in Tseung Kwan O after half-hour drive. Upon arrival, a modern building greeted us, its spacious activity room already buzzing with volunteers and students ready for games.

Following icebreakers and introductions, we split into groups for urban exploration activity across different districts. My group comprising Man Wai, Wai Bo, Nikita, four students, and a Jardines ambassador. We were assigned tasks in Tseung Kwan O town center.

Our first and most memorable stop was the Hong Kong Velodrome. Visiting this international cycling venue felt like a special privilege. Inside, we saw Olympic cyclists' jerseys, rich in historical value, and made a surprising discovery: the ground floor had over ten restrooms for athletes during major events. Outside, a scenic park awaited exploration.

After completing tasks at the velodrome, we headed to a nearby mall for lunch. Each of us had HK\$100 to spend. After discussing, we chose a Western restaurant for lunch, and used the remaining funds for snacks during later tasks. After lunch, we navigated the mall to finish our tasks. While working, we took opportunities to chat with the students, gaining valuable insights into their perspectives.

Regrettably, time ran out before we could complete all tasks. We returned to the center for a debriefing and a lucky draw. Still, the day has left us with both small gifts and precious memories. I'll never forget using a drone for our group photo!!

MICHELLE





# "TOGETHER WE THRIVE:" CARER'S FUN DAY

I was thrilled to join the "Walk Together, Happier Together" Carer's Fun Day, bringing my dad along this time.

As a caregiver himself, he deeply resonated with the guests' speeches and sharing. He realized how crucial family support, care, and love are for recovery. A supportive family environment is vital - it offers emotional support and makes individuals feel valued.

Through interactive booths and activities, we gained deeper insight into family's role in mental health recovery. Each activity sparkled reflection on better mutual support and strengthened our bond.

These experiences showed Dad how proactive family involvement helped recovery. We enthusiastically joined every game. Cherishing these moments with him was a blessing.

Knowing my parents won't always be here forever made me treasure these chances more. It also reminded me to start preparing for independence, as life won't always allow me to rely on my parents.

Lastly, my deepest thanks to the clubhouse and Queen Mary Hospital for organising this event, which highlighted family's importance and inspired my growth.

RAINGO





# TENNIS CLASS



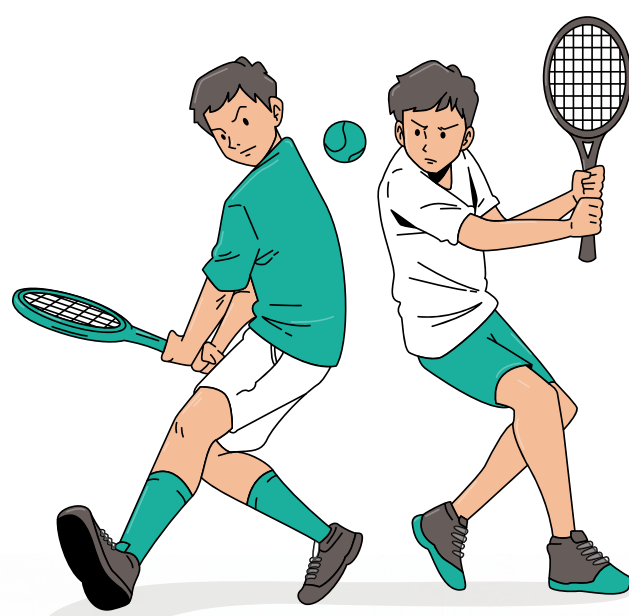
On February 27<sup>th</sup> , Martin and Nikita led about a group of us to Aberdeen Tennis Court for the club's evening tennis class." Upon arrival, Martin immediately guided us through warm-up exercises and distributed clubhouse-provided rackets and balls.

With Martin's expert guidance, we grasped basic tennis techniques surprisingly fast!

Sadly, the hour flew by, we left the court reluctantly, still craving more playtime. Our spirits were only lifted when Martin told us that we could hold other tennis classes in the future.

Loving the experience so much, I even proposed making tennis the club's next "Annual Sport" – just so we can get back on the court sooner!

RENNIE



# THOUGHTS ON "RESUME & INTERVIEW KILLER TIPS"

Hello, I'm Ka Yan, who attended the "Resume & Interview Killer Tips" led by Nikita on March 1<sup>st</sup>.

The session had a relaxed atmosphere, and Nikita engaged us all by analyzing real-time job postings together

My key takeaway of the day: always study the job ads for each company and tailor made your own resumes accordingly to boost interview chances.

I hope we can hold more similar workshops in the future to build resume-writing and interview confidence, equipping members with these practical job seeking skills.

Ka Yan







# Onee's Farewell Message

Phoenix Clubhouse is truly a place of extraordinary compassion, where an almost miraculous level of inclusivity exists - something exceedingly rare in today's society.

Getting to know our members are like aging whiskey, it takes time and patience to know, understand, learn, research, practice and become familiar with them.

With a three inch thick face mask and the determination of the foolish old man moving mountains to encourage them, we can roughly break the ice with our members. Once trust is earned, everything falls into place - working side by side becomes effortless."

If you are able to solve the codes and understand this passage, congratulations! You've possess curiosity, courage, patience, and perseverance to solve life's puzzles.

Hold onto this positive mindset - Learning is never easy, nor does it ends, just a challenges never cease. But once you master the skills, you will find challenges become genuinely rewarding .

I hope you'll join me in embracing life's game with a learner's attitude. Over the past year, I've invested deeply in building relationships with members and staffs - leaving is bittersweet. But these bonds won't vanish, so don't grieve. I'll carry this experience forward, hoping to plant seeds of that miraculous inclusivity elsewhere.

Till we meet again.

ONEE



## Onee Original

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onee



## Social Worker Housing Services Talk



The clubhouse recognizes how living conditions impacts members' mental health. Thus, we invited medical social workers to present housing options to members.



They explained that halfway houses offer temporary housing and life-skills training, which helps ease loneliness and anxiety. Meanwhile, long-term care homes support those unable to self-care. This is critical for chronic patients facing emotional and social isolation.

As for public housing, they outlined eligibility and application procedures. The talk greatly informed attendees about housing applications.



# April Activity Schedule

SMTWTFS

Activities are subject to the latest announcements. Please pay attention to the latest clubhouse notices.

1

Let's Learn a Dish

10:45

2

Let's Learn a Dish

10:45

3

Weekly Meeting

4:15

4

CHING MING FESTIVAL

5

Light Exercise on Sun Yat Sen Memorial Park

park

6

Let's Learn a Dish

10:45

7

Let's Learn a Dish

10:45

8

Let's Learn a Dish

10:45

9

Let's Learn a Dish

10:45

10

Monthly Meeting 3:30

Karaoke

5:00-6:30

11

Let's Learn a Dish

10:45

12

Life and Death Education

Birthday Party

13

Let's Learn a Dish

10:45

14

Let's Learn a Dish

10:45

15

Let's Learn a Dish

10:45

16

Let's Learn a Dish

10:45

17

Weekly Meeting

4:15

18

GOOD FRIDAY

19

THE DAY FOLLOWING GOOD FRIDAY

20

EASTER MONDAY

21

Let's Learn a Dish

10:45

22

Let's Learn a Dish

10:45

23

Let's Learn a Dish

10:45

24

Weekly Meeting 4:15

Table tennis/SWITCH

5:00-6:30

25

Let's Learn a Dish

10:45

26

Drawing Class

27

Let's Learn a Dish

10:45

28

Let's Learn a Dish

10:45

29

Let's Learn a Dish

10:45

30

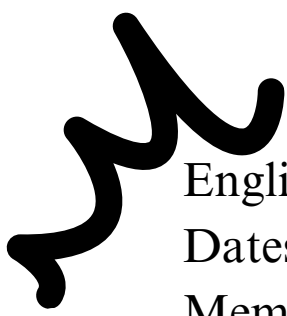
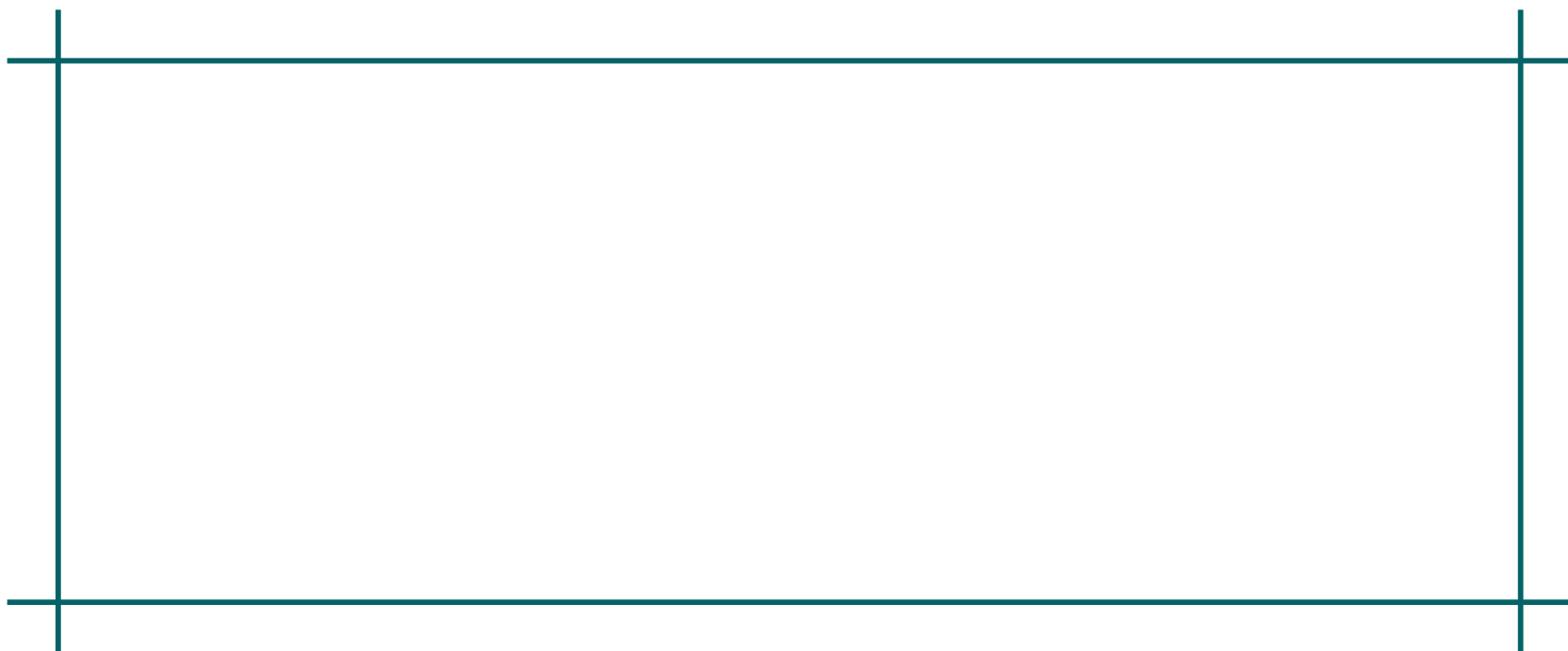
Let's Learn a Dish

10:45





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



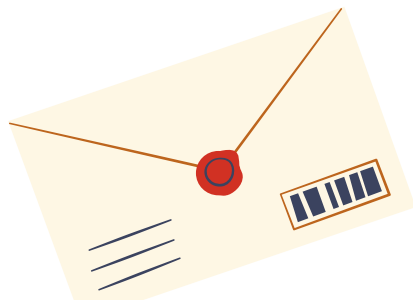
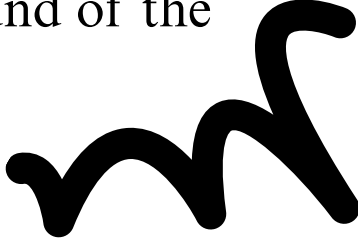
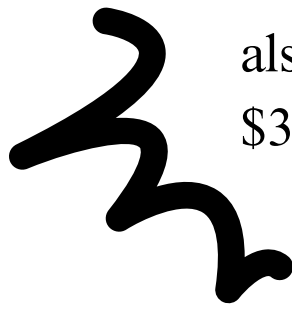
English Beginner Class is now open!  
Dates: April 7 (Mon), 14 (Mon), 23 (Wed), 28 (Mon), 3:45–4:45 PM. Four sessions taught by volunteer Ms. Yvonne Lee.  
Members are welcome to sign up at the reception.

May 10, 2025 (Sat): "Mindset Jardines x King's College Mental Health Fun Day," 9:00 AM–1:00 PM.  
Meet-up at 9:20 AM (King's College) or 9:00 AM (clubhouse).  
Activities: icebreakers, group games, DIY twisty-flower crafting, sharing. Lunch will be provided.

This year's first aid class is tentatively scheduled to be held at the clubhouse in June, with the following dates:

Practical Class	21/6 (Sat), 28/6 (Sat)	9am - 5:30pm
Online Course Revision Class (Note: Not compulsory, it is a revision session held by staffs for members. Members can watch training videos online and complete the online class by themselves at home)	28/5 (Wed), 4/6 (Wed), 11/6 (Wed)	4pm - 6:30pm
Clubhouse Revision Class	6/6 (Mon) - 11/7 (Fri) Every Mon、Wed、Fri, Every Mon、Fir	12:30 - 1:30pm 4pm - 5pm
Mock Test	5/7 (Sat)	
Exam Date	12/7 (Sat)	

- Interested members, please sign up at reception. The application fee covers registration and exam fees and is \$350. The first aid manual (\$80) and bandage pack (HK\$38/pack) are available for optional purchase. The clubhouse will also provide basic bandaging supplies. (Note: Members with 70% attendance can apply for a supported refund of the \$350 registration and exam fee from the Supported Education Fund.)



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: @phoenixclubhousehk

**Opening Hours:**  
**work-ordered day**  
**Mon-fri : 8:30a.m.-5:00 p.m.**

**Social activities**  
**Sat : 9:00a.m.-1:00p.m.**  
**Tue or thu : 5:00p.m.-7:00p.m.**  
**and some public holidays**