



154th

Phoenix Newsletter 卓越之訊

April - June 2026



CONRAD N. HILTON
HUMANITARIAN PRIZE



WHO
Guidance on Community
Mental Health Services

AMERICAN
PSYCHIATRIC
ASSOCIATION
SPECIAL PRESIDENTIAL
COMMENDATION AWARDEE



Phoenix Clubhouse Website

LET'S HIKE TOGETHER

Cape D'Aguilar

On Saturday, 6/12/2025, the weather was just perfect. The long queue at the Cape D'Aguilar bus terminal hinted at the beauty awaiting us. After arriving, we followed staff and members along the coastal path.

After a pleasant walk, we reached the Swire Institute of Marine Science. We took in the stunning views and were especially delighted to see the rare whale bone display

Around 1 p.m., the return bus arrived. Before leaving, we took one last look at the scenery outside and left reluctantly. Looking back, it was truly a wonderful trip. If the Clubhouse organises similar outings again, I would be very much in favour. These moments—sharing thoughts during the walk and continuing the conversation back at the Clubhouse—really help strengthen our bonds of friendship.

Eric Chau



LET'S HIKE TOGETHER

Cape D'Aguilar

The Clubhouse's Saturday outing to Cape D'Aguilar was relaxing and not at all tiring—a three-hour walk along mostly flat paths with fresh air throughout.

We visited Thunder Cave, a sea cave formed by wave erosion. Every time waves strike its walls, it produces a sound like thunder—hence the name. At first glance, Crab Cave just looks like an ordinary rock hole ; you only see the resemblance to a crab when you view it from behind—like a crab that's sitting still.

Since I had never been there before, everything felt special to me. More outings like this—working up a little sweat and letting go of unhappy thoughts for a while—is a good way to relax. If there are chances in the future, I'd love to join.

Dennis



What was Saturday, June 12th? It was our Clubhouse hiking day at Cape D'Aguilar. The weather was beautifully cool, and the flat, easy trail was ideal for a relaxed group walk.

Along the way, we took in fascinating sights—the historic Cape D'Aguilar Lighthouse, the Coastal Protection Area, the iconic whale bone display, and naturally formed Crab Cave. As photography lovers, of course, we made sure to capture precious memories at every spot with our cameras.

We stopped at a small tuck shop for tofu fa and siu mai, a perfect rest after our morning exercise. Feeling refreshed in body and mind, and sharing it all as a group, made the experience even more special.

I hope the Clubhouse will organize more hiking trips in the future, so we can explore more trails together.

Raingo



EMPLOYMENT DINNER

I was so happy to attend the Clubhouse's Employment Dinner. The atmosphere was warm and lovely.

Shirley and Yuki shared their workplace ups and downs which resonated deeply and reminded me that I'm not alone. They also shared practical tips on work-life balance and time management, all of which felt easy to apply. I truly believe members connecting through sharing is something precious. I'm already looking forward to the day I can share my own employment journey and encourage others.

That evening, staff and members worked side by side – stir-frying noodles, cooking pork bone porridge, and bringing youtiao and niu li su. These homely dishes filled not just our stomachs, but our hearts.

Gatherings like this are rare: genuine sharing, homemade food, and connections growing deeper through the night. This kind of gathering is the best way to bring people together. No pretence, no effort to impress – just open hearts, handmade food, and shared stories. In that relaxed space, the struggles and joys of work felt lighter, becoming nourishment that encouraged us all.

Ka Lok (Billy)





Christmas Gathering

The Clubhouse's Christmas gathering took place on Friday, December 26, 2025. I was involved in the entire planning process — from choosing the venue to setting the schedule. The day was divided into two parts: group games and a shared lunch.

In response to the late November Tai Po fire, the event's focus shifted from a festive theme to "Companionship" and "Sharing". Instead of carols, we sang "Walking with You" and shared personal interests and gratitude.

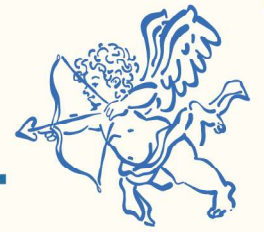
We spent the morning at King George V Memorial Park completing various game tasks. I led a group including Katy, Queenie, Milan, and Sheung Chun, and their wholehearted participation brought us closer together.

Back at the Clubhouse, we shared our thoughts on the games — everyone enjoyed them. Later, during free time, member John So impressed us all by singing and playing guitar to songs like "Boundless Seas, Vast Skies" and "Loving You More Each Day".

The day ended with a generous lunch together, featuring dishes like braised lamb, salad, dumplings, rice with cured meats, and coconut pudding. It was a warm and memorable day for all of us.

Charlotte

Social Worker Event: CARD-MAKING + BUFFET



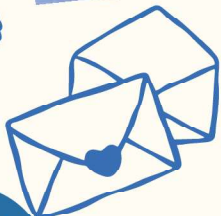
On December 20th, the Clubhouse held a festive Christmas event featuring a heartfelt card-making session with a delicious hotel buffet. I was happy to take part, and the whole day was filled with warmth and holiday spirit. Many members brought along family and friends, everyone was in great spirits.

During the card-making session, everyone focused on designing their cards and writing heartfelt messages.

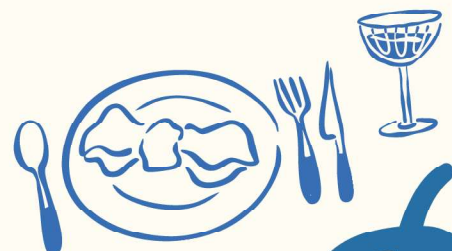
Afterwards, we walked to the Ramada Hotel nearby for the lunch buffet. The food selection was varied and generous, and I enjoyed the meal very much. I left around 1 p.m., but the wonderful mood stayed with me, leaving me feeling happy and satisfied.

I hope the Clubhouse will organize more events like this, giving us a chance to come together amid our busy lives, share some warm moments, and create more wonderful memories.

John So



*Season's
Greetings*



Heartful Lunch (MBTI) + Birthday Party

On January 17th, I attended a "Heartful Lunch (MBTI) + Birthday Party" event.

MBTI describes psychological preferences — how we perceive information, make decisions, and approach life. It helps us understand our own personality and why we are the way we are. It also explains why people have different interests and sometimes struggle to understand each other.

During the event, we learned what the eight MBTI letters stand for: E/I, S/N, T/F, and J/P. We then took a personality test, and Isis explained each type's characteristics and how to interact with them.

My result was ENFJ-T (The Protagonist). I was pleasantly surprised — it matched my personality so closely, it felt magical. I now better understand why my friends and I sometimes think differently. MBTI helps us appreciate these differences in daily life — like planning trips, offering comfort, or choosing gifts. I also learned to adjust my communication style based on others' personalities.

At the end, we celebrated a January birthday party with cake and sang together. We had a wonderful time.

Katy



Exercising in Clubhouse

Before I was diagnosed with diabetes, I used to eat lots of food that is high in calories and protein. This put a lot of stress on my knees and back, and the pain made walking difficult. Aside from eating unhealthy food, I didn't do any exercise at all. Therefore, my weight increased significantly.

With the help of my family and endocrinologist, I successfully lost a lot of weight. I started doing simple arm and leg stretches, followed by jogging or walking 30 mins each day. Whenever I was at the clubhouse, I took the initiative to use their gym equipment to exercise. Each time I participated, I received a stamp. By accumulating enough stamps, I even had my name placed on the "Fitness Achievement Board" twice and earned the top prize! The clubhouse provided me with a safe and highly supportive space, encouraging me to exercise more regularly and helping me to build an exercise habit more easily.

With the clubhouse's support, exercising has become a regular part of my life, and I'm making steady progress. If I can do it, you can too! Try changing your lifestyle – it's worth it!

Evelyn Mccarthy



WORDS FROM TOBY

Hello everyone! My name is Toby, and I have been volunteering at Phoenix Clubhouse for two months, mainly helping out at the Environmental Protection & Tuck Shop Unit. My time here has been unforgettable. What really opened my eyes was the Clubhouse model practised here — members and staff working side by side. By making good use of each member's strengths, they build confidence and prepare for future jobs.

I really admired the members' dedication. Whether designing posters or looking after the clubhouse, they pull together as a team. Seeing their smiles gave me a strong sense of belonging. None of this would be possible without the staff. Thank you!

Through heartfelt chats with members, I deeply understand that people recovering from mental illness need us to walk alongside them. Given the chance, everyone can shine! Please show them your support.

Lastly, thank you again for letting me be part of this warm Phoenix family. I wish everyone health and happiness in the new year, and that you all keep striving towards your goals! Hope we'll meet again and help out!



LUNAR NEW YEAR SNACKS



A big group of us got together to make water chestnut cake—it was so much fun! Even though I don't usually like eating water chestnut cake, making it ourselves felt great throughout the whole process. Looking at the final product, the water chestnuts were nice and sweet, the cake was chewy and springy, and it tasted especially good!

Also, I've always really loved spring rolls, and this time the filling tasted even better than the ones at the restaurants. Taking part in the process helped me understand more clearly how to make them. Now that I've learned, I really want to make some for my family and share it with them. I hope next time we can try making turnip cake, so I can make that for my family too.

Lastly, many thanks to the volunteers and staff—they taught us really well!

Queenie P



Activities are subject to the latest online announcements. For activities in April 2026, please refer to the latest clubhouse notice.

April Activity schedule

S	M	T	W	T	F	S
			1 Cooking Class	2 Cooking Class Table tennis 	3 Good Friday	4 The day following Good Friday
5	6 Easter Monday The day following Ching Ming Festival 	7 The day following Easter Monday	8 Cooking Class	9 Cooking Class	10 Cooking Class	11 Closed
12	13 Cooking Class	14 Cooking Class	15 Cooking Class	16 Cooking Class	17 Cooking Class	18 Recovery 360 
19	20 Cooking Class	21 Cooking Class 	22 Cooking Class	23 Cooking Class Mother's Day Craft Class 	24 Cooking Class	25 Hiking 
26	27 Cooking Class	28 Cooking Class	29 Cooking Class	30 Cooking Class		

Please refer to the latest online announcements for the event details.

PC

Activities

May

7/5(Thur)

Badminton
(Aberdeen Sports
Centre)
5:00-7:00pm



19/5(Tue)

Tennis
(Aberdeen Tennis &
Squash Centre)
5-7pm



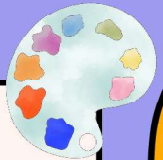
**Work-ordered
day**

Cooking Class
(Mon to Fri 10:45-11:45am)



Saturdays

9/5
Watercolor Painting +
Apr to Jun Birthday
Party



16/5
Snack class (Fried Rice
Dumplings + Silver
Needle Noodles)



23/5
Employment Lunch
(Communication in
Work)



30/5
Education Lunch
(Handling Negative
Emotions)

Please refer to the latest online announcements for the event details.

PC

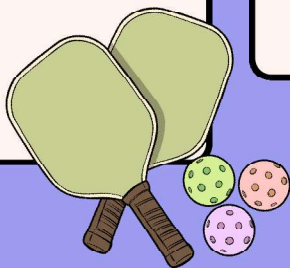
Activities

June

Saturdays

Year-round sports

Pickle Ball Training
5-7pm
Quarry Bay Sports Centre
4/6(Thu),
11/6(Thu),
18/6(Thu),
25/6(Thu)



13/6

Museum/Exhibition Tour



23/5

Employment Lunch
(Communication in Work)

30/5

Food for thought
(Acceptance and
Commitment Therapy)



Work-ordered day

Cooking Class
(Mon to Fri 10:45-11:45am)

16/6(二)

Rice Dumplings Making



SNACK CLASS



Fried
Dumplings
Silver needle
noodles



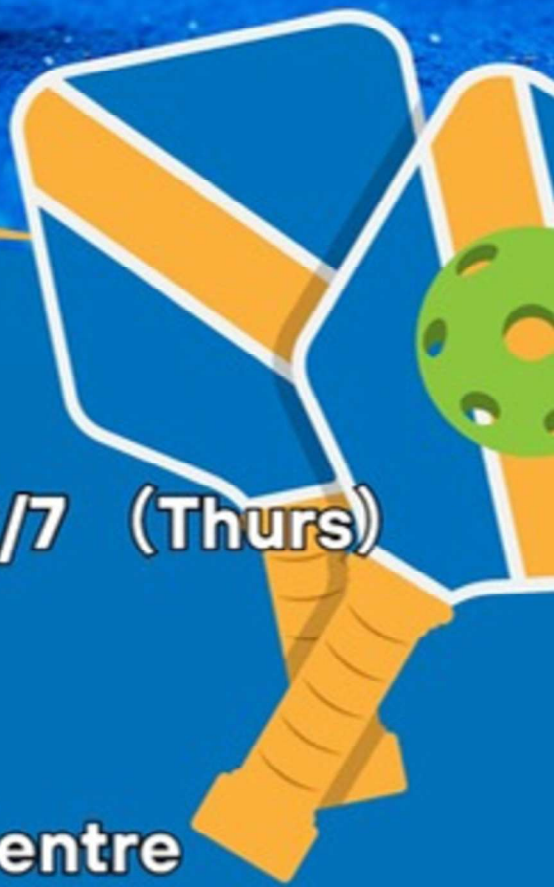
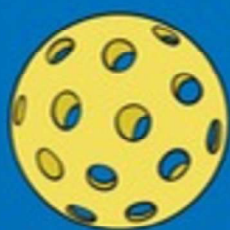
DATE: 16/5 (SAT)

TIME: 9:00AM-1:00PM

VENUE: CLUBHOUSE

**CONTACT PERSON: HOI KEI,
TRACY, FRANCEZ**

YEAR-ROUND SPORTS PICKLEBALL



Date: 4/6, 11/6, 18/6, 25/6, 2/7 (Thurs)

Total 5 sessions

Time: 5-7pm

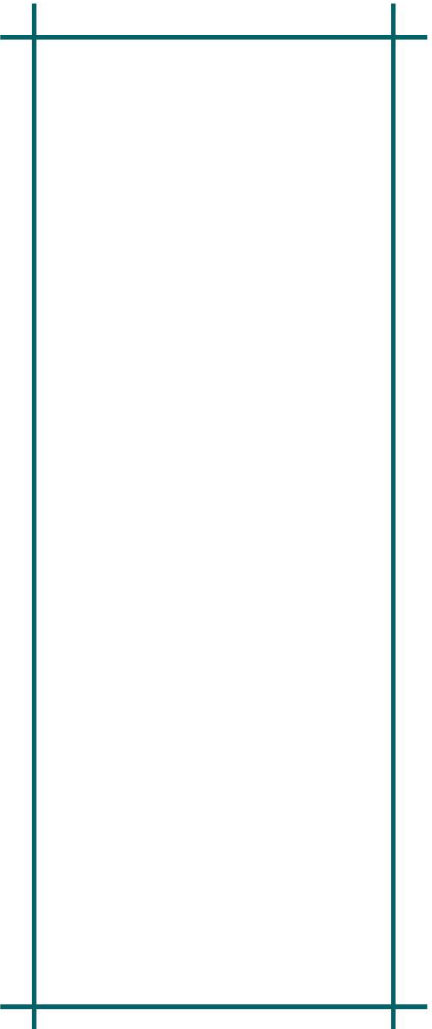
Venue: Quarry Bay Sports Centre

**Contact Person: Eli, Francez, Sharon, Isis,
Henry, Martin, Enzo, Tracy**

Teach by Professional Pickleball Coach



Phoenix Clubhouse
1st Floor, North Wing, David Trench Rehabilitation Centre,
1F High Street, Hong Kong



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OPENING HOURS :

WORK-ORDERED DAY

MON TO FRI : 8:30A.M.-5:00 P.M.

SOCIAL PROGRAM

SAT : 9:00A.M.-1:00 P.M.

TUE OR THURS : 5:00P.M.-6:00P.M.

AND SOME PUBLIC HOLIDAYS

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