

Pioneer Post



For anyone with a history of mental illness



October 2010 Mental Health Month Issue



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clubhouse kitchen team of staff and members with a very tasty selection

Next Strategic Planning
Wednesday 10th November.

4:30pm.

Join to Have Your Say!!!

These important meetings will determine the future running of our Clubhouse and the direction it will take over the next three years!



RAM crew Unit serving guests in our new kitchen!

of morsels enjoyed by all who were present. We are looking forward to being able to make good use of this new facility and now look forward to stage II of the project renovation of the old wind.

By Jo W.

BEFORE



AFTER



BEFORE



AFTER



Jason Kioko giving a thank you speech.

www.pioneerclubhouse.org.au

Thanks for recent support from:



Meet Your Neighbour Day -A Coup For Clubhouse!!-

Tuesday August 30th saw Pioneer host its first event since the Opening

Ceremony. This took the form of the "Meet Your Neighbour Morning." It was attended by representatives of many of the Non-Government Organisations based



on the Northern Beaches and Lower North Shore.

Many of these Organisations are charity driven and provide services such as counselling for Financial

Management, Substance Abuse, Mental Health Issues, Pastoral Care, Suicide Prevention, Consumer Advocacy etc. We were also joined by the Police Liaison Office for mental health from Manly Police.

The morning was organised by the Mental Health Co-ordinating Council of NSW, a peak government body invested with improving Mental Health Services in NSW. The purpose of these events is to enable the local NGO's to communicate and network with one another.

I was given the honour of briefing this group for 15 minutes on the clubhouse model of mental health care. After the discussion the group enjoyed a variety of clubhouse

prepared food with tea and coffee.

The day was considered highly



successful by the organisers and was one of the best attended so far. The attendees were very impressed by the new extension and the catering as evidenced by the positive feedback that Pioneer has subsequently received.

Thank_You to all those members and staff who worked so hard to bring this about.

Jo W.

What We've Been Up To!

The Research Group

I have recently taken part in a focus group meeting, discussing recovery for people living with a mental illness. We explored the idea that people recover at different stages in life. This focus group is part of a PhD. research about mental health recovery.

We got together at 3.30pm and had orange juice and chocolate biscuits. Nicky Hancock facilitated. There were six people in the focus group and discussions were good, concise and clear, staying on the topic.

After we had pizza. All went well and Nicky collected the data for her research.

Jane H.

Manly Arts Festival

Pioneer Clubhouse joined [Treading Lightly] Arts at Little Manly Point, a



community arts event in which Pioneer Clubhouse took part in. The event was washed out first however we still managed to have the event on the following weekend.

It was lovely to see participants enjoy organic art-making activities and/or simply enjoy and appreciate the lively beautiful environment in our community.

Also we would like to say a big thank you to all the volunteers who helped us on the day! *Chiaki K.*

Farewell Justine

An overwhelming sense of apprehension and dread came over when she broke the news of her imminent departure at such a critical time of our transfer from the old to new kitchen facilities. Her input will be missed. However, the members all rose to the challenge and dug deep with extra effort and dedication during the transition.

Now established in the premises all such



misgivings have been erased.

Although we have coped well with the help of other staff who have all taken turns in facilitating the unit., the sense of apprehension remains. Who will fill Justine's shoes? With the benefit of hindsight, all at clubhouse's RAM unit realise the importance of a competent and empathetic facilitator which Justine was.

In short, the RAM unit was fun with Justine as a part of it, and I will miss her.

Carl T.

Student's Perspective By Laura Hayter

My Experience At The Pioneer Clubhouse

I have always thought that a clubhouse was a cubby house that teenage boys used to conduct their secret boys business; read comic books, swap baseball cards and sneak illicit sips of their parents alcohol stash.

Thanks to my three month placement at the Pioneer Clubhouse I am now enlightened and knowledgeable about the important role this program plays in the recovery and support of people struggling to live in the community with a mental illness and the multiple issues that come along with it.

I must admit that at first unsure and dubious, I thought that most mental health facilities focused on therapeutic programs or utilised some form of clinical service provision. Where was the group therapy, the doctors in white coats, the tailored crisis plans?

Well I soon found out; The Work Ordered Day focuses on member's strengths, skills and talents. By providing a

variety of meaningful, skilled tasks, the clubhouse model encourages members to undertake work that contributes to the day to day running of the clubhouse. There is no pressure or expectation to be perfect; members can work at their own pace and level they are comfortable with. The work ordered day helps create feelings of confidence, purpose and morale. For some it is a pathway to return to work, to join the workforce for the first time or take up opportunities to study.

The sense of community at Pioneer Clubhouse encourages members to build meaningful relationships with one another. Members can increase their social network by making new friends and participating in the social events held every month.

I am going to miss Pioneer Clubhouse when I leave but I hope to be back for the delicious, home-style meals prepared at the café!



October Mental Health Month

Mon	Tue	Wed	Thu	Fri	Sat
				1 2pm Art Group	2 Saturday Social: Manly Jazz & Market Festival
4 CLOSED	5 2pm Policy Mtg 3pm Menu Plan	6 1:30 Weekly Review 3:30 Self-Study	7 11:30am Self-study 2:00 pm Hospital Visits	8 2pm Art Group	9
11 8am Bldg Committee 2.30pm MH Months Planning Team mtg	12 2pm Policy Mtg 3pm Menu Plan 4pm Clubhouse	13 1:30 Weekly Review 3:30 Self-Study	14	15 CLEAN UP SHED DAY 2pm Art Group	16 Garage Sale @ P/C P/C Stall @ the Corso
18 11:30am Self-study 2pm Grants & Funding	19 2pm Policy Mtg 3pm Menu Plan	20 1:30 Weekly Review 3:30 Self-Study	21 11:30am Self-study 2:00 pm Hospital Visits	22 2pm Art Group	23
24 11:30am Self-study 2pm Grants & Funding	25 MEET YOUR NEIGHBOUR DAY	26 1:30 Weekly Review 3:30 Self-Study	27	29 Clubhouse Open Day	30

When?	What?	Details:
Monday 11/10/10	Mental Health Month Planning Team Meeting	2:30pm-3:30pm All members interested in having an input are welcome to take part in this meeting!! where we will plan and designate responsibilities for this months activities:
Saturday 16/10/10	Info Stall at Manly Corso	10am-4pm Pioneer Clubhouse will hold a stall at Manly Corso, where we will raise awareness about mental illness in the community, will answer any queries and accept donations.
Friday 29/10/10	Pioneer Clubhouse Open-Day	11am-2pm Pioneer Clubhouse will be open to members of the public interested to get to know more about the clubhouse model. Will include: tour, info and a BBQ sizzle.



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Email: mail@pioneerclubhouse.org.au
Website: www.pioneerclubhouse.org.au

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HAVE YOU CHANGED YOUR ADDRESS?

Please write your new details below and return the original label to:

Pioneer Clubhouse

Lot 2 Quirk Road (off Balgowlah Road) Balgowlah NSW 2093

Name:.....

Address:.....

Phone Number:.....

Helpful numbers

From time to time you may need help from a particular service and don't know how to find their number. There is a list of contacts in the community section of the white and yellow pages. Here are a few contacts that may come in handy.

Extended hours team: 9976 9611

Lifeline: 131 114

Homeless Person Info Service: 1800 234 566

Gambling hotline: 1800 156 189

Poison info hotline: 131 126

Alcohol & Drug info service: 1800 422 599

Emergency: 000

Phone Connections: 1300 135 846
8406 1841

Want to become a member at Pioneer Clubhouse?

Give us a call on 9907 9999 to organise a tour and you can check the place out for yourself.

Able to support Pioneer Clubhouse?

Call us on 9907 9999 to see how you can support Pioneer Clubhouse, through financial contributions, advocacy opportunities, donations for our new building or anything that you could offer.

*Open Day Friday 29th October 11am-2pm

