



FROM: CANEFIELDS CLUBHOUSE BEENLEIGH INC.

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Facebook: facebook.com/canefieldsCH

ABN: 36 027 507 883

MISSION STATEMENT

To promote the rights of people who experience mental illness, to have valued social roles and access to work and community participation.

TO:

If you or someone you know needs further information or would like to visit Canefields Clubhouse for an introductory tour, please telephone to arrange for an appointment on 3807 0951.

PLEASE GIVE YOUR SUPPORT

More and more people are making regular donations to help the work of the Clubhouse....

Making a monthly donation is a simple and effective way to support the work of the clubhouse.

You can send donations directly to our account. Donating via Payroll Giving is even easier.

As the clubhouse is a recognised charity this means you receive a tax advantage at the end of the financial year.

To find out how to make a monthly donation or introduce Payroll Giving in your workplace, contact

director@canefieldsclubhouse.org.au or call Jak Dennison on 07 3807 0951.

Your support provides our members with extras that are otherwise unavailable to them.

You can make a donation in memory of a loved one by leaving a bequest in your will to Canefields Clubhouse. Leaving a bequest is a powerful reflection of the values and principles you treasure. It enables you to create a legacy of love and care for those who most need assistance.

... SPECIAL ANNOUNCEMENTS ...

The Admin Unit would like to thank the large team of Members who have worked on and contributed to this edition of the Newsletter. Great effort Team!

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2/11-13 Logandowns Dr
MEADOWBROOK 4131

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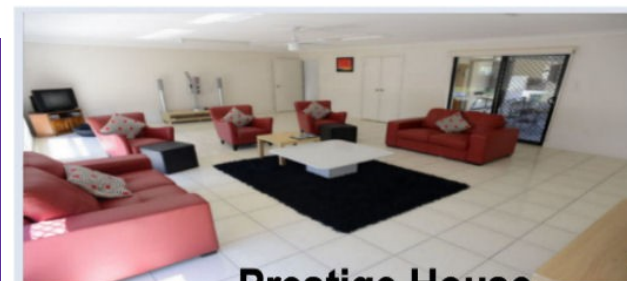
The **Welcome** Members and Staff at CANEFIELDS CLUBHOUSE would welcome like to send out a warm to all our New Members: We hope that your experience at Canefields Clubhouse is a positive and exciting one and we are excited to have you join our Clubhouse Community.

Canefields News

Issue 24

August / September 2016

Canefields Clubhouse Housing Programme



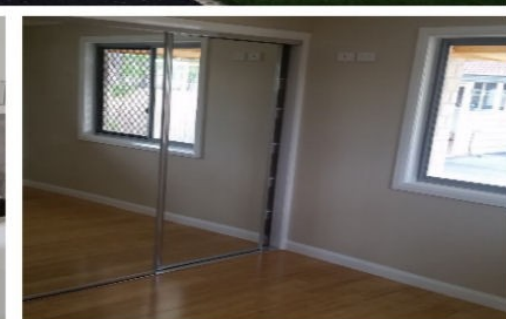
Prestige House



Canefields House



Beutel House



EXECUTIVE DIRECTORS REPORT

Wow time fly's by in clubhouse - already we are into the 8th month of 2016. Not long until Santa is on his rounds again.

Clubhouse has been through a very busy time since our last newsletter, we have undertaken our International Clubhouse Accreditation process and now waiting on the final outcome to secure 3 years internationally accredited clubhouse status again. It was a pleasure to host our accreditor's who were representing Clubhouse International, Peace Cambria from New Reflections Clubhouse Utah USA and Kåre Grøner from Fontenehuset I Clubhouse Oslo, Norway. They spent a great few days with us and got to know how Canefields Clubhouse operates at an international level in our community of Logan City. Thank you to you both for all the support and great suggestions you offered us.

We are well on our way to creating and hosting the Wellness Riverwalk 2016 – Registrations are now open check it out on www.wellnessriverwalk.org.au this years walk is at the end of Mental Health Awareness Week this year on Sunday 16th October and is on the same day as the Sydney Wellness walk for Mental Health www.wellnesswalk.org.au – great to see two walks for Mental Health in two of Australia's major cities on the same day. "How cool is that for promoting and de-stigmatizing mental illness in our communities". Look forward to the day we will have a walk on the same day in every town and city of Australia.

2016 Wellness Riverwalk is starting and finishing at Orleigh Park West End Brisbane. It is a beautiful refreshing walk along the riverbank from Orleigh Park up over the Go-Between Bridge down on to the cycle way on the opposite side of the river along to QUT and then over the Good Will Bridge along South Bank and back to Orleigh Park for fun and entertainment. This event this year is also being advertised and promoted on the QLD Mental Health Commissions website as the closing event for MHA Week and QLD Mental Health Alliance websites - we are very proud to be associated with both of these organisations who give us incredible support.

We are pleased to announce that we have been very fortunate to have been selected by the QLD Mental Health Commission as the Merchandise Sales team for the next 3 years to sell the Mental Health Commission merchandise for Mental Health Week 9-15 October. Check out the website www.qldmentalhealthweek.org.au to see what merchandise we have available for sale and place your order - we will pick and pack it and send it off to you, please note all sales are inclusive of postage. Available for QLD Sales only.

Canefields Clubhouse is very happy to announce that we have now opened our 3rd accommodation house called Beutel House. We can now offer fantastic up market accommodation to 11 clubhouse members. This house is a brand new 3 bedroom house of very high quality housing to offer our members who deserve 1st class housing, huge thanks to our great supporters Steve and Rachel for making this dream a reality. Watch this space for further housing opportunities we are pursuing. [Check out the housing photos in this issue.](#)

We just keep moving ahead in clubhouse – we have now set up a partnership in hosting the local Logan Rotary club weekly dinners meetings at our clubhouse – this is very exciting, not only is there a great partnership being built but our catering unit is making this a great fundraiser for clubhouse and members are having the opportunity to learn and put into practice their hospitality skills which is fantastic for on going employment opportunities and looks great to be able to add to their Resumes.

Lastly we are continuing to move forward with our knowledge and research around introducing NDIS to our clubhouse and our membership – we will be rolling out this service in our area of Logan City and Canefields clubhouse around 2018. Please note we are hosting weekly sessions on how our members can prepare for this event to ensure they are eligible for future funding and how it will effect them if they are not eligible, we are researching and designing systems to ensure we are able to manage and operate NDIS – it is an exciting time ahead now with this new method of you the consumers and be able to be in control of the services you require, to live a good quality of life in your community and select your own services that you require instead of having them selected for you.

I guess it is safe to say there aren't many dull moments in our clubhouse we just keep on making stuff happen.

Until next time ***Jak***

We are working really hard on fundraising this year. We have our Wellness Riverwalk Orleigh Park West End. A 4.5 km walk along the banks of Brisbane river.

We need people to get involved ether by Walking or Donation.

Registration Costs

- \$30 for Adults
- \$80 Family, 2 Adult 2 Kids (\$20 Discounts)

So we need you to sign up or please make a donation, nothing is too small.



Come join in the fun of the Australasian Conference you get to meet new people from other Clubhouses & see what's happening at theirs.

Its a great time to just talk & share what you are doing.

SAVE THE DATE

Date: 8th-11th November 2016

Venue: Brisbane City Hall

Hosted by: Stepping Stone Clubhouse

Contact: 07 3847 1058

Email: clerical@steppingstoneclubhouse.org.au

www.steppingstoneclubhouse.org.au



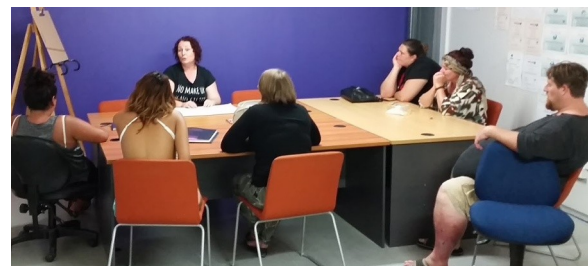
What's On in May and June

E & E DINNER: On Come and join us for dinner and a chat with members who are doing courses, or who have been fortunate to gain employment. E&E Dinners will be at Clubhouse which keeps the cost at a more affordable price for everyone to join in. Stay tuned for menu via the Website and Social Recreation board. COST: \$5.00

Ten-pin Bowling Night:

Art: Thursday afternoon and Thursday Night and Friday

Please join our art sessions and meet new art teacher Peta.



MENTAL HEALTH FIRST AID

Canefields Clubhouse is excited to be able to offer the Standard Mental Health First Aid course to the community, both the 12 hour standard course and also the eLearning course. We have instructors who are fully accredited and up to date with mental health issues. Some of our instructors also have over 20 years of lived experience and therefore have valuable knowledge to pass on to our participants.

This course teaches members of the public how to provide initial support to a person experiencing a mental health crisis or developing a mental health problem.

MHFA course participants will learn the signs and symptoms of these mental health problems, where and how to get help and what sort of help has been shown by research to be effective.

Developing mental health problems covered:

- Depression
- Anxiety problems
- Psychosis
- Substance use problems

Mental health crises covered:

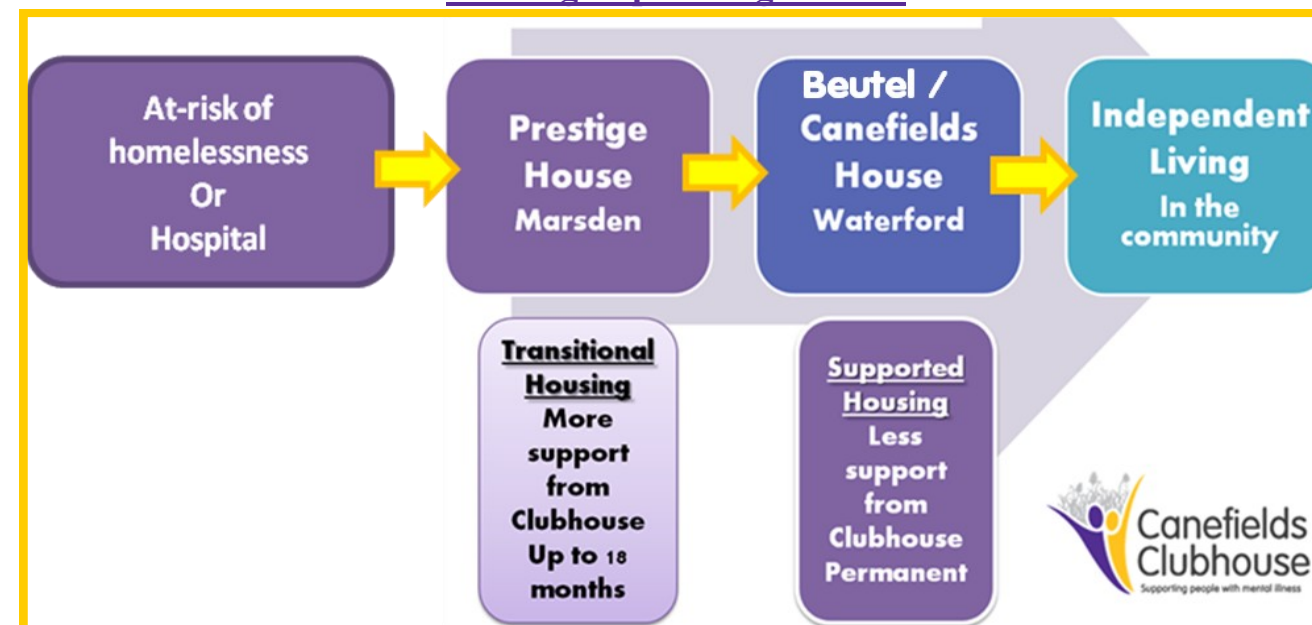
- Suicidal thoughts and behaviours
- Non-suicidal self injury
- Panic attacks traumatic events
- Severe psychotic states
- Severe effects from alcohol or other drug misuse
- Aggressive behaviours

This is a 12 hour course (4modules, of 3 hours)

Please contact Silvia at Canefields Clubhouse on 0490 327 712 to take advantage of our special rates.



Housing Report August 2016



Our 3 bedroom house; Beutel House in Waterford is now open

news

Prestige House situated at Marsden continues to be home for 5 Canefields Clubhouse members. These members whilst living at Prestige House are supported and encouraged to learn skills to enable them to move forward in their own recovery journey to access private individual accommodation. Staff and other members facilitate and support members with life skills such as cleaning, cooking and interaction with others when living under the same roof. The positive success of the Transitional Housing is demonstrated when members move on with their lives to fulfil their personal goal of securing their own accommodation. This month we welcomed Damian & Craig to the house.

Our housing program has just expanded once again with the opening of Beutel House a 3 bedroom brand new home adjacent to Canefields House at Waterford West. With this latest addition, Canefields is very proud to continue to provide excellent accommodation, which is modern, close to amenities and affordable to our members.

Any queries please speak with Jak or Sally.



ADMINISTRATION REPORT

Admin unit has been busy working together to see that our daily tasks are completed. Members and staff have been working together to ensure the smooth running of our unit. One of the great things that Admin Unit are responsible for is giving tours to visitors and prospective members. Our confident members take our guests through Canefields Clubhouse explaining as they go, all about the Clubhouse model. Hence, going into some detail, an explanation of some of our 36 standards that guide Clubhouses all over the world. This framework enables us to give our members the best psychosocial rehabilitation program possible. As a member of clubhouse, you have the right to these four basic needs. They are, the right to a place to come, the right to a place to return, the right to meaningful relationships and the right to meaningful work.

Other tasks that admin do are, reception work, which includes answering phones and taking messages. We also work together to ensure that our data entry is up to date and that our wonderful newsletter is produced. Our members are greatly involved in this publication in many different ways. Together we gather articles, photo's and reports. All roles are voluntary and it's great to see so many members getting involved.

Additionally, admin unit is very active in outreaching members we haven't seen in a little while. This is to touch base with them and let them know we haven't forgotten about them. Sometimes that one phone call is enough for a member to re-engage with clubhouse. We also let our members know of upcoming courses we have available, social rec activities that are coming up and also just to let them know how clubhouse is going.

All of our members are needed and wanted and each bring something unique to Clubhouse.

Written by;

Tracey and Silvia.



Community Gardens

Our community garden is doing really well. We've planted lots of new things such as, lettuce, tomatoes, snow peas, capsicum, carrots and strawberries. Hopefully, soon we'll be able to cook with what we grow....totally organic. We have also planted some flowers too, such as Snap Dragons and Viola's. We will keep everyone updated with our gardening progress.

We use all our Vegies in our cooking at Canefields.



The Administration Unit looks after the Clubhouse's Clerical needs, such as recording the daily attendance, mailing, computer maintenance, filing, photocopying, production of the newsletter, outreach, member enrolment, the Canefields website and social recreation



Wash In & Out

Most Popular

- Exterior Wash
- Plus Wheel cap Clean
- Windows Clean
- Full Vacuum Including Boot
- Dashboard & Console Wipe
- Door Frames Wipe

Sedan/Single UTE	\$55.00
SUV/4X4/Dual Cap	\$62.00

Mini Detail

Wash In & Out Service Plus:

- Bugs & Tar Removed
- Door Wells Clean
- Dash & Console Detailing
- All Plastic Shine & Protect
- Tyre Shine

Sedan/Single UTE	\$76.00
SUV/4X4/Dual Cap	\$83.00

Extra Services

Pet Hair Removal / Extra Vacuum Inside

Standard (up to 15mins) \$5.50 / Heavy (up to 30mins) \$11.00

Hand Polish

Sedan/Single UTE	\$110.00
SUV	\$135.00
Large SUV, 7 Seater	\$150.00
People mover	\$175.00

Wash & Polish Package

\$15.00 off

Services coverage

Contact Rosie via

wonderfulcarwash@gmail.com
0491 164 704

ABN 36 027 507 883

Hi my name is Tina

I have just started my new job as a car detailer for Wonderful Services as a part-time casual.

I work 6 hours a week Monday to Friday I worked Saturday but it became to much for me so I only work week days now.

I enjoy the new finances and freedom and being out in the workforce after a 3 year break it is nice to be able to go shopping and put some savings away being able to put extra money on my credit card.



No Interest Loan Scheme



Are you wanting to upgrade or purchase some new furniture, a television, computer or even whitegoods such as a refrigerator, but don't quite have the money to go out and purchase?

Well if your answer is YES! To any of those, then we may have the Solution.

Canefields Clubhouse offers a No Interest Loan under the NILS Scheme, and many of our members have been able to purchase something they need and not have to worry about the added burden of paying interest.

The loans are for goods up to **\$1,200.00** and there are conditions attached to the NILS Process, but these will be

discussed to you should you decided to make an inquiry regarding obtaining a No interest Loan.

Payments are very affordable over a 12 month period and the application process is simple and stress free.

If you think that you will benefit from a No Interest Loan, then why not give us a call on (07) 3807 0951 and speak to one of our friendly staff.



REGULAR CLUBHOUSE ACTIVITIES

COMMUNITY GARDENS: Mondays, and Thursdays at 10:30am Come on down and visit the garden. Get your hands dirty, plant new season crops, and pick ready to go produce for our kitchen!!! Good fun.

BUDDY TRAINING: Wednesdays at 11:30am We need you!!!! Come in to learn the importance of being a buddy and why the ‘grand tour’ of the Clubhouse assists prospective members. We also continue to improve our really awesome Buddy Training Package.

MEALS: Everyday 1:00pm The cost of lunch is **\$5.00** for a main meal and **\$2** for dessert. Come and join us for affordable healthy meals!

CENTRELINK: Every Monday from 11:30am until 12:30pm for those that have any fiscal or Centrelink related issues. No appointment necessary.

OUTREACH SERVICE: Daily We contact members who may have lost contact with us

ANY ENQUIRIES PLEASE FEEL FREE TO CALL US OR DROP INTO CLUBHOUSE FOR MORE INFORMATION

LOOK FORWARD TO SEEING YOU HERE, THERE AND EVERYWHERE!!!!!!

Phone us for more information: 07 3807 0951



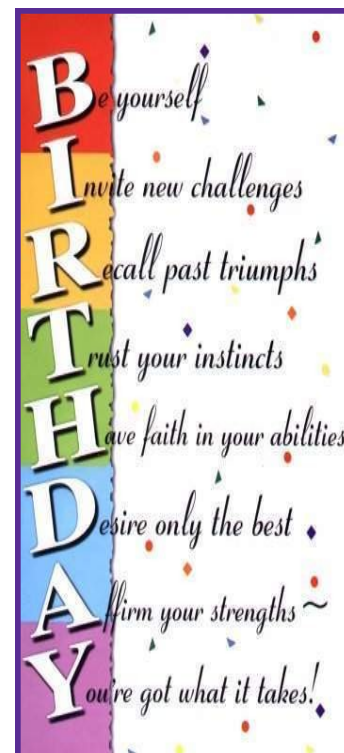
Member Birthdays August/September

Some of our members are one year older during August and September
Your Clubhouse colleagues would like to wish each and everyone of you



David C	1 August
Tegan M	1 August
Jason F	5 August
Terelyn M	5 August
Clayton J	6 August
Phillips B	6 August
Jamie J	11 August
Colin M	11 August
Michael M	15 August
Maryanne N	15 August
Andrew S	23 August
Victor E J E	24 August
Catherine C	24 August
Jason G	29 August
Jason T	30 August
Catalina L	30 August
Sally M	30 August

Janet J	2 Sept
Kimberly S	2 Sept
Jaymee A	3 Sept
Chris H	3 Sept
Dianne B	6 Sept
Alexander John B	6 Sept
Jess R	11 Sept
Motepa J	11 Sept
Mark W	24 Sept
Stuart I	25 Sept
Debbie C	26 Sept
Sharon Annette W	26 Sept
Allison C	28 Sept
Michelle B	29 Sept
David L	29 Sept
Barbara D	30 Sept
Micheal Trew	30 Sept



You can make a donation in memory of a loved one by leaving a bequest in your will to Canefields Clubhouse. Leaving a request is a powerful reflection of the values & principles you treasure. It enables you to create a legacy of love & care for those who most need assistance.

EMPLOYMENT & EDUCATION UNIT REPORT



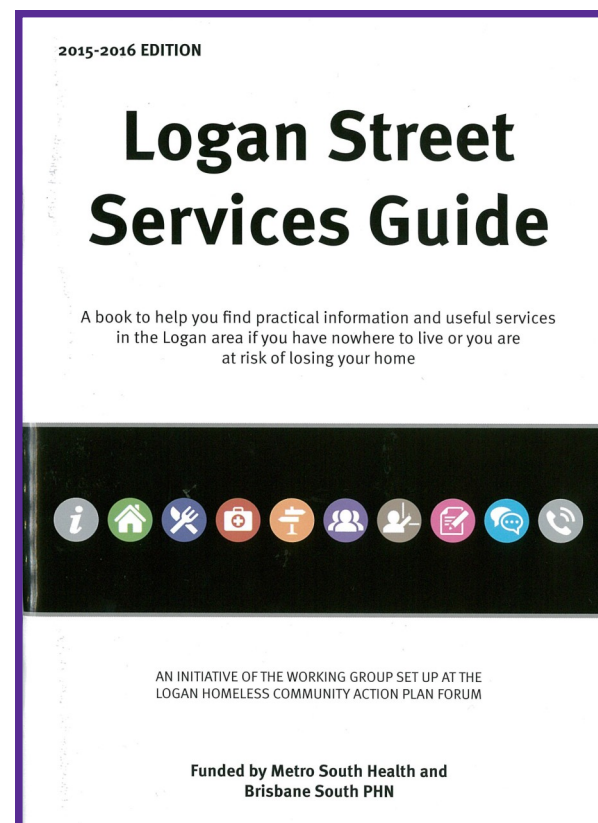
Transitional Employment Program (TEP)

Clubhouse International Faculty members; Kare and Peace visited our TEP sites and show their appreciation to employers; Langs Building Supplies and KT Cables. Clubhouse TEP is the most unique and powerful program to assist clubhouse members back to workforces. The goals of TEP are to help members gain work experience, build confidence, establish current references, and to therefore put them in a stronger position to participate through paid work.

Benefits of TE program to Employers/Businesses

- No recruitment costs
- No training costs for new employees
- No turnover
- No Absenteeism (guaranteed coverage)
- plus will support local community

Currently Canefields Clubhouse is looking for Administration Assistant or Data Entry positions for Clubhouse members. Please feel free to contact us if you believe yourself or someone you know will get benefits through the TEP.



Canefields Clubhouse has been very busy in helping Put together Logan Street services Guide Edition 2015 – 2016 it is assist with

- Accommodation
- Food and welfare services
- Health
- Community and Specialist Services
- Employment and Training
- Legal Services
- Facilities and Events
- Help lines and Website

Canefields Clubhouse is actively involved with 2017 - 2018 Issue

Canefields Clubhouse is excited to be apart of the Street Guide to be able to get this out in to the community and help so many people.



Save The Date For Canefields Clubhouse Wellness Riverwalk

Date: 16th October 2016

**Venue: Orleigh Park, West End, Brisbane
Hill End Tce, West End**

Contacted: Jak Dennison

Email: director@canefieldsclubhouse.org.au

The Brisbane Wellness Riverwalk is the first of its kind in Queensland. The goal and the aim of the Riverwalk is the awareness of mental wellness in the community. The event was birthed out of a need to converse and fundraise toward mental health efforts. The walk will see us walk along our iconic Brisbane River while we soak in the scenic route ,enjoy each others company, walk in solidarity and show everyone that mental illness can be and will be de-stigmatized.

Join Us!

Registrations will be open from **8.00 am**, with the walk scheduled to commence at **9.30 am**. The walk will begin at **Orleigh Park** and will follow the river along Riverside Drive all the way up to the

Go Between bridge. We will crossover onto the opposite end of the river and continue walking along the boardwalk until we reach the Goodwill bridge. Then we will proceed back to Orleigh Park from the Southbank end, passing the wheel of Brisbane, the State Library all the way back to Orleigh park for a fun packed day



Catering Report August 2016

Healthy Heroes is returning for winter on the 21st June at 11.30am. Please sign up at reception.

Walking Club commences with Anna & Silvia on the 9th June and will continue each Monday and Thursdays at 11.30am. Sign up at reception remember to bring your walking shoes, water and a hat. Get fit and have fun exploring around Meadowbrook.

This month we hosted a Biggest Morning tea for Cancer Council Queensland. The morning was a great success with fantastic food prepared by the Catering Team. A grand total of \$235.00 was raised. Remember food parcels are available from Catering from 12 midday each Thursday.

First Tea or Coffee of
9.30am each day.
ning meeting each



the day now free until
Please join our Menu
Tuesday at 2.30pm in Ca-



Our Members Stories

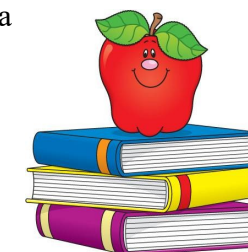
Hi my name is Harmony.

This year I started a course in age care. The course took me three months to complete it. I enjoyed learning how to be a carer as I have a passion to help others. I'm very proud of myself that I finish; it took a lot of motivation to get up

and go everyday to study as I tend to drop out in the past. I had so much fun at palm lakes in Bethania. The best part of my experience is working in the

Memory support unit (dementia ward). I made many good conversations and

keeping the clients happy on my duty of care. I'm going to miss working there as they were very lovely to me. My biggest dream is to find a job in age care industry.



What clubhouse means to me is about respect, honesty, being reliable, punctuality, having a fair idea of what clubhouse is about.

Being a member is something different. It's allowed me to understand what goes on at Clubhouse, the people and the standards. Clubhouse has a standard each day where they explain the standards and how clubhouse works. The people here are fantastic and I couldn't imagine my life without Clubhouse. The Clubhouse has many opportunities like E&E administration, catering and reception. We are different from most community programs because we are unique and special.

Clubhouse is fun and has special nights such a karaoke, and movie night. Motepa. J

