



# PIONEER CLUBHOUSE

Hope  
Purpose  
Community

A safe, supportive and respectful community for adults living with mental health challenges where they can realise their individual goals *together*.



One **DOOR**  
Mental Health



# PIONEER CLUBHOUSE

*open to anyone living with  
mental health challenges*

## What is Pioneer Clubhouse and what can it do for me?

Pioneer Clubhouse is a **community** of adults living with or recovering from mental health challenges. Through **participation** in the Clubhouse, people are given the opportunity to rejoin the worlds of **friendship, family, meaningful work, employment, education**. Members may also access services and tailored support for their individual needs.

At Pioneer Clubhouse members and staff work side by side, completing daily Clubhouse tasks as part of a structured “work ordered day”. In fact Clubhouse depends upon this meaningful work and members’ skills for it’s upkeep.

Clubhouse is different because you are wanted, needed, and expected.



## Work ordered day at Pioneer

At Pioneer Clubhouse, members can work in a vast range of capacities. Within the **Business Unit** members develop both specific and general skills needed in the workplace: computer literacy, typing, printing and laminating, as well as the ability to work in a team, take instruction, carry responsibility and workplace tolerance.

The Business Unit also publishes a semi-annual newsletter, Pioneer Post, which includes member stories, events, and showcases members' poetry and artwork.

The **Restaurant and Maintenance Unit (RAM)** offers opportunities in cooking, cleaning, baking, gardening, and handy-work. In the café members can learn barista skills, take orders and perform cashier duties.



There's a job for anyone willing to learn, no matter their skill level!





## Employment & Education Program

Pioneer Clubhouse offers a tiered program for integrating members into the workforce. Different levels of support are offered at each level, catering to the member's experience, confidence and skill level. Additional assistance with resume writing, making job applications, and interview preparation may also be provided.

## Social Events

Pioneer Clubhouse organises a range of social activities both in-house and in the community. Regular barbecues are held in parks throughout the area, music jam nights are conducted most weeks, and sport/recreational socials are organised on a frequent basis.

## Groups and Other Activities

Pioneer Clubhouse conducts a health and wellbeing class weekly. Past activities have included yoga, fitness classes and self-defense.

The grounds include a beautiful garden growing herbs, vegetables and delightful flowers. A weekly gardening group maintains the garden and develops new innovations to improve the garden and provide food for use in the kitchen.



## Member's Story Alicia

I've been coming to Pioneer Clubhouse since the year 2000, after being diagnosed with schizophrenia, ADD and Asperger's. I used to live 2 hours away, so I could not attend regularly. Now that I live closer visits have become more frequent. I'm going out more and my social life has improved. I feel welcome, wanted and appreciated at Clubhouse by a wonderful sense of friendship and camaraderie - often elusive in my life.

The people here have helped me in a myriad of ways: to find work and courses, and to improve my nutritional and medical needs. I'm often told I'm missed when I don't make it in for a time. I enjoy the activities and helping out, and my sense of self-worth and confidence has improved.

I often help support worker, Richard. He's helped a great deal with my self-esteem and has inspired me. He bought the ingredients for my famous lavender lemonade which I made for the October markets where it was a roaring success. I also adore Writers Group and Art Group where I've come up with some interesting and fun pieces.

It's wonderful to know that I have a home away from home!





# PIONEER CLUBHOUSE

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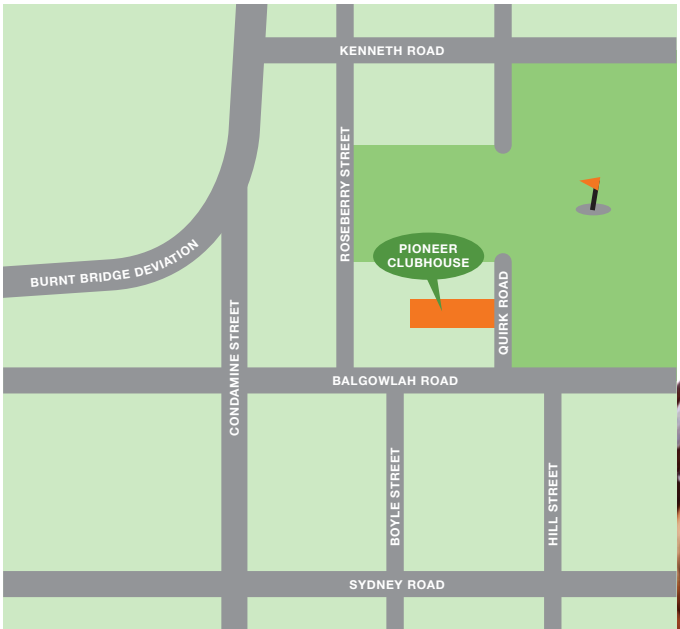
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 @pioneerclubhouse

Open 8:30am – 4pm Monday to Friday



**One DOOR**  
Mental Health



**Health**  
Northern Sydney  
Local Health District

Pioneer Clubhouse is a service provided by One Door Mental Health, funded by the Northern Sydney Local Health District.