



Porvoon Klubitalo
Borgå Klubbhus

Member's booklet

Tips for success for a new member

Welcome to the Porvoo Clubhouse!

Porvoo Club House is a low-threshold membership community for people who have experienced mental health challenges in their lives or who long for a community around them.

We are open every weekday, and on holidays if possible.

Membership

- Membership is voluntary.
- The activities are free of charge and have no time limits.
- No referral is required and no diagnoses are asked.

A work-oriented day

You can choose your own visiting hours, what you do and with whom. We recommend participating in the work allocating sessions at 9 am and 12:45 pm, which makes it easier to join in the activities together with others.

Everyone has the opportunity to participate in the work-oriented day regardless of their functional ability. Everyone is needed, and even a small task is meaningful to the community.

The clubhouse has tasks related to kitchen and café work, office work and facility maintenance.

Everyone can participate in planning, implementation, development and evaluation.

Personal relationships

- At the Clubhouse, everyone is treated as an equal, welcome and respected member of the community. Everyone's opinion is respected and taken into account when making joint decisions.
- Members and staff members make decisions together in house meetings, where house operations and membership-related matters are discussed. At the Clubhouse, members and staff members work equally.
- All Clubhouse facilities are for common use by everyone. Responsibility for the Clubhouse's operations lies with the members and staff. An essential element of this responsibility is the commitment of the members to all Clubhouse activities.

What do you get from the Clubhouse?

- Friends
- Peer support
- Content for life
 - Social skills
 - A place to come
- Support in managing everyday life
- The opportunity to express yourself
 - The opportunity to learn and teach others

Members' experiences

- A really nice place where you can feel welcome and important when you come.
- I get rhythm and regular things to do in my otherwise lonely everyday life.
- I have made friends at the clubhouse.
- Safety and peer support.
- I started feeling better. I have suffered from depression, but not anymore after starting at the clubhouse.
- I have friends here and I enjoy myself here. The food is good too!
- Being with others.
- I get to fulfil myself.

Safe space principles

- PRINCIPLES OF A SAFE SPACE AT PORVOO CLUB HOUSE
- Be open and tolerant
- Meet new people, things and situations openly without prejudice
- You can always learn something new
- No one is discriminated against, we do not accept hate speech against any group of people
- Let everyone be themselves
- No assumptions, let's get to know
- RESPECT
- Respect everyone's space and physical integrity
- Everyone has the right to set their own boundaries
- We respect each other's privacy and do not share other people's things
- Treat others with kindness and respect
- Disruptive borrowing, hoarding and haggling do not create a safe atmosphere

Safe space principles

- TAKE RESPONSIBILITY
- Take responsibility for a safer space together with others
- If you make a mistake, apologize and act differently next time
- Help others. If you notice someone offending another, intervene in the situation
- Come to the clubhouse sober and without intoxicants. We do not feel intoxicated at the clubhouse, a meaningful conversation is ok
- RELAX
- Participate in the activity in a relaxed manner
- Ask and discuss if you are unsure about something
- We have permission to try, make mistakes and succeed!



Great that you joined!

The beginning can be confusing for everyone. Take your time to explore the activities and we will be happy to answer your questions. Each of us has been new here at some point.

You are warmly welcome to join our community and participate in our everyday life!

You can also find us on social media @porvoonklubitalo