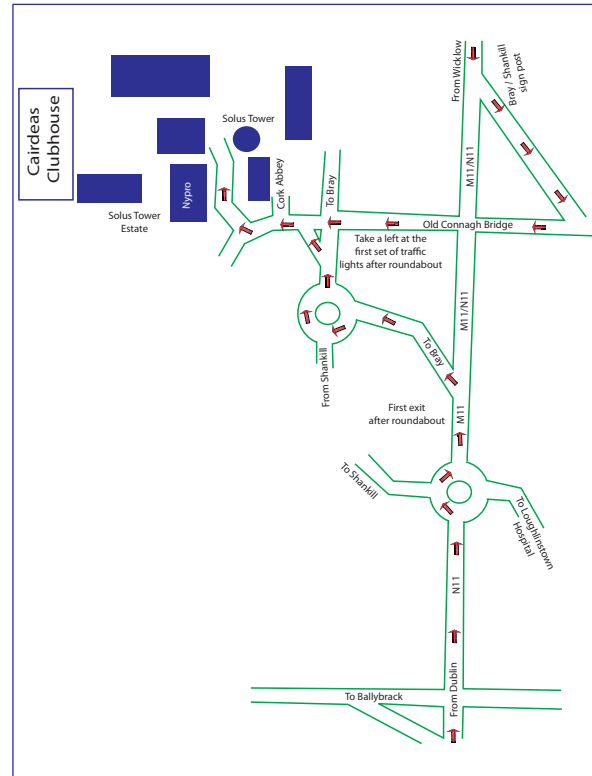


The Clubhouse Guarantees:

- A guaranteed right to a place to come
- A guaranteed right to meaningful work
- A guaranteed right to meaningful relationships
- A guaranteed right to a place to return

Where can you find us?



Cairdeas Clubhouse

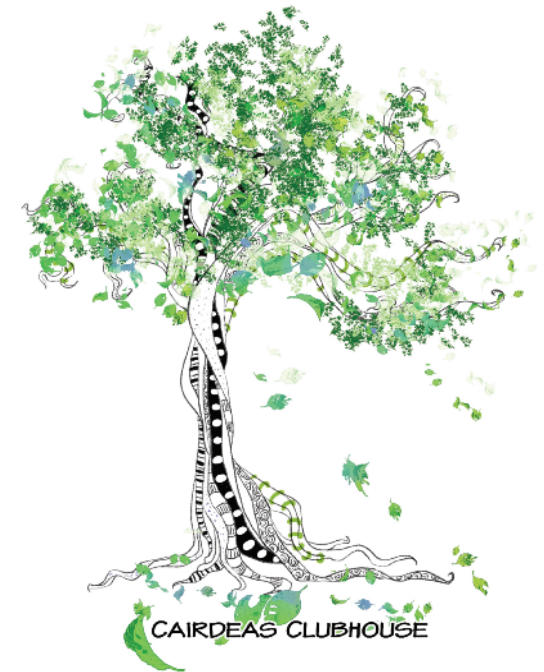
Unit H
Solus Tower Industrial Estate
Bray
Co. Wicklow
A98 YK30

Tel: 01 282 7951 / 282 7952
Mobile: 086 392 2729
Email: clubhousebray@eve.ie
Blog: <http://cairdeasclubhouse.wordpress.com/>
Facebook: <http://facebook.com/cairdeasclubhouse/>

Cairdeas Clubhouse

Are you experiencing Mental Health Difficulties?

Cairdeas Clubhouse can help support you in your Recovery!



Clubhouse International

Creating Community. Changing the World of Mental Health.



What is a Clubhouse?

A Clubhouse is first and foremost a community of people with mental health difficulties who work together towards the common goal of recovery. As with all Clubhouses, participants are known as "members" as opposed to patient or client. Clubhouse is a non-medical model so members are seen as unique individuals, who possess valuable talents, strengths and abilities which when combined, assist in making the Clubhouse come alive. This sense of membership, support and belonging are at the very core of the Clubhouse Model.

Clubhouse provides an environment of support, acceptance and is committed to enhancing the potential of each member, enabling individuals with mental health difficulties to live full and productive lives in the community.

What happens in Clubhouse? Work Ordered Day

The Clubhouse is organised and structured around the 'work ordered day'. The work ordered day parallels typical working hours, focusing on the strengths, talents and abilities of members.

Members and staff work side by side as colleagues, to carry out all the work that is important to the Clubhouse. Members are encouraged to attend as often as possible and volunteer to participate as they feel ready, and according to their individual interests.

Members can become involved in the following:

Administration Unit

The typical work of this unit can include working on the reception desk, typing, filing, writing letters & emails, preparing reports, maintaining our blog, accounting tasks, publishing our newsletters. In addition this unit coordinates our social, employment, education and housing programmes.

Catering & Maintenance Unit

This unit is responsible for the operation of our coffee dock area and for our catering and maintenance programme. The typical work of this unit includes the planning, ordering and preparation of a daily meal and freshly baked treats for our coffee dock area. This unit also has responsibility for co-ordinating the upkeep of building, our garden and any other maintenance/DIY projects that need to be undertaken in Cairdeas Clubhouse.

Employment

As a right of membership Cairdeas Clubhouse provides members with opportunities and support to return to paid employment. Members can explore the potential for entering independent, supported and Transitional Employment. Transitional Employment is a highly structured programme for members returning to work in business and industry.

Education

Cairdeas Clubhouse encourages and supports members to access and sustain adult education opportunities in local schools and colleges. We also utilise the talents and skills of our own members to provide educational opportunities within Cairdeas Clubhouse.

Evening and Weekend Social Programme

Cairdeas Clubhouse offers an evening social programme to any member who wishes to participate. These activities take place outside of the work ordered day and are decided and planned by our members. They can range from going to the theatre, dining out or simply watching a movie.

Community Support

Members are assisted in accessing services and supports within their community, this may include housing, medical or psychological services, advocacy and entitlements.

Hours of Business

Monday to Thursday 8.30am - 4.00pm
Friday 8.30am - 3.00pm

Are you interested in becoming a member?

If you or someone that you know would like further information or would like to visit Cairdeas Clubhouse, please drop in any week day at 11.00am for an introductory tour.

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