

E-clubhouse, true relationship

Portrait of Guillaume, member of Clubhouse Lyon

Guillaume has been living in a specialised home for psychiatrist patients for a year and a half now. His hobbies are varied: he loves reading, playing piano, listening to music, walking and talking. He obtained a degree in management and economics, and then came his mental illness, which he still finds difficult to accept.

He got involved in the Clubhouse (CH) project before it even opened. He wanted to move forward with something new. Being an active member of CH structures his days. He is building his confidence back with the tasks that he does.



He is learning things, such as organizing a hiking trip or presenting the Clubhouse to partners. Now that he is stabilized, he appreciates to be helpful to other members. He likes to be intellectually stimulated, for example by preparing questions when a guest comes to the club. On the other hand, he doesn't cook because he doesn't like it much. He also led a writing workshop with Philippe.

Concerning the functioning of the CH, Guillaume likes the group emulation. In his opinion, we all have qualities and it is by supporting each other that we move forward. According to him, the contribution of the staff, who take care of the individual follow-up as well as the co-management, is a real driving force. Without them, it is impossible to do all this work. Furthermore, the Clubhouse door is always open, whatever time of day.

Guillaume sees the tasks done at CH as a kind of volunteering. Volunteering is very important in his life because he wants to be helpful and he wants his life to make sense. He has been officiating for three years as a street librarian for children with ATD Quart Monde. He also writes the memories of elder people from a retirement home. In this time of lockdown, he mobilizes himself to be helpful to others. There is no shortage of activities. In the morning, he does a press review of good news, which are being read to retirement home residents. The afternoon revolves around reading, playing piano, cooking and calling an isolated friend.

Guillaume does not know loneliness currently because he lives at his parents during the lockdown period. But there is something difficult for him: not to see other people than his parents. Julien, his CH staff, calls him twice a week to share some news. Guillaume is very happy with these chats as he feels connected to the CH.

Guillaume concludes: "supporting each other is a way to feel better".

Lucie.

Reach out is renewed

Reach out teams have been formed to get news of the members of Clubhouse Lyon. Halima, Patricia and Pascal are one of the teams that call from their home around thirty members. At the end of the week, they make a restitution to Estelle, their staff, using Whatsapp. This new way of keeping in touch has been a great success with members, who are happy to have a personal phone call every week!



Discussions and exchanges are a way to feel everyone's mood, to know if someone needs help, to care for one another, to have news from other members... It is also very rewarding for the trio who make the phone calls in a spirit of kindness and peer support. Members feel less isolated; it's a good way to break loneliness! Let's stay connected all together, using the means of communication we have!

Patricia, Halima et Pascal.

Corona, you won't have us!

For over one month, the city of Lyon is locked down due to coronavirus. Members of Clubhouse Lyon have decided to keep a link. The link is maintained, thanks to technology and IT tools. The strength is the link and relationship of our members who make this situation easier to handle. Living the lockdown has totally changed our habits.

The first days were difficult for me, but thanks to Clubhouse (CH), I could keep in touch with members and staffs. I use more and more often the Slack application which allows to give an update on the articles to write for the newsletter. I also use more Skype because I realised I needed to see familiar faces. I started to cook again, and I take advantage of this change to do things I postponed, such as reading.

On the other hand, one of my friends of CH prefers meditation, reading, listening to music and surfing the Internet. He also uses and appreciates the Slack platform.

The lockdown is to him an opportunity "to get out of his comfort zone". That's why he prepares sticky notes with missions to achieve every single day.

As a matter of fact, rather than dividing us, this virus has welded us more than ever. The staffs are very caring for us members. It is possible to call them or to communicate with them via Slack, email or sms. In spite of the virus which could incite us to withdraw into ourselves and sink into anguish, the Clubhouse offers us a way to stay connected and action against isolation.

Clubhouse Lyon facing Coronavirus is like David against Goliath. And at the end, David wins!

Michael.