

Cafe Q

Opening hours from 10:00am to 10:45am and from 1:30pm to 2:30pm. Coffee, tea, refreshments and snacks are available against affordable prices.

Lunchtime

Lunch is served at noon (on Fridays at 11:30am) and must be ordered latest at 9:30am, either at the reception, or by telephone 044-7275150. Lunch tickets are available from the reception. Lunch includes entree, salad, bread and desert.

Meetings

Every day at 12:45am the different in-house tasks are appointed to members and staff.

On Tuesdays at 10:30am there is a Week Meeting in which running affairs are up for discussion. A chairman and secretary are elected for every meeting. The minutes of meeting are mentioned on the white board. Records can be found on the note-board in the corridor.

Every second week there is an operational meeting.

Leisure time

Every first Wednesday of the month between 4:00pm and 6:00pm leisure programs like karaoke and games are organized. Contact the staff for more information on the programs. A membership is required in order to receive discounts for leisure programs.

International Standards

The Clubhouse follows international standards. Members work independently and voluntarily for their own wellbeing. Standards are available for insight.

Warm Welcome to Salo Clubhouse

The Clubhouse is established in more than 30 countries. There are over 20 Clubhouses in Finland.

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SALON KLUBITALO

Member's guide



Opening hours

Mon-Thu 8:30am - 3:45pm
Fri 8:30am - 2:00 pm

www.salonklubitalo.fi



**Salon
KLUBITALO**

Feeling comfortable

It is a natural thing to feel like an outsider when visiting the Clubhouse for the first time. Already after a few visits the rules and daily routines become familiar. The staff and club members create a hospitable environment for every newcomer to feel welcome and comfortable. This leaflet describes the idea behind and praxis of the Clubhouse.

At the Clubhouse, shoes and jackets are always left in the foyer. In this way we keep our premises clean from street dirt. You can bring your own indoor shoes or woolen socks, or use the shoes available from the house.

Lockers for storing your valuable personal goods are available. A key can be obtained from the reception. The key is to be returned to the reception when leaving for the day.

At the reception desk, every visitor, both members and guests, register their names, time of arrival and time when leaving for the day. The information is used to maintain statistics required by investors and partners, as well as for activity reports.

The Clubhouse offers peer support, fellowship, daily routines and meaningful activities. Further, it is well known that the Clubhouse promotes mental health rehabilitation, social inclusion, employment and education. The Clubhouse is not a place for care and treatment, but assists its members in coping with everyday life. It supports existing personal skills and helps in the development of new ones.

At the Clubhouse, people communicate with each other in a positive and encouraging manner.

Mentally or physically threatening or disruptive behavior will not be accepted. We have also agreed upon secrecy, meaning that we do not speak about each other's affairs to others.

Important to know is that the Clubhouse is a drug-free zone. Even when having a hangover from e.g. excessive alcohol consumption, it is not desirable to pay a visit to the club.

The Clubhouse is meant for working-aged people who currently have, or previously have had a mental health condition. Clubhouse memberships are voluntarily and there are no costs for being a member. A physician's referral is not required. A membership can be applied for after four initiating visits. The applicant receives information about how the Clubhouse operates and is also briefly interviewed. The Clubhouse community decides on the approval of the new member. The formal acceptance takes place during a meeting.

Members and staff take care of the daily routines side-by-side.

Morning coffee is served from 8:15am - 8:45am
Morning coffee and tea are free of charge. You can also buy a sandwich for breakfast and porridge.

Daily tasks are appointed at 8:45am to those present.
The different household tasks are mentioned on the whiteboard and members can freely choose the task they prefer.

Kitchen: preparing lunch, baking, washing-up the dishes, cleaning tables and laundering.

Cafeteria: selling and cleaning up.

Reception: answering phone calls, managing e-mails, selling lunch tickets and cleaning the halls.

Media: delivering the club magazine, updating the website and taking care of the media house.

Administration: accounting, billing and contacting other club houses.

Others: shopping, designing, taking care of flowers, cleaning and preparing the meeting room and more.

Members are always there to help!