Newsletter from

Clubhouse Europe

Changing the World of Mental Health

THE YEAR 2023 & SPRING 2024

ASPIRING FOR A NEW ERA

We hope you find this newsletter engaging, informative, and inspiring. As we aim for more regular communication, we encourage contributions from all members of the European Clubhouse community, cherishing the unique perspectives each of you brings.



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WE HAVE A NEW EMAIL!!!

clubhouse.europe53@gmail.com

Clubhouse Europe
Changing the World of Mental Health

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You are receiving this email because you are part of the European Clubhouse family.
If you do not wish to receive emails from us, please let us know. Thank you

Our mailing address is:

Clubhouse Europe
304a MAIN STREET
Gibraltar GX11 1AA.
Gibraltar

CLUBHOUSE EUROPE - MEMBERSHIP

Become a member of Clubhouse Europe

There are 4 membership options:

- Full member (€ 100 per year)
- Associate member (€ 100 per year),
- Individual member (€ 25 per year)
- Honorary member (free)

For your membership registration form 2024
click on the link below or send an email to
Clubhouse.europe53@gmail.com

Our Mission

To promote the continuous development and dissemination of the Clubhouse Model in Europe, as defined by Clubhouse International's Standards for Clubhouse Programs.

Our Vision

To increase the opportunities for current and former users of mental health services in European countries to recover their mental health by providing the empowering and supporting communities found at Clubhouses.

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HELLO from Clubhouse Europe

Dear European Clubhouse Community,

As we embark on this exciting journey together, I am honoured to address you as the newly elected Chairperson of Clubhouse Europe. This marks the beginning of a dynamic era for our community, where we are not just members but active contributors to the energetic collage that is Clubhouse Europe.

I am genuinely thrilled about the prospect of working together to strengthen our bonds, fostering a sense of unity and collaboration. Our diverse community is our greatest asset, and I am eager to get to know each and every one of you better as we build a Clubhouse Europe that resonates with the experiences and aspirations of all its members.

Let us commit to creating a space where every voice is heard, every perspective valued, and every individual feels a sense of belonging. Together, we will weave the threads of our shared vision into a powerful mosaic that represents the richness of our community.

The overwhelming response to the Clubhouse Europe survey in 2023 is proof that our community is deeply invested and interested in shaping the future of our shared space. Your valuable insights serve as a compass guiding us towards meaningful initiatives and actions that truly reflect the needs and aspirations of our members.

In our collective journey, it is imperative that we reach out to all European countries, ensuring that the effectiveness of the Clubhouse model is shared and embraced across all 53 nations. This outreach will not only amplify our impact but also contribute to the growth and recognition of Clubhouse as a powerful force for positive change.

As we embark on this collective endeavour, I look forward to the collective wisdom and passion that each member brings to the table. Let us build a strong Clubhouse Europe, one that stands as a testament to the strength of our unity and the power of our collective voice.



Here's to an inspiring journey ahead!

Warm regards,

Emily Adamberry Olivero
Chairperson, Clubhouse Europe

THE HISTORY

The origins of Clubhouse Europe are in a memorandum of understanding agreed in 2005 between the ICCD (International Center for Clubhouse Development, today Clubhouse International) and the Finnish state agency STAKES.
The association was established in Stockholm in 2011.

The starting ideas were and still are:
> To promote and support new Clubhouse development throughout Europe to improve the social inclusion, educational, labor market integration and participation of people with mental illness and psychosocial problems.
> To increase opportunities of mental health service users and ex-users in European Countries to participate in the empowering and supportive Clubhouse communities.
> To ensure that Clubhouse members are at the heart of all activities.

THE GOALS & MISSION

Our goals

> Make Clubhouse visible and raise awareness of the Clubhouse model among people across Europe
> Facilitate and support Clubhouses to meet and help each other and accessing training for key Clubhouse Europe leaders
> Promote and coordinate the European research of the Accredited Clubhouse Model and collect the results of the research for international dissemination.
> Creating partnerships and participating in mental health networks
> Fundraising
> Strengthen and extend Clubhouse International's network and operations with European Clubhouses and other stakeholders of Clubhouse development in Europe.
> Being the main partner for Clubhouse International as it concerns Clubhouse activities in Europe.
> We aim to bettering the lives of people with mental illness through the Clubhouse method.
> Improve the social inclusion, education and labor market integration and participation of people with mental illness in Europe

Our Mission

>> The main purpose of Clubhouse Europe is to promote the continuous development and dissemination of the Evidence Based Clubhouse Model in Europe 53
>> We consider Europe 53 following the definition of the World Health Organization (WHO).

2023/24 Clubhouse Europe
Changing the World of Mental Health

GREETINGS





Greetings European Clubhouse Community,

Exciting times ahead! Together, we're crafting a dynamic future for Clubhouse Europe. Your voices matter. Let's build a strong and inclusive community. Eagerly anticipating this incredible journey together!



Best wishes,
Emily Adamberry Olivero
Chairperson, Clubhouse Europe



Polish:



Pozdrowienia dla europejskiej społeczności Clubhouse, Przed nami ekscytujące czasy! Razem kształtujemy dynamiczną przyszłość Clubhouse Europe. Wasze głosy są ważne. Zbudujmy silną i inkludującą społeczność. Z niecierpliwością oczekuję na tę niesamowitą podróż razem!

Najlepsze życzenia,
Emily Adamberry Olivero
Przewodnicząca, Clubhouse Europe

Estonian:



Tervitused Euroopa Clubhouse'i kogukonnale, Ees ootavad põnevad ajad! Koos kujundame Clubhouse Europe'i dünaamilist tulevikku. Teie hääled loevad. Ehitame tugevat ja kaasavat kogukonda. Ootan huviga seda uskumatut teekonda koos!

Parimate soovidega,
Emily Adamberry Olivero
Esimees, Clubhouse Europe

Russian:



Приветствие Европейскому сообществу Clubhouse, Впереди захватывающее время! Вместе мы создаем динамичное будущее для Clubhouse Europe. Ваши голоса имеют значение. Давайте строить крепкое и инклюзивное сообщество. С нетерпением жду этого невероятного путешествия вместе!

С наилучшими пожеланиями,
Эмили Адамберри Оливеро
Председатель, Clubhouse Europe

Norwegian:



Hilsen til den europeiske Clubhouse-fellesskapet, Spennende tider foran oss! Sammen former vi en dynamisk fremtid for Clubhouse Europe. Dine stemmer teller. La oss bygge et sterkt og inkluderende fellesskap. Ser frem til denne utrolige reisen sammen!

Beste ønsker,
Emily Adamberry Olivero
Leder, Clubhouse Europe

Swedish:



Hälsningar till den europeiska Clubhouse-gemenskapen, Spännande tider framför oss! Tillsammans formar vi en dynamisk framtid för Clubhouse Europe. Era röster spelar roll. Låt oss bygga upp en stark och inkluderande gemenskap. Ser fram emot denna otroliga resa tillsammans!

Bästa hälsningar,
Emily Adamberry Olivero
Ordförande, Clubhouse Europe

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Spanish:



Saludos a la comunidad europea de Clubhouse, ¡Tiempo emocionante por delante! Juntos estamos creando un futuro dinámico para Clubhouse Europe. Sus voces son importantes. Construyamos una comunidad fuerte e inclusiva. ¡Espero con ansias este increíble viaje juntos!



Los mejores deseos,
Emily Adamberry Olivero
Presidenta, Clubhouse Europe

Turkish:



Avrupa Clubhouse Topluluğuna Merhaba, Heyecan verici zamanlar önümüzde! Birlikte, Clubhouse Europe için dinamik bir gelecek şekillendiriyoruz. Sizlerin sesleri önemli. Güçlü ve kapsayıcı bir topluluk oluşturalım. Bu inanılmaz yolculuğu birlikte dört gözle bekliyorum!

İyi dilekler,
Emily Adamberry Olivero
Başkan, Clubhouse Europe

Italian:



Saluti alla comunità europea di Clubhouse, Tempi emozionanti ci aspettano! Insieme stiamo plasmando un futuro dinamico per Clubhouse Europe. Le vostre voci contano. Costruiamo insieme una comunità forte e inclusiva. Non vedo l'ora di intraprendere questo incredibile viaggio insieme!

I migliori auguri,
Emily Adamberry Olivero
Presidente, Clubhouse Europe

Greek:



Χαιρετισμούς στην Ευρωπαϊκή Κοινότητα Clubhouse, Ενδιαφέροντα χρόνια μπροστά! Μαζί, διαμορφώνουμε ένα δυναμικό μέλλον για το Clubhouse Europe. Οι φωνές σας έχουν σημασία. Ας χτίσουμε μια δυνατή και συμπεριληπτική κοινότητα. Ανυπομονώ γι' αυτό το απίστευτο ταξίδι μαζί!

Καλύτερες ευχές,
Emily Adamberry Olivero
Πρόεδρος, Clubhouse Europe

Portuguese:



Saudações à Comunidade Europeia Clubhouse, Tempos emocionantes à frente! Juntos, estamos moldando um futuro dinâmico para o Clubhouse Europe. Suas vozes importam. Vamos construir uma comunidade forte e inclusiva. Aguardo ansiosamente esta incrível jornada juntos!

Melhores votos,
Emily Adamberry Olivero
Presidente, Clubhouse Europe

Romanian:



Salutări Comunității Europene Clubhouse, Vremuri incitante înainte! Împreună, conturăm un viitor dinamic pentru Clubhouse Europe. Vocile voastre contează. Haideți să construim o comunitate puternică și inclusivă. Aștept cu nerăbdare această călătorie incredibilă împreună!

Cele mai bune urări,
Emily Adamberry Olivero
Președintele, Clubhouse Europe

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Danish:



Hilsen til det europæiske Clubhouse-fællesskab, Spændende tider forude! Sammen skaber vi en dynamisk fremtid for Clubhouse Europe. Jeres stemmer betyder noget. Lad os opbygge et stærkt og inkluderende fællesskab. Ser frem til denne utrolige rejse sammen!

De bedste ønsker,
Emily Adamberry Olivero
Formand, Clubhouse Europe

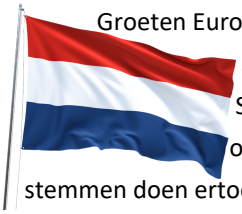
Finnish:



Terveiset eurooppalaiselle Clubhouse- yhteisölle, Jännittäviä aikoja edessämme! Yhdessä muovaamme dynaamista tulevaisuutta Clubhouse Europelle. Äänenne merkitsevät. Rakennetaan vahva ja inklusiivinen yhteisö. Innolla odotan tätä uskomatonta matkaa yhdessä!

Parhain terveisin,
Emily Adamberry Olivero
Puheenjohtaja, Clubhouse Europe

Dutch:



Groeten Europese Clubhuis Gemeenschap, Spannende tijden in het verschiet! Samen vormen we een dynamische t oekomst voor Clubhuis Europa. Jullie stemmen doen ertoe. Laten we een sterke en inclusieve gemeenschap opbouwen. Ik kijk uit naar deze ongelooflijke reis samen!

Met vriendelijke groeten,
Emily Adamberry Olivero
Voorzitter, Clubhuis Europa

Hebrew:

שלו ם לקהיל ת Clubhouse האירופי ת,
זמני ם מרגשי ם מחכי ם לנו !יח ד אנו יוצרי ם עתי ד
דינמי ל-Clubhouse Europe. הקולו ת שלכ ם
חשובי ם .בוני ם יח ד קהילה חזקה וכולל ת .מצפה
למסע המדהי ם הזה יח ד!
בברכה,
אמילי אדמברי אוליברו
יו"ר, Clubhouse Europe



French:



Salutations à la communauté européenne de Clubhouse, Des moments passionnants nous attendent ! Ensemble, nous façonnons un avenir dynamique pour Clubhouse Europe. Vos voix comptent. Construisons une communauté forte et inclusive. En attendant avec impatience ce voyage incroyable ensemble!

Meilleurs vœux,
Emily Adamberry Olivero
Présidente, Clubhouse Europe

German:



Grüße an die europäische Clubhouse-Gemeinschaft, Aufregende Zeiten s tehen bevor! Gemeinsam gestalten wir eine dynamische Zukunft für Clubhouse Europe. Eure Stimmen zählen. Lassen Sie uns eine starke und inklusive Gemeinschaft aufbauen. Ich freue mich sehr auf diese unglaubliche Reise zusammen!

Herzliche Grüße,
Emily Adamberry Olivero
Vorsitzende, Clubhouse Europe

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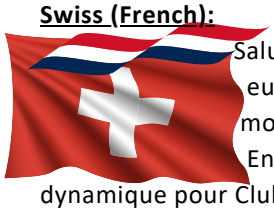
Swiss (German):



Grüße an die europäische Clubhouse- Gemeinschaft, Spannende Zeiten stehen bevor! Gemeinsam gestalten wir eine dynamische Zukunft für Clubhouse Europe. Eure Stimmen zählen. Lasst uns eine starke und inklusive Gemeinschaft aufbauen. Freue mich auf diese unglaubliche Reise zusammen!

Beste Grüße,
Emily Adamberry Olivero
Vorsitzende, Clubhouse Europe

Swiss (French):



Salutations à la communauté européenne de Clubhouse, Des moments passionnants nous attendent! Ensemble, nous façonnons un avenir dynamique pour Clubhouse Europe. Vos voix comptent. Construisons une communauté forte et inclusive. En attendant avec impatience ce voyage incroyable ensemble!

Meilleurs vœux,
Emily Adamberry Olivero
Présidente, Clubhouse Europe



Swiss (Italian):

Saluti alla comunità europea di Clubhouse, Tempi entusiasmanti ci aspettano! Insieme stiamo plasmando un futuro dinamico per Clubhouse Europe. Le vostre voci contano. Costruiamo insieme una comunità forte e inclusiva. Non vedo l'ora di intraprendere questo incredibile viaggio insieme!

I migliori auguri,
Emily Adamberry Olivero
Presidente, Clubhouse Europe



Austrian:

Grüße an die europäische Clubhouse- Gemeinschaft, Spannende Zeiten stehen bevor! Gemeinsam gestalten wir eine dynamische Zukunft für Clubhouse Europe. Eure Stimmen zählen. Lasst uns eine starke und inklusive Gemeinschaft aufbauen. Freue mich auf diese unglaubliche Reise zusammen!

Beste Grüße,
Emily Adamberry Olivero
Vorsitzende, Clubhouse Europe



Icelandic:

Kveðjur til Clubhouse Evrópusamfélagsins, Spennandi tímar framundan! Saman erum við að móta örugga framtid fyrir Clubhouse Evrópu. Hljóðin ykkar skipta máli. Þau skulu byggja upp sterkt og samfélagslegt samfélag. Ég hlakka hrifinn til þessarar ótrúlegu ferðar saman!

Allt í gott,
Emily Adamberry Olivero
Formaður, Clubhouse Europe

Belarusian:



Прывітанне Еўрапейскаму грамадзянска-клубу, Узбуджальныя часы перад намі! Разам мы вырабляем дынамічнае будучыню для Еўрапейскага грамадзянска-клубу. Вашы галасы важныя. Давайце стварым моцную і ўключальную супольнасць. З нетэрпеннем чакаю гэтай нейкімага паездку разам!

З найлепшымі пажаданнямі,
Эмілі Адамберры Алівера
Прэзідэнт, Еўрапейскі грамадзянска- клуб

2023/24

Clubhouse Europe
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MEET THE BOARD OF CLUBHOUSE EUROPE

Chair



Emily Adamberry Olivero

Emily is MBE, GMD, and the founder of Clubhouse Gibraltar. She has been a member of the Board of Clubhouse Europe since 2014. Emily is very committed to supporting and developing the Clubhouse movement throughout Europe.

Vice Chair



Nina Bach

Nina is an active Clubhouse member of Fontenehuset Rygge in Norway since August 2016. She has been the Vice Chair of the Board of Clubhouse Europe from Nov 2020 and was re-elected as Vice Chair on March 2023. She has been a member of the Board of Clubhouse Europe since May 2019.

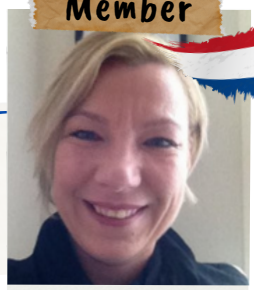
Member



Joel Corcoran

Joel is the Executive Director of Clubhouse International and one of the Founders of Clubhouse Europe. He has been a member of the Board of Clubhouse Europe from its inception.

Member



Cindy Hamersma

Cindy is a Clubhouse member of De Waterheuval and a member of the Ambassadors Group. Cindy is also a member of the Faculty of Clubhouse International. Cindy is taking over from Petra as Treasurer.

Member



Jonah Bogle

Jonah Bogle is an active Clubhouse member and board member of Klubbhuset Peleran in Mariehamn Finland/Aland Islands. He is also a member of the Faculty of Clubhouse International. He joined the Board of Clubhouse Europe in 2020

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NEW CANDIDATES FOR THE BOARD OF CLUBHOUSE EUROPE

Member



Sami Ylitalo

Sami is currently a member of the Board in the Finnish Clubhouse Coalition and has worked with Esko Hanninen. He is research oriented with a special interest in effectiveness research and relevant methodology. He also serves as a member in his local municipal government for social- and healthcare (region of Tavastia Proper, Southern Finland). He has been a member of the Clubhouse Europe Advocacy group.

Member



Serge Blasberg

Serge is a member of Grand Avenue Club and Jerusalem Clubhouse. He is an Israeli and US citizen, with a Finnish residence permit. Serge is a Colleague of Fountain House, NY USA. He is also a Member of Clubhouse International Faculty; Advisory Council; and Standards Review Committee.

I believe that we are all colleagues, supportive of each other, in fulfilling the promise that "We Are Not Alone".

Member



Stuart Campbell

Stuart is a Member of Flourish House, Scotland. He has a keen interest in the development of Clubhouses throughout the world and can see the enormous potential they have to people's lives.

Stuart is Vice Chairman on the Board at his Clubhouse in Scotland and also has a weekly Radio Show. He also forms part of the Clubhouse Europe Ambassadors Group

exMember



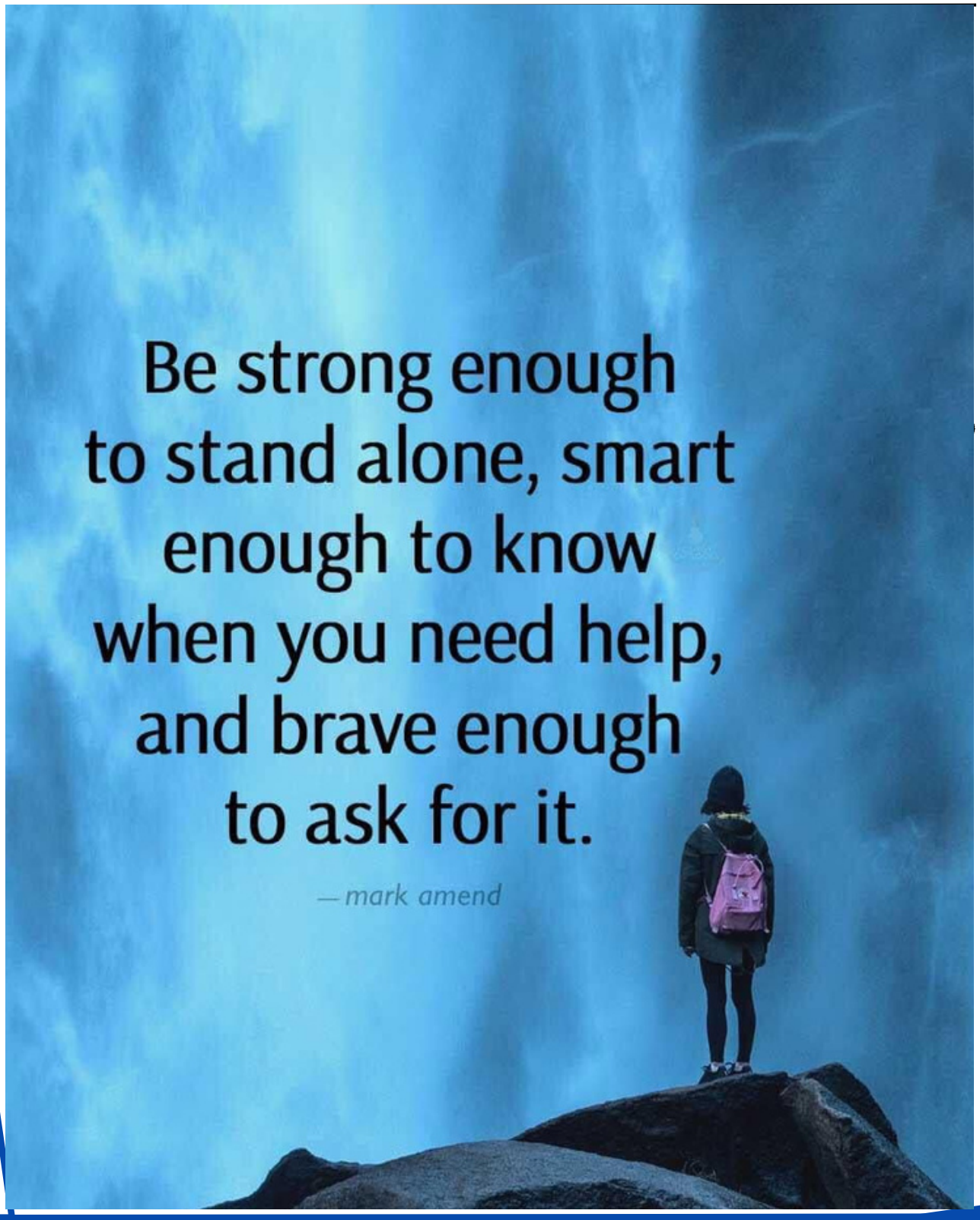
Petra Nieuwlaat

We are sad to announce that Petra has other obligations that makes it hard to be a member of the Board and continue as the Treasurer. In August she had to make a choice to not be a part of the Board after been elected for two new years in March 2023.

Petra has been the treasurer of Board of Clubhouse Europe (CE) for several years as well as being a committed member of the CE Advocacy Group and more recently the Ambassadors Group. She is the Director of De Waterheuval Clubhouse in Amsterdam. We are going to miss her good work for CE and the wonderful, loving human being that she is. A great loss for us!

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LIFE IN WORDS



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NEWS FROM EUROPEAN CLUBHOUSES

Denmark: Hanne Juul, Director of Kildehuset Clubhouse, Passes Away

5.August 2023



The Clubhouse community mourns the recent loss of an extraordinary leader of the Clubhouse movement, Hanne Juul.

Hanne Juul, Director of Kildehuset Clubhouse in Aalborg, Denmark, has passed away. Hanne was a driving force in the start of several clubhouses in Denmark and a leader in the Danish Clubhouse Coalition, an active member in the Clubhouse Advisory Council and in retirement, a member of the Clubhouse International Board of Directors.

Hanne was a true "firesoul", who worked tirelessly to build and strengthen the Clubhouse worldwide network. She worked steadfastly to provide the best possible conditions for clubhouse members and staff to learn and thrive.

She will be missed dearly!

-Craig-



Pitured: Hanne with the late Clubhouse Leader, Rudyard Propst

Clubhouse France's latest Annual Report

This impressive report provides a detailed overview of the work accomplished by the five Clubhouses located througout France. From growth strategies to employment and wellness programs, this report showcases the incredible impact that Clubhouse France has on the lives of its members.



Link to Annual Rapport
https://www.calameo.com/read/0059408223f995f7dad43

Nordic Clubhouses Join Together to Share & Strategize



The Finnish Clubhouse Coalition initiated a meeting that brought together representatives from many Nordic Clubhouses. The Coalition meeting, held in Oslo, Norway, and hosted by Fontenehus Norge (the Norwegian Clubhouse Coalition), included Clubhouses from Sweden, Denmark, Finland and Norway.

The agenda covered topics such as data collection, knowledge management and the strategic use of data gathered, as well as presentations by each coalition on their current focus areas and sharing of best practices. The participants also toured local Clubhouses, Fontenehuset Oslo sentrum and Fontenehuset Nordre Follo.

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NEWS FROM CLUBHOUSE WORLD

Expanding to New Cities

We are excited to welcome Fontänhuset Falun from Falun, Sweden and Katie's Place Clubhouse from Scranton, Pennsylvania, USA to our growing network of Clubhouses! We now have 351 Clubhouses in 33 countries impacting over 100,000 lives!



Linda Haglund,
Director of Fontänhuset Falun, commented, "We are so excited to start the process towards an accreditation!"



John Rosengrant,
Director of Katie's Place Clubhouse shared, "We are pleased and grateful to be part of the Clubhouse International community. We look forward to all that Clubhouse International has to offer!"

Katie's Place
Clubhouse is an alumnus of our signature New Clubhouse Development (NCD) training. At our December NCD training we look forward to hosting new Startup groups from Ramsey, Minnesota; Sandpoint, Idaho; Washington, DC; and Warsaw, Indiana.

For more information about how to start a Clubhouse, please contact Jack Yatsko at jyatsko@clubhouse-intl.org.



Bringing the Clubhouse Model to Portugal

This has happened! Joel Corcoran, ED & CEO, Clubhouse International, and Sarah Flanagan, Mosaic Clubhouse, London, presented at the National Recovery Summit in Barcelos, Portugal.

Joel and Sarah provided a Master Class on the Clubhouse Model to advocates, students and mental health professionals from around the country. The Recovery Summit was held in coordination with the World Federation for Mental Health's first award of the distinction of a Mental Health Capital City to Barcelos for their current commitment to a mental health action plan and commitments of substantial new resources for community based services.



DISCUSSING POTENTIAL DEVELOPMENTS FOR CLUBHOUSE EUROPE

Clubhouse Europe's Chairperson, Emily Adamberry Olivero, maximized the opportunity during her trip to Belgium in September 2023 to reconnect with Tanja Gielens. Tanja, who had prior involvement with Clubhouse Europe a decade ago during her student years, is currently collaborating with Clubhouse start-up groups in Belgium.

Expressing genuine excitement about re-engaging with Clubhouse Europe, Tanja generously offered her support and expressed willingness to assist in our mission. She aims to contribute to enhancing our initiatives, particularly focusing on fundraising strategies and overall improvement. Tanja is also contemplating the prospect of joining our Board in the future.

't KARWEI CLUBHOUSE BRUSSELS

We are truly appreciative of her collaboration and eagerly anticipate her assistance in helping to achieve significant milestones for Clubhouse Europe.

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SAVE THE DATES!!

FOUNTAIN HOUSE

Save this date:
April 15th – 17th 2024
for a Leadership Seminar!

De Waterheuvel

Dear Colleagues,

Directors of clubhouses hold a pivotal yet solitary position in the success of any clubhouse. Clubhouse De Waterheuvel Amsterdam and Fountain House New York are jointly sponsoring a seminar for European clubhouse directors scheduled in Amsterdam for April 15th -17th 2023.

Its goal is to provide a forum for directors and other Clubhouse Leaders, to share ideas and best practices among each other in an atmosphere that builds solidarity. Discussions on issues central to operating a successful clubhouse (e.g. branding, staff development, alliances, fund raising, research, etc.) will be addressed within a European economic and social context.

We are proceeding with final arrangements and anticipate a fee of € 1075,00 (lodging and most meals included). Amsterdam offers a fine location for a seminar—a cosmopolitan city with a long established clubhouse. We will be in touch with you early in January to see if you want to participate in the seminar.

In the meantime, please contact Petra Nieuwlaat, director of Clubhouse De Waterheuvel at p.nieuwlaat@waterheuvel.nl or +31.6277 44 667 who will assist you with any questions you may have.

We eagerly look forward to your joining with us,
Leadership Training Team

UPCOMING EVENTS

- **31 January 2024:** Implementation of the Community Mental Healthcare in Greece. A Spotlight on Society of Social Psychiatry P. Sakellaropoulos.A free webinar by EUCOMS Network and Society of Social Psychiatry P. Sakellaropoulos (time: 19.00-20.30)
- **14th – 15th March 2024:** EUCOMS on location Seminar "Municipal Responsibility for Community Mental Health" to be held in Cologne, Germany,
- **13 – 19 May 2024:** UK Mental Health Awareness Week – organised by Mental Health Foundation
- **1st June 2024:** Clubhouse Giving Day – fund raising campaign, organised by Clubhouse International and open to all Clubhouses to participate to raise funds for themselves.
- **14th – 15th June 2024:** Mental Health Europe, Capacity Building Seminar and General Assembly
- **10th October 2024:** World Mental Health Day



2023/24 Clubhouse Europe
Changing the World of Mental Health

SAVE THE DATES!!



Save the date: European Mental Health Week 2024!

We are excited to announce the fifth edition of European Mental Health Week is set to run from 13 May to 19 May 2024!
Our vision is a Europe where everyone's mental health and wellbeing flourish across their life course. Mark your calendars and anticipate forthcoming updates, including the reveal of the theme.

Join us for a week of discussions, personal stories, and advocacy against stigma, discrimination, and exclusion in mental health.



European Mental Health Week is a collaborative initiative involving people with lived experience, advocates, service providers, policymakers, and supporters from diverse backgrounds across Europe and beyond.

This pan-European campaign is growing every year and we are looking forward to bringing more people together to celebrate and change the narrative of mental health. Stay connected via social media for the latest updates and share this event with your network.

Read more here



We are thrilled to bring you Clubhouse International World Seminar 2024 with our co-host, **Pathways Clubhouse**!

Join us in Richmond, BC, Canada for this highly anticipated event that will feature engaging workshops, inspiring speakers, networking opportunities and the voice of lived experience.

The World Seminar is an excellent opportunity for members, staff and mental health advocates to come together to share best practices, innovative strategies and first-hand experiences that support and empower Clubhouse members and communities to grow and thrive.

Together, we are changing the world of mental health.

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Together, we are changing the world of mental health.

We look forward to seeing you in Richmond and sharing this valuable experience with you.

#WeAreClubhouseInternational

Stay tuned for more details!

Clubhouse International

2023/24 Clubhouse Europe Changing the World of Mental Health

SAVE THE DATES!!

DATE	EVENT
15 February, 2024 11.30-12.30 CET	**1st MHE Thematic Webinar led by "Familles du Monde", Belgium** https://us06web.zoom.us/j/86885505729?pwd=gadTUYkYQG8sTEaoeY1qV76gW1rVZH.1 Meeting ID: 868 8550 5729 Passcode: 38748
4th – 11th March 2024	**Clubhouse movement Celebration week,** share testimonials use hashtag **#**ClubhouseWorks https://www.facebook.com/clubhouseappreciation
14th – 15th March 2024	**Municipal Responsibility for Community Mental, Cologne Germany** (Clubhouse model being presented by De Waterheuval) https://eucoms.net/eucoms-network-meetings/#1685693287477-6da2e9b9-9eec
15th – 16th April 2024	**6th World Mental Health Congress – Virtual event.** https://www.mentalhealth-conference.com/
15th – 17th April 2024	**Clubhouse Leadership Seminar**, De Waterheuval, Amsterdam https://www.waterheuvel.nl/
13 – 19 May 2024	**UK Mental Health Awareness Week** – organised by Mental Health Foundation https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week
13 – 19 May 2024	**European Mental Health Week** – organised by MHE https://www.mentalhealtheurope.org/
1st June 2024	**Clubhouse Giving Day – registration opens 1st March 2024** – fund raising campaign, organised by Clubhouse International and open to all Clubhouses to participate to raise funds for themselves. https://www.clubhousegivingday.org/
4-5 June 2024	**Design in Mental Health – Manchester** https://www.designinmentalhealth.com/wp-content/uploads/sites/117/2024/01/DiMH-2024-Event-Preview-090124.pdf
14th – 15th June 2024	**Mental Health Europe, Capacity Building Seminar and General Assembly** https://www.mentalhealtheurope.org/
24th – 28th June 2024	**2024 Leadership Exchange – The Netherlands** https://leadershipexchange.gle.world/
15-16th July 2024	**6th Int Congress on Mental Health in Amsterdam, Netherlands Global Mental Health 2024** https://mentalhealth.annualcongress.com/
14th - 19th September 2024	**Clubhouse International World Seminar 2024**, in Richmond, BC, Canada. co-host, **Pathways Clubhouse**. https://clubhouse-intl.org/world-seminar-2024-to-be-held-in-canada/
18th September 2024	**Peer Expertise- Zoom Webinar** https://eucoms.net/eucoms-network-meetings/#1706298042064-8aec87a1-fd70
4th – 7th October 2024	**Erasmus Project – PERSON FIRST -ATHENS** https://www.smes-europa.org/4.%20ATHENS_Studyvisits_exchanges.htm
17th – 19th October 2024	**Sustainability of Care – Lisbon Portugal** https://eucoms.net/eucoms-network-meetings/#1706298042064-8aec87a1-fd70
10th October 2024	**World Mental Health Day** https://www.awarenessdays.com/awareness-days-calendar/world-mental-health-day-2024/

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LIFE IN PICTURES

FROM NORWAY - THE WINTER IS HERE -







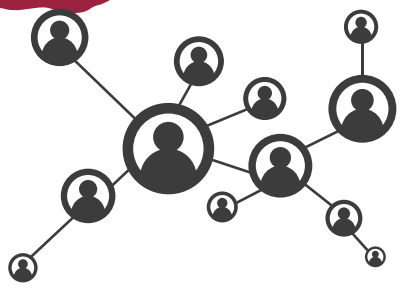


THE WINTER IS BEAUTIFUL
WITH SUN AND SNOW

2023/24 Clubhouse Europe
Changing the World of Mental Health

Working Groups

-> what's this?



THE VISION and mission

The idea behind theese groups

This year Emily (our chairperson) came up with a great idea to ensure we can follow up on all the work Clubhouse Europe is doing and will be doing. To ensure that this does not become too large and unmanageable a task for everyone on the board, she divided the tasks into nine main groups. This is to get an overview and structure.

We on the board want to be up to date on Europe. In order to be able to keep up with everything that is happening, we want help and support from others in the clubhouse world in Europe. If you or your house are interested in joining a group, please get in touch.

But first a small explanation from Emily's vision for these nine working groups:

I would like to explain about the working groups, especially because the 'group' mainly refers to the 'work' rather than the people involved. In the Working Groups structure you will find a list of tasks for each Group. You will notice that some of the tasks will overlap by their very nature, e.g., communication, IT, membership fees, mailing lists etc. So, it is possible to be involved in several work groups as it is task orientated (i.e. a Task force). There is a named coordinator for each group or task (as appropriate). This person would collect, coordinate, and communicate (CCC) how things are progressing.

The coordinator does not need to be the most skilled person in that group but rather the person who follows up or receives/gathers all the information. As we identify and prioritize what tasks need to be done and when, we will identify who wants to get involved on that particular task and who will be the coordinator of that Working Group.

- Emily -

THE GROUPS

A – Ambassadors
B – Budgeting
C – Communication
D – Development & Marketing
E – European events & Organisations
F - Framework for statutes & Work practice
G – Graphics & Technology
H – Handbook for Clubhouse Europe
I - Ideas

THE TASK

A – AMBASSADORS

- Information
- Education
- Training
- Networking
- Partners in Care
- Leadership training

> Develop aims & objectives followed by a training plan including protocol for all ambassadors & Board members

B – BUDGETING

- Accounts
- Fundraising
- Membership fees

> Create a marketing campaign to recruit new and connect with previous members with a view to increasing the number of members
> Encourage and support fund-raising among Clubhouses in Europe

C – COMMUNICATION

- Mailing lists
- Newsletter
- Secretariat

> Create and maintain an up to date mailing list and respond to communications promptly
> Produce interesting and informative Newsletters to keep the European Clubhouse Community informed and involved in European events and invite contributions and communications from European Clubhouses.
> Recruit active support from Clubhouses for Secretariat work

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THE TASK

D – DEVELOPMENT & MARKETING

- Facebook
- Other social media
- Website

> Keep Facebook entries interesting, regular and relevant to European Mental Health and Clubhouses
> Find Clubhouses who are willing and able to help set up and maintain all our social media platforms including Instagram and X accounts (previously Twitter)
> Update and maintain an up to date website and create regular news items to keep the website interesting and informative.

E – EUROPEAN EVENT & ORGANISATIONS

- European Organisations & Coalitions
- Research
- European Clubhouse Conferences
- Other European events e.g MH awareness week, WMHD ect
- European Conferences

As you are aware Europe is composed of 53 countries (as defined by the World Health Organisation) which have diverse, cultures, languages, currencies, laws and mental health systems. At Clubhouse Europe we would like to get to know more about each country and make inroads towards helping those affected by mental illness to be able to access the life-saving support of a Clubhouse Community. We would appreciate the help of the European Clubhouse Community to gather information about organisations, events, MH systems, stakeholders and to get to know how best we can serve the different communities.

F -FRAMEWORK FOR STATUTES AND WORK PRACTICE

- Statutes
- Protocol
- Policies & procedures
- Clubhouse Int Standards

> Review our statutes to ensure that they cover all the areas we need and provides the guidance to make us a strong social association
> Develop protocols, policies and procedures.

G – GRAPHICS & TECHNOLOGY

- Membership and other certificates
- Posters & Marketing materials
- IT issues
- Marketing videos

In today's world, Technology plays a very important part in helping us both to promote ourselves and spread the word in order to reach out to all those who need the support of a Clubhouse. If your Clubhouse is strong in this field and is able to support Clubhouse Europe, we'd love to hear from you.

H – HANDBOOK FOR CLUBHOUSE EUROPE

- An ongoing collection of information and all our rules and procedures

To be compiled on an ongoing basis once we have a clear pathway on either issues or regions or working groups. The idea is to have a reference manual which provides comprehensive information on what we do, information about all the different countries and regions with a focus on their mental health systems and strategies.

I - IDEAS

- An ongoing collection of information

Any ideas for the future which for a variety of reasons cannot be implemented immediately but are worth considering. This is for useful ideas which can be recorded to perhaps be developed in the future when the timing is right or adequate resources are available



WE WANT YOU!

Please contact us if you are interested
-> email: clubhouse.europe.chair@gmail.com

2023/24 Clubhouse Europe
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FROM FINLAND TO GIBRALTAR - A DREAM COME TRUE

text: Emily / photo: Ilkka and Emily



Ilkka Pekkarinen, 61 years old, realized his long-held dream of journeying from Helsinki, Finland, to Gibraltar. A member of Helsinki Klubitalo for a decade, Ilkka spent most of his life in the countryside before moving to Helsinki after falling in love with a remarkable woman. Although he faced the loss of his wife last year, the support from his Clubhouse proved crucial for his resilience.

Before his wife's passing, Ilkka attended the Clubhouse International World Seminar in Baltimore, an honor bestowed upon him by his Clubhouse. It was there that he crossed paths with Emily Adamberry Olivero, the founder of Clubhouse Gibraltar, sparking an inspiration that led to his eventual visit. This marked Ilkka's inaugural trip to the United States, a journey that significantly bolstered his confidence, enabling him to embark on European travels.

Emily, then a representative of Clubhouse Europe, played a pivotal role in their connection. A breakfast meeting in Baltimore, entitled 'Calling All Europeans,' became the setting where Ilkka and Emily first met. This narrative beautifully captures the essence of the Clubhouse fraternity–a global family. Ilkka cherished his visit to Clubhouse Gibraltar, where he felt a profound sense of belonging and received a warm welcome. Earlier this year, Emily assumed the role of Chair of Clubhouse Europe and took pride in extending a warm welcome to Ilkka, her first European Clubhouse member in Gibraltar since her election.

--
Emily Adamberry Olivero MBE GMD MPsS
Chair of Clubhouse Europe







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CLUBHOUSE EUROPE SURVEY 2023 RESULTS

NAVIGATING THE ROAD AHEAD
INSIGHTS FROM CLUBHOUSE EUROPE SURVEY 2023 THAT WILL HELP SHAPE CLUBHOUSE EUROPE'S FUTURE

Dear European Clubhouse Community

I'm thrilled to share the remarkable insights that have emerged from our inaugural survey, Clubhouse Europe Survey 2023, a testament to the strength and enthusiasm of our European Clubhouse Community.

In this collective exploration: amidst 74 responses received from 56 clubhouses and two coalitions across 17 countries, your engagement has been nothing short of extraordinary. We've gathered perspectives from various angles - accredited and non-accredited Clubhouses, start-ups, and more, with a special acknowledgment for the robust contribution from our accredited Clubhouses.

Responses were not confined to Clubhouse Directors alone. With just a third of responses from Directors, the viewpoints of other Clubhouse staff and Clubhouse group responses have enriched our understanding and provided us with a wider perspective of viewpoints.

The responses were inclusive, embracing the views of members, non-members, and past members of Clubhouse Europe.
There is a resounding enthusiasm for membership, with the majority expressing interest in joining or continuing their memberships. This reflects a strong desire to ensure that Clubhouse Europe fully represents the entire European Clubhouse community."

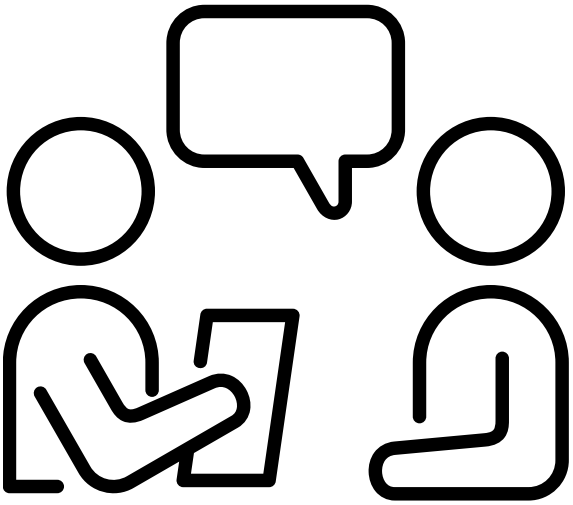
The preferred mode of communication is email, followed by meetings, websites, and Facebook, as indicated by the Survey's responses.

Your engagement and desire for connection shine through, with nearly 90% expressing interest in receiving information on mental health events, and Clubhouse Europe updates. The survey reflects an inspiring enthusiasm - 70% of respondents want to actively participate in the essential tasks Clubhouse Europe undertakes, showcasing the passion that fuels our community.

Furthermore, a noteworthy 23% are eager to support Clubhouse Europe's fundraising efforts, providing a testament to the solidarity within our community. This aspect is pivotal, not only for bolstering European Clubhouses but also aligns with a recurring suggestion from the survey, indicating that employing paid staff would aid Clubhouse Europe in its development, making it a more robust and successful organization to support European Clubhouses.

As we navigate this collective insight, your participation remains the life force of Clubhouse Europe. We eagerly look forward to working together collaboratively with this newfound enthusiasm, contributing to a journey of understanding and impactful growth.

THANK YOU FOR HELPING TO SHAPE THE FUTURE OF CLUBHOUSE EUROPE







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EUROPEAN ASSERTIVE OUTREACH FOUNDATION (EAOF) CONFERENCE 2023





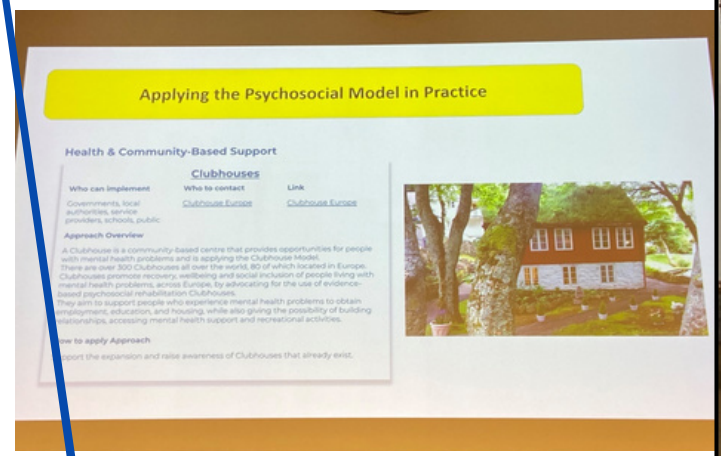
Clubhouse Europe's Chairperson, Emily Adamberry Olivero, recently participated in a three-day international event organized by the European Assertive Outreach Foundation (EAOF) in Leuven, Belgium. The event focused on the essential aspects of deinstitutionalization in mental health care.

Addressing the need for a public-health approach, distinguished speakers shared global insights on advanced community service development. Collaborative efforts between medical/psychiatric and social services were emphasized, recognizing challenges stemming from cultural differences.

Workshops delved into reallocating resources for improved mental health and social services, grounded in scientific evidence and professional expertise. Emily was delighted to find a workshop by Mental Health Europe, titled "Promoting Understanding of the Psychosocial Model of Mental Health," including the Clubhouse model.

Keen to spread awareness of Clubhouse across Europe, Emily seized the opportunity to address a new audience at the conference, reinforcing the importance of the Clubhouse model.





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PRINCE WILLIAM ANNOUNCES THE LAUNCH OF A NEW INITIATIVE



Shown Here: Prince William, Prince of Wales, speaks with members during his visit to Mosaic Clubhouse on June 26, 2023 in London.
Photo: Chris Jackson/Getty Images.

Prince William Announces the Launch of a New Initiative Involving Mosaic Clubhouse, Lambeth - June 26, 2023

On Monday, HRH the Prince of Wales visited Mosaic Clubhouse in Lambeth, England as part of the launch of his new Homewards initiative, aimed at tackling homelessness in the United Kingdom. Speaking at Mosaic Clubhouse, Prince William said his inspiration for Homewards came from making visits to homeless shelters as a boy with his mom, Diana.

During his visit, the Prince of Wales emphasized the importance of taking a holistic approach to homelessness, addressing not only the immediate needs of homeless individuals, but also the connection between homelessness and mental health issues.

Prince William toured the Clubhouse and met with Clubhouse members who highlighted the struggles that people face in their local area of Lambeth, UK, when trying to find safe and secure housing and how this can be impacted by, and contribute to, mental health issues.

Chris Thomas, CEO, Mosaic Clubhouse said:
"We are delighted that The Prince of Wales has chosen Mosaic Clubhouse as the venue for the launch of the Royal Foundation's new 'Homewards'. At Mosaic Clubhouse we know only too well how difficult finding secure housing can be, especially for people who are facing mental health issues. The Info Hub that our members and staff run side by side together, here at Mosaic, offers people practical advice and support to navigate housing issues. But we know that more action is needed. I know that our members had plenty of ideas to share with His Royal Highness as he spent time the morning with them!". Click here for the full press release from Mosaic Clubhouse.

Prince William announced the borough of Lambeth (home of Mosaic Clubhouse) as one of six locations chosen for the Homewards initiative. Each location will receive seed funding and support to develop tailored solutions to homelessness, in partnership with local businesses, charities and civic societies. The Prince of Wales expressed his hope that the initiative will inspire others to take action, and help to create a society where homelessness is "rare, brief and unrepeated."

We are thrilled for Mosaic Clubhouse to be a part of this critical new initiative. As one of our 12 Training Centers, Mosaic Clubhouse plays an integral role in the Clubhouse International network.

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THE PAN-EUROPEAN MENTAL HEALTH COALITION

In 2021, more than 150 million people in the WHO European Region live with a mental health condition, and only 1 in 3 people living with depression receive the care they need. To address these gaps in mental health services and support, many of which have been made worse by the COVID-19 pandemic, WHO/Europe has launched a new Pan-European Mental Health Coalition.

Launched on 30 September in Brussels with the participation of Her Majesty Queen Mathilde of the Belgians, the Coalition is a partnership dedicated to improving mental health across the WHO European Region. It will target gaps in mental health services by gathering national leaders, professionals, members of civil society, representatives of international organizations and experts to collaborate on bringing mental health out of the shadows and into the mainstream.

Key priorities for the Coalition will be to transform mental health services and integrate mental health into emergency response and recovery efforts, as well as promoting mental health and preventing mental ill health across the life course.

Mental health at the top of the policy agenda

Mental health represents a vital element of individual and collective well-being. It can be put at risk by stressful or adverse living, working or economic conditions, and social inequalities, violence and conflict: in this regard, the COVID-19 pandemic has demonstrated how vulnerable mental health can be. Mental health conditions are highly prevalent and represent one of the leading causes of suffering and disability in the European Region.

The challenges posed by mental health conditions touch all ages and social groups. They include a surge of diseases of despair, the persistent prevalence of depressive and anxiety disorders among young people,



the growth of self-harm and suicide, and the unmet needs of people with dementia or autism spectrum disorder. Specific challenges are the rise of burnout among health workers; the need to confront the mental health fallout of the COVID-19 crisis; and the need to support the resilience of communities affected by conflict.

In many cases, the suffering of individuals and their families is compounded by stigma, discrimination and violation of human rights, and social exclusion, making the way in which society looks at people with mental health conditions a part of the problem itself.

The Mental Health Coalition will convene high-profile, committed personalities and influential stakeholders like the affected people themselves to transform societal attitudes about mental health.

World Health Organization
REGIONAL OFFICE FOR Europe

2023/24

Clubhouse Europe
Changing the World of Mental Health

THE PAN-EUROPEAN MENTAL HEALTH COALITION

The Coalition will:

- provide an overarching structure for exchanging experience and mobilizing national champions, advocates and service innovators;
- serve as the umbrella for a multi-agency, Region-wide review of lessons learnt and future perspectives for mental health policy formation and implementation;
- stimulate fundamental and applied research on mental health, with particular attention to the interface between health, social and community care and the role of primary care; the intersection between mental health and gender; and the role of temporary or chronic financial insecurity;
- facilitate national policy dialogues on mental health and psychosocial support to incorporate key mental health priorities in national policies and plans (such as cross-sector prevention; digitalization of mental health services; de-institutionalization of psychiatric care and investment in commensurate community structures; collaboration between health and social care networks; and forensic mental health).

WHO European framework for action on mental health 2021–2025

The WHO European Framework for Action on Mental Health (EFAMH) provides a coherent basis for intensified efforts to mainstream, promote and safeguard mental well-being as an integral element of COVID-19 response and recovery; to counter the stigma and discrimination associated with mental health conditions; and to advocate for and promote investment in accessible quality mental health services



WHO Regional websites

Albania	Greece	Portugal
Andorra	Hungary	Republic of Moldova
Armenia	Iceland	Romania
Austria	Ireland	Russian Federation
Azerbaijan	Israel	San Marino
Belarus	Italy	Serbia
Belgium	Kazakhstan	Slovakia
Bosnia and Herzegovina	Kyrgyzstan	Slovenia
Bulgaria	Latvia	Spain
Croatia	Lithuania	Sweden
Cyprus	Luxembourg	Switzerland
Czechia	Malta	Tajikistan
Denmark	Monaco	Türkiye
Estonia	Montenegro	Turkmenistan
France	Netherlands	Ukraine
Finland	North Macedonia	United Kingdom of Great Britain and Northern Ireland
Georgia	Norway	Uzbekistan
Germany	Poland	

2023/24 Clubhouse Europe
Changing the World of Mental Health

#PLAYITFORWARD

#CHANGEOURWORLD

Depression. Loneliness. Stress and Anxiety. Loss. Fear. So many human beings are experiencing emotional difficulties. A 2023 study by researchers at Harvard Medical School and the University of Queensland show that half of the world's population will experience a mental health disorder in their lifetime. This is painful and alarming.

Playing with others - friends and strangers - can make a huge difference. Research shows that PLAY helps with these kinds of emotional challenges and more.

Global Play Brigade invites you to participate in our March Global Playshop, called Heart and Power, to experience emotional support, joy, social connection, and thoughtful conversations with people from around the world.

Click on the link below to SIGN UP now.
https://www.globalplaybrigade.org/global-playshop

Take care of your mental health and emotional development! Invite friends, family and co-workers. Kindly share on your social media and with your networks.



#PlayItForward #ChangeOurWorld



2023/24 Clubhouse Europe
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WE WANT TO SAY THANK YOU!

"Clubhouse Fountainhúsið of the Faroe Islands

"Clubhouse Fountainhúsið of the Faroe Islands, say thank you to everyone for the last five years as secretariat of Clubhouse Europe.





We took on the role of Secretariat for Clubhouse Europe in March 2018. Carrying out this assignment has been our pleasure.

It has been a rewarding and enlightening experience for everyone involved, members and staff alike. In addition to this, we have been tasked with creating and developing the website clubhouse-europe.com.

We want to express our gratitude for the time spent and the cooperation extended by the board of Clubhouse Europe and we want to wish all the best to Clubhouse Europe moving forward.

We shall see you again at our next Nordic conference.

Thank you

Best regards and may everybody have a nice summer and take care . - Clubhouse Fountainhúsið" -
Thank you very much Emily and all the best with your work as chairman for Clubhouse Europe.

Kind regards

Súna

Thank you very much for all the work you have done for us! Sincerely from Clubhouse Europe

THANK YOU PETRA



Goodbye!

After being an active member of the board of Clubhouse Europe for more than 7 years, I regret to announce that I'm stepping down. Within the board I was the treasurer and I paid attention to the finances of Clubhouse Europe as best as possible.

One of the other tasks was being chair of the Ambassadors, one of the working groups of Clubhouse Europe.

Both as treasurer and chair of a working group you need time and energy to realize Clubhouse Europe's great plans and ambitions.

Unfortunately, my other job, being a director of a growing and thriving clubhouse in Amsterdam requires me to set priorities. Therefore, I am transferring my duties as board member of Clubhouse Europe to my dear colleague board member Cindy Hamersma.

I want to thank all the wonderful colleagues of Clubhouse Europe for all the years of great working together. It was a privilege, thank you.

Petra Nieuwlaat

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WE WANT TO SAY THANK YOU!

THANK YOU GUIDO



Embracing Change: A Reflection on My Journey with Clubhouse Europe

Dear Clubhouse Europe Community,

As the chapter of my tenure as Chairperson draws to a close, I find myself reflecting on the incredible journey we've undertaken together. Just as life has its seasons, it's time for me to transition from the role I've held since the challenging year of 2020 which was during the Covid pandemic year that I was elected as Chairperson.

These past years, from 2020 to 2023, have been filled with both trials and triumphs. Navigating the complexities of virtual general conferences, we faced numerous new situations, demonstrating resilience amid technical challenges.

For 15 years, I've proudly been part of the Clubhouse movement, contributing to a global force that makes a meaningful impact on countless lives, including my own. My commitment to supporting our movement remains unwavering, and I'll continue to contribute within the scope of my abilities.

It's crucial to spread the Clubhouse message, showcasing the opportunities found within our spaces. My ongoing efforts are dedicated to this cause, particularly in Europe and my beloved country, Italy.

Throughout my career, working with diverse individuals worldwide, the people within our Clubhouses stand out as the most extraordinary, unique, and inspiring. Thank you for being an integral part of this incredible extended family.

I bid you farewell with deep affection, confident that our paths will cross again in future Clubhouse conferences.

Wishing you all the very best—arrivederci and ciao ciao, Guido

Clubhouse Europe would like to thank Guido Valentini for all his work, and his charming personality during his tenure as Chairperson of Clubhouse Europe. He will be missed but Guido will undoubtedly form part of Clubhouse Europe working Groups in the near future.

2023/24 Clubhouse Europe
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WE WANT TO SAY THANK YOU!

ESKO HÄNNINEN: A FAREWELL AND A GRATEFUL THANK YOU



Esko Hänninen, one of the founding members of Clubhouse Europe, has played a pivotal role in shaping the organization's journey since its inception in the mid-2000s. As we bid farewell to his formal role on the board, we express our deepest gratitude for his remarkable contributions.

From the early days of Clubhouse Europe, Esko's leadership was instrumental in establishing a network that now spans 20 European countries. His commitment to the cause is evident in the successful realization of projects like ELECT (2007 – 2009) and EMPAD (2010 – 2012), fostering learning communities and advocating for mental health reforms.

As a former government official, Esko brought decades of experience to Clubhouse Europe, emphasizing collaboration with social and health NGOs. His legacy lives on as he encourages us to face the challenges of expanding Clubhouses across all 53 European countries and securing funds for essential activities.

At 80, Esko gracefully steps down from the board, preferring an active role in promoting Clubhouse Europe's activities. His recommendations for the future underscore the importance of the evidence-based Clubhouse Model in European mental health policy. As we embark on this new chapter, we express our heartfelt thanks to Esko Hänninen for his vision, guidance, and unwavering dedication. Clubhouse Europe will forever be grateful for his enduring legacy.







2023/24 Clubhouse Europe
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UK MENTAL HEALTH AWARENESS WEEK 15 - 21 MAY 2023

Flourish Clubhouse in Scotland took an active part in helping to raise awareness around the theme of Anxiety chosen by Mental Health Foundation for 2023.

Anxiety is a massive issue & it affects a lot of people. In Fact it is normal for people to feel anxious sometimes and it's usually just part of life but if it gets out of hand and it affects the quality of our life, it can be a big problem, so we need to get help with it, if it gets too much.

The Mental Health Foundation website has a lot of helpful information about Anxiety and how to help manage it and they have been promoting mental health awareness week as much as they can, they also provide other charities with the tools to do the same.

As a member of my Clubhouse i wanted to join in to raise awareness of members issues around anxiety so we wrote some questions & printed an anxiety questionnaire which was distributed & filled in throughout the week, I used a template on canva & added the information onto it with their favourite green thing, I scheduled 18 posts for facebook & instagram from Mon 15th to Mon 22nd.

During the week we had a Big Anxiety Quiz & chatted to members about mental health issues, Anxiety & stigma, We also did some badge making & member led Art. Some video footage was recorded & pictures taken also.

In my spare time I chatted about Mental Health & Anxiety on my weekly radio show 'Go with the Flo' & I provided hints and tips using information from 2 small booklets I bought from the Mental Health Foundation Website. My Clubhouse also has its own monthly radio show, 'Lets Flourish Show' and they recorded member's thoughts on anxiety as well.

Mental health awareness week continued the following week in Europe & a whole month was dedicated to Mental health action in the USA.

60%
of UK adults experienced anxiety that interfered with their daily lives in the past two weeks.

30%
of UK adults with feelings of anxiety say they are not coping well with anxiety.

32%
of UK adults with feelings of anxiety feel anxious about being able to pay the bills.

- Stuart Campbell -



photo: Stuart Campbell

2023/24 Clubhouse Europe
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ESTONIA -
QUALITY ASSURANCE DRIVES MORE & STRONGER CLUBHOUSES



Accreditation transforms Clubhouses across the globe.

In Estonia, the progress of Haabersti Klubimaja, highlights the value of Clubhouse International accreditation, which became mandatory in 2014 for all Clubhouses in the network. The process helped Haabersti Klubimaja become the strong Clubhouse that it is today by meeting rigorous standards and demonstrating its commitment to providing a supportive environment for individuals with mental illness.

Haabersti Klubimaja is now dedicated to expanding the Clubhouse Model in Estonia. They have been mentoring a Startup group from the city of Pärnu and we are pleased to share the news that they are well on their way to opening the second Clubhouse in the country in fall 2023.

HAABERSTI KLUBIMAJA

FACTS about Haabersti Clubhouse

Haabersti clubhouse, created in 1996 is the oldest unit of Tallinn Mental Health Centre. Haabersti clubhouse is still the only clubhouse in the Baltics.



In 2019 Haabersti clubhouse got the maximum accreditation for three years. The accreditation proves the quality of the clubhouses and compliance to international standards.



2023/24 Clubhouse Europe
Changing the World of Mental Health

WE ARE NOT ALONE? CLUBHOUSE EUROPE!

Let us go back to the origins of our movement: On the steps of the New York City Public Library in the mid-1940s, several former patients of the Rockland State Hospital convened to form a support group for those affected by mental illness.
They called their group 'We Are Not Alone' (WANA), and in this humble and informal assembly, a movement was born. Those words are as true today as they were then.

As a member in my Clubhouse named *Pelaren* on the Åland Islands I have been working with the Clubhouse model and believe in it many years already. I have been involved on several committees, one of them being the European Umbrella Organization of Clubhouses called *Clubhouse Europe* and the *faculty of Clubhouse International.*

As a member of the Faculty of Clubhouse International which is based on our 37 Clubhouse International Standards, visiting Clubhouses all over the world to acknowledge their hard work, their passion and spirit, showing them ways to improve and process accreditations with them, so members and decision makers can make sure that an accredited Clubhouse is utilizing the best way for recovery of members with a history and struggle of mental illness. It is indeed a quality sign based on our wonderful standards which are a long-appreciated document coming from consensus and our best practices.

(One of my favorite standards is): All work in the Clubhouse is designed to help members regain self worth, purpose and confidence; it is not intended to be job specific training. (Standard #19)

Of course, I would like to mention, a Standard from the section work ordered day as it is the heart of every Clubhouse. I want to emphasize the words *regain self worth, purpose and confidence*. That means we all had once self worth, purpose and confidence in what we were doing, all work in a Clubhouse is designed to regain these abilities. We had lives, careers and dreams before. To engage in meaningful work which serves our community directly and keeps it sustainable is something very different then therapeutical groups which are inventing tasks to keep a patient busy and away from bad thoughts.

Through meaningful tasks and side by side with staff or other members we voluntarily commit to the sustainability of our working community.

The blessed gift of recovery through empowerment and trust from my Clubhouse community has had a profound effect on me. It made me want to leave my bed, and it saved me from despair, isolation, destruction, self-pity, addiction, and a bitter cold neglect towards life. And with all of that, came another feeling: To do all I can to repay my Clubhouse and the wider Clubhouse movement. I felt that call. And as I began to do the work of repaying – of contributing back - it created meaning in my life and made me feel that at last that I am decent at something, and that some people even care about what I can bring to the table. That is the genius of the Clubhouse model. It saves us from despair, and then creates a desire in us to give back, and that gives meaning to our lives.

In the process of regaining self-worth, purpose, and confidence we start to navigate again through our life with help of the many resources the Clubhouse community offers us in our personal recovery especially because we discover.
We Are Not Alone!

We, at Clubhouse Europe want to hear from your Clubhouse community, how we can support your needs in Europe the best, what you need the most as a community, how we can collaborate and exchange with each other.

Jonah Bogle, Board Member of Clubhouse Europe



2023/24 Clubhouse Europe
Changing the World of Mental Health

Clubhouse International
CELEBRATING 30 YEARS OF CHANGE

CONNECTIONS
a brief update for
friends + supporters



ANNOUNCING THE KICK-OFF OF CLUBHOUSE INTERNATIONAL'S 30TH ANNIVERSARY YEAR!

2024 marks a significant milestone for Clubhouse International, the only global non-profit, non-governmental organization dedicated to helping communities create sustainable solutions for mental illness. This year, Clubhouse International is celebrating the 30th anniversary of our founding. The milestone is a testament to our organization's unwavering commitment to improving the lives of individuals living with mental illness worldwide, and to the collective efforts of our supporters and everyone in our Clubhouse community. Over the past three decades, Clubhouse International has made significant strides in improving the understanding of mental illness, and expanding recovery support and resources.

Clubhouse International celebrates 30 years of success in:

- Saving Lives Through Our Global Network of Clubhouses - *now leading a mental health community of over 350 Clubhouses in 32 countries*
- Expanding the Adoption and Effectiveness of the Clubhouse Model Worldwide - *conducting over 3,500 training sessions for over 8,000 individuals since our founding*
- Achieving Increased Visibility and Acceptance of the Clubhouse Model - *including the most recent 2022 Honorary Pardes Humanitarian Prize in Mental Health*
- Leveraging Resources - *attracting well over $200 million in public and private funding each year* Ending the Stigma Surrounding Mental Illness - *amplifying the voice of lived experience in our advocacy efforts*

Click here to read press release.

2023/24 Clubhouse Europe
Changing the World of Mental Health

ANNOUNCING THE KICK-OFF OF CLUBHOUSE INTERNATIONAL'S 30TH ANNIVERSARY YEAR!

Join us as we start a year-long celebration of achievements, growth, and the many lives transformed by the Clubhouse movement.

Get Involved:

As we embark on this celebratory journey, we invite you to be a part of our anniversary activities. Here's how you can get involved:

1. Share Your Story: If Clubhouse has played a significant role in your life or the life of someone you know, we'd love to hear your story. Click here to share your experiences with us.
2. Spread the Word: Help us reach a wider audience by sharing our anniversary posts on social media. Use the hashtag #ClubhouseInternational30 to join the conversation.
3. Learn More: Visit our website.

Connect:

Stay tuned for updates via email and across our social media channels.ank you for being an integral part of Clubhouse International's journey over the past 30 years. Together, we have made a lasting impact on mental health, and we look forward to continuing this important work in the years to come.

With appreciation,
Joel



Joel D. Corcoran
Executive Director & CEO
Clubhouse International

DONATE

AMERICAN PSYCHIATRIC ASSOCIATION
SPECIAL PRESIDENTIAL COMMENDATION AWARDEE

BBB ACCREDITED CHARITY
ny.give.org

CFC Combined Federal Campaign

CONRAD N. HILTON HUMANITARIAN PRIZE LAUREATE

WINNER OF THE 2022 HONORARY PARDES HUMANITARIAN PRIZE IN MENTAL HEALTH
BRAIN & BEHAVIOR RESEARCH FOUNDATION Awarding NARSAD Grants

GUIDESTAR PLATINUM PARTICIPANT

2023/24 Clubhouse Europe
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WHAT'S HAPPENING IN EUROPE

EAEA news



EAEA country reports 2023 are out

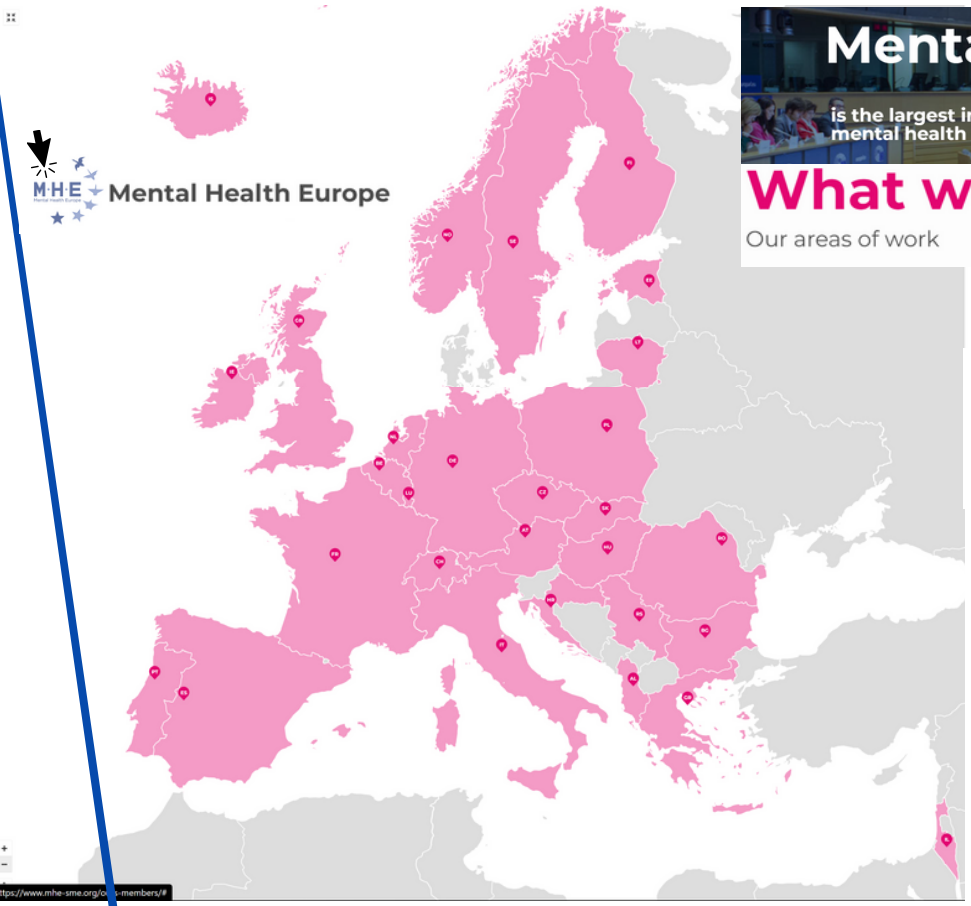
The country reports provide insight into recent advancements in the field of adult learning and education in 27 European countries. The reports reveal the developments and challenges related to funding, adult education policies, learner voice, and more.

Read the reports

COPE: Upcoming event 7 March

Save the date for the upcoming Culture on Prescription (COPE) project event 7 March 2024! The project highlights a social invention with very positive results. Elderly people are "prescribed" experiences related to art, culture and social activities as a way to reduce social isolation and loneliness. Read more about COPE









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WHAT HAPPENS IN EUROPE?
AND WORLDWIDE

BROADCASTING CLUBHOUSE RADIO IN SWEDEN



Radio Totalnormal, a podcast and live show broadcast developed and run by members of Fountain House Stockholm (Sweden) recently had its 2024 kick-off editorial meeting, pictured here.

They have begun a new collaboration with The Association for People with Neuropsychiatric Disabilities and look forward to more partnerships that promote mental well-being in the future.

Check out this awesome, Clubhouse-run radio station - radiototalnormal.se/, or follow them on Instagram @radiototalnormal

DON'T MISS THIS!



Join us in Helsinki, Finland on 11-12 June to engage in conversations about the transformative impact of adult learning and education on individuals, communities, and society. During the events, you will hear from the new Director of the UNESCO Institute for Lifelong Learning, Isabell Kempf. You will also be invited to join interactive workshops on the power of adult learning, focusing on social change and migration, green transition, learner voice, and more.

STRENGTHENING THE EUROPEAN DISABILITY CARD FOR PSYCHOSOCIAL DISABILITIES



The European Commission has proposed creating a European Disability Card, which would serve as proof of disability status across all EU countries. This could help facilitate access to services during short stays abroad.

Mental Health Europe has been strengthening the proposal specifically for people with psychosocial disabilities.

Read the recommendations

ROTARY CLUB OF GIBRALTAR



Emily Adamberry Olivero MBE, GMD, Chair and founder of Clubhouse Gibraltar and Chairperson of Clubhouse Europe was invited to speak at Rotary Club of Gibraltar meeting on 23 January 2024.
The meeting was well attended and a superb Q & A followed in which Rotary members showed a keen interest in finding out more about the work Clubhouse does, not only in the impressive development in Clubhouse Gibraltar over the years but also in the worldwide support that Clubhouses offer. Emily continues to help in disseminating the Clubhouse model with a view to increasing the number of Clubhouses in Europe. Just recently she initiated a survey in order to collect up to date feedback from the European Clubhouse Community.

#clubhouseworks #ClubhouseEurope #clubhousegibraltar #mentalhealth #europe

2023/24

Clubhouse Europe
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LIFE IN PICTURES

FROM CLUBHOUSE - FONTENEHUSET RYGGE - NORWAY



LEISURE PROGRAM GAME NIGHT



BAKING IN THE MAKING





LECTURE

TESTING NEW APRONS





SMS#

FONTENEHUSET RYGGE

Frivillighet
Likeverd
Relasjon



YOUNG ADULT WORKING HARD





NEW SWEATERS HAVE ARRIVED

HENRIK HAS GOT A NEW JOB IN A KINDERGARDEN



LUXURIOUS BREAKFAST



DO YOU WANT TO SHARE PICTURES OR A STORY FROM YOUR CLUBHOUSE? PLEASE LET US KNOW! WE WANT YOU TO SHARE. LET US GET TO KNOW EACH OTHER BY SHARING OUR LIFE IN PICTURES.
SEND YOUR STORY TO:

clubhouse.europe53@gmail.com

2023/24 Clubhouse Europe
Changing the World of Mental Health

CLUBHOUSE EUROPE BOARD MEETING CALENDAR 2024

Monday 8th January 2024 at 5pm (CET) ✓
Monday 5th February 2024 at 5pm (CET) ✓
Monday 4th March 2024 at 5pm (CET)
Monday 8th April 2024 at 5pm (CEST)
Monday 6th May 2024 at 5pm (CEST)
Monday 3rd June 2024 at 5pm (CEST)
Monday 8th July 2024 at 5pm (CEST)
Monday 5th August 2024 at 5pm (CEST)
Monday 2nd September 2024 at 5pm (CEST)
Monday 7th October 2024 at 5pm (CEST)
Monday 4th November 2024 at 5pm (CET)
Monday 2nd December 2024 at 5pm (CET)

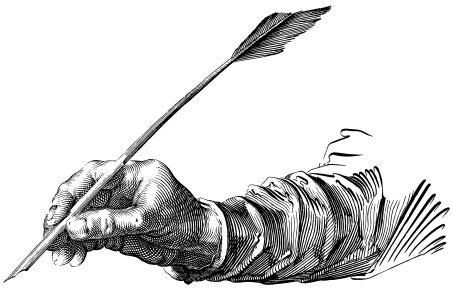
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COMPREHENSIVE CLUBHOUSE TRAINING 2024 IN EUROPEAN TRAINING BASES

Training base	Type of training	Dates	Contact
Mosaic Clubhouse **LONDON**	Comprehensive Clubhouse training (2 weeks)	12th February – 23rd February 2024	Contact: Lee Elliott info@mosaic-clubhouse.org
Fontenehuset Oslo sentrum **NORWAY**	Comprehensive Clubhouse training (2 weeks)	4th March - 15 March 2024	Contact: Fontenehuset Oslo sentrum Training and Development Unit training@fontenehuset.no
Helsingin Klubitalo **FINLAND**	Comprehensive Clubhouse training (2 weeks) **In English**	15th April – 26th April 2024	Contact: elisa.lipponen@eskot.org
Mosaic Clubhouse **LONDON**	Comprehensive Clubhouse training (2 weeks)	13th May – 24th May 2024	Contact: Lee Elliott info@mosaic-clubhouse.org
Fontenehuset Oslo sentrum **NORWAY**	Comprehensive Clubhouse training (2 weeks)	3rd June 2024 – 14th June 2024	Contact: Fontenehuset Oslo sentrum Training and Development Unit training@fontenehuset.no
Fontenehuset Oslo sentrum **NORWAY**	Comprehensive Clubhouse training (2 weeks)	4th November – 15 November 2024	Contact: Fontenehuset Oslo sentrum Training and Development Unit training@fontenehuset.no
Mosaic Clubhouse **LONDON**	Comprehensive Clubhouse training (2 weeks)	4th November – 15 November 2024	Contact: Lee Elliott info@mosaic-clubhouse.org
Helsingin Klubitalo **FINLAND**	Comprehensive Clubhouse training (2 weeks) **in Finnish**	4th November – 15 November 2024	Contact: elisa.lipponen@eskot.org

2023/24
Clubhouse Europe
Changing the World of Mental Health

LET US KNOW



Do you want to contribute with articles? Send an email to:

clubhouse.europe53@gmail.com



WANT TO SUPPORT US?

Help Clubhouse Europe Save Lives. People living with mental illness discover connection, community and purpose with Clubhouse membership. It's this sense of belonging that literally saves lives. At Clubhouse Europe, we bring community to people with mental illness – and with your gift, you do, too!

PAYMENT DATA:

- Clubhouse Europe
- IBAN: NL46 TRIO 0338 9442 73
- BIC/ SWIFT: TRIONL2U

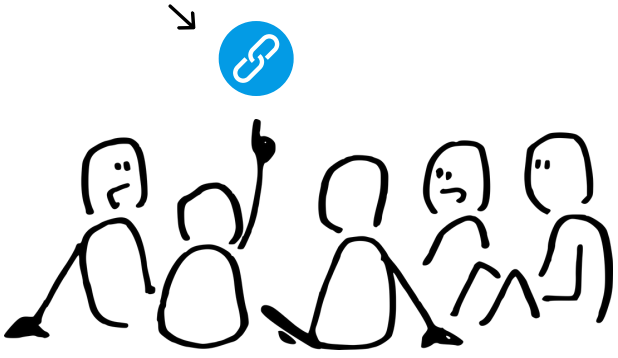


Triodos Bank, Utrechtseweg 60 -3704 HE (zip code) – Zeist (city) – The Netherlands
Triodos Bank N.V. is a bank based in the Netherlands with branches in Belgium, Germany, United Kingdom and Spain. It claims to be a pioneer in ethical banking. Triodos Bank finances companies which it thinks add cultural value and benefit both people and the environment.

"CLUBHOUSE EUROPE MEMBERSHIP"

Want to be a member of Clubhouse Europe?

Please contact clubhouse.europe53@gmail.com for more information or click on this link below. ↘





THANK YOU FOR READING

THANK YOU FOR READING.
PLEASE KEEP IN TOUCH AND SHARE YOUR STORIES.
LET US HELP YOU SPREAD YOUR NEWS ACROSS THE EUROPEAN CLUBHOUSE COMMUNITY
AND LET US GET TO KNOW EACH OTHER BETTER.

WE ARE NOT ALONE!

Clubhouse Europe
Changing the World of Mental Health

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