



WELCOME TO VISIT US!

Want to know more about Clubbhouse Pelaren, come for a first visit or book a study visit?

The study visits are for all of you who have or have had mental illness and want to know more, who works in psychiatry, the social sector, are students or just generally interested!

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AMBITION

Our ambition is to enable people with mental illness to be rehabilitated both socially and back to work or studies, or to some other context, acceptable to them.



COMMUNITY

The community is also guaranteed for those who move on to work, study or other meaningful occupation, by ensuring that we plan and implement regular social activities on some evenings and weekends.

We also celebrate the major holidays together on the day in question. The Clubbhouse Pelaren has also taken a decision in principle that we are not closed for more than two days in a row on long weekends to counteract risks that may arise from prolonged isolation.



**KLUBBHUSET
PELAREN**



"... feeling that I have a place to work, friends to meet, lunch companionship and that I have also helped prepare the food we eat."

- A quote from 2023's Well-being survey when asked what is good about Pelaren.



The membership are:

- For adults who have or have had mental illness.
- Voluntary.
- Free of charge.
- Without time limit.

Our mission and vision:

Our mission is that people who have been in contact with psychiatry, or are otherwise affected by mental illness, and because of that ended up in some form of exclusion should become part of a context where they are important, wanted and needed.

Pelaren also works to change society's view of people with mental illness. We organize two major events per year: "Ångest loppet" (in english Anxiety Race) and The Mental Health Week.

Pelaren is one of over 330 other clubhouses worldwide where together we are changing the world for the better both locally and globally.

We are a member of the

International Rooftop Organization:



WORK, PARTICIPATION AND SOCIAL COMMUNITY

The Pelaren clubhouse has existed in Åland since 2010.

The Clubhouse is for people that have or have had mental illness and its aim is to achieve psychosocial rehabilitation according to the international clubhouse model.

At Pelaren, you are neither client nor patient, but a member. As a member, you are involved in running the clubhouse together with the staff.

We offer a welcoming environment with a supportive community where, through joint work and social interaction, we support individuals to be involved and to find a way back into society.



WHAT ARE WE DOING AT PELAREN?

We help each other to manage our clubhouse together. Everything from paying the bills for the premises to cleaning. Every morning and afternoon we go through the day's program after that we split up and distribute the tasks required for the day.

These include working in the kitchen, office, reception or working in our wood workshop.

We prepare and serve lunch to our members at 12 noon every day.

We also organize social events and wellness activities on Wednesday evenings and the last Sunday of the month. We celebrate major holidays such as Midsummer and Christmas Eve together, on the actual day.

All tasks are open for anyone to try and we focus on the individual's strengths and abilities

