

ANNUAL REPORT 2013/14



*Where **H**ope, **E**mpowerment, **A**cceptance and **L**ove prevail*

President's Message

Alhamdulillah FY 2013/2014 has proven to be another productive year for Club HEAL.

We started the year with a bang with the premier screening of our Club HEAL short films at Singapore Management University (SMU). Representatives from the mental health fraternity such as the Institute of Mental Health, the Singapore Association of Mental Health, the Singapore Anglican Community Services and the Agency for Integrated Care joined Club HEAL's patron Mdm Halimah Yacob, Club HEAL's volunteers and members of the concerned public in the viewing of these films. They portray the real-life problems faced by people with mental health issues and their caregivers that stem from the stigma surrounding mental issues. For the first time, Club HEAL is propelled into national media, with our advisor A/Prof Joseph Leong Jern-Yi making the notable announcement that mental health has entered into a new era that signals hope and recovery.

In April 2013, we reached another milestone with the official opening of our very own premises at Bukit Batok East, thanks to the support of Mdm Halimah and her grassroots leaders. With this new centre, we were able to function more efficiently and it really felt like our own home.

Meanwhile, the number of referrals from both the mental healthcare professionals as well as the general public grew. We had to increase our staff strength to cope better.

We also boosted our rehabilitative efforts by adding vocational components such as the Café and Carwash and the thrift shop at our BBE premises.

We were blessed with increasing support from donors, and two major events that helped was the Jurong Lake Run 2013 and the AMP Golf Amal, again signalling great community support.

In 2013, the Malay-Muslim MP's chose Club HEAL to be their beneficiary for their annual Ramadan contribution, and the Muslim Religious Council of Singapore, MUIS, for the first time selected Club HEAL to be one of the *Wakaf* recipients. Indeed, the support of the political and religious arms of the Malay-Muslim community are significant in helping to raise awareness among the Malay-Muslim public and hence combat stigma.

We managed to get major funding from Temasek Cares and MINDSET for our counselling and rehabilitative services later on, in October 2013 and February 2014 respectively.

Our centre-based day rehabilitation programme continued to grow and expand, with the move to Al-Wehdah (the Arab Association of Singapore) from Darul Aman Mosque in January 2014 and the commencement of our 3rd centre at Jalan Kayu Zone 3 Residents Committee, also in January.

Apart from the addition of counsellors and a programme executive, in 2014 we were also privileged to have the services of a peer support specialist Mdm Junainah Eusope and a publication executive Ms Yohanna Abdullah, two amazing women who themselves have suffered from mental illness, recovered well and are now very valuable to Club HEAL. Having journeyed the path of recovery, not only are they especially able to connect with our beneficiaries, but also serve as excellent role models.

Club HEAL comes closer to achieving our dream of empowering people with mental health issues and their caregivers.

Club HEAL Annual Report 2013/14

(1 January 2013 – 31 March 2014)

Registered with the Registry of Societies	13 February 2012, UEN T12SS0028K
Institution of a Public Character (IPC)	5 February 2013 - 4 February 2015
Mailing address	Blk 244 Bukit Batok East Ave 5 #01-02 Singapore 650244
Website	www.clubheal.org.sg
Patrons	Madam Halimah Yacob Mr Zaqy Mohamad
Expert Advisors	Dr Joseph Leong Jern-Yi Dr Habeebul Rahman
Legal Counsel	Ms Roslina Baba

EXECUTIVE COMMITTEE 2013/14

President	Dr Radiah Salim
Vice-President	Mdm Yang Chek Salikin
Treasurer	Mdm Siti Hawa Sulaiman
Secretary	Mdm Noorunissa d/o PK Ibrahim Kutty
Assistant Secretary	Ms Lubna Bte Iskhandar Shah
Executive Members	Dr Bibi Jan Binte Mohamed Ayyub
	Mr Ahmad Abdul Wahab
	Mr Hairul Anuar Subari
	Mr Md Saifudin b Maarof
	Ms Nor Hidayah Binte Mohd Amin
	Mr Hasnan Saadan
	Mr Raymond Anthony Fernando
	Ms Rohanah Pagi
Ms Noor Hasmah Basiran	



Our dedicated Ex-Co of Club HEAL 2013.

- 13 February 2012 - Club HEAL registered as a non-profit organization
- 19 February 2012 - Inaugural meeting of Club HEAL members at No 19 Lor 106 Changi Road
- 26 February 2012 - First report of Club HEAL on local newspaper BH – “*Pesakit Mental perlu di bantu*”
- 29 March 2012 - First appearance on National TV – *Akhir Kata* Program on Channel Suria– Dr Radiah, Sister Yang Chek and Dr Bibi Jan interviewed by Mr Othman Bohari – discussion about the mental health landscape in Singapore, stigma against mental illness and Club HEAL’s mission and vision
- 7 May 2012 - First psychiatric rehab service opens at Al-Khair Mosque
- 9 July 2012 - Second psychiatric rehab service opens at Darul Aman Mosque
- 14 September 2012 - First caregivers’ support group started at Darul Aman Mosque
- 21 January 2013 - Al-Khair Mosque branch rehab service moves to Bukit Batok East (BBE)
- 30 January 2013 - Club HEAL short films premiere screening at Singapore Management University
- 11 May 2013 - Club HEAL’s own premises at BBE officially launched



Mdm Halimah about to cut the ribbon at the opening of Club HEAL@BBE.

- 22 July 2013 - Club HEAL’s first *fast-a-thon* @ Mendaki
- August 2013 - HEAL newsletter first issue
- 20 October 2013 - Club HEAL’s first Mental Resilience Day @ BBE
- 26 October 2013 - Club HEAL’s first Healing Friends Training at Ar-Raudhah Mosque
- 13 January 2014 - Darul Aman Mosque Branch rehab service moves to Al-Wehdah
- 10 February 2014 - Third rehab service opens at Jalan Kayu Zone 3 Residents Committee

Club HEAL is a non-profit organisation formed by a group of like-minded individuals who are committed and have a strong passion in helping people with psychiatric disabilities to lead a fulfilling and purposeful life that is stigma-free.

Our mission and vision remains as follows:

- To assist and empower persons recovering from psychiatric illness to regain confidence in themselves and others in their journey towards recovery and community reintegration.
- To eradicate the stigma surrounding persons with psychiatric disabilities, thereby breaking unnecessary barriers to their recovery process.

Club HEAL's approach is a 3-tier program aimed at

- i) Core beneficiaries who have mental health issues (PMHI's).
- ii) Caregivers of people with mental health issues.
- iii) Promoting mental health and creating awareness about mental health issues among the general public.

CENTRE BASED REHABILITATION PROGRAMME

Club HEAL's core program is the day psychiatric rehabilitative service aimed at the rehabilitation and recovery of our core beneficiaries.

The day psychiatric rehabilitation program at our 3 centres focus on three aspects:

1. Imparting knowledge such as medication management and symptoms management,
2. Developing life skills such as communication skills and activities of daily living.
3. Fostering healthy attitudes such as HEAL (Hope, Empowerment, Acceptance and Love).

Operating hours are from 9am till 1 pm weekdays.

Club HEAL@ BBE

Club HEAL started operations at our premises at Blk 244 Bukit Batok East since late January 2013. Altogether 50 participants took part in the BBE program.

Club HEAL@ Darul Aman/Al-Wehdah

Our second rehabilitation centre was initially at Darul Aman Mosque. In December 2013, we moved to Al-Wehdah (the Arab Association of Singapore) at Lorong 37 Geylang. Altogether, 25 participants took part in the MDA/Al-Wehdah program.

Club HEAL@JK3

Club HEAL secured a third rehab centre at Jalan Kayu Zone 3 RC and started operations on 10 February 2014. Altogether 5 participants took part in the JK3 program.

By financial year end (March 2014), Club HEAL had successfully conducted eight runs at BBE, eight at MDA/Al-Wehdah and one at JK3. Each run goes for a period of eight weeks. A total of 94 participants and 5 caregivers have attended the program at the three centres. (BBE had a total of 50 participants, 2 caregivers and 4 Interns whereas MDA/AlWehdah had a total of 44 participant, 3 caregivers and 3 Interns. JK3 had 5 participants and 1 caregiver.

Empowerment program

Our participants also took part in the empowerment program that was conducted by Club HEAL's peer specialist Mdm Junainah Eusope.

This entails extra afternoon sessions from 2pm till 5 pm whereby participants are taught skills such as card making and glass painting. These handmade products are then sold at our thrift store and push carts at IMH and BBE.

Some participants are also taught how to manage the thrift store and push cart – in particular the cataloguing, arranging and sales of the items.

COUNSELLING SERVICES

Club HEAL conducts individual and group counselling for our beneficiaries – both PMHIs and their caregivers – at our centres and at their homes.

Total number of Home Visits - 153

Total individual counselling sessions - 120

Total number of phone calls to PMHI's and caregivers - 277

SUPPORT FOR CAREGIVERS

Altogether a total of 20 monthly caregiver support group sessions were conducted at both BBE and MDA centres.

Our caregivers also took part in SAMH's Family Link Program Lecture series conducted with the support of Club HEAL volunteers in 2013.



*Empowering Caregivers' Seminar
Panelists was up close and personal.*

Club HEAL organised a successful public seminar at AMP entitled "Empowering Caregivers" on Sunday, 24th November 2013 which was successfully attended by 80 participants.

VOLUNTEER TRAINING

2013 saw the commencement of Club HEAL's formal volunteer training program entitled the "HEALing Friends Training" which consists of 6 modules covering various topics on Mental Health Issues aimed at equipping volunteers (otherwise known as "HEALing Friends") with a good basic knowledge of these issues.

Since October 2013, we have conducted 3 sessions and trained 146 Healing Friends.



*A healing journey at Healing Friends Training
@ Taman Jurong on 22 Feb 2014.*

Club HEAL organised 7 public events and took part in 24 events conducted by our community partners as follows. Altogether we conducted 23 talks and set up 14 booths.

They are as follows:

a. Public events (talks/ forums)

Premiere Screening & Discussion: Short Film on Mental Illness –30 January 2013 - Lee Kong Chian School of Business SMU– 89 participants

Second Film Screening SMU: 6 March 2013 - 83 participants



Club HEAL film screening was an eye opener.

Club HEAL Opening @ BBE 11 May 2013

Iftar at Mendaki 20 July 2013 (81 Participants)

Hari Raya Celebrations at BBE Zone 2 RC the Pavilion 31 August 2013

Bulan Bahasa – Club HEAL film screening and panel discussion 8 September 2013 (50 participants) Sun 9 September 2013– “Bahasa Kasih Sayang” – talk by Hamidah Bahashwan (7 participants)

EPIP Early Psychosis Symposium – Talk: the Club HEAL-EPIP collaboration 26 September 2013 (50 Participants)

MUIS – Sharing on Mental Wellness with mosque befrienders (Film Screening cum panel discussion) 28 September 2013 (90 Participants)

Workshop on Stress Management and Mental Wellness (Hamidah/Radiah/Julia) for IMSSA (Indian Muslim Social Service Association) 29 September 2013 (90 Participants)

MUIS – Sharing on Mental Wellness with mosque befrienders (Film Screening cum discussion) 5 October 2013 (90 Participants)

TaRA @ Jurong Point (Presbyterian) public seminar – “Depression – there’s Hope” (Dr Radiah- spoke on Community Supports) 12 October 2013 (70 Participants)

RIMA HEALTH FORUM SERIES B – Mental Health Awareness – 17 October 2013 (12 Participants)



Mental Resilience Day Celebrities.

Mental Resilience Day 20 October 2013 @ BBE – a whole-day event co-organised by Club HEAL, BBE MAEC and the Diabetic Society of Singapore with the support of HPB, SAMH, Silver Ribbon and SACS – entailing health screenings, talk, forum and film screening. (250 Participants)

World Mental Health Day – HPB/AIC – “Enrich Your Mind” learning festival -(Booth, Talk, Film Screening) Dr Bibi Jan – Take Care of your Mental Health and Well-being talk in Malay (15 participants); Club HEAL film screening and video – the challenging journey of PMI’s and their caregivers (40 participants) 27 October 2013

Talk by Dr Radiah at Sengkang Pr School Education and Careers Fair to – “Confident to dream, resilient to achieve” 31 October 2013 (800 students)

AMP Counsellors Hi-Tea Event - Mental Illness- separating fact from fiction- 6 November 2013 (50 Participants)

Talk @ Alkaff Mosque – 2 talks on mental wellness and mental illness in Malay 5 February 2014 (23 Participants)

WOW (Women of Wellness) RUN – Talk on Mental Wellness 9 February 2014 (300 Participants)

Road Show @ Al-Wehdah 2 March 2014 – film screening and discussion and 2 talks on mental resilience and mental wellness (40 participants)

Mental Health Awareness @ Jln Kayu Zone 3 29 March 2014 (booth and talk) (30 Participants)

b. Booths – Club HEAL also took part in setting up booths at the following Community Events :

19th May 2013, Cheng San CC

7th Jul 2013, Jurong Lake Run by Taman Jurong CC

14th Sep 2013, Darul Ihsan Carnival by Muslim Trust Fund

6th Oct 2013, “Stress” by SACS CRSS

6th Oct 2013, Community Mental Wellness Carnival by Silver Ribbon

12th Oct 2013, World Mental Health Day by SAMH & IMH

27th Oct 2013, World Mental Health Day by HPB & AIC

27th Oct 2013 Toa Payoh MAEC

22nd Mar 2014, Colours of Mind organized by IMSSA Healthcare with HPB & Bishan MAEC

29th Mar 2014, Mental Health Awareness by Jln Kayu RC Zone 3

c. Community partner events

Cheque Presentation from Malay-Muslim MP’s at Mendaki on 20 July 2013

National Day cum Hari Raya Celebrations with CRSS and BGGH on 15 August 2013



Fun National Day cum Hari Raya combined Celebration with CRSS and SAMH

1. Jurong Lake Run 2013

Club HEAL was one of the recipients of the JLR13 – 34 Club HEAL participants and volunteers took part in the run. We also ran a booth and our intern Yohanna Abdullah was one of the “Heroes of JLR13 – epitomising the value of Courage”. We received a grand sum of \$50,000.

2. AMP Golf Amal 2013

AMP Golf Amal 2013 – The Association of Muslim Professionals helped Club HEAL raised \$64,338.38 net through a charity golf event at Orchid Country Club on 24 September 2013 with Minister Yaacob Ibrahim as GOH.

In the News

Siapa kata pesakit mental tak boleh sembuh? (Who says mental patients cannot recover?)- Berita Harian 19 Mac 2014 – article by Dr Radiah Salim on factors needed to help persons with mental illness recover.

Badan meterai MOU dengan Kelab Heal (Organisation signs MOU with Club HEAL) - Berita Harian 17 Mac 2014 – Announcement of the support of Al-Wehdah (the Arab Association of Singapore) to Club HEAL since the signing of an MOU in December 2013 allowing the use of Al’Wehdah’s premises for day psychiatric rehabilitation programme of Club HEAL.

Navigating life’s highs and lows - The Sunday Times 23 February 2014 – features writer Yohanna Abdullah and her journey of coping with bipolar disorder to the point of acceptance.

Bila dilanda resah gelisah (When stricken with anxiety...) - Berita Harian 8 Januari 2014 – article by Dr Radiah Salim on Anxiety and Depression.

Mengelak minda jadi sakit (*Preventing the mind from becoming unwell*) – Berita Harian 18 December 2013 – article by Dr Radiah Salim on the link between mental and physical wellness and ways to cope with stress by “PACE” – Positive, Active, Clear, Energetic – method.

Mental kuat, kukuh semangat – Guru lalui kehidupan penuh cabaran deritai gangguan bipolar dan reumatoid arthritis (Mental resilience, strengthen spirits) - Berita Harian 4 November 2013

Charity plans third centre for the mentally ill – Club HEAL is also looking to raise awareness among the public and boost the skills of its volunteers (*Badan kebajikan rancangkan pusat ketiga untuk pesakit mental*) – Sunday Times 20 October 2013

Help those with mental illnesses, Yaacob urges (*Bantu mereka yang mempunyai sakit mental, gesa Yaacob*) - Straits Times 25 September 2013

Acara golf kumpul \$100,000 – dianjur Kelab HEAL dan AMP, dana bagi bantu pesakit jiwa (Golf event garnered \$100,000 – organized by Club HEAL and AMP, funds for helping persons with mental illness) – Berita Harian 25 September 2013.

Usah takut; dampingi dan sayangi (Do not be afraid; get to know and give love) – Berita Harian 6 August 2013, commentary by Dr Radiah Salim that persons with mental illnesses need to feel that they are valued and loved to aid their recovery process, hence the importance of getting committed befrienders or “HEALing friends”.

AP PAP Melayu derma \$15,000 bantu pesakit mental – Berita Minggu 21 July 2013, featured the strong support of the Malay PAP MP’s towards Club HEAL’s programmes for PMHI’s and caregivers, by their Ramadan contribution of \$15,000 to Club HEAL at Wisma Mendaki.

Ganding bahu bantu pesakit mental - Berita Harian 15 June 2013, featured club HEAL’s official opening at BBE by Mdm Halimah Yacob, who urged other grassroots organizations at Bukit Batok to support club HEAL’s efforts at helping PMHI’s. The importance of gaining more ‘healing friends’ like Mdm Bee Bee Noor Jahan was also shared.

Terima dana wakaf - Berita Harian 12 June 2013, featured Club HEAL receiving funding for the first time from wakaf assets administered by MUIS.

Meniti Harapan (Bridging Hope) - Berita Harian 6 May 2013, commentary by Dr Radiah Salim on the importance of continuing support from the community, in particular, employers, to club HEAL’s rehabilitation program by giving persons with mental illness job opportunities, thereby allowing them to contribute to family and society.

Berubah kepada positif lepas jalani rawatan - Berita Harian 5 April 2013, page 6 – 3 articles on club HEAL – the first 2 was on the success stories of club HEAL participants of the rehab programme, the 3rd was on the club HEAL short films and how they portray real-life problems faced by persons with mental health issues and their families.

In need of helping hands – they dream of marrying and having a job, Sunday Times, 24 March 2013, featured the work of dedicated volunteers like Rosni Ali who teaches yoga at Club HEAL. It also highlights the difficulties of getting volunteers and possible solutions to the problem of volunteer shortage.

Mental Illness or Jinn Disturbance, Muzlimbuzz, 7 March 2013 <http://muzlimbuzz.sg/2013/03/07/mental-illness-jinn-disturbance/>

Dilema, stigma pesakit mental, Berita Harian, 13 Februari 2013, page 1-The article features the poignant story of a caregiver and her son with schizophrenia and the challenges they faced, in particular highlighting how traditional barriers like stigma and belief in the supernatural causes resulted in treatment delay. In the same issue (page 10), the importance of seeking early treatment is explained.

Radio

The following topics were discussed during the *tamu petang* (evening guest) programme at Radio Warna, Mediacorp, 5-6pm, by representatives from Club HEAL.

- 6 November 2013 - The link between mental and physical illness
- 13 November 2013 - Anxiety and Depression
- 20 November 2013 - Psychosis
- 27 November 2013 - Mental Illness: Towards Recovery
- 11 February 2014 - Handling Stress

STAFF

Siti Hamidah Bahashwan	Manager/Senior Counsellor
Ratnah Wati Mahammad	Administrator
Zainal Lee	Counsellor
Nabilah Bagarib	Clinical Psychologist
Basithah Zulkifli	Programme Executive
Zuraidah Mohd	Programme Executive
Julia Abdullah	Programme Executive
Yohanna Abdullah	Publications Executive
Junainah Eusope	Peer Specialist