Snapshots of Past Events

3. Macan2 Market Stall (1 Mar, 10am-4pm)
Club HEAL took part at the Macan2 Market and sold our recycled items and books.

4. Caregivers’ Training Day (in Malay) @ AlCare Hub (14 Feb)
Caregivers need support and knowledge to handle their loved ones with mental health issues. We believe our Caregivers Training Day was effective in imparting at least some skills and knowledge to caregivers so that they can help their loved ones heal.

5. Club HEAL Flag Day (28 Feb)
Our Flag Day event was a resounding success! A HUGE thank you to all who participated and donated. We truly appreciate your support and generous donations! Your contributions will go a long way to help improve the lives of those with mental health issues.

6. HFT @ AlMuttaqin Mosque (7 Mar)
We held our first HFT this year in Malaysia to a group of attentive volunteers-to-be at AlMuttaqin mosque in AMK central. It was also counsellor Balaji’s first public talk as a representative of Club HEAL, and she did not disappoint.

Upcoming Events

1. Club HEAL short film screening cum discussion @ Islamic TV ……………….. (Apr-May)
2. Talk on mental illnesses and treatments @ Muhammadiah ……………….. (16 May)
3. HFT @ MJIS ……………….. (23 May)
4. Fast-a-thon cum Iftar @ BBE SG50KITA ……………….. (23 May)
5. Nation-wide Friday prayers at mosques ……………….. (10 Jul)

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About Club HEAL
Club HEAL is a charity that aims to assist and empower persons with mental health issues (PMHI) to regain confidence in themselves and others in their journey towards community reintegration. It also aims to eradicate the stigma surrounding persons with mental health issues thereby breaking unnecessary barriers to their recovery process. Services provided by Club HEAL include psychiatric rehabilitative services, home visits, public education, caregiver support groups and volunteer training.

Knowledge is Power

President’s address
The second alphabet in HEAL represents Empowerment. In Club HEAL, we firmly believe in the power of knowledge. A huge barrier to the process of healing and recovery is an ugly thing called stigma.

Stigma stems from ignorance, which leads to prejudice. Unfortunately, many out there are still illiterate when it comes to mental health issues. In Club HEAL, we aim to not just educate our participants and their caregivers with the much-needed knowledge about mental illness, treatments and recovery journeys, but also to educate members of the general public in order to combat ignorance and prejudice.

It is for this purpose that we initiated the HEALing Friends Training (HFT). Club HEAL regularly conducts this one-day workshop, FREE, for anyone who is interested in learning more about mental illness. It covers topics such as the nature of mental illness, treatments available, rehabilitation, effective communication and even handling crises.

It was also to this end that we published Shattered. We HEAL. This special book was only possible because mental health advocates from among mental health professionals, caregivers and those with mental illness themselves came forward to share their personal experiences. AllamahLahat, many readers have expressed amazement at the insights they have gained from reading it.

And it is for this reason that we publish this newsletter every three months. It is readily accessed at the click of the mouse and it gives you both personal accounts and up-to-date information about mental health issues. Through these means, we hope the general public is empowered to render the necessary support when they come across instances of mental illness around them.

We also empower our caregivers through regular sharing by our dedicated staff, especially our counsellors. We also conduct monthly support groups and talks especially for caregivers, and these are always provided free of charge.

Last but not least, we seek to empower our PMHI not only through the rehabilitative programme and counselling, but also through the efforts of our peer specialist, Junasih Europe (Kak Jun), and her Pustha project.

As a peer, Kak Jun has first-hand experience of mental illness. This enables her to empathise with what other PMHI think and feel and to encourage them to become productive in spite of their challenges. Whenever a PMHI is able to identify himself as a peer, we succeed. This is because the term ‘peer’ moves the focus away from illness to people and their abilities. It allows them to share their personal experiences.

In HEAL, we believe that education is one of the most effective tools in the fight against stigma. We aim to change the mindset of society to treat mental illness like any other illness, and to help PMHI be productive members of society. We are proud to say that we are continuously making progress in this regard. We have achieved a lot, but we have not reached our goal yet. There is always more work to be done and we are committed to doing our best.

The empowerment of our caregivers and our clients is crucial to our mission. If we can empower them, we can change the world. And that is what we are working towards.
It was a camp with a Difference – D for Dynamic, Delightful and Delicious. Club HEAL’s Empowerment Camp from 2 to 4 March 2015 was set in a relaxing environment at Alba Lagoon, just by the Pasir Ris Beach. Three staff, led by Kak Jun, her seven proteges and ten volunteers took part. The programme consisted of fun outdoor activities, cooking, barbecue, karaoke, congregational prayers and motivational talks (including one by counsellor Sebastian Seet), in addition to the simple day-to-day interactions of living under one roof.

Not about food, but, boy, was it good!

Delicious home cooked fare and a big barbecue spread meant contented campers. Not about food, but, boy, was it good!

Feeling Empowered

She used to be quiet and depressed as a result of years of emotional neglect. She experimented at home with her single mum and three other siblings. Now, Mila, 23, a participant at Club HEAL finds comfort and motivation at a home away from home.

"But as I got to know more people, I was able to join in the activities and start sharing. It felt good to start opening up." said Mila, who used to be a political science student but is currently unemployed.

Mila has been afflicted with depression since her teenage days although she was officially diagnosed only two years ago. Her family went through some difficult times after her dad passed away when she was 15 years old.

A new dream

But Mila has bigger things in mind for her future. She has her heart set to be a peer specialist so that she can help others. “My main aim in life is to help others and I am excited at the prospect of being a peer and helping others. Since I completed the Peer Specialist Course, I would like to go back to Club HEAL and work there if there is an opportunity.”

Fun to be at Club HEAL

Mila began attending Club HEAL’s day rehabilitation at Buki Batok East last April last year, but only regularly came December. For all she did not open up. She would quietly do her sketches, which were pretentious and artful.

"But as I got to know more people, I was able to join in the activities and start sharing. It felt good to start opening up." said Mila, who used to be a political science student but is currently unemployed.

Mila certainly feels empowered to embark on a new and exciting journey in her life. How does she define empowerment?

"Empowerment for me, mostly, is to have the courage to stand up for what I believe in and now I am ready to speak up," Mila shared.

to come out of their shells, which they did. Camper Azka Anuar, sales assistant, 26, said, “I found the camp enriching and fun. I learned that I deserve recovery. I think that recovery is a test and I want to feel healthy. At the camp, the highlight was the barbecue with good food and good company. Indeed, I’d like to take part in more such camps.”

For Nur Jamiah Mohd. Zain, 23, unemployed, the best experience was the congregational prayers at the chalet. “It was my happiest moment each time we prayed together. My father died when I was five years old and grew up with a single mum. Mr Rahman and Mr Zainal are father figures to me.”

Coming out of their shells

Kak Jun said, “Before the camp I was already close to them. The difference is that, here we have team building and we get to do things together. One of our quiet participants at Club HEAL proved that he could talk a lot, even joke, which gave me confidence that he can hold a job. I think the future, we will have camps outside of Singapore provided the team is willing to travel. …maybe we can have a homestay in a kampong in Malaysia!”

Empowerment Camp 2015

On 14 February 2015, we successfully launched (berkauci, Kami Pulih! About 60 people attended the function which came after Carers’ Training at AlCare Hub, City Square.

This event was attended by caregivers, PHILs and vol- unteers, including our translation team from Berita Harian/ Berita Minggu Publishing. The latter included the former Chief Editor of Berita Harian/Malaya Online, Mr Gunter Goad, as well as Mas Khamir and Sharifah Hai Min Khairani. Mr Gunter shared the journey of translating the book during the launch. He said that the greatest challenge they faced was capturing the emotions conveyed in the original stories.

Shattered, We HEAL now in Malay as Berkecaiu, Kami Pulih

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Halal Food

For four days, Club HEAL was stationed at Singapore Expo Hall 6 at “Halal 2015” as the beneficiary of its organisations, Mega Express. We approached visitors with donation tins and many happily and readily contributed generously.

Snaphots of Past Events

1. Club HEAL annual retreat @ Batam Island (9-11 Jan)

Seventeen staff members and volunteers attended Club HEAL’s annual retreat again this year. After the mandatory staff meeting and a talk by Ustaz Ahmad, it was food, fun, games and relaxation for the rest of the time. Good food was the highlight for many, while for others, it was spending half a day at a spa receiving top-to-toe beauty treatment or engaging in water activities. Indeed, it was a good break from work and a reward for all the effort that we had put into growing Club HEAL.

2. Booth @ St George’s Community Fun Day (17 Jan)

Kak Jun and Azlinda had a fun day sharing with families who made it to our booth at St George’s Community Fun Day. It was a chance to talk to families who do not know about us and explain what we do.

Shattered, We HEAL now in Malay as Berkecaiu, Kami Pulih

Club HEAL On Air

March was an extra busy month with the Muslim Kidney Action Council (MKAC) and Club HEAL jointly conducting a Telepoll with MediaCorp’s Warna Radio Station. It was a publicity blitz for both organisations, combined with a passionate appeal for donations.

There were interviews every Friday right with veteran dessert Suhas Ali and an accompanying dessert. In addition to the Club-HEAL president and our publications executive, our counsellor Bin Zainal Lee, champion president and our publications executive, our counsellor Bin Zainal Lee, champion president and our publications executive, our counsellor Bin Zainal Lee, champion president and our publications executive, our counsellor Bin Zainal Lee, champion president and our publications executive, our counsellor Bin Zainal Lee, champion president and our publications executive, our counsellor Bin Zainal Lee, champion president and our publications executive, our counsellor Bin Zainal Lee, champion president and our publications executive, our counsellor Bin Zainal Lee, champion president and our publications executive, our counsellor Bin Zainal Lee, champion president and our publications executive, our counsellor Bin Zainal Lee, champion president and our publications executive, our counsellor Bin Zainal Lee, champion president and our publications executive, our counsellor Bin Zainal 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