7. Talk on “Depression” @ Jamiah Ar-Rabibah Mosque (6 Dec 2014)
Dr Radiah spoke on the topic of depression to an attentive audience of 250 ladies in this beautiful mosque at Redhill. Many then bought copies of Shattered Wi HEAL, and some made enquiries on how Club HEAL can assist them and their loved ones suffering from depression. Iyasa Allah this marks the first of many talks to the Jamiah Ar-Rabibah audience.

8. Booth @ Macam2 Market, IMH (7 Dec 2014)
HEALing friends Kak Su, Tazrinah and Aidil spent a meaningful Sunday together at IMH. Macam2 Market selling donated clothes and scarves from our Thrift Shop. The trio are “hooked” on this wonderful Sunday market with stalls from other health NGOs and volunteers in recovery and are looking forward to the next market in early January 2015.

9. Talk on “Healthy Mind, Healthy Body” @ Al-Istiqamah mosque (7 Dec 2014)
This mosque in the heart of Serangoon North wanted to help women achieve mental and physical wellness through its health carnival, which included an early morning brisk walk. Although tight, 100 ladies showed great support during a funktastic talk thereafter with Dr Radiah. Many also purchased Shattered Wi HEAL and were keen to learn more about Clubs HEAL.

10. Booth @ Family Christmas Carnival BBE Zone 2 RC (14 Dec 2014)
Club HEAL joined in the fun at the BBE Zone 2 RC’s Family Christmas Carnival that was graced by Mdm Halimah Yacob. Damia and Dr Radiah achieved good sales at our booth. We enjoyed the shoppee’s pig dinner, with Dr Radiah roped in to entertain the audience by singing festive songs with the BBE grandparents and Mdm Halimah.

11. Stall @ IMM Longstay Christmas Carnival (19 Dec 2014)
Club HEALers Kak Jun, Aidil and Rizkina had a wonderful time managing a “Ring Toss” stall at IMM Longstay Christmas carnival for its longstay inhabitants. Aidil said, “It was fun and funny to see how the patients tried to beat to win some tokens of Walters. Many tried more than once to thrash the rings into the cone and not a few cheated by standing near the cone. In the end, I had to be on all fours, physically blocking the players.”

12. Year-end party “Club HEALs got talent” @ BBE (31 Dec 2014)
Club HEAL’s Year End Party attended by 37 participants, volunteers and staff was a memorable event. Many sang despite feeling less than confident about belting out their favourite songs. Sohfan from our Al-Waheid centre won the first prize for the karaoke session, as he was just so adorable. Games such as musical chairs and a mini treasure hunt also got everyone moving.

The food was quite a spread with everyone bringing something to eat and share such as fried bee hoon, popiah and curry puffs, cakes and traditional kueh, nuggets and seafood chicken and much more, and not forgetting healthy desserts such as apples and longan. It was a good way of saying goodbye to 2014 and hello to 2015. May we make more fond memories together at Club HEAL in the new year!

Recent Developments

1. Club HEAL Pushcarts
Apart from our first pushcart at Yishun Polyclinic, Club HEAL has also collaborated with IMH to jointly operate another pushcart at IMH. Our third pushcart at Gallery Plaza is due to start in February 2015.

We sell hand-made and imported crafts, as well as donated items that range from paintings to women’s accessories. Sales have been encouraging and more of our beneficiaries are slowly but surely becoming adept at entertaining customers and making sales. Volunteers are needed to help man the pushcart alongside our beneficiaries. Please contact us if you are interested.

2. Pottery Class - Wednesdays @IMH
Since December 2014, Peer Specialist Junainah has been conducting pottery classes for our patients at IMH OCTAVE. The enthusiastic participants are happy at acquiring a new skill and their hard work has produced some beautiful pottery.

Donations & Sponsorships
As Club HEAL is an Institution of a Public Character (IPC), all donors will be eligible for 2.5 times tax deduction. Donations can be made by cheque to Club HEAL or by GIRO – refer available on our website.

Please contact us at 6899663 for further details or email us at admin@clubheal.org.sg.

Be A HEALing Friend
“...you see, the Muslim in their mutual pity, love and affection, are like a single body. When a part of it has a complaint, the whole body is united in it in wakefulness and love” – (Bukhary and Muslim).

2 pts as a member or a volunteer, you can contribute in a variety of ways, from assisting in Club HEAL events to conducting rehabilitative activities! We need people from all walks of life who can contribute their time and skills to fulfill our cause. To become a member, please fill up the membership form available at our website (under Resources section) and email it to us at damia@clubheal.org.sg.

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 journeys to achieving community integration. 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 rehabilitation services; home visits; public education; caregiver support groups and volunteer training.

There is a phrase from the holy Qur’an that clearly provides reassurance to the reader that there will always be light at the end of the tunnel. “Verily, with every difficulty, there is relief…” – al- Budur 34:47.

Only when hope prevails, the human spirit, continues to thrive and we are able to continue our work. Only when hope prevails, the seemingly impossible becomes possible.

“…Our beneficiaries can only recover and reintegrate successfully back into the community if they are imbued with hope that they will be able to do so. Caregivers, too, must be hopeful and encouraging. Only when hope prevails, the human spirit, continues to thrive and we are able to continue our work.”

If we continue to hope, we will continue to inspire each other with clear goals of what we want to achieve and we will follow it with the necessary effort.

Hope generates firm belief and steady efforts, hope sustains, hope nourishes.
Hopelessness and despair — that was how Azlinda Bte Abdul Gaffar, 35, felt when she first came to Club HEAL in December 2013. Her general practitioner had recommended that she attend Club HEAL’s day rehabilitation centre instead of remaining at home alone, with little to occupy her. At that time, she had just been diagnosed with depression; her parents had just passed away and she had issues which she never got around to resolve with her elderly loved ones.

A year has passed since, and although depression and anxiety visits her sometimes, Azlinda is seen by Club HEAL as an icon of hope and success.

“When I first came, I was very low. I didn’t think that I could get out of my situation. The day I first came to Club HEAL happened to be the Café and Carwash @ BBE and I was scared and anxious as I hardly knew anyone.

“I was wondering if these people were like the people I knew, who were full of negative thoughts,” says Azlinda.

Her message of hope is to spread happiness to others in small ways. Her first concern is to help motivate fellow persons with mental health issues (PMHIs). But she also extends the message of hope to all people who cross her path.

“Without hope, there’s nothing to look forward to,” says Azlinda. “Hope is in the future. Without hope, I’m not sure what I would have done in the past. I didn’t even come to Club HEAL.

However, at Club HEAL, she found friends - peers and mentors who were positive and gave her hope that she could be happier and healthier. “They are closer to me than my own family. They are caring and we share our ideas and feelings with each other.”

Azlinda says, “It was only after the third month in Club HEAL that I finally accepted the fact that I had to take this medication. This was after the reminders from my counsellors and also testimonies of friends who became better after taking medications. All the while I did not want to take my medicines because of their side effects and I felt that medication was a stigma to me. I had no courage to face.”

Azlinda now feels better after being on medication and currently works for Club HEAL, managing its pullout at Yishun Polyclinic. She no longer sells handcrafts but is an ambassador of Club HEAL. Her peers look up to her as someone who has gone the distance and triumphed.

As part of the healing process, Azlinda, a former kindergarten teacher, reminds herself to lead a simple life without unnecessary stresses. Her message of hope is something that can cure sadness, fear or anxiety inside me; that which can turn the tide of disaster or problem into something good; when someone or an idea reaches out to me when I am desperate or in dire need of help - Syafiq...

What Hope means to some Club HEAL participants

Hope is ……
... when Mum hugs me – Zaleha
... something that can cure sadness, fear or anxiety inside me, that which can turn the tide of disaster or problem into something good; when someone or an idea reaches out to me when I am desperate or in dire need of help - Syafiq
... when my sister-in-law give me hope – Hamedah
... when my children are nice to each other – Aminah
... to be well, to work, to focus, to be normal – Tirmidzi
... self-confidence, community, having trustworthy people around me; looking forward, healing, balancing my life, body, mind, emotions and spirit – Azreen
... to get well soon, to be a good daughter, to improve relationship with sisters – Suraya

Hope in Beauty

I wrote some lines about having heavy eyes but I erased them. And then I spoke about a stubborn heart - why can’t I just listen, why, bad heart, why?
But I took it all back.
I choose not to be blinded.
All fear and fear is cloudy – my thoughts crazy – my - No.
I’m not ignoring that is discussion.
I am going to write about cups of tea and colours of the sky
and rainy seasons that make me cozy up under a blanket with a comforting book.
There is a type of loneliness in this life, it is waiting to fill my empty with its lustre.

By Samsiah Mohdarmid

Snapshots of Past Events

1. Café and Carwash @ BBE (1 Nov 2014)
What do feather boa, conglak, five stones and mi kia kia have in common? Nostalgia - that was the theme of our Café and Carwash @ BBE on Sat, Nov 14. Not just kids but even adults played the traditional games they used to play in their childhood. Many participants also sang well-loved songs of the 70s and 80s at the karaoke corner. The food served featured a delicate webbed pancake (hti kia) with salak, and coffee or tea at five a.m. Drink. The male participants of Club HEAL had a splendid good time washing cars.

2. Booth @ Jurong Spring Health Carnival (2 Nov 2014)
Club HEAL was part of CRSS’s outreach efforts to the residents of Jurong Spring at their Health Carnival on Sat, Nov 14. Not just kids but even adults played the traditional games they used to play in their childhood. Many participants also sang well-loved songs of the 70s and 80s at the karaoke corner. The food served featured a delicate webbed pancake (hti kia) with salak, and coffee or tea at five a.m. Drink. The male participants of Club HEAL had a splendid good time washing cars.

3. Suf Supiani Album Launch "Salinda" @ Lee Foundation Theatre (15 Nov 2014)
Suf Supiani’s launch of her debut album, Salinda, was a resounding success with the Lee Foundation Theatre almost full of people from all races and religions. Adinar Pang was a wonderful emcee and his interview with Suf allowed the latter to share his album journey and life journey, battling panic disorder, anxiety disorder, agoraphobia and depression. When Suf sang the only song that was not written by him, but by me, Wundindu, I was so touched and honoured. He made my poem sound so beautiful. Thank you, Suf, Charles, Dr Radiah and Penny for making magic.

The Guest of Honour, Mdm Halimah Yacob, Speaker of Parliament and Club HEAL’s patron, said about Suf: “A talented young man who suffers from anxiety disorders, I hope that he will be an inspiration to others with mental illness. Please support him by buying his CD. They too have talents and dreams and can contribute to society.”

You never know how fun and informative HEALing Friends Training (HFT) can be until you attend one. Thirty-three participants of HFT last Saturday at Jurong Green

5. Rock Climbing @ Outward Bound School (4 Dec 2014)
Rock climbing has always been something I wanted to try so I was in my tens. So I was thrilled when Club HEAL gave the green light to do so by Outward Bound Singapore (OBS) yesterday. But I am not in my tens; I am a mother of three, as my own mother pointed out.

“You are young. Don’t climb, wait you are sure fall.”

With those ‘spitting’ words, I left for Pasi Pias Water-Venture with OBS yesterday morning in heavy rain to meet seven Club HEAL participants, two other staff members and some 20 alumni of OBS, most of whom were bright-eyed and excited 16-year-olds. They were eager to mix with us beneficiaries and learn a thing or two, especially from Club HEAL’s President, Dr Radiah Salim, who gave a humorous talk entitled “Don’t worry, be happy.” Club HEAL staff and participants also joined in to elaborate or illustrate certain points and were appreciated by our youthful new friends.

Dr Radiah said, “Today’s activity is an innovative session to bring about an understanding of mental illnesses to our youths. With the new knowledge gained and through social connections formed today, we hope our youths will be more accepting of other youths with a mental condition, such as our beneficiaries, who are on the road to recovery.”

As it was raining, we couldn’t do rock climbing. Instead, we got to do dancing, ie go down a mock face or other near-vertical surface using a doubled rope coiled round the body and feet at a higher point. This was yet another thing that I would have loved to do if I were younger. But when provided the opportunity, I hesitated, in do or not to do? I screamed to my friends below the three-storey tower, “Help! I’m scared!”

Yet we succeeded, all of us who challenged ourselves to do it, despite trembling like leaves and having jelly legs. Only one of the participants decided to opt out after standing at the tower. But it was OK, we respected him for having the courage to go on far.

For participant Asli, 25, “dancing was fun and enjoyable but I had looked forward to some real rock climbing or rock overhang.”

And all Club HEALians, despite the rain, were happy with our hot’s warm welcome – the McDonald’s breakfast, the smiles, the camaraderie. Especially for encouraging us to conquer our fears.

Community Club loved it. However, some wished it could be conducted over two days instead of one long day from 9 am to 4.30 pm.

The speakers were Dr Radiah Salim, Yohana Abdullah, Bashirah Zulkifli and Mdm Ismail Ali Bakar. The participants felt all the speakers delivered well and entertained them in the process, with real life anecdotes, fun games and role plays and most importantly information about helping PMHIs. Participant Zhang Lei said “Yes, I want to join in Club HEAL services,” and wished to be a HEALing Friend.

Another participant, Farin Nasuha Binte Zulkifli, commented, “I like the prepared notes and the role play activity.” Participant Sara Husain liked the fact that we had “real patients sharing real experiences”. She would also like to be a HEALing Friend.

We also had a riveting time at another HEALing Friends Training at Pasir Ris, training 40 new HEALing Friends, venue and a sumptuous lunch courtesy of the Association of Muslim Professionals.

Snaps of Past Events

Hope and Happiness

... continues on page 4