

Pottery handcrafted by participants of Club HEAL.



Photo credit: Amal us Barakna

Annual Report

2017/2018

1 April 2017 – 31 March 2018



Registered with the Registry of Societies • 13 February 2012 • UEN T12SS0028K
Institution of a Public Character (IPC) • 1 November 2017 - 30 April 2020

Patrons

President Halimah Yacob
Mr Zaqy Mohamad

Expert Advisors

Dr Joseph Leong Jern-Yi
Dr Habeebul Rahman
Dr Norhisham Main
Dr Mariam Aljunied

Hon Legal Counsel

Ms Roslina Baba

Executive Committee 2017/18

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Dr Radiah Salim

Vice-President

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Hon Treasurer

Ms Siti Hawa Sulaiman

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Hon Secretary

Ms Noorunnisa Ibrahim Kutty

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Ms Rohizan Talib
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Contents

2	Chief Patron's Message
3	President's Message
4	Milestones
5	About Club HEAL
5	Programmes & Services Centre-based Rehabilitation Programme Empowerment Programme Support Groups Home Visits & Counselling Community Outreach & Training
7	Events Public Events Booths Community Partner Events
12	Fundraising & Publicity Fundraising Publicity - Media Newsletter Newspaper Radio
14	Staff List
15	Sincere & Heartfelt Thanks

Blk 244 Bukit Batok East Ave 5 #01-02
Singapore 650244

+65 6899 3463
info@clubheal.org.sg
www.clubheal.org.sg

Chief Patron's Message



“Mental health issues can strike anyone, irrespective of race, social status or educational background.”

Mental health issues can strike anyone, irrespective of race, social status or educational background. Unfortunately, many people with mental health issues still face challenges, prejudices and barriers. Without our support and assistance, it will be difficult for them to work, live and integrate into our society. Club HEAL's mission of assisting and empowering people with mental health issues in their recovery journeys is therefore a worthy one.

I commend the volunteers and staff of Club HEAL who work tirelessly to help clients and their families break down the stigma they face. Their work is not easy but they do it with patience, perseverance and grace.

I am heartened to see Club HEAL grow from one centre to the current three within a short span of five years. With the expansion, Club HEAL is able to multiply their outreach efforts and community support. Given appropriate care and support from their loved ones, many people with mental illness will be able to manage their condition well enough to return to a productive role in society.

The journey ahead for people with mental health conditions is a long one, but it can be made easier with your help. I am confident Club HEAL will rise to the challenge and continue your good work.

Mdm Halimah Yacob
President of the Republic of Singapore

President's Message



Allah the Most High has said,

“My love is due to those who love one another for My sake, who sit together for My sake, who visit one another for My sake, who bestow things on one another for My sake.”

[hadith from Malik]

A group of youths under Project Weave organised a camp for the peers of Club HEAL early this financial year. It is heartening that youth have come forward not only to seek to understand our clients, but also to actively volunteer their time and energy towards helping the latter in their recovery journeys. It means that outreach about mental health issues is working.

In June, we held a Forum cum *Iftar* (breaking of fast) at An-Nur mosque with the theme of “HEALing relationships”. We collaborated with An-Nur mosque, the Marsiling grassroots leaders, FiTree and the Singapore Halal Culinary Federation to stage a ‘green’ *Iftar* that was aimed at preserving relationships with not just our Creator and our fellow humans, but also with Mother Nature.

Social activist and media entrepreneur Ms Eunice Olsen and her team approached Club HEAL to do a series of videos on Club HEAL’s four main themes of Hope, Empowerment, Acceptance and Love – important ingredients in our recipe for mental wellness and recovery – under their internet TV platform, *Womentalk Soul*. Her team also helped produce Club HEAL’s first ever corporate video aimed at explaining to audiences the work of Club HEAL as well as to eradicate the stigma against mental illness. We were fortunate to have the active participation of our chief patron, President Halimah Yacob, who candidly aired her views.

The year 2017 also saw the introduction of formal art lessons at the three rehab centres by our art instructor, Nhawal Juma’at. Art serves as a wonderful platform for recovery. Club HEAL even received a special invitation from the Istana to paint the scenery of the grounds of the Istana. More spectacular news: the President selected the paintings of some of our more talented clients for gift exchanges with foreign dignitaries, as well as for the production of memorabilia for the President’s Challenge 2018.

While our vision of eradicating stigma has not been completely realised, we are coming closer to it. A large part of this is due to the willingness of the peers in Club HEAL - be they staff, volunteers or clients – to come forward and share their recovery stories at various platforms, including national media.

We celebrated our fifth year at a very successful Gala Charity Dinner graced by President Halimah Yacob at Keat Hong CC with the support of our other patron, MP Mr Zaqy Mohamed. It was a memorable evening that also saw the launch of both our corporate video and Club HEAL’s fourth book, *A Place in the Sun* by Yohanna Abdullah. The book celebrates inclusivity by showcasing how people with mental health issues and their caregivers triumph over the challenges that they face with the support of family, friends and the community at large.

Many from the religious community such as MUIS, PERGAS and mosque clusters have approached us for talks and workshops on mental health topics – so relevant in today’s context of rising numbers of people with mental health challenges.

In fact, MUIS has taken a huge step beyond financial and moral support; it has engaged us to provide comprehensive mental health services to our *madrassahs*, allowing us to fill yet another gap in existing services.

Last but not least, through the initiative of our mental health nurse, Fazeeda Mohamed, who spearheads services to the elderly population, we have been more active in recruiting and training “Silver Volunteers” to enhance our home-based services to this group of clients. This service not only helps our beneficiaries, but also enriches the lives of the volunteers.

In the longer term, I see the expansion of services to include those with addiction issues. I also see the opening of a few more Club HEAL centres, which would greatly assist us in our outreach to people all over the island city. In Club HEAL, we aim to fill as many gaps in services as we possibly can.

Dr Radiah Salim
President, Club HEAL

Milestones

Camp Yakin @ Aloha Loyang



Iftar-Forum: HEALing relationships



Womentalk TV videos



Art sessions @ Club HEAL



MUIS funding for Madrasah



5th Anniversary Charity Gala Dinner



Launch of Corporate Video



Book Launch – A Place in the Sun



About Club HEAL

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 mental health issues lead a fulfilling and purposeful life that is stigma-free.

Our Mission

To assist and empower persons with mental illness to regain confidence in themselves and others in their journey towards community reintegration as well as to assist the elderly regain confidence and sense of independence in themselves through restoration of functional deficits and learning of appropriate adaptive skills.

Our Vision

To eradicate the stigma surrounding persons with mental illness thereby breaking unnecessary barriers to their recovery process as well as to provide comprehensive, integrated centre- and home-based services to support the elderly.

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

1 People with mental health issues (peers)



2 Caregivers



3 Promotion of mental health among the general public



Programmes & Services

Centre-based Rehabilitation Programme:

175

participants have taken part in the Day Rehabilitation Programme

Club HEAL's day rehabilitation programme operates from 9am to 4pm on weekdays.

Activities and programmes at our Mental Wellness Centres focus on three aspects:

1. Imparting knowledge on essentials such as medication management, nature of illnesses and symptoms management
2. Developing life skills such as communication skills, basic computer skills, cooking, pottery, gardening, music, art and craft sessions
3. Fostering healthy attitudes through motivational sessions, empowerment camps and participation in events with other community partners

56

participants
Club HEAL @ Bukit Batok East

74

participants
Club HEAL @ Pasir Ris East

45

participants
Club HEAL @ Marsiling

Empowerment Programme:

10

selected participants took part in the Empowerment Programme

The Empowerment Programme is conducted by Club HEAL's Peer Support Specialist/ Programme Coordinator, Mdm Junainah Eusope. The group is focused on empowering themselves even as they heal through support group sessions, development of their handicraft skills, operation of pushcarts and participation in empowerment camps.

Support Groups:

43

Support group sessions

22

Caregivers' support group sessions

Conducted every:

- first Friday of the month at Pasir Ris East centre
- second Friday of the month at Bukit Batok East centre
- third Friday of the month at Marsiling centre

21

Support groups sessions for peers

- 2 Youth support group sessions
- 8 Anxiety support group sessions
- 1 Peers' support group sessions
- 4 Mood Disorders support group sessions
- 6 'Let's Talk' sessions

Home Visits:

1182

Home visits by COMIT

593

Home visits by CREST

Counselling:

1,605

Counselling sessions by COMIT

Community Outreach And Training:

63

Public talks at various institutions such as schools, mosques and community centres

24

Booths at public events

5

Healing Friends Training (HFT)
- attracted 117 participants at various venues

5

Organised 5 public events

- Forum-Iftar: Healing Relationships - 3 June 2017
- Fundraising @ Mosques nationwide - 21 July 2017
- "My HEALing Gifts from God" - 1 October 2017
- Baizura's Bipolar Exhibition - 7-15 October 2017
- Club HEAL Charity Gala Dinner - 18 January 2018

Events

Talks/Forums/Workshops



Date	Event Name	Category	Organiser	Participants
5 Apr 17	RGS Student Peer Leaders	Talk	RGS	83
8 Apr 17	Mental Health vs Mental Illness	Talk	SANA	45
16 Apr 17	Yusoff Ishak Mosque Official Opening	Talk & Booth	Yusof Ishak Mosque	20
19 Apr 17	Handling Stress and Building Mental Resilience	Talk	Madrasah Alsagoff	400
22 Apr 17	Mental HealthTalk	Talk	Siglap South CC	40
12 May 17	Mental Health Awareness	Talk	CPF	200
13 May 17	Healing Friends Training @ MARS	Workshop	Club HEAL	12
18 May 17	Mental Wellness vs Mental Illness	Talk	ITE College West	-
21 May 17	Mental Health Issues in Seniors; Dementia	Talk	PA Clementi Constituency	85
22 May 17	Mental Health Vs Mental Illness	Talk	Fuchun Sec	33
26 May 17	Service Learning Club: Social Bazaar	Talk & Booth	Millennia Institute	15
29 May 17	Mental Health Vs Mental Illness (Sec 1)	Talk	Fuchun Sec	32
31 May 17	Mental Health Vs Mental Illness (Sec 3)	Talk	Fuchun Sec	33
1 Jun 17	Signs & Symptoms of Mental Illness	Talk	WELL Club	70
1 Jun 17	Mental Health Awareness	Talk	ITE College West	20
3 Jun 17	Forum - Iftar: Healing Relationships	Forum	Club HEAL & An-Nur Mosque	250
10 Jun 17	Talk on Anxiety with Art Expression	Talk	Club HEAL	13
29 Jun 17	Training for Pioneer Generation Ambassadors	Workshop	Pioneer Generation Sembawang	63
7 Jul 17	A Healthy Mind in A Healthy Body	Talk	Adventist Nursing & Rehabilitation Centre	50
9 Jul 17	Hari Raya Celebration	Celebration	Club HEAL	100
13 Jul 17	Long Stay Raya @ IMH	Celebration	IMH & Club HEAL	100
13 Jul 17	Learning Day for Pioneer Gen Ambassadors	Talk	Pioneer Generation Office-Marsiling Yew Tee GRC	80
19 Jul 17	Handling Stress & Building Mental Resilience Part 2	Talk	Madrasah Alsagoff	100
19 Jul 17	ARS CPE Mental Health Series Part 1 & 2	Workshop	ARS	85
21 Jul 17	Nationwide Friday Mosque Collection	Fundraising	Club HEAL	65
25 Jul 17	ARS CPE Mental Health Series Part 3 & 4	Workshop	ARS	95
29 Jul 17	Al-Istighfar Mosque Open Day: "Kesihatan Mental - Suatu Pengenalan"	Talk & Booth	Al-Istighfar Mosque	25
29 Jul 17	Reading Day Book Talk on SWH II by Club HEAL	Talk	Dennis Kweh	10
5 Aug 17	Healing Friends Training @ PRE	Workshop	Club HEAL	33
13 Aug 17	Talk on Anxiety and Depression	Talk	Indian Muslim Social Service Association	100
16 Aug 17	Talk on Dementia	Talk	Woodlands PEAK Marsiling SAC	46
16 Aug 17	Talk on Dementia (Malay)	Talk	Pacific Activity Centre	12

Talks/Forums/Workshops

Date	Event Name	Category	Organiser	Participants
23 Aug 17	Talk on Dementia	Talk	Yishun SAC	24
29 Aug 17	Sharing With Overseas Bound Students: Handling Emotions & Mental Health	Talk	MUIS	40
19 Sep 17	Stress & Anger Management: A Preventive Approach	Talk	ARS Secretariat	35
27 Sep 17	Talk on Dementia	Talk	Woodlands PEAK Marsiling SAC	20
30 Sep 17	Dr Suri Charles: Understanding and Managing Challenging Behaviour of Children with Learning Disability	Workshop	Club HEAL	27
1 Oct 17	My Healing Gifts from God	Workshop	Club HEAL	35
4 Oct 17	Grief and Loss (English & Malay)	Talk	Pacific Activity Centre Punggol Emerald	10
10 Oct 17	Mental Wellness EDD Workshop	Workshop	Al-Ansar Mosque	90
14 Oct 17	Baizura's Talk on Mental Health	Talk & Booth		50
14 Oct 17	Healing Friends Training @ MARS	Workshop	Club HEAL	27
21 Oct 17	Understanding and communicating with persons with mental health issues	Talk	MINDS	50
27 Oct 17	Nikmat Kesihatan (Bahagian 1 - Beringat Sebelum Terlewat)	Workshop	PPIS	30
2 Nov 17	Signs & Symptoms of Mental Illness	Talk	WELL Club	40
3 Nov 17	Badan Sihat Minda Sihat	Talk	PPIS	30
9 Nov 17	I'm Not Okay - An Islamic Perspective on Mental Health	Talk	NTUMS	130
11 Nov 17	A Healthy Mind in A Healthy Body	Talk	PA, Wlds Constituency	19
18 Nov 17	Session with Mano Esperanza - Hand of Hope	Outreach	Club HEAL & BB NLB	6
21 Nov 17	Learning Journey Talk: Mental Health - Signs & Symptoms of Mental Illness	Talk	Club HEAL	25
25 Nov 17	Stress & Anger Management: A Preventive Approach	Talk	ARS Secretariat	51
25 Nov 17	Caregivers Workshop in Malay: Empati dan Penjagaan Diri Sendiri	Workshop	Club HEAL & CAL	67
25 Nov 17	Short Lecture: Depression	Talk	Ar Raudhah	90
2 Dec 17	Healing Friends Training @ MARS	Workshop	Club HEAL	28
8 Dec 17	Short Lecture: Depression	Talk	Assyakirin Dakwah Team	31
15 Dec 17	Short Lecture: Anxiety Disorder	Talk	Assyakirin Dakwah Team	21
22 Dec 17	Short Lecture: Anxiety	Talk	Assyakirin Dakwah Team	14
29 Dec 17	Short Lecture: Caregiver Self Care	Talk	Assyakirin Dakwah Team	19
7- 15 Oct 17	Baizura's Bipolar Exhibition	Outreach	Club HEAL & NLB	Mass
17 Jan 18	Talk on Depression (Malay)	Talk	Pacific Activity Centre (Treegrove)	10
18 Jan 18	Club HEAL Charity Gala Dinner	Fundraising	Club HEAL	580
20 Jan 18	Mental Health Awareness Talk Show: Bersantai bersama Pn Hamidah & Dr Radiah Salim	Talk	Woodlands MAEC	200
24 Jan 18	"Don't Worry, Be Happy"	Talk	Orange Valley - Woodlands Peak SAC	35
24 Jan 18	Introduction to Mental Health & Well Being	Talk	Madrasah Al-Maarif	630
25 Jan 18	Introduction to Mental Health & Well Being	Talk	Madrasah Al-irsyad	1040
26 Jan 18	Introduction to Mental Health & Well Being	Talk	Madrasah Al-Arabiah	350
3 Feb 18	Healing Friends Training @ MARS	Workshop	Club HEAL	17
8 Feb 18	Introduction to Mental Health & Well Being	Talk	Madrasah Aljunied	550
9 Feb 18	Introduction to Mental Health & Well Being	Talk	Madrasah Wak Tanjung	475
10 Feb 18	Malay Forum: "Menangani Kesihatan Mental & Kemurungan"	Forum	Al-Mukminin Mosque	150
10 Feb 18	Mini Forum: "Aku tak sakit tapi..."	Forum	Jabatan Ibadah & Dakwah Masjid Al-Istiqamah	99

Talks/Forums/Workshops

Date	Event Name	Category	Organiser	Participants
21 Feb 18	Mental Health Tips for Madrasah Teachers	Talk	MUIS	100
28 Feb 18	Mental Health Talk: Dementia (Malay)	Talk	Tembusu Senior Activity Centre, Sathya Sai Social	6
10 Mar 18	Relating to Families with Mental Health & Depression	Talk	Assyafa'ah Mosque	40
10 Mar 18	Introduction to mental health; Understanding Mental Illness; Developmental Disorders; Effective Communication; Community Supports	Talk & Workshop	MUIS	26
17 Mar 18	AHPS Annual Hypnotism Day 2018	Talk	Association of Hypnosis Professionals Singapore	-
18 Mar 18	Introduction to mental health; Understanding Mental Illness; Developmental Disorders; Effective Communication; Community Supports	Workshop	MUIS	30
18 Mar 18	IIMSSA Health Carnival in conjunction with International Women's Day	Talk & Booth	IMMSA, SE Mosque Cluster, Jamiyah & HPB	50
19 Mar 18	Mental Health Awareness & Communication	Workshop	AIC	25
20 Mar 18	Mental Health Awareness & Communication	Workshop	AIC	28
23 Mar 18	AMP's Marriage Hub Division Counsellor Hi-Tea: Demystified myths associated with mental illnesses in the Muslim Communities	Talk	AMP	50-70
24 Mar 18	Forum Keluarga: "Kemurungan, Gangguan...Apa nak buat eh?"	Forum	Assyakirin Mosque	400
29 Mar 18	Sharing @ FAMBAM Network Children, Youth and Family Team NCSS	Talk	NCSS	100
31 Mar 18	Talk on Anxiety and Depression (Mind at Peace Series)	Talk	Al-Falah Mosque	7

Booths:



Date	Event Name	Organiser	Participants
16 Apr 17	Yusoff Ishak Mosque Official Opening	Yusof Ishak Mosque	20
20 May 17	e-MHFA launch of Temasek Cares (Henderson CC)	CGH	Mass
26 May 17	Millennia Institute Service Learning Club: Social Bazaar - Talk & Booth	Millennia Institute	15
3 Jun 17	Forum - Iftar: Healing Relationships	Club HEAL & An-Nur Mosque	250
10 Jun 17	Talk on Anxiety with Art Expression	Club HEAL	13
7 Jul 17	Resource Booth	RSW	30-40
15 Jul 17	Caregivers' Journey event by CRSS/CAL BBE CC L2	CRSS/CAL	Mass
29 Jul 17	Al-Istighfar Open Day	Al-Istighfar Mosque	25
9 Aug 17	Marsiling National Day Observation Ceremony	Marsiling Yew Tee GRC	Mass
26 Aug 17	SIA F1 Carnival	NCSS	Mass
8-9 Aug 17	SMHC 2017	IMH, HPB, AIC, NCSS	Mass
9 Sep 17	Community Chest Heartstrings Walk	Community Chest	Mass
1 Oct 17	Mental Health Day	CRSS and KTPH Thrive	300
7 Oct 17	Beyond Social Services Community Day	Beyond Social Services	Mass
14 Oct 17	Baizura's Talk on Mental Health	Club HEAL	50
14 Oct 17	PPIS Symposium Wanita	PPIS	300
22 Oct 17	Healthy Minds, Happy Lives	CRSS Bukit Batok	Mass
4 Nov 17	Mental Wellness Awareness Community Event	Lakeside FSC	Mass
12 Nov 17	Walk with me - Our Journey in remembering	ADA, Lien Foundation, KTPH & AIC	Mass
9 Dec 17	PPIS Family Service Centre (West) Family Event	PPIS FSC (West)	Mass
30 Dec 17	North-West Mosque Cluster SDU Family Day	SD NWMC	50
17 Mar 18	Talk at AHPS Annual Hypnotism Day 2018	AHPS	Mass
18 Mar 18	IIMSSA Health Carnival in conjunction with International Women's Day	IIMSSA, South-East Mosque Cluster, Jamiyah and HPB	50
25 Mar 18	Health Carnival (International Women's Day) Tembusu SAC Caregivers' Roadshow	Tembusu Senior Activity Centre	Mass

Community Partner Events:



Date	Event Name	Organiser	Participants
20 May 17	Assyafaah Mosque Mother's Day Invitation as Guest of Honour	Assyafaah Mosque	300
26 May 17	Iftar Jama'í	Madrasah Al-Asagoff	100
26 May 17	Iftar with Muhammadiyah	Muhammadiyah	100
2 Jun 17	Iftar at Marsiling Zone 6	Marsiling RC Zone 6	200
4 Jun 17	Iftar Utara at Marsiling	IRCC, An-Nur Mosque, PA, Marsiling Zone 1 RC, IMSSA	500
10 Jun 17	Iftar at Casa Raudha Women's Home	Casa Raudha	-
8 Jul 17	Partners' Appreciation Tea	Care Corner Seniors Svcs Ltd	-
15 Jul 17	SAMH Official Opening	SAMH	100
15 Jul 17	AMP Hari Raya Gathering	AMP	-
15 Jul 17	Senandung Ria Raya 2017	Pasir Ris East RC	100
16 Jul 17	Marsiling Zone 6 Hari Raya Celebration	Marsiling Zone 6 RC	100
19 Jul 17	Hari Raya Celebration with CRSS Bukit Batok	CRSS Bukit Batok	-
23 Jul 17	Hari Raya Vaganza@Marsiling 2017	Marsiling-Yew Tee GRC	150
28 Jul 17	Opening of Care Corner Cluster Support @ Woodlands	Care Corner Seniors Services, Toa Payoh & Woodlands	-
29 Jul 17	Salam Mesra Aidilfitri 2017	BBE MAEC	650
5 Aug 17	Marsiling National Day Celebration	Marsiling Citizens' Consultative Committee	Mass
9 Sep 17	Community Chest Heartstrings Walk	Community Chest	Mass
7 Oct 17	'Voice Out' - Concert at the Park	IMH & AIC	Mass
5 Nov 17	Invitation to Spoken Word Event on Mental Health Issues	Muslim Convert's Association of Singapore	100
2 Jan 18	Inaugural 2018 Community Networks for Seniors (CNS) Kampong Meeting – Sembawang GRC	Community Networks for Seniors Division (AIC)	-

Fundraising & Publicity

Fundraising:



Nationwide Mosque Collection (21 July 2017) \$50,317.21

Charity Gala Dinner (18 January 2018) \$206,071.00

Giving.sg (online donation portal) \$15,213.00

GIRO \$16,040.00

Publicity - Media:



HEAL Newsletter

HEAL Newsletter issues 12 to 15 were published on April-June 2017, July-September 2017, October-December 2017 and January-March 2018 (special bumper issue) respectively.

The newsletters are available at Club HEAL centres and online: www.clubheal.org.sg/media/newsletter.

Newspaper

“Dulu murung, sekarang bantu pesakit mental pulih” – BH 20 July 2017 – “Moody before, now helping other people with mental illness recover” – featured the recovery journey of Fairuz Rahim, former Club HEAL client who turned into a volunteer and eventually joined as programme executive, and his goal of empowering other people with mental illness.

“Hidup diberi nafas baru setelah sertai, berbakti dengan Kelab HEAL” – BH 30 August 2017 – “Given a new lease of life after participating and volunteering for Club HEAL” – featured the recovery journey of Daryl Tan, former Club HEAL client who turned into a HEALing friend and eventually became a programme executive.

“Latihan buka mata tentang kesihatan mental” – BH 5 September 2017 – “Training opened their eyes about mental health” featured Club HEAL’s current and former interns and on how they have learnt much about mental health issues through their experience at Club HEAL.

“Ibu tidak lagi dibayangi sunyi” – BH 28 September 2017 – “Mother no longer shadowed by loneliness” – featured the story of a person with dementia (Mdm Sarilah) and her caregiver (her daughter Mdm Salmah) and how attending Club HEAL’s programme at Bukit Batok East has helped ease Mdm Sarilah’s loneliness and improve her condition.



“Sedar bukan ‘nak dekat tapi sudah gila’ ” – BM 1 October 2017 – “Realised he was not ‘approaching madness, but was already mad’” – featured the recovery journey of Muhammad Nur Boontat aka Mano Esperanza, Club HEAL’s admin assistant at Bukit Batok East.

“Ibu tunggal kini tahu cara lawan ‘mood’ berbeza” – BM 1 October 2017 – “Single mum now knows how to manage her changing moods” – featured the recovery journey of Nur Hafizah Kamarulzaman, Club HEAL’s programme executive at Bukit Batok East.

“Bakat, hobi mampu jadi saluran pemulihan penyakit mental” – BH 2 October 2017 – “Talents, hobbies can help in the recovery of mental illness” – coverage of Club HEAL’s event ‘Healing Gifts from God’ in commemoration of World Mental Health Day 2017.



“Singing out against mental health stigma” – The New Paper 7 October 2017 – featured Mano Esperanza, peer and staff from Club HEAL, who explained how singing helped him cope with his illness.

“Relawan perlu bersabar dan fleksibel tangani pesakit demensia” – BM 7 January 2018 – “Volunteers must be patient and flexible in helping persons with dementia” – featured volunteer Mohamed Yusof and his experience as a befriender of a person with dementia, and Mental Health Nurse Fazeeda Mohamed, who stressed the need for more silver volunteers for persons with dementia.



“Presiden Halimah gesa pertingkat ilmu mengenai pesakit mental” – BH 19 January 2018 – “President Halimah urges enhancement of knowledge on mental health” – coverage of Club HEAL’s fifth year celebrations, Gala Charity Dinner with GOH Mdm Halimah Jacob.



“Book of stories about conquering mental illness launched at charity’s 5th anniversary dinner” – ST 19 January 2018 – coverage of Club HEAL’s fifth year celebrations, Gala Charity Dinner, together with launch of “A Place in the Sun” by Yohanna Abdullah.

“Kelab HEAL tubuh pusat keempat, biaya acara dengan dana sokongan” – BH 8 February 2018 – “Club HEAL planning to set up fourth centre using support funding” – coverage of Club HEAL as a recipient of ComChest funding to small charities during launch of ‘Stories of Care’ in commemoration of 35th anniversary of Community Chest.

“MUIS, Kelab HEAL sedia khidmat kounseling kepada madrasah” – BH 22 February 2018 – “MUIS, Club HEAL provides a counselling service to madrasahs” – coverage on the launch of the 3-year partnership between MUIS and Club HEAL in providing counselling services for full-time madrasahs.

Radio



International Women’s Month: Sharing on 93.8fm with Eunice Olsen – 27 March 2018

Staff List

Name	Designation
Aneez Fathima Mohamed Farook	Para Counsellor
Ballkees D/O Abdul Jabbar Maricar	Counsellor
Faizal Bin Abdul Rahim	Counsellor
Fazeeda Bte Mohamed	Mental Health Nurse
Junainah Bte Mohammad Eusope	Programme Coordinator
Juniahti Bte Awang	Social Work Associate
Mohammad Fandi Bin Adam	Social Worker
Muhammad Fauzy Bin Ramli	Counsellor
Muhammad Ilham Firdaus Bin Omar Ali	Social Worker
Muhammad Nhawfal Bin Juma'at	Art Instructor
Muhammad Ridzuan Bin Haji Yunos	Programme Executive
Muhd Nur Bin Boontat	Admin Assistant
Noorul Hakim Bin Surono	Counsellor
Noraini Abdul Hamid Abdul Wahab	Senior Counsellor
Noraliza Bte Abdul Rahim	Madrasah Counsellor
Norsakina Bte Md Ali	Social Work Associate
Norsiah Bte Sunarti	Admin Assistant
Nur 'Atiqah Bte Mohd Farhan	Case Manager
Nur Hafizah Bte Kamarulzaman	Programme Executive
Nur Halimah Bte Ali	Corporate Communications Executive
Nurleen Bte Mohamed	Counsellor
Ratnah Wati Bte Mahammad	Administrator (Admin & Finance)
Rishah Bte Zainal	Asst. Programme Coordinator
Roslinah Bte Rasdi	Volunteer Coordinator
S. Hamidah Bahashwan	Senior Counsellor
Sharifah Aishah Bte Mohamed Alattas	Counsellor
Sumaiyah Bte Mohamed	Programme Coordinator
Supinah Bte Ramad	Programme Executive
Tan Daryl	Programme Executive
Yang Chek Bte Salikin	Senior Mental Health Nurse
Yohanna Bte Abdullah	Writer-Editor
Zainal Abidin Bin Ibrahim Lee	Programme Head



Sincere & Heartfelt Thanks

We at Club HEAL wish to express our heartfelt thanks to everyone who believed and came forward to help us. We value and cherish your support which will go a long way in making a difference to the lives of our beneficiaries. We wish to record our special thanks to:

Dr Abdul Aziz bin Mohd Ali Sujak
Mr Abdul Hamid Bin Abdullah
Mr Abdul Wahab Bin Ahmad
Mr Adris Bin Isnin
Agency for Integrated Care (AIC)
Al-Jadi Taxi Association
Allen & Gledhill LLP
Al-Madi Taxi Association
Mr Amrin Amin
Al-Pasti Taxi Association
Mdm Arfat Beebee Binte Noor Mohamed Abdul Latiff
Dr Asha Ansari
Association of Muslim Professional (AMP)
Mr Azmoon Bin Ahmad
Berita Harian
Dr Bibi Jan Binte Mohamed Ayyub
BinjaiTree
Bukit Batok East CCC
Bukit Batok East CCMC
Bukit Batok East Grassroots Leaders
Bukit Batok East Zone 2 RC
Caregivers Alliance Limited (CAL)
Prof Chua Hong Choon
Mr Chua Tiang Choon, Keith
Community Chest Singapore
Community Chest Singapore
D.S.Lee Foundation
Prof Daniel Fung Shuen Sheng
Ms Deena Binte Abdul Aziz Bajrai
Datin Dr Maimunah Othman
Dr Elly Sabrina Binte Ismail
Eunice Olsen Media
Mr Fareed Husain Yusuf Kagda
Mr Francis Yeoh Song Chian
Friends from the Rotary Club of Singapore
Fuchun CC
Fuchun CCC
Fuchun Community Centre Management Committee
Mrs Hafidza Binte Mohd Said
Mr Hatim Fidahusein Nakhoda
Ishk Tolaram Foundation
Ms Jenni Lau
Mr John Ho Horn Yuen
Ms Kalthom Binte Osman Bamadhaj
Keat Hong CCC
Keat Hong CCMC
Key-Orient Lamitec Pte Ltd
Kidz Paradize
Mr Lee Huan Siak
Mr Lim Hock Chee
Mr Lim Hock Leng
Loyang Tua Pek Kong
LPM Al-Ansar
Ms Lubna Bte Ahmad Harharah
Mr Luc Mongeon
Majlis Ugama Islam Singapura
Mr Mansoor s/o H. M. Hassanbhai
Ms Mariam Haroon
Marsiling CCC
Marsiling CCMC
Masjid An Nur
Masjid Assyafaah
Masjid Al-Khair
Masjid Al Falah
Masjid Al-Istighfar
Masjid Kassim
Masjid Pulau Bukom
Masjid Yusof Ishak
Ms Melissa Leong Mei Linn
Mellford Pte Ltd
Mr Mirza Mohamed Namazie
Mr Moeez H Nakhoda
Mr Mohamed Fauzi Bin Salim Talib
Mr Mohamed Ismail s/o Abdul Gafoore
Mr Mohamed Rafi
Mr Mohamed Ridzuwan Bin Abdul Aziz
Mr Mohamed Salleh s/o Kadir Mohideen Saibu Maricar
Mr Mohamed Yousoof Bin Abdul Majeed
Mr Mohan K Vaswani
Mr Mohd Alami Musa
Mr Muhamed Usaf Ansari
Muhammadiyah Association
Muhammadiyah Association
Mr Naseer Bin Ghani
National Council of Social Services (NCSS)
National Healthcare Group
National Healthcare Group Polyclinics
Dr Nooraisha Binte Abdul Quddoos
Dr Norhisham Bin Main
North Mosque Cluster
NTUC Fairprice Foundation Limited
OS Bagus Pte Ltd
Ms P Buvanaswari
PAP Community Foundation, Woodlands Branch
Perpaduan Amal Dan Ibadah (PADI)
Pertapis
Dr Philip Yap Lin Kiat
Dr Radiah Binti Salim
Hj Rahim Bin Amin
Mdm Rahimah Binte Salim
Dr Rohani Bte Saptu
Ms Rohizan Bte Talib
Ms Roslinah Binte Rasdi
S A Aljunied
Mr Salim Bin Abdul Aziz Talib
Sallim Talib Family Settlement

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Ms See Mee Lee
Sembawang SSO
Ms Shahrul Bariah Binte Muhammad Arif
Dr Shahul Hameed
Dr Sharifah Mariam Bte Hussain Aljunied
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Mdm Siti Hajar Muhammad
SSA Consulting Group
Ms Stella Tan Peck Hoon
Dr Suraidah Bte Ahmad
Dr Swapna K Verma
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Woodlands CC
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Ms Yang Chek Bte Salikin
Dr Yap Lip Kee
Ms Zainah Bt Mustafa
Mr Zainal Bin Sapari
Dr Zuraimi Bin Mohamed Dahlan