



MEDIA RELEASE

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CLUB HEAL COMMEMORATES ITS 10TH ANNIVERSARY THROUGH A FUNDRAISING GALA DINNER ON 3 FEBRUARY 2023

1. Salamah Khan, 37, a person in recovery, has gained knowledge, rebuilt her confidence and developed a keen passion to give back to the community. She has made remarkable progress in her recovery since she started receiving support and assistance from Club HEAL eight years ago. Growing up, she had faced difficulties as she has special needs. She experienced post-traumatic stress disorder and dissociative disorder and was referred to Club HEAL in 2015 for counselling support. She participates actively in the Recovery Wellness Programme, Our HEALing Voice and Back to Work programmes. (Please refer to Annex 1 for details of programmes)
2. Club HEAL has been helping beneficiaries like Salamah and their families to cope with their mental health challenges and better manage their condition. To commemorate a decade of serving the community, Club HEAL is holding their 10th Anniversary Fundraising Gala Dinner at Orchid Country Club on 3 February 2023 with the theme 'An Elegant Celebration of Friendship'. The guest-of-honour for the event is President Halimah Yacob, Patron-in-Chief of Club HEAL. The event will also be attended by Mdm Rahayu Mahzam, Senior Parliamentary Secretary for the Ministry of Health and Ministry of Law who is also Club HEAL's patron. More than 500 guests will be attending the event.
3. Since February 2012 when it was first initiated, Club HEAL has grown from strength to strength, dedicated to assist and empower people with mental health conditions and caregivers via their programmes. Over the last 10 years, Club HEAL has supported and assisted close to 10,000 clients and their caregivers through various programmes and services in their journey to recovery and wellness.

4. From just one staff when it started, Club HEAL now has more than 70 staff to meet the evolving mental health needs in the community. From its first centre at Bukit Batok East, Club HEAL has expanded its services to three more centres in Buangkok Crescent, Marsiling and Pasir Ris East. The team supports persons from 18 years and above through counselling, therapy, rehabilitation and reintegration, job match and guidance. Club HEAL also runs a programme to support seniors with mild to moderate dementia, providing them with engaging and meaningful activities.
5. Over the years, Club HEAL has observed a significant shift in mindset where more advocates are willing to speak up and talk about their personal journeys of recovery. Some of our clients and staff who are people with lived experience have supported various national campaigns and media interviews to talk openly about their conditions and recovery. Club HEAL aims to continue to nurture more advocates because through their courageous testimonies we can help reduce the stigma associated with mental illness.
6. Club HEAL has also strengthened its outreach initiatives such as befriending, conducting public talks, workshops and sharing at conferences as well as onsite engagements in community events. These efforts have helped to publicise Club HEAL's programmes and services and made it more accessible to the public.
7. The team also explored better ways to support clients and their caregivers through peer support and the introduction of a buddy system for caregivers. Caregivers approach Club HEAL for support as their family members and friends may not fully empathise with them or are unable to validate the challenges they face. These caregivers may have loved ones who are not receiving treatment, have defaulted on their treatment and are facing various family issues and social stigma. Club HEAL helps to link them to resources and help avenues where necessary.
8. Club HEAL is also seeing more lonely and isolated seniors due to empty nest syndrome, restricted mobility and declining health. More caregivers are experiencing caregiver burden and stress. With the increasing and changing needs, Club HEAL is doing more outreach to engage caregivers, regularly connecting and interacting with them to reduce the sense of isolation which can lead to depression.
9. "Since Club HEAL was initiated in 2012, we have adopted a three-tier approach, namely, helping people with mental health challenges, their caregivers, as well as conducting outreach

to the general public. Our programmes and services help fulfil these roles and we hope to seek the continued support from our kind donors and friends to continue providing our beneficiaries a safe space for recovery and to empower them to reintegrate back to society. In addition, we need funds for the renovations of our fifth centre at Eunos Crescent which is targeted to be opened by 3rd quarter 2023. We hope we can continue to bring mental health services to more Singaporeans in the community through the generous support of our donors for this fundraising event,” Club HEAL’s Founder and President Dr Radiah Salim shared.

10. For the fundraising gala dinner, besides an exciting and heartwarming programme put together by staff, beneficiaries and supporters of Club HEAL, there will also be a silent auction targeting to raise at least \$50,000 from the sales of specially curated exquisite and unique items such as paintings, cruise, yacht and resorts packages, team bonding therapeutic art activities such as paper quilling, pottery making and crochet and special memorabilia such as Andy Warhol’s print of Queen Elizabeth, Diego Maradona Autographed Boot and Mike Tyson’s signed boxing glove.
11. One of the highlights of the silent auction is a photograph taken by Speaker of Parliament, Mr Tan Chuan-Jin who is an avid photographer. Talented artist Mr Sim Kah Lim who was diagnosed with Schizophrenia since he was a teenager has also donated his paintings to be auctioned to raise funds for Club HEAL. (Please refer to Annex 2 for further details)
12. Today, Salamah Khan, Club HEAL beneficiary, is independently manning the Club HEAL pushcart located at the Institute of Mental Health and sharing her recovery story at various platforms to inspire and encourage others. She said, “Through Club HEAL, I have met people who have mentored and coached me in my recovery journey. I have also received and given peer support. Although recovery is not linear, I feel I have come out of my isolation and have now been transformed. I am grateful to Club HEAL for supporting and empowering me all this while.”

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For media queries, please contact the following staff:

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About Club HEAL

A social service agency, Club HEAL was formed in 2012 by a group of like-minded individuals who have a strong passion in helping people with mental illness and their families. It aims to assist and empower people with mental health challenges to regain confidence in themselves and work towards community reintegration through rehabilitation and purposeful work. Club HEAL also supports and enables their families to provide better care during their recovery journey. It promotes the healing and recovery by inspiring Hope, Empowering lives, fostering Acceptance and spreading Love. Services provided by Club HEAL include day rehabilitative services, counselling, home visits, public education, support groups and volunteer training.

About Club HEAL's Programmes

1. Community Intervention Team (COMIT)

The Community Intervention Team (COMIT) provides assessment, counselling, therapy, case management and psycho-social education support for clients with mental health issues and dementia, including their caregivers. COMIT works closely with the community outreach teams, general practitioners, polyclinics and other community partners to provide holistic care to clients. Besides interventions, the team conducts awareness training and community outreach engagements.

2. Community Resource, Engagement and Support Teams (CREST)

The Community Resource, Engagement and Support Team (CREST) focuses on raising public awareness of mental health conditions and dementia, promotes early recognition of at-risk individuals, provides emotional support to individuals and their caregivers and links individuals to relevant health and social care services, when necessary.

3. CREST Caregiver Support Network

CREST Caregiver Support Network was launched in April 2021 to support and connect with caregivers of loved ones with mental health challenges and seniors with dementia. It empowers caregivers to support one another and to increase public awareness of caregivers' burnout and the importance of support and care. The team also helps to link caregivers to relevant agencies for further assistance.

4. Recovery Wellness Programme (RWP)

Formerly known as the Rehabilitation and Recovery Programme, RWP assists and empowers our clients to reintegrate into the community. In the rehabilitation programme, our clients work towards their full potential by learning coping strategies to emerge stronger from setbacks in life in a safe and supportive setting. The programme imparts knowledge, develops skills, and fosters healthy attitudes through motivational sessions and creative expressions. Clients rehabilitate through exercise; therapeutic art activities such as pottery, crafts, creative writing; cooking, baking and motivational talks.

5. Back to Work Programme (B2W)

B2W helps to prepare our clients to reintegrate into the community and the workforce, allowing them to put their skills and capabilities into practice and earn an income for themselves.

6. Our HEALing Voice Programme (OHV)

OHV builds a peer support group and network that nurture the peers' sense of acceptance, coping skills, resilience and confidence. The structured programme empowers and encourages them to help other clients along too in their recovery journeys. Our peers attend workshops conducted by trained staff who are counsellors or are themselves people in recovery with lived experience. OHV is also a good training platform for peers to share their recovery journey and the challenges they faced to help them gain experience in being a peer mentor to other clients in Club HEAL.

7. Dementia Wellness Programme (DWP)

DWP provides a safe space where people with dementia (PWDs) can be engaged holistically and meaningfully, tapping on their existing strengths and opening opportunities to learn new skills. It also supports their caregivers, ensuring that their overall well-being are addressed and ultimately facilitating a journey where PWDs can age gracefully.

8. Youth Mental Health (SYiNC)

Club HEAL is one of the four social service agencies appointed to be part of SYiNC, a pilot project by the President's Challenge and the Institute of Mental Health (IMH) to boost community-based support for youths with mental health conditions. Launched on 15 March 2022, the SSAs under this programme will be trained by IMH to provide intervention and psych-social support to youths between the ages of 13 and 19 years old with mild to moderate conditions such as stress-related disorders, depression, addictions and self-harm behaviour.

9. Madrasah Counselling

Club HEAL is appointed under a programme funded by MUIS for all the six full-time madrasahs in Singapore, to provide counselling and case work services to students and psycho-socio and emotional support during their critical developmental years. The team also conducts mental health talks and training for teachers and parents.

Our Featured Artists Supporting the Silent Auction

Speaker of Parliament Tan Chuan-Jin



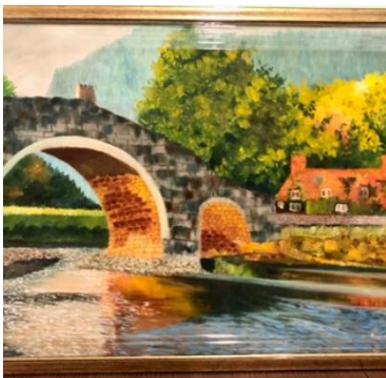
“Chiesa di Santa Maddalena, Italy

Although it was freezing, I spent some time here watching the sun set, waiting for the evening rays to gently set the mountain top alight, while the Chiesa di Santa Maddalena sat quietly in the lengthening shadows. The light changes at every moment, and you never know what images you might capture. Nature moves at its own perfect pace, every moment unique and special, never to be repeated.” – Speaker Tan Chuan-Jin

An avid photographer whose works have helped raised funds for charity, Speaker of Parliament, Tan Chuan-Jin has donated a beautiful photograph to Club HEAL which he took when he was in Italy.

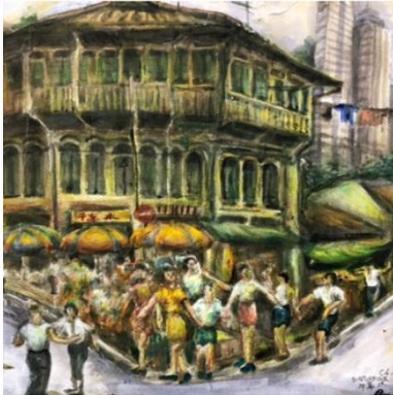
Of great interest to him are urban and natural landscapes, many of which were taken during his travels. He would sometimes wait up to five hours to get the perfect shot, which many have said looks akin to those in the National Geographic magazine. With his passion for mental health advocacy, he has kindly contributed a photograph to help Club HEAL raise funds through this Silent Auction.

Margaret Hendricks



A nurse by training, Margaret’s passion to assist people in need, especially those with mental health issues goes beyond her profession as senior principal case manager at IMH. She took up oil painting lessons in 2016 for relaxation and has donated several of her paintings in oils and acrylic to organisations for their fundraising activities. She has given seven paintings to help raise funds for Club HEAL. Her colourful style of painting is a reflection of her bubbly and cheerful nature.

Sim Kah Lim



An amazingly talented artist who lives with schizophrenia, Kah Lim created many outstanding art pieces while he was institutionalised for nearly 35 years at the Institute of Mental Health. There, he painted old Singapore from memory. He was partially discharged in 2018 and had his first big break when his works were featured in a showcase by a ground-up initiative by Temasek. Kah Lim has since held four solo exhibitions which were organised by Goshen Art Gallery. He has kindly donated five of his paintings, mostly scenes of Singapore in the 1970s – to raise funds for Club HEAL. Despite his condition, Kah Lim is keen to do his part to support community mental health programmes and advocating for a more inclusive society.

Here is the link to the Silent Auction which is open for bidding from 27 January 2023:

[Club HEAL's 10th Anniversary Fundraising and Gala Dinner - GalaBid](#)

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