



MEDIA RELEASE

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CLUB HEAL AND ESPLANADE SPREAD THE JOY OF MUSIC IN SUPPORT OF MENTAL HEALTH THROUGH COMMUNITY ANGKLUNG PROJECT

1. Club HEAL, a non-profit organisation dedicated to empowering individuals with mental health conditions and supporting their reintegration back into the community, hosted the finale showcase of the *Community Angklung Project 2025*, a programme by Esplanade – Theatres on the Bay, organised for the participants from Club HEAL at its Bukit Batok East Centre today. The project, supported by the Asian Medical Foundation, culminated in a heartwarming performance featuring clients from Club HEAL's Recovery Wellness Programme and Dementia Wellness Programme, as well as caregivers from the Caregiver Support Network Community Outreach Team.
2. Held over five sessions from 9 October to 4 November 2025, the Community Angklung Project aimed to enhance seniors' well-being through the arts, foster social connection, and build confidence through ensemble music-playing. Participants learned to play the *angklung*, a traditional bamboo instrument, and worked together to select and rehearse songs for the final showcase performance.
3. This initiative builds on the success of Club HEAL's earlier collaboration with Esplanade in November 2024, where a one-off angklung workshop sparked great enthusiasm among participants. Encouraged by that response, this year's extended programme allowed participants to deepen their skills and bond over music in a safe, supportive environment.
4. The thirty participants, aged 50 years and above, included clients recovering from mental health conditions, seniors with mild to moderate dementia, and caregivers attending Club HEAL's programmes. Through these programmes, Club HEAL provides a structured, person-centred approach that helps clients regain confidence, improve daily functioning, and foster independence while supporting caregivers in managing stress, preventing burnout and strengthening their



coping skills. The *Community Angklung Project* complemented these ongoing efforts by offering participants a joyful and creative avenue to connect, express themselves and experience healing through music.

5. As part of the project, the Asian Medical Foundation will also be donating two full sets of angklungs (each set containing eight instruments) to Club HEAL. This generous contribution will enable the centre to continue engaging clients and caregivers through music-based activities beyond the project period.

6. Dr Khairul Hazwan Suhairi, Club HEAL President, shared, “We are deeply grateful for Esplanade’s partnership and the support of the Asian Medical Foundation in bringing this meaningful programme to our clients and caregivers. The Community Angklung Project has brought joy and energy to our centre, and reminded us how the arts can heal, connect, and uplift. Watching our participants grow in confidence and camaraderie over the weeks has been heartwarming,”

7. Ms Grace Low, Head of Community Engagement, The Esplanade Co Ltd said, “Since 2016, we have had the privilege of bringing our angklung workshops to communities across Singapore. Over the years, we have seen how music uplifts the spirit and connects people – bringing joy, purpose and a sense of fulfilment, especially among seniors who may be socially isolated. As we continue to grow our work in care and wellbeing through the arts, we remain deeply committed to making the arts accessible to all and to fostering meaningful connections through shared creative experiences.”

8. Ng Kim Hock, Alex, client from the Recovery Wellness Programme, shared, “After each session, I felt more confident and happier. Playing the angklung together with everyone is something I did not think I could do. Now, when we make music as a group, I feel like we are one big family.”

9. Mdm Rugayah Attan, caregiver from the Caregiver Support Network Community Outreach team, shared, “Playing and singing with the angklung has truly brightened our spirits. When we practised together, it felt like being in a big kampung again where everyone supports one another. I hope to continue learning and eventually be part of an angklung team full-time in the future.”



10. The *Community Angklung Project 2025* demonstrates how the arts can nurture holistic well-being, promote social inclusion, and strengthen community bonds – echoing Club HEAL’s core values of Hope, Empowerment, Acceptance and Love.

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About Club HEAL

Club HEAL was formed in 2012 by a group of like-minded individuals who have a strong passion in helping people with mental health conditions regain confidence in themselves and work towards community reintegration. Club HEAL also supports and enables their families to provide better care during their recovery journey. We promote healing and recovery by inspiring Hope, Empowering lives, fostering Acceptance and spreading Love. Our services include day recovery activities, counselling, home visits, public education, support groups and volunteer training. We are a full member of the National Council of Social Service (NCSS), and a part of the Community Intervention Team (COMIT) and Community Outreach Team (CREST) programmes under the Community Mental Health Masterplan developed by the Agency for Integrated Care (AIC), together with the Ministry of Health (MOH).

Fact Sheet on Club HEAL's Programmes

1. Community Intervention Team (COMIT)

The Community Intervention Team provides psychotherapy and psychosocial intervention such as cognitive behavioural therapy and psychoeducation support for clients with mental health issues and dementia, and their caregivers. COMIT works closely with general practitioners, polyclinics, hospitals and other community partners to provide collaborative and coordinated care to clients and caregivers in the community.

2. Community Outreach Team (CREST)

The Community Outreach Team serves as a mental health first-stop touchpoint. CREST promotes early identification of at-risk individuals and provides psychosocial intervention to support those with mental health needs and their caregivers in the community.

3. Caregiver Support Network Community Outreach Team (CREST-CSN)

The Caregiver Support Network Community Outreach Team focuses on caregivers who are caring for persons with mental health issues and/ or dementia, and who have or are at risk of developing depression, anxiety and burnout themselves due to their caregiving role. The team increases public awareness of caregiving concerns and promotes early identification of caregiver needs.

4. Recovery Wellness Programme (RWP)

In the Recovery Wellness Programme, clients embark on a journey of recovery to unlock their full potential. They acquire essential coping strategies to overcome life's setbacks, fostering personal growth in a safe and supportive environment. Through a range of engaging activities including therapeutic art sessions like pottery and crafts; poetry; culinary endeavours such as cooking and baking; and inspiring motivational talks, clients regain their self-confidence, build their self-esteem, and develop resilience.

5. Back-to-Work Programme (BTW)

The Back-to-Work Programme prepares 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. Our Employment Support Officers (ESOs) play a crucial role in facilitating this programme. They offer training in communication, resume building, and interview preparation to help beneficiaries enter the job market, and provide ongoing support for up to six months after gaining employment.

6. Our HEALing Voice Programme (OHV)

Our HEALing Voice Programme builds a peer support group and network that nurture the peers' sense of acceptance, coping skills, resilience and confidence. By providing a well-structured platform, OHV enables participants to acquire valuable skills and harness their lived experiences as individuals in recovery from mental health challenges to share their inspiring journeys of



recovery. They gain first-hand experience in serving as peer mentors to fellow clients of Club HEAL.

7. Dementia Wellness Programme (DWP)

The Dementia Wellness Programme provides a safe space where people with dementia can be engaged holistically and meaningfully. We harness their existing strengths and introduce opportunities for them to learn new skills, while providing social support to them and their caregivers. We ensure that their overall well-being is addressed so that they can age gracefully. Activities are conducted to meet their physical, cognitive, psycho-social and spiritual needs.

8. Youth Integrated Team (YIT)

The Youth Integrated Team provides community-based mental health assessment, therapeutic intervention and case management for youths with mild mental health conditions. The team also works actively with their families, schools and other youth agencies to provide holistic case management.

9. Madrasah Counselling

Funded by MUIS, our Madrasah counsellors provide counselling and casework services to students at all six full-time madrasahs in Singapore, as well as conduct mental health talks and training for teachers and parents.