

Snapshots of Past Events



7. Talk on "Depression" @ Jamiyah Ar-Rabitah Mosque (6 Dec 2014)

Dr Radiah spoke on the topic of depression to an attentive audience of 200 ladies in this beautiful mosque at Redhill. Many then bought copies of Shattered We HEAL and some made enquiries on how Club HEAL can assist them and their loved ones suffering from depression. Insyaa'Allah this marks the first of many talks to the Jamiyah Ar-Rabitah audience.

8. Booth @ Macam2 Market, IMH (7 Dec 2014)

HEALing friends Kak Su, Tazrinah and Aidil spent a meaningful Sunday together at IMH's Macam2 Market selling donated clothes and scarves from our Thrift Shop. The trio are 'hooked' on this wonderful Sunday market with stalls from other mental health VWOs and persons 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 tired, 100 ladies showed great support during a lunchtime talk thereafter with Dr Radiah. Many also purchased Shattered We HEAL and were keen to know more about Club 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 Jacob. Damia and Dr Radiah achieved good sales at

our booth. We enjoyed the sheppard's pie dinner, with Dr Radiah roped in to entertain the audience by singing festive songs with the BBE grassroots and Mdm Halimah.

11. Stall @ IMH Longstay Christmas Carnival (19 Dec 2014)

Club HEALians Kak Jun, Aidil and Ridwan had a wonderful time managing a "Ring Toss" game stall at IMH's longstay Christmas carnival for its longstay inpatients. Aidil said, "It was fun and funny to see how the patients tried their best to win some boxes of wafers. Many tried more than once to throw 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 participants."



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. Raihan from our Al-Wehdah 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 seaweed 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!

HEAL



Issue 7 • February 2015 • ISSN: 2339-5443

H O P E

Hope generates firm belief and steady efforts, hope sustains, hope nourishes.

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 Geylang Polyclinic, 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 participants 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 reduction. Donations can be made by cheque to 'Club HEAL' or by GIRO – form available at our website.

Please contact us at 68993463 for further details or email us at admin@clubheal.org.sg.

Be A HEALing Friend

"You see, the *Mu'min* in their mutual piety, love and affection, are like a (single) body. When a part (of it) has a complaint, the whole body is united with it in wakefulness and fever." – (Bukhari and Muslim).

2 ptAs 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 fulfil 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 or mail it to: Club HEAL, Blk 244, Bukit Batok East Ave 5, #01-02, Singapore 650244. We look forward to hearing from you!

President's address

The first letter in HEAL represents Hope.

Hope is key to achieving Club HEAL's mission and vision.

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 seemingly impossible becomes possible. The message of hope to the wider audience also helps to remove the stigma against mental illness. Part of why stigma still exists is the fact that many still think that once a person has a mental illness, then there is no hope that the person will ever recover and be able to contribute to the common good. People with mental illness are then seen as burdensome, so looked down upon. This is why Club HEAL is relentless in our efforts to change public perceptions.

Suf Supiani, through his music and his upcoming book, is a shining example of someone who, despite his affliction of panic disorder, has so much to offer to the world. This heroic genius has sacrificed much and deserves recognition and public support for his lofty aim to help eradicate stigma.

Islam teaches us that it is very important for us to never give up hope that Allah's help is near. Instead, we must continue efforts to recover from any affliction, including mental illness.

About Club HEAL

Club HEAL is a charity that aims to assist and empower persons with mental health issues (PMHIs) 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.

If we continue to hope, we will not falter in our efforts.

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 effort. Hope sustains. Hope nourishes.

The hopes and aspirations of each member of the Club HEAL family, in particular those of our beneficiaries, need to be listened to and supported through the collective efforts of staff, volunteers and beneficiaries.

“ 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 seemingly impossible becomes possible. ”

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-Inshirah* 94:6.

Allah Most Gracious, Most Merciful reassures us through this profound yet simple message that things will get better, so there is no need to despair. Believe in this message, and we develop a positive outlook, which will lead to a more positive line of action that, *insyaa' Allah*, will produce a good outcome.

In this Club, we believe that if we continue to hope, then we will not fail to achieve our mission and vision.

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Hopelessness and despair – that was what 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.

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 my 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 medications would only worsen my situation."

Azlinda now feels better after being on medication and currently works for Club HEAL, managing its pushcart at Yishun Polyclinic. She not only sells handicrafts 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

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.

"I am still struggling with things but I want to help people feel happy, even if it is just a greeting or listening to an auntie who wants to share her plight about a mother with dementia," says Azlinda, a loving mother of three children.

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 – Hameedha
- ... 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

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

Lose Fear, Not Hope

Most of the important things in the world have been accomplished by people who have kept on trying when there seemed no hope at all, says Dale Carnegie, the famous American author and motivational writer. What is hope then? Hope is defined in the Oxford dictionary as a feeling of expectation and desire for a particular thing to happen.

Hope, gives you the strength to move forward, keep going and not let unpleasant times overwhelm you. It is the strength to make sure to change bad things from the way they are.

Well, then how does one achieve hope?

Some of the ways may be,

Believe IT can happen

Bring to mind small things you have achieved in your life

Remembering the past favors of ALMIGHTY on you

Faith and hope go hand in hand.

B+, it need not be your blood group, nor your grade at school. Just let it be your favourite quote.

GOD IS NOWHERE

Now it is up to you to read-

God is NOWHERE

OR

GOD IS NOW HERE?

-Article by Samira Shahul.

CREATIVE CORNER

Hope is 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 it just listen, why, bad heart, why?

But I took it all back.

I choose not to be blinded.

All I see and feel is cloudy – my thoughts crazy - my - No.

I'm not going to discuss that.

I am going to write about cups of tea and colours of the sky

and rainy seasons that make me cosy up under a blanket with a comforting book.

There is a type of loveliness in this life, it is waiting to fill my empty with its lustre.

By Sumaiyah Mohamed



1. Café and Carwash @ BBE (1 Nov 2014)

What do feather boas, congkak, five stones and roti kirai have in common? Nostalgia - that was the theme of our Café and Carwash on Sat, 1 Nov 2014. 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 (roti kirai) with salad, and coffee or tea or lime drink. The male participants of Club HEAL had a splashing 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, an event graced by their MP Mr Desmond Lee, with a surprise drop-in by DPM Tharman Shanmugaratnam. Yohanna encouraged attendees to recite the poem from our book Shattered We HEAL for a personal feel of being shattered. Azlinda and daughter Fina also helped spread the message of HEALing.



3. Suf Supiani Album Launch "Solitude" @ Lee Foundation Theatre (15 Nov 2014)

Suf Supiani's launch of his debut album, Solitude, was a resounding success with the Lee Foundation Theatre almost full of people from all races and religions. Adrian 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, Wounded, 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 this 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."

4. Healing Friends Training (22 Nov 2014, Jurong Green CC; 13 Dec 2014, AMP Auditorium)

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

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, Yohanna Abdullah, Basithah Zulkifli and Mohd Ismail Abu 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, Fatin Nasuhah 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, with venue and a sumptuous lunch courtesy of the Association of Muslim Professionals



5. Rock Climbing @ Outward Bound School (4 Dec 2014)

Rock climbing has always been something I wanted to try since I was in my teens. So I was thrilled when Club HEAL was invited to do so by Outward Bound Singapore (OBS) yesterday. But I am not in my teens; I am a mother of teens, as my own mother pointed out.

"You are heavy. Don't climb, wait you sure fall."

With those 'uplifting' words, I left for Pasir Ris 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 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 abseiling, ie go down a rock face or other near-vertical surface using a doubled rope coiled round the body and fixed 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, to do or not to do? I screamed to my friends below the three-storey tower, "Help! I am 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 so far.

For participant Aidil, 25, "abseiling was fun and enjoyable but I had looked forward to something more challenging like rock climbing. Maybe next time."

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

6. Stall @ Keppelland Charity Fair (4 Dec 2014)

Peer specialist Junainah and administrator Ratnah showcased our participants' beautiful works, especially glass paintings, at Keppelland Charity Fair.

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