

Snapshots of Past Events

... continues from page 3

3. Macam2 Market Stall @ IMH (1 Feb, 10am-4pm)

Club HEAL took part at the Macam2 Market and sold our recycled items and books.



4. Caregivers' Training Day (in Malay) @ AICare Hub (14 Feb)

Caregivers need support and knowledge to handle their loved ones with mental health issues. We believe our Caregivers Training Day was effective in imparting at least some skills and knowledge to caregivers so that they can help their loved ones heal.



5. Club HEAL Flag Day (28 Feb)

Our Flag Day event was a resounding success! A HUGE thank you to all who participated and donated. We truly appreciate your support and generous donations! Your contributions will go a long way to help improve the lives of those with mental health issues.



6. HFT @ AIMuttaqin Mosque (7 Mar)

We held our first HFT this year in Malay to a group of attentive volunteers-to-be at AIMuttaqin mosque in AMK central. It was also counsellor Balqis's first public talk as a representative of Club HEAL and she did not disappoint.



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).

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 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!

7. Mental and Emotional Wellness Forum @ Casa Raudhah's Resilience Day (21 Mar)

Dr Radiah gave a talk on fostering mental, physical and emotional wellness to Casa Raudhah's beneficiaries – a group of single women from difficult backgrounds and their children. Another speaker at the forum, a former victim of domestic abuse, provided insight on how she succeeded in building a new life after divorce.

8. Talk @ AIMawaddah Mosque after Friday Prayers (3 Apr)

Counsellor Bro Zainal Lee gave a 45-minute talk on 'Recipe for Mental Health' in Malay after Friday prayers on 3 April, where he emphasised that physical health leads to better mental health.



Upcoming Events

1. Club HEAL short films screening cum discussion @ Islamic TV..... (Apr-May)

2. Talk on mental illnesses and treatments @ Muhammadiyah (16 May)
3. HFT @ MUIS (23 May)
4. Fast-a-thon cum Iftar @ BBE SG50KITA (27 Jun)
5. Nation-wide Friday prayers mosque collection (10 Jul)

HEAL



Issue 8 • May 2015 • ISSN: 2339-5443

“Knowledge is Power”

President's address

The second alphabet in HEAL represents Empowerment. In Club HEAL we firmly believe in the power of knowledge. A huge barrier to the process of healing and recovery is an ugly thing called stigma.

Stigma stems from ignorance, which leads to prejudice. Unfortunately, many out there are still illiterate when it comes to mental health issues. In Club HEAL, we aim to not just equip our participants and their caregivers with the much-needed knowledge about mental illness, treatments and recovery journeys, but also to educate members of the general public in order to combat ignorance and prejudice.

It is for this purpose that we initiated the HEALING Friends Training (HFT). Club HEAL regularly conducts this one-day workshop, FREE, for anyone who is interested in learning more about mental illness. It covers topics such as the nature of mental illness, treatments available, rehabilitation, effective communication and even handling crises.

It was also to this end that we published *Shattered, We HEAL*. This special book was only possible because mental health advocates from among mental health professionals, caregivers and those with mental illness themselves came forward to share their personal experiences. *Alhamdulillah*, many readers have expressed amazement at the insights they have gained from reading it.

And it is for this reason that we publish this newsletter every three months. It is readily accessed at the click of the mouse and it gives you both personal accounts and up-to-date information about mental health issues. Through these means, we hope the general public is empowered to render the necessary support when they come across instances of mental illness around them.

We also empower our caregivers through regular sharing by our dedicated staff, especially our counsellors. We also conduct monthly support groups and talks especially for caregivers, and these are always provided free of charge.

Last but not least, we seek to empower our PMHIs not only through the rehabilitation programme and counselling, but also through the efforts of our peer specialist, Junainah Eusope (Kak Jun), and her Pushcart project.

As a peer, Kak Jun has first-hand experience of mental illness. This enables her to empathise with what other PMHIs think and feel and to encourage them to become productive in spite of their challenges. Whenever a PMHI is able to identify himself as a peer, we succeed. This is because the term 'peer' moves the focus away from being disabled and thereby removes the stigma of mental illness. Hence, becoming empowered together in a programme designed by a peer is a crucial part of healing and recovery.

The empowering of peers, their caregivers and members of the general public – this is Club HEAL's central task.

Slowly but surely we are seeing encouraging results.

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.

EDITORIAL TEAM

Publications Executive
Ms Yohanna Abdullah

Chief Editor
Ms Noorunnisa Ibrahim Kutty

Editorial Team Members
Ms Lubna Shah
Ms Sumaiyah Mohamed
Dr Radiah Salim

Designer
Mr Hairul Anuar Subari



EXCO
2014-2015

Patrons:
Madam Halimah Yacob
Mr Zaqy Mohamad

Expert Advisors:
Dr Joseph Leong Jern-Yi
Dr Habeebul Rahman

Hon Legal Counsel:
Ms Roslina Baba

Exco

President:
Dr Radiah Salim

Vice-President:
Mr Md Saifudin Maarof

Hon Treasurer:
Ms Maimunah Jumat

Hon Secretary:
Ms Noorunnisa Ibrahim Kutty

Hon Asst Secretary:
Ms Lubna Shah

Members:

Dr Bibi Jan Ayyub
Ms Siti Hawa Sulaiman
Ms Yang Chek Salikin
Mr Abd Rahman Abdullah
Ms Rohanah Pagi
Mr Hairul Anuar Subari
Dr Lubna Harharah
Ms Sumaiyah Mohamed
Ms Rabia'atull Syerida Juma'at

Contact Club HEAL

Office: 6899 3463
(9am – 5pm weekdays)

Mailing Address:
Blk 244, Bukit Batok East Ave 5,
#01-02 Singapore 650244

Email: info@clubheal.org.sg

Website: www.clubheal.org.sg

FB: Club-HEAL

Registration No: T12SS0028K

Empowerment Camp 2015



It was a camp with a Difference – D for Dynamic, Delightful and Delicious. Club HEAL's Empowerment Camp from 2 to 4 March 2015 was set in a relaxing environment at Aloha, Loyang, just by the Pasir Ris Beach. Three staff, led by Kak Jun, her seven protégés and two volunteers took part. The programme consisted of fun outdoor activities, cooking, barbecue, karaoke, congregational

prayers and motivational talks (including one by counsellor Sebastian Seet), in addition to the simple day-to-day interactions of living under one roof.

to come out of their shells, which they did. Camper Adila Anuar, sales assistant, 26, said, "I found the camp enriching and fun. I learned that I deserve recovery. I think that recovery is a test and I want to feel healthy. At the camp, the highlight was the barbecue with good food and good company. Indeed, I'd like to take part in more such camps."

Coming out of their shells

For Nur Jamilah Mohamed, 23, unemployed, the best experience was the congregational prayers at the chalet. "It was my happiest moment each time we prayed together. My father died when I was five years old and I grew up with a single mom. Mr Rahman and Mr Zainal are father figures to me."

Kak Jun said, "Before the camp I was already close to them. The difference is that, here, we have team bonding and we got to do things together. One of our quiet participants at Club HEAL proved that he could talk a lot, even joke, which gives me confidence that he can hold a job. In the future, we will have camps outside of Singapore provided the team is willing to travel ... maybe we can have a homestay in a kampung in Malaysia!"

Not about food, but, boy, was it good!

Delicious home cooked fare and a big barbecue spread meant contented campers. Nevertheless, the camp was not just about creating good food together and sharing it. More importantly, it was about empowering each other by encouraging the peers

Club HEAL On Air



March was an extra busy month with the Muslim Kidney Action Association (MKAC) and Club HEAL jointly conducting a Telepoll with MediaCorp's Warna Radio Station. It was a publicity blitz for both organisations, combined with a passionate appeal for donations.

There were interviews every Friday night with veteran deejay Suharti Ali and an accompanying deejay. In addition to the Club HEAL president and our publications executive, our counsellor Bro Zainal Lee, champion caregiver Zaiton, recovered patient Zarinah and her supportive husband went on air to discuss myriad issues relating to mental health.

While the collection itself was modest, we achieved our main goals – that Club HEAL be introduced to the radio listeners within the Malay/Muslim community, and sharing with the community what we do and how we can be of assistance to both individuals suffering from mental illness as well as their caregivers. The most important message that we wanted to convey was "Recovery Is Possible". We were also delighted to get to know MKAC's heroes, volunteers and staff.



Feeling Empowered



She used to be quiet and depressed as a result of years of emotional turmoil she experienced at home with her single mum and three other siblings. Now, Mila, 23, a participant at Club HEAL finds comfort and motivation at a home away from home.

Said Mila, who used to be a polytechnic student but is currently unemployed, "I get up early and can't wait to go to Club HEAL, where I feel I am a part of a family that cares."

Mila has been afflicted with depression since her teenage days although she was officially diagnosed only two years ago. Her family went through some difficult times after her dad passed away when she was 15 years old.

Fun to be at Club HEAL

Mila began attending Club HEAL's day rehabilitation at Bukit Batok East in April last year, but only came regularly since December. At first she did not open up. She would quietly do her sketches, which were profound and artistic.

"But as I got to know more people, I was able to join in the activities and start sharing. It felt good to start opening up."

She is grateful she has learnt how to manage her symptoms in addition to acquiring useful skills. "I have picked up quilling, Kufi calligraphy and pottery, and I look forward to learning other things," said Mila.

A new dream

But Mila has bigger things in mind for her future. She has her heart set to be a peer specialist so that she can help others. "My main aim in life is to help others and I am excited at the prospect of being a peer and helping others. Once I complete the Peer Specialist Course, I would like to give back to Club HEAL and work there if there is an opportunity."

Spirits up

Mila certainly feels empowered to embark on a new and exciting journey in her life. How does she define empowerment?

"Empowerment for me, mostly, is to have the courage to stand up for what I believe in and now I am ready to speak up," Mila shared.

Shattered, We HEAL, now in Malay as Berkecai, Kami Pulih



On 14 February 2015, we successfully launched *Berkecai, Kami Pulih*. About 80 people attended the function which came after Caregivers' Training at AICare Hub, City Square.

This event was attended by caregivers, PMHs and well-wishers, including our translation team from Bizmedia Publishing. The latter included the former Chief Editor of *Berita Harian/Berita Minggu*, Mr Guntor Sadali, as well as Ismail Pantek and Sharifah Md Kassim. Mr Guntor shared the journey of translating the book during the launch. He said that the greatest challenge they faced was capturing the emotions conveyed in the original stories.

Mdm Halimah Jacob, our beloved Patron, kindly agreed to grace this second launch as well. She applauded the move to reach out to a Malay-speaking audience through the book in order to share essential information regarding mental health issues.



Teater Kami performed a part of the monologue *Naked*, written by Yohanna Abdullah and played by Dalifah. Direction was by Atin Amat, with lighting and sound by Nabilah Moen.

Do buy our books, which sell at \$10 each, either in English or Malay. Contact admin@clubheal.org.sg for your copy today.

Halal Fun

For four days, Club HEAL was stationed at Singapore Expo Hall 6 at "Halal 2015" as the beneficiary of its organisers, Mega Express. We approached visitors with donation tins and many happily and readily contributed generously.

From 25 to 28 March, volunteers, staff and Club HEAL's Exco members took turns to man our booth, which sold handmade craft work as well as the books *Shattered, We HEAL* and *Berkecai, Kami Pulih*.

There were screenings of two short films, *Putri and Amirah*, Club HEAL's evergreen films directed by talented filmmaker Sanif Olek. The latter was also at the Expo and shared the process of making the film with Seri Wahyuni Jais, J Rosmini, Keater, and Zaleha Hamid.

The stars were candid in their responses to emcee Moe, who could not hold back his own tears as he confessed that he suffered from depression after his mother passed away. Seri also shared her brushes with mental illness and reiterated that she was willing to come out of the closet and talk about her mental illness openly because mental illness should not be shushed, like the family members attempted to in *Putri*.

The sharing on Saturday and Sunday by Dr Radiah Salim and Yohanna Abdullah was appreciated by visitors, some of whom bought goody bags from Club HEAL and even requested for photographs and autographs.

One Club HEAL programme that saw a wide and active participation was the Forum Perdana with the topic "Gene or Genie". Dr Radiah led the talk and discussion with fellow panellist Ustaz Firdaus Yahya. It was an interesting and enlightening discussion on the causes of mental illness and the need to seek professional help when a family member acts 'differently'.



Play about Schizophrenia and Suicide



Schizophrenia as a mental health issue was the focus of the play "eleventh:our" staged to an almost full house at The Republic Cultural Centre, Level 2 Studio, on 23 Jan 2015. The Republic Polytechnic (RP) play had the audience on tenterhooks as to whether 'Roystan' would fly and take the plunge to his death because of his schizophrenia. This was in contrast to 'Claire', who also had schizophrenia, but had received appropriate care and treatment; she overcame her suicidal tendencies and was on the road to recovery, thanks to help from Club HEAL.

[E]leventh:our, written by Claudia Lim Yi Xuan, is based on *Shattered, We HEAL*. Yohanna and Dr Radiah were consulted before the play and various people were introduced to the RP team to give them a better understanding of the issues involved. After the play ended, there was a question and answer session and the teams from RP and Club HEAL shared their journeys to promote an understanding of mental illness and suicide, both of which tend to be swept under the carpet by people affected.

Snapshots of Past Events



1. Club HEAL annual retreat @ Batam Island (9-11 Jan)

Seventeen staff members and volunteers attended Club HEAL's annual retreat. After the mandatory staff meeting and a talk by Ustazah Aminah, it was food, fun, games and relaxation for the rest of the time. Good food was the highlight for many, while for others, it was spending half a day at a spa receiving top-to-toe beauty treatment or engaging in water activities. Indeed, it was a good break from work and a reward for all the effort that we had put into growing Club HEAL.

2. Booth @ St George's Community Fun Day (17 Jan)

Kak Jun and Azlinda had a fun day selling our hand-made items to patrons at the St George's Community Fun Day.



... continues on page 4

Pulih

Tuhan, aku mahu Kau memulihkan hatiku
Menghapuskan luka-luka yang menyakitiku
Membuang kenangan kelam masa lalu
Bahkan menjadikan hatiku menjadi baru

Tuhan, aku mahu Kau memulihkan hatiku
Agar aku sanggup memikul cubaan dariMu
Supaya ku taat kepada perintahMu
Melakukan semua kehendak rencanaMu

Tuhan, aku mahu Kau memulihkan hatiku
Semoga terpancar kasih sayang dariMu
Menerangi hati mereka yang sedang pilu
Membebaskan mereka yang terbelenggu

Tuhan, inilah hatiku untukMu...

- Oleh Jamilah, peserta Kelab HEAL

Creative Corner