

# HEAL



SPECIAL BUMPER ISSUE!

Club HEAL's 5<sup>th</sup>  
Anniversary

FIVE YEARS OF HEALING

HEAL ISSUE 19 (January - March 2018)

## President's Address

Be patient (in adversity);  
for, verily, God will not let  
the reward of the righteous  
be wasted.

– *Quran 11:115*

Character or IPCs are charities which can issue tax deductible receipts for donations, which make them more attractive to donors. We therefore struggled to raise enough funding to support our small staff. Our mailing address was the home of a board member. Our only rehabilitative room was lent to us by a mosque, Masjid Al-Khair.

We then experienced the thrill of starting out at our very own premise at Bukit Batok East in January 2013. Just a month later, we attained IPC status ... following that, we have been unstoppable, alhamdulillah!

With the wonderful support of many from the government (especially the Agency of Integrated Care), the social sector (such as the National Council of Social Services), our community partners, philanthropic organizations and generous individuals, we have been able to progress quickly.

In the space of five years, we have been very blessed to have three centres to conduct our day rehabilitation programme in the western, eastern and northern parts.

Our staff numbers have grown from a part-time employee in March 2012 to our current 30-strong staff comprising mainly service personnel, with a small but strong administrative support. Another source of great pride is the presence of peers, including our former clients, among staff – indeed the walking the talk of giving more employment opportunities to people with mental health challenges.

Extending our services to include the elderly with mental health issues since 2016 proved to be timely. Since then, we have been receiving many referrals from hospital partners and requests for help from caregivers.

As we celebrate the completion of our fifth year of service, alhamdulillah, we can safely look back and say, yes, we have done well indeed.

We started with the initial challenge of being a non-IPC organisation. Institutions of a Public

Another trend is the rising numbers of younger clients from schools and institutions of higher learning. Referral sources include parents, teachers and the students themselves – indicative of successful outreach efforts to the community.

In fact, half of our referrals are from public walk-ins.

Since January 2014, 1460 clients have passed through our doors. If we were to include the time we started, close to 2000 clients have benefited.

Our approach remains three-tier – helping people with mental health challenges, their caregivers and families, as well as outreach to the general public. Our programmes and activities, as well as services such as counselling, home visits, support groups and volunteer training, fulfil these roles.

With respect to our vision of eradicating stigma, although we are not there yet, we are coming closer to it.

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 mere financial and moral support; they have seen the need to engage us in helping provide comprehensive mental health services to our madrasahs, and are working with us to help fill yet another gap in existing services.

In the longer term, I see the expansion of services to include those with addiction issues and the opening of a few more 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.

Thankfully, we have the support of many.

So which of the favours  
of your Lord would you deny?

– *Quran 55:38*

## About Club HEAL

Club HEAL is a charity that aims to assist and empower Peers (persons with mental health issues) to regain confidence in themselves and others in their journey towards community reintegration. It also aims to eradicate the stigma surrounding Peers thereby breaking unnecessary barriers to their recovery process. Services provided by Club HEAL include day rehabilitative services, home visits, public education, support groups and volunteer training.

There is a breadth of services that Club HEAL offers; this issue will highlight four of our dedicated members of staff – a social worker, a programme coordinator, a counsellor and a mental health nurse. We see in their profiles a common theme of seeing the need to help, and wanting to contribute to the needs of persons with mental health challenges in their specialised ways.



**Junainah Eusope**  
*Programme Coordinator*

**What sparked your interest in Club HEAL?**

I really see the need to help our own Malay/ Muslim community in raising awareness about mental health issues, and encouraging and empowering fellow peers in their recovery.

As a peer who has been through rehabilitation programmes myself in various centres, I am able to genuinely share my story and the various stages I had gone through. I have walked in their shoes – seeing what they see, feeling what they feel. I can share relevant skills in managing mental health challenges, and what has worked for me personally in recovery – things like advocacy work, and volunteering my time in charitable causes.

**What do you see as your role in Club HEAL?**

As programme coordinator, I share with peers the skills to do hands-on craft that might first begin as a hobby and can later possibly lead to income that helps them support themselves. In Club HEAL, we do pushcart sales in hospitals. Earning income and doing meaningful work would help peers feel a sense of being useful and give them confidence in their ability to work, when before they may have thought they could not do so. In working at the pushcart and doing sales, they overcome fear and gain confidence through engaging with the public.

I was also put into pushcart sales when I was recovering and I felt a sense of relief in having a source of income to provide for my family. It does not mean that when you have an illness, you cannot help yourself.

**How have you grown in Club HEAL?**

I had been disconnected from work life for nine years before joining as staff in Club HEAL, having taken time to fully recover. My first year was challenging as I battled doubts, and I needed time to think of a strategy for the rehabilitation services in Club HEAL. I also had a fear of talking to professionals then. My second year in Club HEAL saw a drastic change in me as I began to have many ideas and plans that I wanted to put in place. I am now in my third year and I have full confidence that Club HEAL, and the peers we serve, can make it, God-willing.

**What is your vision for Club HEAL?**

My vision is that Club HEAL can be run by peers for peers, with some help from professionals. I hope Club HEAL could one day have a successful social enterprise, with peers managing the administrative needs, accounts and sales, as well as producing the handcraft to be sold.



**Fauzy Ramli**  
*Counsellor*

**What sparked your interest in Club HEAL?**

I had my first spark of interest to be a counsellor for people with mental health challenges in my previous work as a youth development officer at a mosque, where I conducted para-counselling sessions with youth-at-risk. I also personally knew someone with schizophrenia, which prompted me to research the condition, as well as anxiety and depression. I then pursued courses to receive certifications as a counsellor. After five years as a youth development officer, when the opportunity to work as a counsellor in Club HEAL arose, I took the leap of faith without hesitation.

**What do you see as your role in Club HEAL?**

As counsellor in Club HEAL, I provide psycho-education to my clients, helping them gain insights into their illness and ensuring that they can understand and manage their symptoms. I also help them with medication management.

In my perspective, what is most important is the rapport I build with my clients – this is essential for them to open up to me. I try to be jovial and I listen actively, which prompts them further. I am also recognised under the Asatizah Recognition Scheme (ARS). This enables me to provide religious counselling if my clients are ready for it.



**Ilham Firdaus**  
*Social Worker*

**What sparked your interest in Club HEAL?**

I have been with Club HEAL for the last two years. I had felt that there was a relevant need in the Muslim community, and the society at large, for services that catered to persons with mental health challenges, and saw work in Club HEAL – a young organisation – as a great opportunity to contribute to that need.

Also, I personally know some people who live with mental health challenges and I truly believe providing concern and support is helpful.

**What do you see as your role in Club HEAL?**

My role as a social worker sees me journeying with clients who have mental health challenges to reach their goals in recovery. I also work with their caregivers and family members, helping them understand their roles and strengthening the support they give. I refer clients to relevant social services for further support as well.

**How have you grown in Club HEAL?**

Through my time thus far in Club HEAL, I have learnt to tackle challenges head-on, determined to support my clients. But when it gets too challenging, I have learnt to believe in the process. We don't always have to have answers to every problem our clients face. Yet, every effort counts and fits into a larger picture.

I have also learnt the importance of self-care; I need to take care of my own wellness before I can best carry out my duties as a social worker. I thus spend my free time in recreational pursuits such as sports and, in particular, running. I also see the importance of making time for meditation.

**What is your vision for Club HEAL?**

I hope that Club HEAL will become a trusted centre of excellence that addresses the growing challenges of mental health issues in the Muslim community and the larger society. I believe Club HEAL can provide recognised and effective service to clients and hope for Club HEAL to strive to continuously improve its services. My vision for Club HEAL is to culturally be a centre that provides appropriate services for the Muslim community, a value-add to the social services sector in Singapore.

**How have you grown in Club HEAL?**

I feel I have become a better listener through my experiences in Club HEAL, and I seek to understand my clients well. I hear the unsaid words. I also try to appreciate my client's worldview.

**What is your vision for Club HEAL?**

My vision for Club HEAL is for more Muslim professionals in healthcare to join – as staff or volunteer – as the organisation grows. At five years old, Club HEAL is like a young child, and I hope with more professionals joining the cause, Club HEAL will grow to be a wise adult. I wish Club HEAL a prosperous journey ahead.

**Fazeeda Mohamed**  
*Mental Health Nurse*



**What sparked your interest in Club HEAL?**

I heard about Club HEAL by chance as I was looking at some news features of mental illness on Facebook. This sparked me to find out more about Club HEAL. Upon hearing and reading about the services that Club HEAL offered, I was intrigued. By sheer coincidence, Club HEAL was looking for a mental health nurse to join the team at the same time. Without further ado, I sent out my application. I have been here since February 2016.

**What do you see as your role in Club HEAL?**

As a mental health nurse, I provide assessment, as well as develop, implement and evaluate the clinical practice setting and standards of care for clients. Club HEAL has expanded our services to cater to needs of the elderly with dementia, which allows me to draw on my nursing experience in caring for the elderly.

I formulate clients' care plans in collaboration with clinicians and other healthcare team members, identify the learning needs of clients and their family, and provide psychoeducation to caregivers to promote optimization of clients' condition and progress. I also provide support for caregivers in their caregiving journeys.

**How have you grown in Club HEAL?**

Being in Club HEAL allows me to deepen my experiences in terms of communicating and facilitating, and in providing more service linkages for those who are in need within the community. Now I can experience first-hand our clients' situations and backgrounds better, as compared to when I was working in the hospital and other institutionalised settings. By experiencing the caregivers' issues in their home settings, I get a better understanding of their family situations. Whenever I am able to allay a caregiver's anxiety and concerns, I am very happy with my achievement.

**What is your vision for Club HEAL?**

As a mental health nurse, I hope Club HEAL will continue providing our services to our aging population and also encourage our society to be more engaged in activities at an earlier stage. We need to encourage our Malay population to have a graceful and meaningful aging experience. Insyaa'Allah, I am also hopeful that Club HEAL will successfully eradicate the stigma of mental health illness within the Malay community and reduce social isolation of the mentally ill.

**Lubna Shah**  
*ExCo Member – Assistant Secretary*



**What sparked your interest in Club HEAL?**

A dear friend of mine who had bipolar disorder was working with Dr Radiah on the possibility of starting an organisation that could help people with mental health issues reintegrate back into society. She unfortunately passed on. On the day of her funeral, I got to know of Dr Radiah, who contacted me and asked if I wanted to make my friend's dream a reality. I said yes immediately.

**What do you see as your role in Club HEAL?**

Much of it was during the earlier phase when we were still forming the club. At that time, it was important to get the message across to the public that there was a place where people could seek help, or go to if they want to do their part for the community. So I started out a blog, which we gradually transformed into a website. I also oversaw the recruitment of volunteers. I am currently serving as the assistant secretary.

**How have you grown in Club HEAL?**

I used to think that in order for Club Heal to achieve its goals, we could only depend on the people who are already in the mental health field to come on board the team. Over time, however, I get increasingly inspired by the dedication and commitment that caregivers provide to their loved ones in their journey towards recovery, as well as the compassion shown by volunteers and members of the public. We have volunteers from all walks of life coming to show their support. I am now more confident that you can touch the heart of anyone if you are sincere and that, if the whole village comes together to achieve something, wonders can happen!

**What is your vision for Club HEAL?**

I hope that there will no longer be room for people to fall through the cracks. Whether it is a person with mental health issues or a caregiver, there must always be a place for them in Club HEAL.



**Kaiyati Ahmad**  
*Volunteer*

**What sparked your interest in Club HEAL?**

I have been a volunteer with Club HEAL since 2014. I started out simply wanting to help a good friend of mine, a caregiver who had lost her son who experienced mental health challenges. She needed support and a companion to accompany her to volunteer at Club HEAL. Thus, I signed up for Club HEAL's "HEALing Friends' Training". I wanted to understand more about mental health issues at that point and so I filled up the form during the training to be a committed volunteer with Club HEAL. It has been a beautiful experience since.

**What do you see as your role in Club HEAL?**

As a volunteer, I attend the rehabilitation sessions at Pasir Ris East weekly and assist the Peer Executives. I befriend the clients, enjoying their company and helping wherever I can. As my skills are in sewing, I also assist the clients in their sewing handicraft, which can be used in Club HEAL's sales production at the pushcarts to generate funds and empower peers.

Additionally, I accompany Club HEAL's counsellors for home visits, where I establish connections with the clients and make them feel comfortable to share. For the coming year, I am tasked to focus on clients with dementia. Club HEAL

will be sending me to a course to learn more about helping our seniors with dementia. Truly, I feel like I am learning more as a 'silver volunteer'!

**How have you grown in Club HEAL?**

When I first started, I was scared and intimidated. However, I have grown to enjoy my time with Club HEAL. I am happy to help and I treat Club HEAL as my own home, and the dear people whom Club HEAL serves, as my own family.

**What is your vision for Club HEAL?**

My vision for Club HEAL is for the clients here to all heal and be happy, because I am happy when they are happy.



## Snapshots of Past Events

### 1. HFT @ Marsiling – 14 Oct 17

An attentive group of potential volunteers attended our Healing Friends Training in English at Marsiling.

### 2. Talk @ MINDS – 21 Oct 2017

Mr Zainal, our Programme Head, shared with MINDS volunteers and staff tips on effective communication with people with mental health issues.



### 3. Booth @ Hillview CC “Healthy Minds, Happy Lives” – 22 Oct 2017

The Club HEAL team took part in SACS’ celebration of Mental Health Month with a booth.

### 4. Workshop @ PPIS – 27 Oct, 3 Nov 2017

Dr Radiah delivered two workshops in Malay on topics on elderly health and wellness to a captive female audience.

### 5. Talk @ Henderson CC – 2 Nov 2017

Dr Radiah shared on how to manage stress and build mental resilience to some 40 mothers from the Supermummies Club @ Henderson-Dawson Constituency.



### 6. Club HEAL Sharing and Poetry @ YODA’s “Spoken Word” – 5 Nov 2017

Club HEAL writers Yohanna and Sumaiyah shared some wonderful poetry and spoke about Club HEAL to a group of youths from YODA Darul Arqam.

### 7. Talk @ NTUMS – 9 Nov 2017

Dr Radiah and Yohanna spent a wonderful evening with members of NTU Muslim Society, discussing the topic of mental health from an Islamic perspective.



### 8. Booth @ Lakeside – 4 Nov 2017

Fizah, Daryl and Mano manned the booth, receiving good response from the public. Some even came forward to share their experiences with mental health issues, which they had been too shy to share earlier due to stigma.

### 9. Booth @ Nee Soon South “Walk with Me: Our Journey of Remembering” – 12 Nov 2017

CREST Team and Mr Zainal manned the booth. The residents were engaged and participated actively in a mental health quiz and a “Guess the Singapore Iconic Landmark/-Food” game.



### 10. Song Performance @ BB Library – 18 Nov 2017

Mano Esperanza belted out songs to help celebrate our community partner’s end-of-year celebrations at BB Library “Hand of Hope” event.

### 11. Talk and Sharing with Staff of Al-Khair Mosque – 21 Nov 2017

Dr Radiah conducted a mental health awareness talk to the staff of Al-Khair Mosque. They also paid a visit to Club HEAL @ Marsiling and interacted with our participants, who demonstrated their skills at pottery, quilting and glass painting; and shared their stories.

### 12. Talk @ Pacific Care Centre (Emerald Punggol) – 22 Nov 2017

A group of seniors attended a talk by Dr Radiah on mental health challenges among the elderly.

### 13. Caregivers’ Workshop @ KTPH – 25 Nov 2017

Club HEAL and Caregivers’ Alliance conducted a workshop for caregivers in Malay with sharing by both peers and caregivers as well as our senior counsellor.



### 14. Talk @ Ar-Raudhah – 25 Nov 2017

Sister Balqis and Aneez shared with Ar-Raudhah befrienders on the topic of depression in Malay.

### 15. ARS Training @ Al Ansar – 25 Nov 2017

Another sharing with our asatizahs by Sister Hamidah and Brother Fauzy on the topic of stress and anger management.



### 16. Booth @ Punggol CC “Mental Health Carnival” – 2 Dec 2017

Rishah manned our booth at the annual mental health carnival at Punggol CC. We also had an exercise session and a talk on dementia.

### 17. HFT@ Marsiling – 2 Dec 2017

Dr Radiah, Nurleen and Kak Yang, with the support of our peers, conducted another successful HFT with a receptive 30-strong audience.

### 18. Booth @ PPIS FSC (West) “H.O.M.E @ St. 31” – 9 Dec 2017

Daryl and Fizah were volunteers at the booth, providing information on mental health issues with the participants of the event.

### 19. Family Day @ Pasir Ris Park – 17 Dec 2017

Project Weave volunteers organised a wonderful picnic/ barbecue for 20 Club HEALers and their families on one breezy sunny afternoon in December with wonderful food and fun games indeed!



### 20. Lectures at Assyakirin Mosque – 8, 15, 22, 29 Dec 2017

Counsellor Fauzy conducted a series of talks in December for mosque goers at Assyakirin Mosque on the topics of anxiety, depression, psychosis and caregiving.



### 21. Booth @ North West Mosque Cluster Family Day – 30 Dec 2017

Our CREST team was out in full force reaching out to the North West Mosque Cluster community via a booth at their Family Day.



## Upcoming Events & Announcements

### Upcoming Events

1. Gala Charity Dinner @ Keat Hong CC – 18 January 2018
2. Talk show @ Admiralty on Anxiety – 20 January 2018
3. Forum @ Al-Mukminin Mosque – 10 February 2018
4. Club HEAL ExCo retreat – 24 February 2018
5. Club HEAL Staff retreat – 2 - 3 March 2018

### NAMS @ Club HEAL

The National Addictions Management Service of IMH conducts a clinic at Club HEAL every Tuesday morning for existing and walk-in patients with addiction issues. No charge required to speak to a NAMS counsellor. To make an appointment, please call 6-RECOVER (67326837).

### GTPs @ Club HEAL

Club HEAL’s three centres are now designated GTPs (Go-To-Points) for lost PWDs (Persons with Dementia), starting 14 February 2017.



## 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 at: [www.clubheal.org.sg/donate](http://www.clubheal.org.sg/donate).

Please contact us at 68993463 for further details or email us at [admin@clubheal.org.sg](mailto:admin@clubheal.org.sg).



## 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 [info@clubheal.org.sg](mailto:info@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!



## Creative Corner

### *Bless Our Minds*

Jointly written by Yohanna Abdullah & Sumaiyah Mohamed

At Club HEAL, mentally blessed we feel  
 For the paths that have been opened  
 For the ailing, the caregivers, students and the public  
 We may be ill, but our faith and brotherhood are not weak!  
 We do believe there is cure for every illness  
 We are determined to walk together, in all our humanness  
 Holding each other’s hands  
 At rehab and outings and workshops and talks  
 Through counselling and home visits, together we walk

Ya Allah with deep breaths, quivering hearts,  
 trembling hands  
 We come and do our part, do what’s hard  
 Build our dreams up and restart if we have to  
 Keep marching on, that’s what we do  
 May Allah give us peace eternally for all  
 we have been through  
 Love us for how we have grown and overcome  
 Having hope in You, ya Allah, You are the One

People, please pray for us  
 Bless our, bless our minds  
 Bless our, bless our minds

Club HEAL's 5<sup>th</sup>  
Anniversary

FIVE YEARS OF HEALING

## Thank You to Our Generous Donors and Sponsors for Making Club HEAL's Charity Gala Dinner Possible!

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And all our wonderful friends  
who bought tables and seats...

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