

HEAL



HEAL ISSUE 22 (October - December 2018)

President's Address

"They (your wives) are your garment and you are a garment for them"
(Noble Quran 2:187)

This verse of the Quran reveals the basic purpose and concept of marriage. It enjoins that wife and husband should have the most intimate and loving relationship. Each should cover, protect and safeguard the interests of the other partner, make them look good, and protect them from shame.

In this issue of HEAL, we explore this special relationship between husband and wife. If one of the partners develops a mental health issue or has a pre-existing mental health issue, it is of utmost importance that the caregiving partner has a deep understanding of mental health and is able to give the best possible support to his or her spouse. Broken marriages, domestic violence and poverty are some of the common consequences of a poorly managed mental health problem arising in a spouse, not least because of the social stigma attached to it. These social issues can impact very negatively on all members of a family, including in-laws and children ... especially the children.

On the other hand, a positive take on mental health and caregiving can serve to strengthen bonds and build resilience in family members. I have encountered families where the challenge of mental ill-health affecting one spouse has resulted in the couple rallying together and uniting in love and resolve to ride the wave of mental health challenges.

"No relationship is all sunshine, but two people can share one umbrella and survive the storm together."

- Unknown



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.



Finding Love, Shines with Hope

- Ridzuan and Yang

Muhammad Ridzuan bin Yunus, 35, married the love of his life, Yang Faraizwana, in June 2018. They have known each other for over two decades, starting as classmates in secondary 1. He was the shy and rather introverted student who enjoyed NPCC and *Dikir Barat*. She was the rugged student from the Outdoor

Activities Club - wise, loyal, and ever ready to help those who needed support.

After secondary school, Ridzuan suffered depression and later was diagnosed with paranoid schizophrenia. It was a painful time, but he discovered both recovery and resilience. He went to Simei Care Centre for six months, and thereafter found gainful employment in various restaurants as his passion was cooking.

Currently, he works full-time at Club HEAL as a programme executive, helping many peers heal by offering his kind companionship, listening ear and valuable experience. Ridzuan was himself once a peer participant in Club HEAL, before he gladly took up the opportunity to give back as a member of staff in 2016.

After Ridzuan found himself ready, he reconnected through Facebook with Yang and entered a courtship with her. He found it comfortable to be with her, as they shared similar life experiences, and they both found faith to be an important element in their lives. He believes that she truly cares for him and he trusts her to give him wise advice. They got married after three years of courtship.

Ridzuan says, "The hardships were a blessing in disguise. I got myself a stable job, managed to do *umrah* (the smaller pilgrimage in the holy land), and got married to Yang, which are even greater blessings. Hence it is my hope that if Yang and I ever go through tough times in marriage, as we surely will, we will remain patient and positive ... to wait for the abundance of blessings that will certainly follow hardship."

"There is hope for us"



To maintain wellness, Ridzuan emphasises the need for discipline in his time management, making sure he has sufficient time to rest, prepare for work, do household chores with his wife, and most importantly, spend time together when he can share with her his feelings and thoughts.

Ridzuan is someone who has recovered beautifully and gained much strength. His message to anyone diagnosed with paranoid schizophrenia is, "There is hope for us, if we structure our time well. As time goes by, as we fill our days with meaningful work and activities, our mind will not wander so much, and we can be in control of our thoughts."

When asked what his message to his beloved wife would be, Ridzuan's face shines with tears and deep, sincere emotion: "I love her so much!"

May their marriage be filled with hope, blessings, happiness and peace, always!



Love Despite Loss, Strength Despite Struggles

- Rugayah and Mohd Ashim

Mdm Rugayah bte Abu was blissfully married for 25 years to her husband, Mr Mohd Ashim bin Mohd Salleh. When he passed away, she was devastated. He was her love and light - they had been inseparable, always together in prayer, in going out, in managing their household. He was the one who guided her and nurtured her in the Islamic way. He taught her how to read the Quran. He had regaled her with jokes and his wit, and had never failed to call her 'Sayang' (beloved).



When she lost him, the loneliness was unbearable. "I had had no other friends for 25 years; I could never bear to leave my husband to go out with friends," she confessed. The man she prayed with, ate with, who

accompanied her for outings, was now gone. She did not have anyone she could confide in, so she experienced profound grief. She even started to 'melatah', which means that when she spoke with others, she would unthinkingly repeat their words, especially when slightly startled.

However, she has accepted this immense loss. She understands that this is a test from God and she continually prays to Allah for peace and remembers Him often. She also chooses to cultivate gratitude for the beautiful marriage life she had experienced - where there was not much conflict or hurt.

Mdm Rugayah's children have also been a huge form of support. They praise their step-father for having taken good care of her, and ask now for a chance to do the same. They want her to be happy.

Club HEAL has also been a source of companionship and strength for her. Ms Siti Hamidah Bahaswan, a senior counsellor at Club HEAL, was her ex-schoolmate and, on hearing of her loss, had invited Mdm Rugayah to visit Club HEAL. Here, Mdm Rugayah has made many friends and enjoys laughter and learning.

"We have to be strong and fight. Let us not dwell in feelings of yearnings for the ones we have lost."

Mdm Rugayah hopes that people in her shoes, who have lost a beloved, will find strength in God. She overcomes loneliness by taking ablution and crying out to God, finding solace in God's love. "We have to be strong and fight. Let us not dwell in feelings of yearnings for the ones we have lost."

"My hope for the future is to have good health and lead a fulfilling life without making it difficult for my children. I hope to avoid hospitalisation, and have a blessed ending too."



Snapshots of Past Events

1. Hari Raya celebration @ BBE – 7 Jul 2018

The ClubHealers with the help of Project Weave had festive fun with our friends and supporters from Bukit Batok East and other community partners. Mdm Rahayu Mahzam, our GOH, spoke passionately about the need to raise awareness about mental health issues. We also celebrated the contributions of our volunteers, including our EXCO, the backbone of Club HEAL, past and present.



2. Madrasah talks – 17 Jul, 16 Aug 2018

Madrasah Counsellor Noraliza gave useful talks on basic counselling to teachers at Madrasah Al-Maarif and on handling exam stress to students of Madrasah Al-Junied with the help of our interns.

3. Hari Raya cum National Day celebration @ CRSS – 19 Jul 2018

BBE-based ClubHealers joined CRSS BBE for a fun afternoon celebrating Hari Raya and National Day with songs and games.

4. Friday mosque collection – 20 Jul 2018

This year's collection was the best to date, thanks to the hard work of staff and volunteers and the wonderful taxi-drivers of Al-Jadi, Al-Pasti and Al-Madi under the able leadership of Ustadz Husin Adam from Queenstown mosque.



5. Dementia talk @ Masjid Hj Yusof – 21 Jul 2018

Dr Radiah gave a talk on dementia, providing important pointers to early symptoms and signs of mental illness, to an attentive audience at Hj Yusof mosque.

6. NTUMS Walkathon in aid of Club HEAL @ Labrador Park – 28 Jul 2018



(Photo: NTUMS)

Members of NTUMS (NTU Muslim Society) PULSE organised an OK Run aiming to cultivate loving kindness among the NTU population. Club HEAL was represented by the talented singer-song-writer Md Nur (Mano) and PSS Daryl Tan who shared his recovery story.

7. HFT – 28 Jul, 15 Sep 2018

The Club Healers conducted two excellent HFT's at our Pasir Ris Centre in July and September, targeting the Our Healing Voice participants and members of the Rotary Club of Singapore respectively.

8. Panel discussion and booth @ Shelter Conference – 2 Aug 2018

Dr Radiah participated in a panel discussion at the Shelter Conference by Casa Raudhah, speaking on the impact of mental health issues on families. The Club HEAL team also contributed a booth for outreach.

9. Booth @ Health is Wealth Symposium – 4 Aug 2018

Kak Junn and Supinah reached out to visitors through Club HEAL's booth at this mental health symposium organised by the Titanium Ribbon Project.

10. Talk @ Fuchun Sec School – 14 Aug 2018

Counsellor Nabilah and Kak Junn gave an engaging talk on Mental Health to student counsellors at Fuchun Sec School on Wednesday afternoon.

11. Talk @ Radio Warna – Tamu Sensasi – 7, 14 Aug 2018

The Club HEAL team shared on the topic of suicide at Radio Warna over two weeks with deejay TG.

12. Booth @ Marsiling CC National Day Celebrations – 9 Aug 2018

The CREST team participated in Marsiling's National Day Celebrations with a booth, reaching out to residents.

13. Talk @ MUIS – 15 Aug 2018

Senior Counsellor Hamidah spoke on the topic of mental health as part of the Keeping Fit programme for MUIS officers.

14. Training @ PERGAS – 17, 24 Aug; 7, 14, 21 Sep 2018

The Club HEAL training team conducted mental health training of various topics over five Friday evenings to a group of enthusiastic *asatizah* @ PERGAS.

15. Booth @ IMH "Beyond the Label" launch – 8 Sep 2018

The Club HEAL team led by Kak Junn showcased "Kampung HEAL" and the exquisite handicraft items produced at our "Kampung" during the "Beyond the Label Launch" by NCSS @ IMH.



(Photo: IMH)

16. Mental Health Anti-Stigma Campaign "Beyond the Label" – 8 Sep–31 Oct 2018



(Photo: Beyond The Label)

The campaign aims to advocate for the acceptance and inclusion of persons with mental health conditions in society. Sumaiyah from Club HEAL is one of the campaign ambassadors.

17. Dementia Forum @ Yusof Ishak Mosque – 21 Sep 2018



(Photo: Dementia-Friendly Singapore)

The Club HEAL team worked with AIC and the mosque to reach out to some 150 mosque-goers on the topic of dementia and dementia caregiving with talks, booth and a panel discussion with Mr Amrin Amin, Senior Parliamentary Secretary for MOH.

18. AGM – 23 Sep 2018

Club HEAL held a successful AGM which saw the election of eight new members into the EXCO.

19. Active Ageing for Caregivers Seminar @ Yishun Health Campus (booth) – 26 Sep 2018

The CREST team reached out to many via their booth @ Yishun Hospital

20. Silver Volunteers Training for MHPA nurses @ AMP – 29 Sep 2018

Mental Health Nurse Fazeeda and Volunteer Dr Sharifah Munirah Al-Hamid conducted training on mental health conditions among the elderly to prepare a group of nurses to become our silver volunteers.



21. MIND Matters Discussion Group @ MINDSET – 29 Sep 2018

Counsellor Nurleen facilitated a group discussion on how to cultivate a healthy mind at this SAMH event.



Upcoming Events & Announcements

Upcoming Events

1. Talk on Women and Mental Health @ Supper Mummies Club – 4 Oct 2018
2. Art Exhibition @ the Esplanade Mall – 5 Oct 2018
3. Talk @ Silver Ribbon Singapore Global Summit – 5 Oct 2018
4. Talk on Dementia @ Al-Istiqamah – 6 Oct 2018
5. Panel Discussion @ WGS – 7 Oct 2018
6. Community Chest Awards Event @ Istana – 9 Oct 2018
7. Events @ BB Library – Art Exhibition 10 October, Art Demo 13 Oct, Video Discussion 20 Oct, Book Sharing 3 Nov 2018
8. Forum @ An-Nur – 13 Oct 2018
9. Booth @ AMKFSC WMHD – 14 Oct 2018
10. Book Launch “You can be your best” @ NLB – 20 Oct 2018
11. World Mental Health Day event – Healthy Minds, Happy Lives – Resilience Across the Ages @ BBE – 28 Oct 2018
12. Booth @ Silver Ribbon @ Sembawang – 24 Nov 2018

NAMS @ Club HEAL

The National Addictions Management Service of IMH conducts a clinic at Club HEAL every Monday (at Pasir Ris), Tuesday (at BBE) and Thursday (at Marsiling) 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 GTP's (Go-To-Points) for lost PWDs (Persons with Dementia).



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 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

Love and love only

By Aneez Fathima

*Someone kissed then flew high
I pulled him back down, shy
To my surprise he was my lost love
Who lovingly smiled from above*

*I fell back with a scream
Realized it was nothing but a dream
Missed him badly
With the sharp pangs of lonely.*

*I was the queen in your throne
Now lost the throne and mourn.
I know you are in a different station.
Yet searching you in frustration.*

*Heart is more powerful than reason.
It won't listen but changes with season.
Will I get back your love?
I'm waiting on the riverside, as a lonely dove.*

*Will you take me to the sea?
I want to swim on your back and flee
I want to pray and fast together
And travel with you farther.*

*Take me to your world
I want to be whirled.
I have years of stories to talk
And miles to walk*

*I treasure you deep inside
No one can steal you from outside
Those years are not enough for me here
But more years are possible only There*

*Waiting for the day of reunion
Where there is no separation, only union
Hope to feel your love's fantasy
And together can write its ecstasy.*

Freepik



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

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