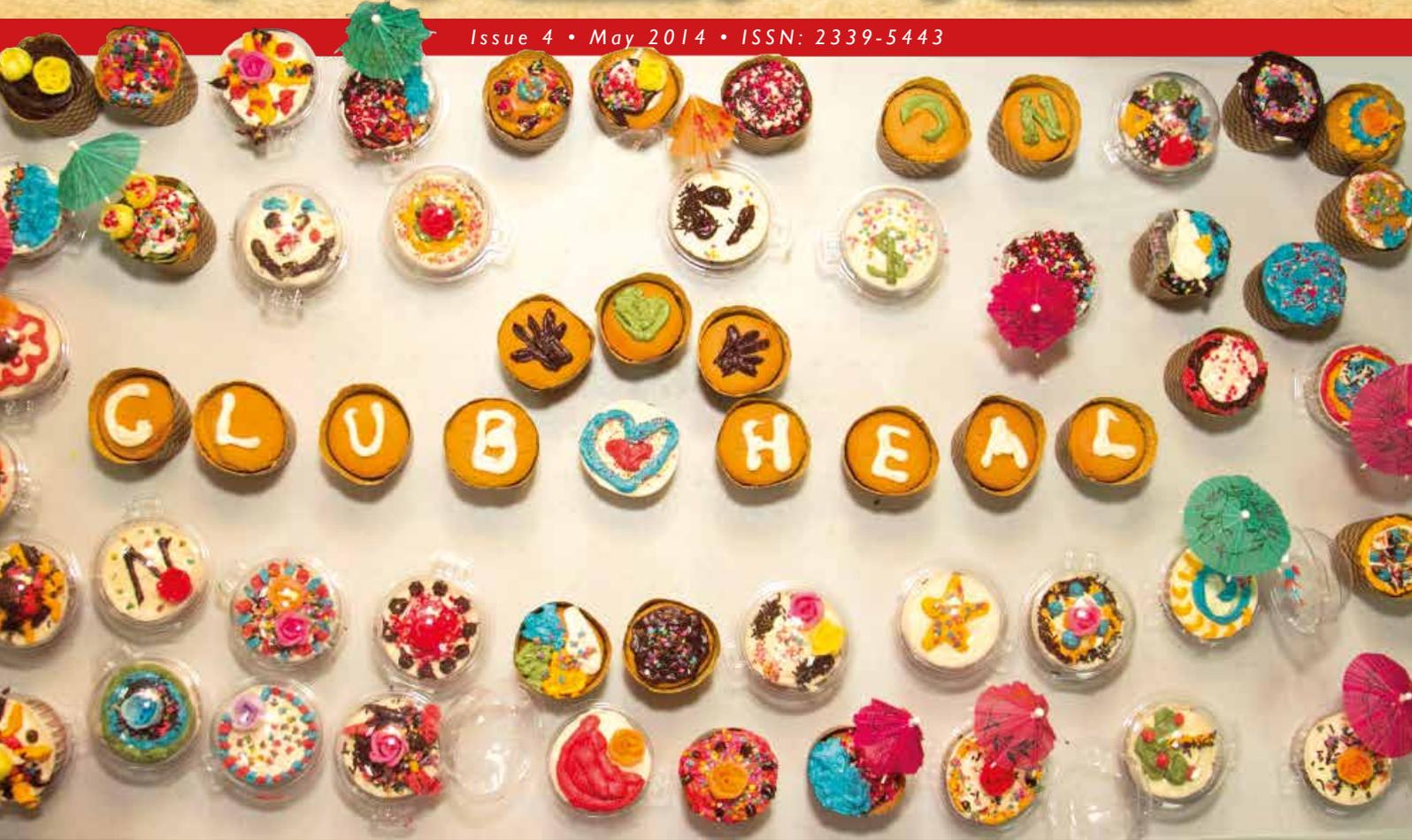


# HEAL

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## President's address

*"Whoever takes care of his brother's needs, Allah will take care of his needs."* [Bukhari and Muslim]

In this issue of HEAL, we celebrate the contributions of our volunteers, also known as our HEALing friends.

Club HEAL has been very fortunate indeed to have had many come forward to become HEALing friends. They personify the Love component of HEAL (Hope, Empowerment, Acceptance and Love).

We started with a small group of individuals who wanted to help persons with mental issues ('PMIs') re-integrate successfully into society. These individuals had one thing in common – they wanted to see changes for the better for a dishonoured group. Where others could not see light at the end of this long dark tunnel named stigma, these HEALing friends were determined to prove them wrong by doing their bit for Club HEAL.

Some joined the Exco. Some remained ordinary members but rose to the occasion whenever we needed extra helping hands with our events. Many donated cash and pre-loved things. Others came to our rehabilitative centres week after week to ensure the successful running of our programmes. These



### About Club HEAL

Club HEAL is a charity that aims to assist and empower 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 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, volunteer training and many more.

individuals gave their time, their skills and their hearts to Club HEAL and its beneficiaries.

More HEALing friends have since joined that original group of individuals. They all have that special quality that fuels the HEALing process that our beneficiaries have to go through. They have empathy and compassion. They care and they offer hope.

In the process of giving, our HEALing friends are able to forge meaningful relationships with our beneficiaries and their families, with our staff, and with each other.

Theirs is a friendship based on mutual giving – and in so giving, everyone receives.

Club HEAL has developed the HEALing Friends' Training Programme to equip anyone who is interested with the basic skills needed to become an effective HEALing friend. We provide the training at no charge and throughout the year because HEALing friends are the cornerstone of our success. It is only when more come forward and become HEALing friends, and more HEALing relationships are fostered, that we will come closer to achieving Club HEAL's mission (successful reintegration of PMIs into society) and vision (eradicating stigma).

Thank you, dear HEALing friends, each and every one of you!

**“ They all have that special quality that fuels the HEALing process that our beneficiaries have to go through. They have empathy and compassion. ”**



## HEALing Friends Special



“The first thing to be a HEALing friend is to relate to them as relatives in Islam, the second is to develop trust. We want to be open-minded, be willing to share and be ready to have fun.”

— Bee Bee Noor Jahan binte Syed Attar Shah

### Long list of credentials

Her name is long - Bee Bee Noor Jahan binte Syed Attar Shah – and her list of credentials to conduct a support group is also very long. Former senior staff nurse Mdm Noor Jahan, 63, is now a HEALing Friend at Club HEAL. She has worked in Woodbridge Hospital, the Singapore General Hospital, Tan Tock Seng Hospital, Kandang Kerbau Hospital and even in the Civil Defence (as ambulance staff), altogether for more than 4 decades.

Mdm Noor Jahan has been with Club HEAL serving as a volunteer since January 2013. She conducts the Wednesday support session at our Al-Wehdah centre (previously at Darul Aman Mosque).

### How to be a HEALing friend

“The first thing to be a HEALing friend is to relate to them as relatives in Islam, the second is to develop trust. We want to be open-minded, be willing to share

and be ready to have fun. Then we will be able to help each other,” shares Mdm Noor Jahan.

Mdm Noor Jahan usually goes through certain topics which address the different mental illnesses that her charges suffer from. “I want them to understand their illnesses, educate them on the symptoms and provide suggestions on how to manage the symptoms. I also educate them on their medicines – the different types, the dosage, when to take them and the side effects.” She adds, “During the sessions that I conduct, everyone is encouraged to share – maybe by recounting happy and proud moments.”

### Everyone is special

To increase self-esteem, Mdm Noor Jahan also singles out special people with special abilities to showcase their talents and knowledge. “There is a *hafiz* (one who has memorised the entire *Qur'an*) in our group, and I get him to read different chapters of the *Qur'an* each session, such as Chapter An-Nabaa’, a long chapter which he recites perfectly. When we clap our hands for him, he is encouraged and smiles. It used to be so difficult to see him smile.”

### A psychology graduate

Mdm Noor Jahan has a Psychology degree which she earned at the age of 50. “At Club HEAL, we are a family and this includes the caregivers. I also attend the Caregivers Support Group as I want to bridge the knowledge between caregivers and their charges. It is very important for caregivers to know what to expect from the patients and what is expected of them.”

- by Yohanna Abdullah

“Orang Gila (mad people) speak the truth, they are usually candid and frank.”

— Mdm Aminah bte Sakiman



Mdm Aminah is a HEALing Friend and she heals by sharing her knowledge and by offering tender loving care and sincere friendship to PMIs of Club HEAL.

### They speak the TRUTH

“Orang Gila (Mad People) speak the truth – they are usually candid and frank.” This is what Mdm Aminah Bte Sakiman, 53, a religious teacher declares fondly about PMIs. Not that she calls them ‘Gila’ herself as she is clearly devoted to her students at Club HEAL at Al-Wehdah. She adores every one of these individuals – their refreshing candour and colourful medical histories just make them more interesting.

### Anxieties of the teacher and the taught

Mdm Aminah first heard about Club HEAL from the President of Club HEAL, Dr Radiah, who had at the time just started the first branch of the Club at Al-Khair Mosque in 2012. She initially had some reservations about teaching those with mental illness as it was her first time dealing with PMIs.

“I had no experience and I must admit, I was scared. I was also scared that they wouldn’t like me,” confessed Mdm Aminah or *Ustazah* (religious teacher).

However, her apprehensions were unfounded as she found a warm, lively bunch of students eagerly listening to her presentations on Islam. “I never put stress on them. I just teach in a relaxed manner and do not discuss heavy topics. We have easy questions and answers. The kind of questions they like to ask generally relate to how to manage their everyday life. Also about God. I love the Question and Answer sessions.”

### Show them respect

Mdm Aminah feels sad that so many in society do not understand mental illness and lump all people afflicted as ‘Gila’. “They are very warm and welcoming so much so that when I cannot attend sessions due to some urgent reasons, I miss them. We have good relationships. Last year, I invited them to my home on Hari Raya and they came!”

“All we have to do is try and understand them and give them the respect that they deserve,” Mdm Aminah notes.

Mdm Aminah enjoys going on outings with her charges. Every Friday when she comes to Club HEAL, she not only conducts her own sessions, but also joins them in their other activities after her session is over. Often, she brings home-cooked food to share with the participants during their tea break.

“I am grateful to be their friend. I am happy when they are happy. That is what Club HEAL is all about. It is a place mental patients can hold tight to, so that they have hope and confidence to seek help and recovery,” Mdm Aminah asserts.

- by Yohanna Abdullah

## Upcoming Events

- Benefit Concert for Club HEAL by Mr Nassir Khan and friends: A Night of Santana**  
10 May 2014, 5.15pm, The Singapore Repertory Theatre
- Booth at Singapore Press Holdings Charity Carnival**  
19 May 2014, 11am – 3pm
- Healing Friends Training**  
10 May 2014, 9am – 4pm, Bukit Batok CC
- Launch of Club HEAL @ Al-Wehdah**  
14 June 2014, 5pm, Al-Wehdah  
Guest-of-Honour: Mdm Halimah Yacob
- Club HEAL AGM**  
21 June 2014, 2-4pm, Club HEAL @ BBE
- Friday Prayers Mosque Collection for Club HEAL**  
27 June 2014, Island-Wide

## Creative Corner

### Wounded

I had a wound  
It was you

I am scarred for life

Hardened

I wear you like a talisman  
I will never forget the light

That entered through the pain

Light entered through the pain

The suffering was my lesson

In my deepest despair

Light entered the darkness

Wounded, I am healed

- Yohanna Abdullah

The suffering was my lesson  
In my deepest despair

**Jln Kayu Zone 3 Roadshow (Saturday, 29 March)**



On 22 January 2014, Club HEAL had a successful signing of the letter of agreement between Club HEAL and JK '3' RC for the use of its premises as our third rehabilitation centre-based program. The event was attended by MP for AMK GRC, also advisor to our expert advisor Dr Joseph Leong; JK '3' Chairman, Mr Mohamed Nasim, and other grassroot leaders; our Exco and our staff.

On 29 March 2014, coinciding with the Earth Hour Celebrations at JK '3' RC, Club HEAL manned a booth showcasing the hand-made products of our rehabilitation service participants. We also conducted a talk-cum-discussion on mental illness.

Exco member and veteran caregiver Mr Raymond Fernando also shared his valuable insights with a very captive audience.

It was heartening to see wonderful support shown by Dr Intan her grassroot leaders in JK '3' RC.



**Mental Health First Aid Training (Thursdays, 17 April and 24 April)**



Club HEAL was very fortunate to have Dr Angelina Chan and Ms Jeannie Koh from Mental Health First Aid (MHFA), Singapore, conduct a training

for 17 staff and volunteers at our BBE premises. The course was intensive but fun and extremely useful. Many felt better equipped after learning how to render the MHFA Action Plan of ARISE (Active listening, Risk assessment of harm, Imparting information and reassurance, Self-help strategies and social support and Encouraging person to get professional help). We felt empowered indeed!

'It was my privilege to conduct MHFA training at Club HEAL. I was very encouraged by the earnest and sincere community spirit of the staff and volunteers. This has all the potential of a healing community.'

— Dr Angelina Chan MHFA Trainer

**Healing Friends Training (Saturday, 22 February)**

Our latest Healing Friends Training was organised for about 30 grassroot leaders at Taman Jurong CC. The audience especially liked the role plays on how to handle a 'difficult' PMI who refused to take his medications and a caregiver who firmly believed that evil spirits were the cause of mental illness and therefore refused to seek the help of medical professionals.



**Kita Orang Singapura on Suria (Monday, 31 March)**

Club HEAL had the privilege of being nominated as beneficiary of the TV program "Kita Orang Singapura". We received a handsome sum of \$11,700 as proceeds from the show.



**Public talks (Wednesday, 5 February and Saturday, 6 April)**

As part of our outreach efforts, Sisters Hamidah and Nabilah delivered a public talk on mental wellness at the Alkaff Mosque. This was well-received by the ladies who attended.

A second talk, on Mental Resilience, was conducted by Dr Radiah for 20 Muhammadiyah Aishiyah leaders at RKM building in Bedok North.

**Hari Latihan Penjaga (Saturday, 5 April)**

Club HEAL held a successful Caregivers' Training Day (in Malay) for an audience of about 50 caregivers of PMIs at the Social Service Institute in Somerset. The event was graced by GOH Dr Intan

Mokhtar, who gave us encouragement and support with her speech on the important role of caregiving in the recovery of PMIs. Apart from talks conducted by Dr Radiah and Sister Hamidah, there were also discussions with the audience. Staff of ClubHEAL, sisters Junainah and Julia, shared their valuable insights on the recovery process.

The event was supported by the Health Promotion Board, the National Council of Social Services and the Social Service Institute.

**AI-Wehdah Roadshow (Sunday, 2 March)**

Club HEAL held a successful roadshow at AI-Wehdah premises on Sunday 2 March for close to 40 women members. We had a film screen of the Club HEAL short films cum discussion followed by talks in Malay by Dr Radiah and Sister Hamidah on "Mental Resilience" and "Dealing with Stress" respectively. Sister Julia also took part in the lively discussion that followed the film screening. The ladies agreed that the men of AI-Wehdah would also benefit from a similar session.



**Radio talkshows on Radio Warna (Tuesdays 11 February and 18 March and Wednesdays 12 and 19 March)**



The staff of Club HEAL – Sisters Hamidah and Nabilah and Brother Zainal – appeared on Tamu Petang on two Tuesday evenings, on the topics of Stress and Addictions.

Dr Radiah and Sister Hamidah were also on *Tamu Petang* – they spoke on mental wellness and mental resilience, representing the Health Promotion Board, on the two Wednesday evenings.

**Colours of the Mind**

Club HEAL also contributed a booth for the "Colours of the Mind" event organised by the IMSSA (Indian Muslim Social Service Association Singapore) at Bishan CC.

**Café and Carwash @ BBE (Saturday, 12 April)**

Our signature vocational rehabilitative program, the Café and Carwash @ BBE, turned out to be an extra special one this April. Mdm Halimah Yacob as well as the grassroot leaders and residents of Bukit Batok East shared an afternoon of good music, great food and excellent company. The Club HEAL Mural and Pushcart were launched by Mdm Halimah.



Talented PMI Sufyan Adli Supiani gave his all singing both popular songs and his own composition, a song entitled "Anxiety". Counsellor Zainal read out a poem written by Yazid, one of our participants. The Mural was the result of hard work by student volunteers from Nanyang Academy of Fine Arts, headed by sister Yohanna's daughter, Ayesha. It was sponsored by the BBE Town Council and BBE CC grassroots. The Pushcart is a wonderful initiative of our sister Junainah, and is supported by our participants and volunteers, especially Mr Rahman from the Institute of Mental Health OCTAVE unit.





## Benefits of Helping Others



Often we find ourselves looking at the imperfections in our life and thinking, "It cannot get any worse than this" or "Why me?" We see ourselves as needing assistance rather than as tools of assistance to others. However, you would be surprised how positive the impact of helping could be, not only on those to whom help is given, but also on ourselves as the providers of help. After all, as Anne Frank once said, "No one has ever become poor by giving."

### We learn to be grateful

When we help others through a tough time, our eyes are opened to a world different from ours. The people we help could be having difficulty with issues we may never have had problems with, be it relationships, wealth, health or any other matter. This helps us to be grateful for the good things we possess that we may otherwise take for granted. A wise man once said, "Look at those who have lesser than you when it comes to the *dunya* (this life) and look at those who have more than you when it comes to the *akhirah* (hereafter)."

### We learn humility

Sometimes the people going through difficulty face problems bigger or more devastating than the ones we have. Yet, they may display higher levels of patience and resilience compared to us. When we ponder and reflect upon their reactions and compare those to our own response to lesser difficulties, we are humbled – we are then inspired to be similarly stoic when facing our own troubles.

### Our self-esteem is boosted

When people show appreciation for our help, have acted on our advice and felt better or have benefitted in some way through our assistance, it makes us feel happy ourselves. Helping others increases our self-esteem in many ways. Our ability to make a difference in a brother or sister's life increases our self-worth and makes us feel valued. Now, that's a win-win situation!

### We forget our own worries

Spending a lot of time looking at our own problems can be demoralizing. It can increase our anxiety, which only damages more than it repairs. On the other hand, helping others through their worries distracts us from our own, at least momentarily. This time-out allows us to take a break and return to our problems with a fresher perspective.

At the end of the day, when it comes to helping people, it does not matter what is in it for us. We do not need a reason to help, just a sincere heart. Yet, the fact remains that helping others adds meaning to our lives as much as theirs, whether it is by giving a word of advice or lending a listening ear. So go on, heal ... and be healed.



**Club HEAL Pushcart**  
Located at Blk 244  
Bukit Batok East Ave 5  
#01-02 Singapore 650244

### Thrift Shop

Club HEAL operates a Thrift Shop at our BBE premises to serve as a platform to empower our participants with occupational and entrepreneurial skills.

We sell hand-made products, overseas products and donated items that range from paintings to women's accessories.

Do visit us at void deck of Blk 244, Bukit Batok East Ave 5 during weekdays from 9am till 1pm (closed on public holidays).

**\*\*NEWS\*** The Club HEAL Pushcart has started operations at our Bukit Batok East premises during weekdays from 9am till 5pm. Our Thrift Shop has gone ONLINE! Now you can look for all you want right from your desktop. Visit our FB page Club HEAL Thrift Shop for more details.

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



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