

# ANNUAL REPORT 2012



*Where **H**ope, **E**mpowerment, **A**cceptance and **L**ove prevail*

## Club HEAL Annual Report 2012

(13 February 2012 – 31 December 2012)

Registered with the Registry of Societies	13 February 2012, UEN T12SS0028K
Institution of a Public Character (IPC)	5 February 2013 - 4 February 2015
Mailing address	Blk 244 Bukit Batok East Ave 5 #01-02 Singapore 650244
Website	<a href="http://www.clubheal.org.sg">www.clubheal.org.sg</a>
Patrons	Madam Halimah Yacob Mr Zaqy Mohamad
Expert Advisors	Dr Joseph Leong Jern-Yi Dr Habeebul Rahman
Legal Counsel	Ms Roslina Baba

### PRO TEM EXECUTIVE COMMITTEE

President	Dr Radiah Salim
Vice-President	Mdm Yang Chek Salikin
Treasurer	Mdm Siti Hawa Sulaiman
Secretary	Ms Roslinah Rasdi
Assistant Secretary	Ms Norain Mohd Noor
Executive Members	Dr Bibi Jan Binte Mohamed Ayyub
	Mdm Faizah Binte Haji Ahmad Jamal
	Ms Lubna Bte Iskandar Shah
	Mr Md Saifudin b Maarof
	Ms Nor Hidayah Binte Mohd Amin
	Mdm Norlaila Binte Mohd Ali
	Mdm Zauiah Bte Jantan

## BACKGROUND

Club HEAL is a non-profit organisation formed by a group of like-minded individuals who are committed and have a strong passion in helping people with psychiatric disabilities to lead a fulfilling and purposeful life that is stigma-free. On 19 February 2012, during its inaugural meeting at No 16, Lorong 6, Changi Road Singapore fifteen Club HEAL members agreed on the following mission and vision respectively:

- To assist and empower persons recovering from psychiatric illness to regain confidence in themselves and others in their journey towards recovery and community reintegration.
- To eradicate the stigma surrounding persons with psychiatric disabilities, thereby breaking unnecessary barriers to their recovery process.

Club HEAL's approach is a 3-tier programme aimed at

- i) Core beneficiaries who have mental health issues or challenges
- ii) Caregivers of people with mental health issues
- iii) Promoting mental health among the general public.

## CENTRE BASED REHABILITATION PROGRAMME

- **Club HEAL@ Al-Khair**

Club HEAL secured its first programme centre, a classroom in the Al-Khair Mosque, through the strong support of MP Zaqy Mohammad, the Vice-Chairman of Al-Khair mosque Mr Abdul Wahab Ahmad and grassroot leader of Keat Hong Community Club and Club HEAL member Mdm Junaidah Tarjo. The first psychiatric rehabilitation programme commenced on 7 May 2012 with four participants under the guidance of Dr Radiah Salim. The programme continued with the support of Club HEAL staff, a student intern and dedicated volunteers.

- **Club HEAL@ Darul Aman**

A second rehabilitation centre commenced on 2 July 2012 at the Darul Aman Mosque. The programme was led by Club HEAL Manager, Siti Hamidah Bahashwan, with the support of a programme coordinator, Zuraidah

By year end (December 2012), Club HEAL had successfully conducted four runs at Darul Aman and five runs at Al-Khair. Each run goes for eight weeks. A total of 40 participants and 5 caregivers have attended the programmes at both centres. (Darul Aman mosque had a total of 18 participants, 2 caregivers and 3 Interns whereas Al-Khair had a total of 22 participant, 3 care givers and 1 Intern).

The day rehab at both centres focus on three aspects:

1. Imparting knowledge such as medication management and symptoms management,
2. Developing life skills such as communication skills and activities of daily living.
3. Fostering healthy attitudes such as PACE (Positive, Active, Clear and Energetic) and HEAL (Hope, Empowerment, Acceptance and Love).

## SUPPORT FOR CAREGIVERS

- Supporting SAMH with the Malay FLP at Al-Khair mosque – a series of 8 workshops to help empower caregivers of persons with serious mental illnesses.
- Commencement of a monthly caregivers' support group at Darul Aman Mosque in September 2012.

## VOLUNTEER TRAINING

Club HEAL worked with Berita Harian to publish a series of articles on mental illness with the call for the public to attend its volunteers and orientation session. Through advertisements and word of mouth, its first Volunteers tea and orientation session on 24 March 2012 attracted 31 potential volunteers, persons with mental illness as well as their caregivers. The lectures by Dr Radiah Salim, Mdm Yang Chek Salikin and Mr Md Saifudin b Maarof elicited candid comments from the audience some of whom expressed their relief with the formation of Club HEAL. The event was recorded for the current affairs programme "Akhir Kata" and was broadcast on 29 March 2012 on the Suria channel.

The second training session for volunteers was held at Al-Khair Mosque on 22 April. Yang Chek and Saifuddin conducted the session which attracted 59 volunteers.

Subsequently throughout the year, one-to-one on the job training was given to volunteers and interns who assisted in the day rehab programme at both centres.

- **Public Talks**

Club HEAL was officially launched on 20<sup>th</sup> May 2012 at Al-Khair mosque with club HEAL Patron MP Zaqy Mohamed as Guest-of-Honour. In conjunction with the launch, we also successfully held a public forum entitled “Saka atau Baka”.

1. Public talks on mental health issues – at Mendaki Learning Festival, at Tampines East CC, and at Abilities Expo.
2. Participation in 2 expo’s at the Singapore Expo– the Mega Xpress Expo and Abilities Expo whereby participants are encouraged to interact with members of the public, sell donated items and promote club HEAL’s programs.

- **Home Visits**

Home visits were conducted by qualified members and/or staff of club HEAL. Home visits are done to assess the suitability of participants to enter the club HEAL rehab programme, to provide psycho-education to the persons with mental health issues and their caregivers, to conduct counselling sessions and family therapy. On occasion, when there is a crisis, home visits were conducted to aid the caregivers on appropriate measures such as helping to bring their loved one to seek emergency psychiatric care.

Total Homevisits done = 29

Total Phone Call-in = 85

Total Phone Call-out = 130

- **Special Events and Celebration**

- Majlis Iftar at Woodlands Point Madrasah. This was preceeded by a recording of a mock Iftar at AlKhair mosque, and club HEAL featured in Lensa Ramadan at Channel Suria on 25<sup>th</sup> July 2012.
- Hari Raya visiting – staff, participants and volunteers visited each others’ houses, helping to strengthen ties between them.

## FUNDRAISING

Our first fund-raising event took place on the 25<sup>th</sup> March 2012, during which club HEAL took part in the bazaar organized by DEWI- MHCC. That too was a success and we managed to raise more than a thousand dollars.

## PUBLICITY

- **Online presence**

- Formation of club HEAL's blog and facebook by Sisters Hidayah Amin and Lubna Shah and later club HEAL's website by brother Jalal Martin.

- **Others**

- The filming of the club HEAL short films in July 2012 by Sanif Olek and Hidayah Amin and their cast and crew.
- Articles in Berita Harian, Berita Minggu and the Sunday Times – Club HEAL featured in the local newspapers a total of seven times by year end.
- Club HEAL featured twice in Suria Channel.

- **Following are the Media Representation of Club HEAL:-**

- ***Providing HEALing for mental illness***, The Sunday Times, 25 November 2012, page 22.
- Club HEAL featured in ***Lensa Ramadan*** at Channel Suria on 25 July 2012. Our day rehab program at Al-Khair Mosque was showcased.
- ***Diterima Mesra***, Berita Harian, 6 June 2012, page 10. The article explores the programme in one of the days at Club HEAL's psychiatric rehab service at masjid Al-Khair.
- ***Gangguan mungkin mental, bukan makhluk halus***, Berita Harian, 21 May 2012, page 1. The article highlights the forum "Saka atau Baka" and the Club HEAL launch that took place the day before.

- ***Pelancaran Kelab HEAL***, Berita Harian, 16 May 2012, page 13. The article highlights the launch of Club HEAL at Al-Khair mosque with MP Zaqy Mohamad as Guest-of-Honour, accompanied by public forum “Saka atau Baka”.
- ***Merawat Pesakit Mental***, Berita Minggu, 1 April 2012, page 12. The article highlights Club HEAL and features a caregiver of a mental patient.
- Club HEAL featured in ***Akhir Kata*** on 29 March 2012 at Channel Suria. The volunteers’ orientation tea at Pertapis was featured with Madam Zaiton, a caregiver, interviewed. She highlighted the current lack of stepdown care facilities for the Malay/Muslim patients. This was followed by a panel discussion on the issue of mental illness and current challenges among the Malay/Muslim community with Dr Radiah Salim, Dr Bibi Jan Ayyub and Sister Yang Chek Salikin with Mr Othman Bohari moderating.
- ***Badan khusus bantu pesakit mental Muslim ditubuhkan***, Berita Harian, 21 March 2012. The article highlights about Club HEAL, our upcoming Volunteer’s Tea and Fund-raising Bazaar.
- ***Pesakit Mental Perlu Dibantu***, Berita Minggu, 26 February 2012, page 15. The article highlights the current situation of mental health in Singapore and about Club HEAL.

## STAFF & VOLUNTEERS

Club HEAL has a total of four part-time staff - Siti Hamidah Bahashwan (Club HEAL Manager), Mdm Ratnah Wati Mahammad (Administrator), Mdm Zuraidah Mohd (Programme Coordinator, Darul Aman) and Basithah Zulkifli (Programme Coordinator, AlKhair). They are supported by dedicated volunteers from among club HEAL’s member and members of the public. By year end, Club HEAL has a total of 27 members and 30 volunteers.