



Club HEAL

Annual Report **2015/2016**

1 April 2015 – 31 March 2016

Registered with the Registry of Societies
13 February 2012, UEN T12SS0028K
Institution of a Public Character (IPC)
5 February 2015 - 4 August 2016

Blk 244 Bukit Batok East Ave 5 #01-02
Singapore 650244

www.clubheal.org.sg

Patrons

Madam Halimah Yacob
Mr Zaqy Mohamad

Expert Advisors

Dr Joseph Leong Jern-Yi
Dr Habeebul Rahman
Dr Norhisham Main

Legal Counsel

Ms Roslina Baba

EXECUTIVE COMMITTEE 2015/16

President

Dr Radiah Salim

Vice-President

Dr Zuraimi Mohd Dahlan

Treasurer

Ms Maimunah Jumat

Assistant Treasurer

Ms Rabi'atull Syerida Adam

Secretary

Ms Noorunnisa d/o PK Ibrahim Kutty

Assistant Secretary

Ms Lubna Bte Iskhandar Shah

Executive Members

Dr Bibi Jan Mohamed Ayyub
Ms Yang Chek Salikin
Mr Abd Rahman Abdullah
Ms Rohanah Pagi
Ms Siti Hawa Sulaiman
Ms Ng Wei Chin
Mr Md Saifudin Maarof
Ms Rohizan Talib
Ms Tazrinah Hussin
Mr Abdul Wahab Ahmad

Contents

01 President's Message

02 Milestones

03 About Club HEAL

04 Programmes & Services

- Empowerment Programme
- Peer Support Groups
- Counselling services
- Caregiver Support
- Volunteer Training (HFT)
- Community Outreach

09 Fundraising & Publicity

- Fundraising
- Publicity - Media
 - Newsletter
 - Newspaper
 - Radio
 - TV

11 Staff

12 Sincere & Heartfelt Thanks

President's Message

“So which of the favours of your Lord would you deny?” – 55:40

2015 being the SG50 Year, had been a particularly busy and fulfilling year for Club HEAL.

Fasting in the name of charity, Club HEAL actively participated in the SG50 KITA week by holding our annual fast-a-thon on a bigger scale, this time as a joint event organised by Club HEAL and Bukit Batok East MAEC. Held on 27 June 2015, the event drew an overwhelming response of more than 450 attendees from among Club HEAL's supporters and the Bukit Batok East community.

The HEALing friends project funded by Com Chest has been very effective in encouraging volunteers to volunteer regularly at Club HEAL's programmes and activities. The six HEALing friends have helped reduce the heavy workload of our counsellors and programme executives. One of them, herself a Peer, has since graduated to become one of our programme executives.

Club HEAL's empowerment programme, under the guidance of our peer support specialist, Junainah Eusope, continue to thrive: some suitable clients are adept at producing beautiful pottery pieces and other craft items, while others manage our pushcarts at Yishun Polyclinic and IMH. Successful sales allow them to earn a small but significant income. One of the peers has become yet another programme executive for Club HEAL. We have also gratefully accepted the invitation to sell our items at the MINDSET pop-up link store at Citylink Mall; this has allowed even more peers to participate in selling to a wider public.

A first for Club HEAL in 2015 was the adoption of Club HEAL's "HEALing Friends Training" as a part of the asatizah (Islamic religious teachers) accreditation program for local Muslim religious teachers. It signifies recognition by the Muslim religious leadership of the importance and relevance of mental health training for our asatizah, who have regular contact with the Malay Muslim community at the mosques and madrasahs.

Another first for Club HEAL was the successful presentation of a paper at the Singapore Association of Counselling's Counselling Symposium in September 2015 entitled "Integrative Care: An Anxiety Case Study".

We also launched our second book, Shattered, We HEAL II, and its Malay version, Berkecai, Kami Pulih II, on World Mental Health Day (10th October 2015). This time, the book focuses on the concept of recovery and the peer movement in Singapore.

Our hard work under Temasek Cares funding paid off when we successfully got definitive funding (COMIT – Community Intervention Team) from MOH, thanks in particular to the hard work by our counselling staff under the leadership of our programme head, Zainal Lee, and with the support of AIC.

Alhamdulillah, Club HEAL also managed to acquire two more premises – one at Woodlands through the wonderful help of our Patron Mdm Halimah Yacob, Speaker of Parliament and MP for Marsiling-Yew Tee GRC; and the other at Pasir Ris East, thanks to the generous support of Mr Zainal Sapari, MP for Punggol- Pasir Ris GRC. Grassroots leaders at both places have been superb too.

Woodlands replaces our Jalan Kayu Zone 3 RC branch while Pasir Ris East is an upgrade from the container space at Darul Ghufuran Mosque, Tampines.

In 2016, a most exciting development has been our expansion to include elderly clients with dementia in response to the increasing demand for services to the elderly and their caregivers. Our staff has consequently grown to include our first mental health nurse and a social worker.

Last, but not least, I am very grateful to all our sponsors and donors, especially Temasek Cares, MOH, AIC, NCSS and ComChest, who continue to believe in this necessary and worthy cause.



Radiah Salim

Milestones

HEALing Friends Training
made part of ***Asatizah***
Accreditation Programme

Presentation of paper at
SAC (Singapore Association
for Counselling)
Symposium

Book Launch of
Shattered, We HEAL 

COMIT (COMMunity
Intervention
Team)
Funding

About Club HEAL

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 lead a fulfilling and purposeful life that is stigma-free.

Our mission and vision are follows:

- 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:



Centre-based Psychiatric Rehabilitation Programme

Club HEAL's core programme is the day psychiatric rehabilitative programme aimed at the rehabilitation and recovery of our core beneficiaries.

The day psychiatric rehabilitation programme at our three 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; and
3. Fostering healthy attitudes, such as HEAL (Hope, Empowerment, Acceptance and Love).

Operating hours of the day programme are from 9am till 1pm on weekdays.

42 (Club HEAL @BBE)

participants have taken part in the rehab programme at our premises at Blk 244 Bukit Batok East.

35 (Club HEAL @MDG)

participants have taken part in the Masjid Darul Ghufuran programme.

Programmes & Services

23 participants took part in the **Empowerment Programme**



Empowerment Programme

Selected participants also took part in the empowerment programme that was conducted by Club HEAL's peer specialist, Mdm Junainah Eusope.

The group is focused on empowering themselves even as they heal through support group sessions, development of their handicraft skills, operation of pushcarts and participation in empowerment camps.

16 Peer Support Groups

24 Caregiver Support Groups



Conducted **twice monthly** at Bukit Batok East and Masjid Darul Ghufuran

437 Home Visits

1281 Individual Counselling Sessions



Counselling services

Club HEAL conducts individual and group counselling for our beneficiaries – both PMI and their caregivers – at our centres and at their homes.

Community Outreach

- 3 Public Events
- 17 Public Talks
- 9 Booths
- 9 Major Events

5 HEALing Friends Training (HFT) Volunteer Training

They attracted an aggregate of 100 participants at various venues. Altogether, Club HEAL has 36 volunteers – they consist of 32 i-supporters and 4 HF's.

21 individuals seen at **NAMS** (National Addictions Management Service)

To date, a total of 21 individuals have been seen by the NAMS counsellor since NAMS' collaboration with Club HEAL commenced on in Sep 2015. This number includes 15 clients and 6 family members.

Among the 15 cases, the majority of the clients came forward to seek help on gambling issues, whilst the rest sought help on drugs-related issues and alcohol-consumption problems.

a. Public events (talks/ forums)

DATE	EVENT NAME	CATEGORY	ORGANISER	No. of Participants
3 Apr 15	Mental Health Talk at al-Mawaddah Mosque	Public Talk	Club HEAL - al-Mawaddah Mosque	80
22 Apr 15	Handling Stress, Building Resilience	Public Talk	Club HEAL-Madrasah Irsyad	50
30 Apr 15	Live Forum Discussion: HEALing Mind, Body & Soul & screening of "Amira" (Topic: Hope) on www.islamicevents.tv	Public Talk	Club HEAL	-
8 May 15	Live Forum Discussion: HEALing Mind, Body & Soul & screening of "Zul" (Topic: Empowerment) on www.islamicevents.tv	Public Talk	Club HEAL	-
15 May 15	Live Forum Discussion: HEALing Mind, Body & Soul & screening of "Ali" (Topic: Acceptance) on www.islamicevents.tv	Public Talk	Club HEAL	-
22 May 15	Live Forum Discussion: HEALing Mind, Body & Soul & screening of "Amira" (Topic: Love) on www.islamicevents.tv	Public Talk	Club HEAL	-
23-May-15	Healing Friends Training	Outreach	Club HEAL	113
16-May-15	"Mental Illness – Impact and Challenges to Family and Caregivers"	Public Talk	Muhammadiyah Women's group	40
10 Jul 15	Nationwide Mosque Fundraising	Public Event & Fundraising	Club HEAL	-
27 Jun 15	Fast-a-thon 2015 GOH: Mdm Halimah Yacob	Public Event & Fundraising	Club HEAL - BBE MAEC	300
29 Jul 15	Hari Raya Celebration Tea for IMH Long-stay patients @IMH	Volunteering	Club HEAL - IMH	100
15 Aug 15	Hari Raya Gathering @ the Pavilion BBE Zone 2	Celebration	Club HEAL	50
21-Aug-15	"Don't Worry Be Happy"	Public Talk	ITE College East	350
25-Aug-15	Healing Friends Training (English) – Asatizah Accreditation	Outreach	Pergas Asatizahs only - MUJIS & Club HEAL	39
29-Aug-15	Healing Friends Training (English)	Outreach	Club HEAL	32
30 Aug 15	Talk in Malay "Yok Peduli"	Public Talk	Club HEAL	
9-Oct-15	"The Work of Club HEAL" (for World Mental Health Day)	Public Talk	TTSH, Dept of Psychological Medicine	30
10-Oct-15	Book Launch of <i>Shattered, We Heal II</i> and <i>Berkecai, Kami Pulih II</i>	Public Event - Book Launch	Club HEAL	100
11-Oct-15	Darussalam Mosque "Cakap-Cakap" (for Muslim women)	Public Talk	Darussalam Mosque	40
15-Oct-15	Singapore Association for Counselling Symposium (presented by Nabilah Bagarib & Dr Bibi Jan)	Public Talk	Singapore Association for Counselling (SAC)	40
21-Oct-15	"Managing Exam Stress"	Public Talk	Mendaki	30
24-Oct-15	Healing Friends Training (Malay)	Outreach	Club HEAL	25
25-Oct-15	Talk in Malay "Towards a Healthy Mind" (part of Mental Resilience Week @ BBE)	Public Talk	Club HEAL	30
7-Nov-15	"Anxiety and Depression"	Public Talk	Darul Arqam	40
8 Nov 15	"Managing Stress and Building a Resilient Mind"	Public Talk	Darul Arqam	40
27 Nov 15	Talk in Malay "Managing Stress and Building a Resilient Mind"	Public Talk	MKAC	20
26 Nov 15	"Don't Worry Be Happy"	Public Talk & Activity	Rumah Kebajikan Muhammadiyah	50
16 Jan 16	Healing Friends Training (English)	Workshop	Club HEAL	13

b. Booths

DATE	EVENT NAME	CATEGORY	ORGANISER	No. of Participants
9 Aug 15	National Day Observance 2015	Booth	SG50 Kita	-
30 Aug 15	CNMC "Yok Peduli"	Booth	MUIS	200
27 Sep 15	Commemorating World Mental Health Day	Booth	Silver Ribbon, Geylang Serai CCC & Geylang Serai AAC	-
9 Oct 15	TTSH WMHD Booth	Booth	TTSH, Dept of Psychological Medicine	-
27 Jun 15	Fast-a-thon 2015 @ BBE CC GOH: Mdm Halimah Yacob	Booth	Club HEAL-BBE MAEC	300
15-Nov-15	Healthy Minds Happy Lives Carnival	Booth	Jurong Spring	-
15-Nov-15	MINDSET Booth	Booth	Jardine MINDSET	-
12 Mar 16	World Bipolar Day	Booth	IMH	-
13 Mar 16	Community Health Fair	Booth	BBE CC	-

c. Community partner events

DATE	EVENT NAME	CATEGORY	ORGANISER	No. of Participants
9 Aug 15	National Day Observance 2015	Celebrations	SG50 Kita	-
27 Sep 15	Commemorating World Mental Health Day	Celebrations	Silver Ribbon, Geylang Serai CCC & Geylang Serai AAC	-
1 Oct 15	Small Change Festival @Ngee Ann Kongsi Auditorium (on Club HEAL's short film "Putri")	Panel Discussion	Social Venture Lab @NUS	100
15 Oct 15	Singapore Association for Counselling Symposium	Paper presentation	Singapore Association for Counselling (SAC)	40
17 Oct 15	Film Premiere of <i>Pandora's Dimension</i> (Turning Stigmas into HOPE)	Panel Discussion	IAWIA Productions	80
5 Mar 16	International Women's Day @ Fu Chun CC	Celebrations	Marsiling WEC	
12 Mar 16	World Bipolar Day	Celebrations	IMH	
18 Mar 16	"Heroes: Recognising efforts, Inspiring action!"	Panel Discussion	Mental Health Wing of NUS Chua Thian Poh Community Leadership Programme	30
19 Mar 16	Briskwalking cum Mental Health Talk @ Marsiling CC	Health Event	Marsiling CC	

Fundraising & Publicity

Fundraising

1. Nationwide Mosque Collection 2015 – a total of \$40,000 was collected.
2. Fast-a-thon 2015 – we managed to raise \$3,000 through the participation of our non-Muslim friends in the fast-a-thon.
3. MINDSET Store collection (SE) - \$9,437.20
4. Forum Discussion - \$5,710.00
5. Sg Gives (online portal) - \$3,435.00

Publicity – Media

HEAL Newsletter

We continued publishing our quarterly HEAL newsletter with four issues published in May 2015, Aug 2015, Nov 2015 and Feb 2016. Our well-designed and informative newsletters touch hearts and minds and help promote our mission and vision of an inclusive society.

Newspaper

Membezakan antara gangguan makhluk halus dengan halusinasi (“Differentiating being possessed and hallucinations”) – BH 25 February 2016 – article by Dr Radiah on the difference between being possessed and having symptoms of psychosis such as hallucinations and delusions and the importance of mutual cooperation between conventional medical treatment and alternative therapies.

Bantu selamatkan satu nyawa (“Help save a life”) – BH 11 February 2016 – article by Dr Radiah on the importance of preventing suicides with tips on how to recognize that a person may be suicidal and steps to be taken.

Kaya jiwa = hidup lebih ‘senang’ (“Rich mind = ‘easier’ life”) – BH 5 January 2016 – article by Dr Radiah on the fact that real poverty is the poverty of the spirit rather than being poor materially.

Guna formula ‘DUIT’ untuk hadapi periksa (“Use ‘DUIT’ formula to face exams”) – BH 27 October 2015 – article by Dr Radiah on how to manage exam stress.

Melenyapkan stigma pesakit mental (“Eradicating stigma against people with mental illness”) – BH 14 October 2015 – article by Dr Radiah on how Hope, Empowerment, Acceptance and Love helps people with mental illness heal and help remove stigma.

Halimah: Sediakan sokongan bagi pesakit mental (“Halimah: Provide support to people with mental illness”) – BM 11 October 2015 – feature on the book launch of Shattered, We HEAL II and its Malay version Berkecai, Kami Pulih II on World Mental Health Day 2015, with Mdm Halimah Yacob commenting on the importance of educating the public about mental health issues and supporting people with mental illness in the community.

Terapi diri dengan melukis (“Self therapy through art”) – BH 18 September 2015 – feature on Club HEAL volunteer and local celebrity Noor Naserima who shared that she pursued the arts including acting and drawing in order to help her overcome depression.

Peruntuk masa bantu pesakit mental (“Setting aside time to help people with mental illness”) – BH 27 August 2015 – feature on Club HEAL ex-co Ms Lubna Shah’s volunteer work in Club HEAL and her vision of having peers run Club HEAL in the future.

Pusat Kelab Heal kini diperluas, mampu tampung kegiatan tambahan (“Club Heal’s premises extended, able to give room for more activities”) – BM 16 August 2015 – report on Club HEAL’s Bukit Batok East premises extension, which gives extra space for counselling sessions and activities for rehabilitation such as pottery to help empower participants of the rehab programme.

Harapan Kelab Heal: Perkasa pesakit dan penjaga (“Club Heal’s Hope: Empower Patients and Caregivers”) – BM 5 July 2015 – article written by Dr Radiah Salim in conjunction with SG50 celebrations, on Club HEAL’s past, present and future, with the hope that Club HEAL will one day be successfully run by people with mental illness and their caregivers.

60 bukan Islam berpuasa untuk kumpul dana \$3,000 (“60 non-Muslims fast to collect \$3,000 in funds”) – BM 28 June 2015 – feature on the fast-a-thon and the breaking fast ceremony on 27 June, which was jointly organised by Club HEAL and Bukit Batok East MAEC at the Bukit Batok East CC and graced by Mdm Halimah Yacob.

Selepas pulih, sumbang balik kepada masyarakat (“After recovery, contributing back to society”) – BH 19 Mei 2015 – feature on Club HEAL’s peer specialist Mdm Junainah and Club HEAL’s peer Mr Muhammad Hazique at Club HEAL’s booth at SPH’s Charity Carnival.

“There’s no shame in mental illness” – the Sunday Times 10 May 2015 – feature on Dr Radiah Salim and how family tragedies spurred her to set up Club HEAL to raise awareness and dispel stigma linked with mental disorders.

Fahami skizofrenia untuk bantu pesakit atasi penyakit (“Understand schizophrenia to help patients recover”) – BH 5 May 2015 – article by Dr Radiah on schizophrenia (cause, symptoms and treatment).

Realiti pesakit bipolar ditelanjarkan (“The reality of a bipolar patient revealed”) – BH 17 April 2015 – article on the theater production of the monologue “Naked” by Teater Kami, profiling the life of Yohanna Abdullah who has bipolar disorder, and commenting on how this production reveals the challenges experienced by a person with bipolar illness.

Gangguan bipolar keterlaluhan (Bipolar disorder in the extreme) – BH 8 April 2015 – article by Dr Radiah Salim on bipolar disorder (nature and treatment).

Antara bipolar bisu dengan bipolar bising (Between mute bipolar and noisy bipolar) – BH 8 April 2015 – article by Yohanna Abdullah on Nuri, a person with bipolar disorder, and how the illness has affected her life.

Radio

Program Paridigma: Keresahan (Anxiety) - Warna Radio Station 94.2FM, 3 June 2015.

Program Paridigma: Kemurungan (Depression) - Warna Radio Station 94.2FM, 10 June 2015.

Program Paridigma: Yohanna's experience with bipolar disorder - Warna Radio Station 94.2FM, 24 November 2015.

TV

“Depression and Loneliness in the elderly” on Channel Suria on 11 November 2015 (Bersamamu series).

“The Mind Matters” on Channel Suria on 21 October 2015 (DETIK series) – one of Club HEAL’s beneficiaries “Ani” shared her recovery journey from schizophrenia.

“Club HEAL” on Channel Suria on 13 May 2015 (DETIK series) – mental health issues among youths was highlighted and one of Club HEAL’s clients shared her story on how she managed her illness (schizophrenia and postnatal depression) and is able to contribute back to society by becoming one of Club HEAL’s volunteers.

Staff

Staff List

Mr Zainal Lee – Programme Head/Counsellor
Ms Basithah Zulkifli – Counsellor
Ms Balqis Maricar – Counsellor
Mr Fauzy Ramli – Counsellor
Mr Hakim Surono – Counsellor
Ms Ratnah Wati Mahammad – Administrator
Ms Norsiah Sunarti – Administrative Assistant
Ms Junainah Eusope – Peer Support Specialist
Ms Hafizah Kamarulzaman – Programme Executive
Ms Rishah Zainal– Programme Executive
Ms Roslinah Rasdi – Volunteer Coordinator
Ms Yohanna Abdullah – Publications Executive
Ms Nur Halimah Ali – Corporate Communications Executive



Sincere & Heartfelt Thanks

We at Club HEAL wish to express our heartfelt thanks to everyone who believed and came forward to help us. We value and cherish your support which will go a long way in making a difference to the lives of our beneficiaries. We wish to record our special thanks to:

Agency for Integrated Care (AIC)	Mediacorp Pte Ltd
Al Istighfar Mosque	MINDSET
Al Istiqamah Mosque	Mr Azmoon Ahmad
Al Khair Mosque	Mr Edy Hardijana Tjugito
Al Mawaddah Mosque	Mr Hsieh Fu Hua
Al Mukminin Mosque	Mr Nazarudin bin Abdul Rahman
Al Muttaqin Mosque	Mr Zainal Sapari
Al Wehdah	Muhammadiyah Association of Singapore
Ar Raudhah Mosque	Muslim Kidney Association (MKAC)
Association of Muslim Professionals (AMP)	National Council of Social Services (NCSS)
Assyakirin Mosque	National Healthcare Group Polyclinics
Berita Harian	Pasir Ris East CC
Binjaitree Ltd	Perpaduan Amal Dan Ibadah (PADI)
Bukit Batok East CC	Persatuan Pemuda Islam Singapura (PPIS)
Bukit Batok East Zone '2' RC	Pertapis
Caregivers Alliance Limited (CAL)	Rotary Club Singapore
Casa Raudha	Silver Ribbon Singapore
Community Chest Singapore	Singapore Anglican Community Services (SACS)
Darul Aman Mosque	Singapore Association for Mental Health (SAMH)
Darul Ghufuran Mosque	Singapore Press Holdings Pte Ltd
Dr Intan Azura Mokhtar	SingHealth Polyclinics
Fu Chun CC	Social Service Institute
Geylang Serai CC	South West Mosque Cluster
Jalan Kayu Zone '3' RC	SSA Consulting Group Pte Ltd
Jamiyah Ar-Rabitah Mosque	Tan Chin Tuan Foundation
Lee Foundation	Temasek Cares
Madrasah Al Ma'arif Al-Islamiah	The Institute of Mental Health (IMH)
Majlis Ugama Islam Singapura (MUIS)	Wakaf Sheriffa Zain Alsharoff
Marsiling CC	Woodlands Regional Library
Mdm Arfat Beebee Bte Noor Mohamed Abdul Latiff	Yayasan MENDAKI
Mdm Halimah Yacob	

