

# WE CARE

Counselling | Therapy Programme | Drop-in Centre | Recovery Support Group



## Amazing WE CARE Race 2017

About 150 volunteers and race participants were up and about in the wee hours of Saturday morning to take part in the 3<sup>rd</sup> edition of the **Amazing WE CARE Race**. There were many whacky contestants on the field in fascinating costumes that only added to the vibrancy of the day.

*"Fun!  
Lots of laughs"*

Just like the Amazing Race on TV; contestants were given interesting clues to solve to get their next destination where they would need to complete a task or challenge. This year these included paddle boating out on the Kallang Basin, rock climbing, tandem biking, relaying in Zorb Balls and even wearing a Sari!

It was an amazing race in which Bill's Angels took top honors, the Awesome Foursome came in a very close second and Hogwarts were best dressed. We can't wait to see what colourful costumes teams come dressed in for next years **Amazing WE CARE Race**. Save the date – 3<sup>rd</sup> November 2018. See **YOU** there!

*"Terrific Race!"*

Top to bottom: Climbing Challenge, The ball keeps getting further away, The girls who could bright up any room - Bill's Angel and 4th Dimension



# Recovery Journey

*Peter is the latest recipient of the First Year Finisher - an celebration to commemorate WE CARE clients who achieved their first year of sobriety. Learn how he manage to overcome his struggle and gain his first year sobriety.*



Peter\* was like most addicts, ignorant - to himself and to his loved ones - that he was an addict. For nearly seven years, he was on opiates and tricked himself into believing that he was just using it to have more fun at parties and with his friends.

But as the consumption increased he began to notice a rising anger and behavioural problem and he came face to face with his drug problem. In a strange twist of fate, when he had a fight with his neighbour, his family suggested he visit the Institute of Mental Health (IMH) for anger

management. Peter knew that the real underlying problem was his drug addiction. He knew he had to stop, but lacked the ability to stop.

At IMH, he discovered WE CARE and that was the start of his journey of recovery. After 3 months of sobriety, he felt he was ready to go back to work. He reconnected with his drug-using friends and was tempted to start drugs. He told himself "This time it is different," and surrendered to the drugs.

*"Any addict can lose the desire to use and find a new way to live."*

During his second visit to WE CARE, he was wiser and decided to take time off from work for 6 full months. He also took the step of cutting himself off from his old friends. The activities at WE CARE provided the perfect social setting to complement his recovery support group and counselling sessions. He quickly reached his six-month sobriety milestone.

However, he was now fearful and scared to go back to work. He had broken the promise last time. But this time it was truly different. He derived strength from his friends at WE CARE. He reached out to his recovery buddy for help during moments of weakness. He resumed work successfully and continued on his journey of recovery and recently achieved the milestone of one year of sobriety.

He strengthened his relationship with his family and finally felt a sense of pride as a father and husband. He feels lucky to have received help from others who had no expectations other than his sobriety. He believes he has a chance to give back, not out of pride, but to save a life and help others.

He feels that beginning is never easy and you have to give some time to save your life. He is confident that "Any addict can lose the desire to use and find a new way to live."

# Recovery Journey

*Lim\*'s story - Read about how WE CARE supported Lim in his early recovery*

I used up all my savings to get high on drugs. In 1996, my father sold his HDB apartment and gave me \$60,000. This is a huge amount back then. Within a year, all of the money went to drugs.

*"I was broke and homeless."*

Lim, a 55-year-old recovering drug addict, is now undergoing a recovery programme at the WE CARE for the past 7 months recounts his past.

Then I went to Batam, Indonesia, to look for Ecstasy pills. I was caught at Batam and spent four years in jail there.

When I was released, I returned to Singapore and found out my father had died. I was broke and homeless. Fortunately, someone allowed me to live in a temple in Toa Payoh, where I cleaned the place. I also worked as a hustler at a food stall in Newton Circus.

But my craving (for drugs) was so strong that I continued my addiction. When I was caught again, I spent 8 months in the Drug Rehabilitation Centre (DRC) and then another 4 months at a Halfway House (HWH). I know that if I do not want to relapse back to drug use, I need continued support after my release from DRC.

So, I decided to go to WE CARE daily. I attend relapse prevention workshops and "One Day At A Time" lunch time support group to help me understand my addiction. I learn strategies to keep myself drug-free. For the first time, I participate in art making classes and learn conversational English. Now, I can converse in English with confidence. All these social activities help me to distract from drug-using thoughts. I find myself drug-free for 7 long months.

*"I know that if I do not want to relapse back to drug use, I need continued support."*

Drug addiction has ruined my life but with help from the supportive staff at WE CARE and the daily encouragement of other recovering addicts, I feel confident in facing the future. Now, I live in a rented room and receives \$340 a month welfare payment for my daily expenses. Most importantly, I stay drug-free and care-free.

*\*name has been change for confidentiality reasons*

## Get Help Now



If you or your loved ones need help with addiction , call **6547 5459** & arrange an appointment with our counsellors.

Your confidentiality is assured.

## Whats New

**Community Art Outreach** - Art connects people together. **WE CARE** held an outreach at SMU and Republic Polytechnic in October and November respectively. Using their creativity, students leave a message of hope to the recovering community. While decorating, they learn about the harmful effects of addictions. Their heartfelt messages are collated and pasted on a board. This board is placed at WE CARE to provide hope to carry on their recovery journey.



Left to right: having conversations about addiction while engaging in art-making, Message board at SMU , a hand drawn inspiring message

**Walk for Rice** - **WE CARE** had a fun cultural walk around the historic Joo Chiat area as part of the Fairprice Walk For Rice 2017. For every 100 meters covered we raised a bowl of rice for a needy family. We raised 1,190 bowls of rice while exploring some hidden gems, museums and little old school factories that gave us a pretty picture of life in yesteryears. It was a good workout too!



Left to right: one of the stop around Joo Chiat area, a volunteer hanging a message on the Recovery Tree , a hand drawn inspiring message

**STEP-UP Challenge** – On 14 August, Credit Suisse and Visa employees participated in the STEP-UP challenge with WE CARE drop-in members. For 1 gruelling hour, we climbed up and down the 4-storey stairs. For every 500 steps climbed, 3M Singapore contributes a household item product for the needy. By the end of the challenge, we were tired and satisfied for helping a good cause.



Left to right: Climbing up the 4-storey stairs, Visa volunteers, Credit Suisse volunteers

# Calendar

## Drop-in Schedule

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ACTIVITY	<b>Art Studio</b> Time: 3 - 4.30pm	<b>Volunteer Services</b> (Once a month) Time: 10 - 1230pm	<b>Gardening</b> Time: 10- 11am	<b>Yoga</b> Time: 10 - 11am	<b>Women Therapy Group</b> Time: 330 -5pm
	<b>Baking</b> Time: 4-6pm	<b>Computer Class</b> Time: 3- 430pm	<b>Computer Class</b> Time: 315 - 4.15pm	<b>SMART</b> Time: 3 - 4.30pm	<b>Badminton</b> Time: 4-5pm
	<b>Family Workshop</b> (2nd Monday of the month) Time: 7 - 9pm		<b>12 Steps Workshop</b> Time: 6 -7pm	<b>Art Training</b> (alternate week) Time: 530 - 7pm	<b>Mindfulness for Recovery</b> Time: 630-730pm
	<b>English Class</b> Time:715-815pm				

## Recovery Support Group Schedule

MEETINGS	DAY	TIMING	ROOM
<b>One Day at a Time - Lunch Meeting</b>	<b>Monday to Friday</b>	<b>1.30pm - 2.30pm</b>	<b>Courage</b>
All Addictions Anonymous	Saturday	4.00pm - 5.00pm	Serenity
Al - Anon (Family Support Group)	Wednesday	7.00 pm - 8.00 pm	Courage
Alcoholic Anonymous	Sunday	4.00pm - 5.00pm	Serenity
Co-Dependents Anonymous	Thursday	7.00 pm - 8.00 pm	Courage
Gambling Anonymous	Monday	7.00 pm - 8.00 pm	Courage
Narcotics Anonymous	Monday	7.30 pm - 8.45 pm	Serenity
	Friday	7.30 pm - 8.45 pm	Serenity
Narcotics Anonymous (LGBTQ)	Friday (except last Friday of each month)	7.30 pm - 8.45 pm	Wisdom
STEPS Workshop (Facilitated)	Wednesday	6.00 pm - 7.00 pm	Serenity
	Saturday	1.30 pm - 3.00 pm	Serenity
Sex & Love Addicts Anonymous (Mixed)	Thursday		
Sex & Love Addicts Anonymous (Mens)	Tuesday		

If you are interested to attend any events or meetings, contact Jess or Fandi @ 6547 5459

To provide a holistic intervention towards an addiction-free lifestyle, WE CARE provides 4 core services.

### Individual counselling

WE CARE offers counselling packages for substances, alcohol, gambling, Sex, Porn & Love addictions, Internet & Gaming and Atypical Theft Offending (ATO). We also work with family members to help them to best support their addicted loved ones.

### Educational / Therapy Programmes

Programme, like Women Therapy Group, are tailored to meet the needs of specific subgroups in the recovery community. We also conduct workshops on anger management, parenting, emotional management and relapse prevention. Our latest programme is SMART Recovery, a worldwide recognised recovery group programme that teaches self-direct change.

### Drop-in Centre

Our Drop-in centre provides a safe and supportive environment for recovering persons. Apart from social activities, the centre also provide life skills training and psycho-educational workshop that encourage sustained recovery.

### Recovery Support group

WE CARE hosts various Recovery Support Group (RSG) on a weekly basis. All RSGs are self-help based and practice anonymity. Groups are based on the 12 Steps principles.

For more information on our services, visit  
[www.wecare.org.sg](http://www.wecare.org.sg)

## Donate Now

**WE CARE** Community Services Ltd is a registered charity organisation. We provide treatment for all forms of addictions. Our services are open to people of all races, cultures and religion.

WE CARE depends mainly on donations by individuals and corporations to fund various programmes and services. Your support will enable WE CARE to provide quality care for individuals and families affected by addictions and compulsive behaviours.

Being an approved Institution of a Public Character (IPC), donations to WE CARE is tax deductible. By providing your NRIC/FIN number at the point of donation, the donation amount and donor details will be included automatically in the tax assessment.

#### To make a donation:

Write a cheque: payable to "WE CARE Community Services Limited"

Online donation: <https://www.giving.sg/wecare-community-services-limited>

For enquiries, email [admin@wecare.org.sg](mailto:admin@wecare.org.sg)

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