

ANNUAL REPORT 2017

WE CARE Community Services Ltd

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VISION & MISSION

VISION

To be one of the leading centres for the transformation of persons with addictions.

MISSION

- Transform individuals with addictions through Community-based recovery programmes.
- Support Families through education and specialist services.
- Develop Partnerships to facilitate reintegration into society.
- Advocate acceptance of people with addictions.

ABOUT WE CARE

WE CARE Community Services Limited (WE CARE) is a company limited by guarantee and registered under the Charities Act. It is a charity that provides programmes and services for people who are in recovery from addictions, and their family members. It holds an Institution of Public Character (IPC) status and is a full member of the National Council of Social Service. More information about our services can be found in our website at www.wecare.org.sg.

Unity Entity Number (UEN) :	200506089N
Charity Registration No. :	01888
IPC Reference No. :	CFG060012
Operating Address :	11 Jalan Ubi, Block 5, #01-41, Singapore 409074
Board of Directors (As at 31 Dec, 2017)	<p>Ms Frances Cheang - Chairperson</p> <p>Mr Andrew da Roza - Deputy Chairperson</p> <p>Mr Chong Kwang Shih - Hon Treasurer</p> <p>Dr Lim Yun Chin</p> <p>Dr Winslow Munidasa</p> <p>Dr Cheok Cheng Soon Chris (resigned 25/5/2017)</p> <p>Mr Desmond Lum</p> <p>Mr Koh Kah Yeok</p> <p>Mr Toime Marius Elmar</p> <p>Mr Nguyen Co Gia (appointed 01/8/2017)</p> <p>Mr Dane Anderson (appointed 01/8/2017)</p> <p>Mr Anthony Lee (appointed 16/9/2017)</p> <p>Mr S Surenthiraraj - Secretary</p>
Management Team :	<p>Ms Tham Yuen Han - Executive Director</p> <p>Ms Yvonne Yuen - Head, Operations & Services</p> <p>Mr Sam Heng Wai - Finance/HR Manager</p> <p>Mr Rajendra Rajkumar - Community Relations Manager</p>
Auditor :	Fiducia LLP

CHAIRPERSON'S FOREWORD

WE CARE is the only secular community-based facility in Singapore that specialises in addiction, and in helping people and families cope with various forms of addiction. Our recovering community that we set out to foster and nurture in Singapore, has matured as they journeyed with us over the last 12 years. Today, WE CARE hosts more than 10 different self-help support groups, serving various recovering communities in Singapore. We continue to have a robust community of recovering persons who are able to serve as guides and mentors to the ones who have just entered into recovery.

We are pleased to share that direct requests for counselling services remain high (we served more than 445 clients in 2017). Our Drop-in Centre remains vibrant and attendances for wellness programmes and activities have increased by 13.6% to 4,713. To date we are proud to celebrate 17 First Year Finishers who have achieved their first year of sobriety by participating in our Drop-in Centre programmes - an important milestone. This is in addition to the many others who achieve sobriety through our counselling services outside of the Drop-in Centre. We thank our clients for believing in us, in that we can help make a difference in their lives.

WE CARE strongly supports and endorses the vision and the key thrusts of the Social Service Sector Strategic Thrusts (4ST) launched on 5 July 2017 by the National Council of Social Service ("NCSS"). The 4ST is a five-year roadmap for the sector, co-developed by NCSS with stakeholders in the social service ecosystem. The shared vision of 4ST, that every person is empowered to live with dignity in a caring and inclusive society, resonates well with ours, which is to be the leading Centre for the transformation of persons with addictions.

The three key thrusts of the 4ST roadmap that we ascribe to are:

- i Empower individuals, their families and communities: We encourage and enable our clients to be more self-reliant, to self-advocate, be connected and able to access resources and knowledge; to be able

to decide on services, and find increased participation at workplace and community through counselling sessions and active participation in educational and therapy programmes, as well as recovery support groups;

- ii Run an effective social purpose entity that delivers quality, innovative and sustainable solutions: We strive to tap on the increased number of skilled and enterprising professionals in the sector to be counsellors, board members and volunteers; to develop innovative holistic solutions for our clients and increase capacity and capability of our organization;
- iii Caring, collaborative and impactful social service ecosystem: We assess the needs and solutions for our clients to meet all aspects of their lives, and develop innovative solutions to meet their needs seamlessly, in collaboration with our partners and donors; we promote the acceptance and respect for the vulnerabilities of our clients, and facilitate their access to social interactions and resources and their participation in an inclusive society, through our public education and awareness talks;

Our success to date has been due to the contributions of our many partners, who believe in the work that we do and continue to refer people to our services, or collaborate with us in various ways, including assistance to tap on much needed resources in support of our work. Our thanks to the National Council of Social Service ("NCSS"), the National Addiction Management Services ("NAMS"), the State Courts, Ministry of Social and Family Development, the Singapore Totalisator Board and Singapore Pools (Private) Limited to name but a few, and our partners at various Family Service Centres and halfway homes. These partners have helped us realise the vision of providing an integrated and holistic framework of timely care and support to put every client and his/her family on a long-term recovery path.

We are funded through grants and public donations, as much of our services to our clients are highly subsidised, or free of charge. We are therefore infinitely grateful to the many funders, donors and supporters who have contributed generously to our cause. Special thanks go to our top donor, Rolex

Singapore Private Limited, who donated generously through the SICCC (Singapore Island Country Club) 2017 May Day charity event. Our appreciation also goes to the various individuals and organisations that have supported us through the years with much-needed financial support to enable us to continue with our work year on year. We will continue to approach more corporate donors and supporters through their CSR initiatives. We thank our many volunteers who have contributed their time and expertise to provide services to our clients, and in particular volunteers from Credit Suisse, PayPal and VISA International, who partnered us on several fundraising and community outreach initiatives in 2017. We look forward to their ongoing support for 2018.

We manage our finances prudently to achieve the increase in services and clients served, without overstraining our budget. We entered a deficit in 2017 due to an early disbursement of funds from Care & Share in 2016 for programmes which ran into 2017, but taking that into consideration we would have broken even in 2017. We will continue to operate on a balanced budget so as to use our financial resources effectively and efficiently.

2018 will be full of challenges for us as more players enter the social service sector, and we will face greater competition for funding and talent; for volunteers and importantly sustainable funding support. We need to step up efforts to recruit, retain and train quality staff to maintain our standards of delivery to our clients, and for succession planning. We must strengthen our external collaborations for the benefit of our clients, and continue to seek funders and donors to ensure we have the financial resources to continue our work for our clients.

I am pleased to announce that with effect from 1 June 2018 Andrew da Roza will succeed me as Chairperson of the Board, and Desmond Lum will assume the position of Deputy Chairperson. On behalf of the Board I would like to thank them for accepting office and to Anthony Lee who has accepted office as Hon Treasurer to succeed Chong Kwang Shih. I would like to thank Kwang Shih for his valuable services to WE CARE during his tenure in office and on the Board. Last but not least, I would like to thank my fellow Board members for their

significant contributions to WE CARE, and our dedicated management and staff who always have the interests of our clients foremost in their delivery of professional services to them.

Frances Cheang

Chairperson

EXECUTIVE DIRECTOR'S MESSAGE

In 2017, we continued to review and expand our services. We delivered more therapeutic services, saw increases in both our counselling caseload and Drop-in Centre activities and participation rate, and grew our volunteer base to more than 100. We conducted less public outreach activities compared to 2016; choosing to focus instead on collaborative partnerships with agencies and organisations who serve a more targeted population. With a team of seven fulltime and three part-time staff, we were able to consolidate our resources and deliver more effective services. Our deep appreciation goes to all the volunteers, recovering buddies and associates who helped us achieve so much with such dedication and commitment.

Starting in 2016, we adopted a strategic focus to streamline and improve on the standards and quality of the treatment services we offer. We started an active review process with the aim to introduce more evidence-based practices in our service options. By 2017, we had introduced several new clinical programmes, especially for groups, aimed at imparting more relevant skills to improve remission rates in our service users. The Mindfulness Based Relapse Prevention (MBRP) programme and a trauma-informed focus for our Women Therapy Group are two such programmes that have shown positive outcome. Participation in both increased, and we now have a steady participation rate where participants have achieved a more regular and higher attendance rate. By end 2017, we piloted another new group programme –SMART Recovery. SMART stands for Self-Management and Recovery Training. SMART incorporates tools based on evidence-based addiction treatment, including Cognitive Behaviour Therapy and Motivational Interviewing. In preparation for this new initiative, all our clinical team completed online training and became registered SMART facilitators. At the same time three of our recovery buddies completed Peer Specialist training certified by NAMS and NCSS. The training equipped them with more effective attending skills in their role as peer support for our new recovering members.

On the counselling front, our caseload increased by 5% in 2017, compared to 2016. We attended to 445 cases and delivered more than 1300 sessions of individual, couple and family sessions, in addition to the new group initiatives. We are encouraged to report that more than half of our counselling cases are self-referred – from 51% in 2016 to 58% for 2017. These are people who seek help on their own accord, and walk-in to our Drop-in centre or request for service through our telephone or email helpline. Where more than 50% of our caseload used to be for drug-related problems in the past three years, 2017 saw a greater diversity of issues, with more people seeking help for alcohol, compulsive sexual behaviour, compulsive porn use and compulsive shoplifting as well. We also saw an increase in persons seeking help for other conditions related to addictions, such as mood disorders, trauma and abuse issues. My sincere appreciation to our partners - NCSS, NAMS, the State Courts, Regent Law and the many hospitals and family service centres –for their collaboration and trust in us. With their support, we are able to reach a more relevant audience, and provide more timely services to people in need.

To help fund our services, we organized three fundraising events in 2017 – a charity movie, a charity golf tournament, and our iconic Amazing WE CARE Race. We are grateful for all the donors, sponsors and volunteers who helped make these events successful; especially the Singapore Totalisator Board and Singapore Pools, who supported all three events in the form of fundraising matching grants. With the draw-down of funding from the Care & Share grant by 2018, we were prudent in managing our funds in 2017, and began exploring new funding. We are happy to share that we have secured partial funding for programmes starting in April 2018. This will enable us to continue improving our services and ensure service continuity for the forthcoming year. We are thankful for this, and look forward to another meaningful year of transformational change for our clients and their families.

Tham Yuen Han
Executive Director

OVERVIEW

We Care is a community-based addiction recovery centre, which treats all forms of addictions including drugs, alcohol, and compulsive behaviours such as problem gambling, compulsive sex behaviours, porn use, over-eating, problematic internet use and excessive gaming and shoplifting.

We take a holistic approach to help people live an addiction-free life. We offer evidence-based counselling and therapy group work through our drop-in centre where a safe, supportive and non-judgmental environment is provided for individuals, to stabilise and work on their recovery.

Addiction is a progressive mental health disorder which increases in severity over time. Unless treated, it destroys relationships, breaks families apart and consumes lives.

To help individuals suffering from all types of addictions, We Care offers four core services: Counselling, Educational & therapy programmes, Recovery Support Group, and the Drop-in centre.

KEY SERVICE HIGHLIGHTS

ADDICTION COUNSELLING

WE CARE provides individual counselling for all forms of addictions. Individual counselling, which is private and confidential, is targeted to help a person to maintain abstinence, and return to a normal, productive lifestyle. Persons who require psychiatric help can get assistance in being referred to suitable agencies, especially if depression or co-morbidity is present.

i ENGAGE

ENGAGE is a programme in which clients and their family members receive intake clinical assessment, weekly, biweekly or monthly counselling, and referral for shelter and/or financial services. Consisting of a maximum of four sessions of brief therapy over a period of three months, the goal of ENGAGE is to attend to the psychosocial and rehabilitative needs of clients with a history of addiction.

By the end of FY2017, 75 clients and family members had enrolled in this programme.

ii SOAR

Substance or Alcohol Recovery (SOAR) is an individualized counselling treatment programme for persons with drugs or alcohol dependency problems. SOAR aims to reduce relapse risks, and deal with co-morbidity conditions if any. Clients go through six individual sessions, two family sessions and four group sessions. 196 clients were enrolled in 2017 versus 228 in 2016.

iii SPLA

Sex, Porn & Love Addiction (SPLA) is a structured therapy programme designed for people with sex, love and porn addictions. The basic components consist of six individual sessions and two family sessions. In FY 2017, 64 clients were enrolled compared to 55 in 2016.

iv GARI

Gambling Addiction Recovery Intervention (GARI) provides counselling and support for persons grappling with issues concerning gambling, as well as for their family members. Clients and their family members attend up to six individual sessions, two family sessions and four group sessions.

By the end of FY2017, 36 clients were referred to this programme, compared with 30 in FY 2016.

v CSO

Counselling for Significant Others (CSO), is a counselling treatment programme designed primarily for family, friends or significant others of people in recovery, or those struggling with a substance or behavioural dependency problem. Clients receive individual counselling and family counselling support in relation to their issues and personal

situation. Through these sessions, they learn to develop skills to manage the chaos in their lives, explore relationship issues, and learn self-care, and understand how to lend support to their loved ones in recovery.

In FY 2017, 47 families received counselling and support under this programme, compared to 40 families in 2016.

ATO

Atypical Theft Offending Programme(ATO) is a counselling treatment programme for individuals over 18 years of age who compulsively shoplift, and their families. Through clinical assessment, individual counselling and workshops, ATO aims to help clients understand, manage and stop their compulsive stealing, and to effect lasting lifestyle changes.

We handled a caseload of 58 in FY 2017.

Our services are open to all members of the public at a nominal rate. We also accept referrals from partner agencies, hospitals, Community Court, Family Service Centres and other community organisations.

EDUCATIONAL AND THERAPY PROGRAMMES

Group work is an effective intervention for recovery treatment. Participants gain insight into their problems through the group sharing. They learn practical skills to maintain sobriety from one another. They also form a new network of safe recovering friends.

Our popular programmes include the following:

- SMART Recovery (Self-Management and Recovery Training)
- Mindfulness-Based Relapse Prevention
- Women Therapy group

- Introduction to 12 Steps Principles
- Families in Recovery through Education and Empowerment (FREE)
- Understanding Substance and Behavioural Addictions (U.S.B.A.)

- i. **SMART Recovery** is a resource for substance abuse and addiction recovery recognized by the American Academy of Family Physicians, the Centre for Health Care Evaluation, the National Institute on Drug Abuse (NIDA), U.S. Department of Health and Human Services, and the American Society of Addiction Medicine.

Since October 2017, WE CARE offers weekly SMART Recovery support group meetings for our drop-in members and counselling clients, joining in a worldwide community that includes free, self-empowering, science-based mutual help groups. A total of sixteen meetings were conducted in FY2017 with 188 attendances.

- ii. **The Women Therapy Group** is a weekly group for women in recovery (from drug and alcohol addiction). It provides a safe space to share their stories of struggle and hope. At the same time, the group helps to reintegrate the participants into the community, and re-establish their relationship with loved ones.

Topics covered range from dealing with difficult emotions, relationships and self-care, to learning skills towards relapse prevention. The sessions are engaging and interactive. Over time there is an increased openness within the group as women gain confidence to share their experiences and provide feedback to one another.

In July 2017, The Women's Therapy Group was featured on Channel News Asia.

- iii. **Mindfulness-Based Relapse Prevention Programme** is designed to bring practices of mindfulness awareness to individuals suffering from addictive behaviours. The aim of this programme is to increase awareness of triggers

and habitual reactions, and to develop new ways of dealing with them. Participants learn concrete skills to use in high-risk situations. The programme consists of eight two hour sessions conducted in a group therapy format.

iv. Introduction to 12 Steps Principles

Facilitated by a recovering person, this programme is offered to residents of halfway houses and new drop-ins to WE CARE as a preparatory course for the formal 12-Steps programme. It involves four sessions conducted over two weeks, with the aim of giving a brief introduction to the why, how and what of the 12 Step Programme.

- v. Families in Recovery through Education and Empowerment (FREE)** is an educational workshop targeted at the family members of persons struggling with addictions. After the session, family members gain insights into the behaviour and issues of the recovering individual. They learn how to support the individual on the path of recovery effectively, identify the emotional and psychological barriers involved and set more realistic expectations on the recovery individual. Most of all, family members learn how to take care of their own emotional and mental needs, and where to seek support, during these challenging times.

vi. Understanding Substance and Behavioural Addictions (USBA)

The focus of this programme is on relapse prevention. Conducted over five sessions, it aims to equip participants with the skills to draw up their personal relapse prevention plans. Family members can also participate, to learn about the nature of the addiction as well as the best ways to support their loved ones.

Eight runs of USBA were conducted in FY2017.

RECOVERY SUPPORT GROUPS

“We are not alone” is the unique message, when attending a Recovery Support Group. At meetings, members share their experience, strength and hope. They feel supported when they realise that many others went through the same experiences. Individuals meet on a regular basis, in a safe setting where struggles, thoughts, ideas and feelings are expressed without the fear of rejection or judgement.

The centre hosts various self-help group meetings daily. Meetings are open to all recovering individuals. The types of group include: All Addictions Anonymous, Al-Anon (Family Support Group), Alcoholic Anonymous, Co-Dependents Anonymous, Gambling Anonymous, Narcotics Anonymous, STEPS Workshop (facilitated), Augustine Fellowship (Men's) and Augustine Fellowship (Mixed).

Total attendees for all Recovery Support Groups meetings in FY2017 were 11,509 versus 10,412 attendees in FY2016.

DROP-IN CENTRE

The Drop-in Centre at WE CARE provides a safe and supportive place for recovering persons to bond with fellow recovering friends. The centre also provides a wide range of holistic activities that help recovering persons to reintegrate better into family and work life.

Some of our weekly programmes include:

Enrichment: Music jamming is one of the many enrichment activities conducted at our drop-in centre. The aim is to help recovering persons develop alternative ways to destress, relax and develop a healthy lifestyle. A band, called The Dreamers, meet regularly to jam and practice at the centre.

Life skills workshop: For recovering persons who are ready to re-enter the workforce and reintegrate into society, basic life-skills training is provided to help them improve their employability, social and communication skills. Evening

classes are held to coach them on how to handle job interviews, basic financial management, basic computer literacy, as well as conversational English.

Exercise & Relaxation: Activities such as soccer, badminton, meditation and yoga are regularly held at our premises to help recovering persons to maintain a healthy lifestyle and to learn relaxation techniques.

Creative therapy: WE CARE has a creative therapy room equipped with art materials. Drop-in recovering folk can paint and explore various creative expressions. Art-making helps to regulate their emotions. An art workshop is conducted every Wednesday for drop-in members to engage in art making.

In FY 2017, the Drop-in Centre had a total of 208 members (173 males and 35 females). Attendance at all the activities in the Centre total 4,713, averaging 11 people during each work day. This is a 13.6% increase compared to the previous year. All activities at the Drop-in Centre are free of charge.

Some highlights for FY2017 include (number of participants in parenthesis):

- New Year Day celebration
- Gardens by the Bay visit in March
- Asian Civilization Museum visit in May
- Jubilee Walk in May
- First Year Finishers celebration in May
- National Day celebration in August
- Step-up Challenge in August
- Heartstrings Walk in September
- Horticultural Park outing in November
- Smoking Cessation Workshop in December
- Year-end party and First Year Finishers celebration



First year finisher awards: This is a celebration of drop-in members who achieved a year of continuous sobriety from drugs, alcohol and/or gambling. It is also a recognition of the hard work members, their spouses, family, friends and volunteers have put into this journey of recovery. Since the start in 2016, 17 drop-in members have managed to attain this important milestone. This is in addition to the many others who achieve sobriety through counselling services alone.

PUBLIC EDUCATION, AWARENESS TALKS, WORKSHOPS

Charities are only as effective as the awareness that the public has of their goals, scope of work and accomplishments. Strong public awareness helps to creating understanding, donation and volunteer services for the organization,

As such, WE CARE, in collaboration with public institutions and service providers, has set up an active programme that provides addiction-related awareness talks and preventive educational programmes. These talks and workshops help us reach out to the wider community to provide an accurate understanding of the development of addiction, the hidden consequences and the treatment options available in Singapore.

Over the past year, WE CARE organized the following Awareness Talks and Activities:

- Recognising Signs and Symptoms of Addiction
- Understanding Anger Workshop
- Internet and Gaming Addiction Awareness Workshop
- Binge-Eating Workshop
- Volunteer Training Workshop on Addiction and Recovery

Many of the talks were conducted in campuses, such as the Singapore Management University, and the various polytechnics:



The outreach audience for 2017 totaled 1,428 participants.

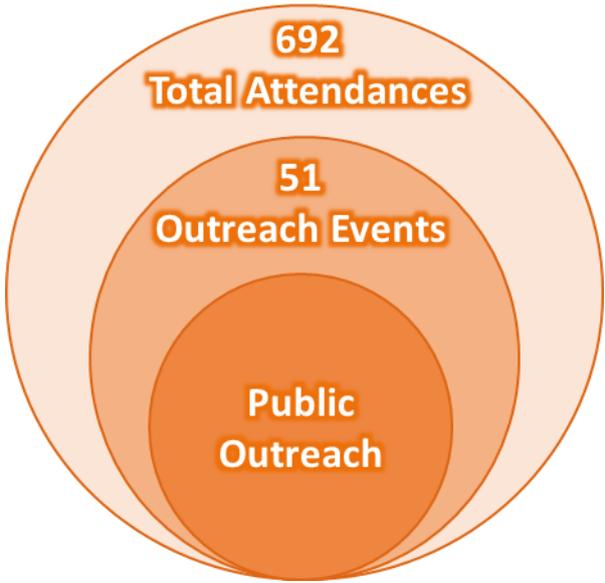
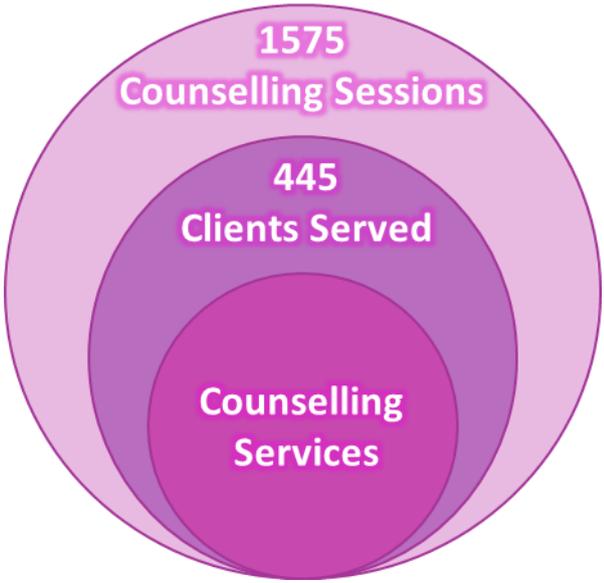
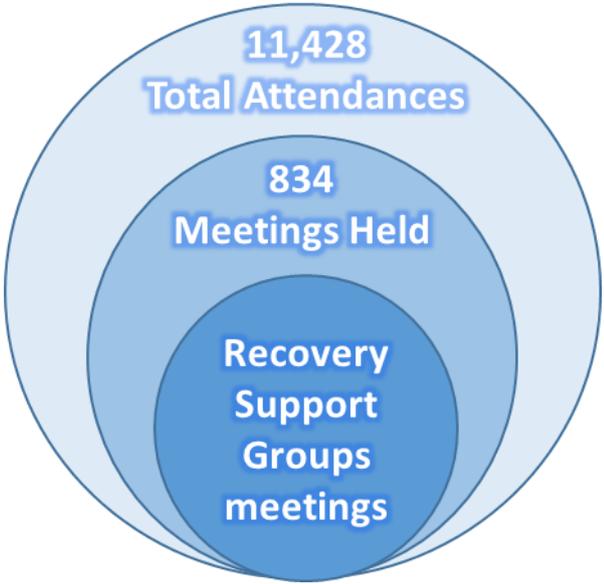
- i Regular events;
 - a. NAMS (fortnightly)
 - b. MBS Awareness talk
 - c. Halfway Houses
Helping Hands and Green Haven

- ii Community Art Projects
 - a. SMU
 - b. Republic Poly

- iii Family Awareness Talk

Looking ahead, we plan to reach out to more organisations, as well as to corporations and businesses.

Key Statistics



VOLUNTEER RESOURCE

In FY2017, we were extremely pleased to have the services of many corporate and individual volunteers. Among the corporate volunteers, Credit Suisse, PayPal, and Visa International were outstanding in partnering our staff in executing events. Of the 100 active individual volunteers, more than 10 regularly contributed their valuable time and expertise in helping our recovering persons.

The activities that we organized for our recovering persons would not have been so successfully implemented if not for the dedicated efforts of our volunteers and staff working together. Events such as the Step Challenge, Walk for Rice, Amazing Race, and the Movie Charity gave our corporate volunteers many opportunities to see first hand, how their contributions made a positive impact on the lives of the recovering persons. This is especially true for the selfless individuals who regularly mentored the recovering persons, conducted workshops, talks, and coaching sessions on a diverse range of life skills, and helped write articles, conduct research, and analyse data to improve our services.

Special mention must be made of recovering persons who themselves volunteered to be buddies for their newer colleagues. These volunteers, after having stayed sober for more than a year, were invited to join the Recovery Buddy Club which started in FY2017 to share their experiences and guide their buddies on the long road to recovery.

To all our volunteers, corporates as well as individuals, we wish to acknowledge with deep gratitude their valuable contributions in our mission to help people live an addiction-free life.

FUNDRAISING

2017 was blessed with three major fundraising events. The first was, something new and different, the screening of the Disney movie 'Guardians of the Galaxy 2' and it proved a hit. The movie was screened on 27th April at GV Vivo City. The movie attracted donations for 500 tickets and we raised a total of \$36,252.

The second event was our WE CARE Charity Golf tournament, where guests had the privilege of playing at Raffles Country Club before the club closed its doors for the last time later that year. The event saw 36 flights take off with a total of 144 people taking part, and one of the highlights they enjoyed was the traditional ice cream man. The golf was followed by a dinner where we managed to raise additional funds with an auction. The event raised a total of \$116,259.

Our third event was the 3rd edition of our signature Amazing WE CARE Race held on 4th November. This year saw 20 teams with 80 participants rock climbing, paddle boating and dressing up in saris, amongst other challenges, to complete the race. We must thank the 45 volunteers who helped marshal and hand out clues at all the stops. All were treated to lunch at The Colonial, our finishing point along with our traditional ice cream man who was a hit again. The event managed to raise \$99,321.



REAL PEOPLE, REAL CHANGES

“A wake-up call”

A recent First Year Finisher's recovery journey

Derek recently celebrated the prized, One Year Finisher award at WE CARE for staying drug-free for over 18 months. Two years back, Derek was a drug user, and one word that affected him deeply was “fear”, after his stay at the Drug Rehabilitation Centre (DRC).

He was first introduced to drugs when he was living in London as a student. By the time he returned to Singapore, he was an occasional drug user and did not realise the severity of his actions.

After his return from London, like many addicts, he remained socially isolated as a lone drug user. His family encouraged him to spend his time in Malaysia with family and friends. They did not realise that Derek was continuing his drug habit during these visits to Malaysia. It was on one such visit that his worst nightmare came true.

Derek was stopped at the border checkpoint while entering Singapore. After a nerve-wrecking ordeal, CNB gave him the “last chance” by sending him to DRC in Changi Prison. Up until this moment, he had been in denial about his habit. The stay at the DRC was a wake-up call. Sitting alone in the cell, he was forced to reflect at his past and to think about his future.

After his release from DRC, Derek started the journey of recovery with support from WE CARE. All his life Derek had been a lone drug user. As a result, his biggest realisation at WE CARE, was to find that he was not alone in this battle. Suddenly he found people around him who had dealt with similar problems, and were continuing to support others in recovery. WE CARE was a place of hope. Here, he found the avenue to share in support groups and derived strength from them.

WE CARE's activities also helped engaged his family members who have been fully supporting him in his journey.

He is proud of his achievement of being drug free for so many months. He was hesitant earlier about the different tags of success, for 30 days, 60 days, 90 days, six months, etc. But now he values them. Not because he can boast. But because he strongly believes that these achievements are a message to help others. It is a reminder to all that "*it is possible*".

Today, he wishes that he had started his recovery 10 years back, and glad that he was caught and sent to DRC. Sometimes we need a wakeup call to seek help from others. He immensely values the chance given to him.

"The past does not echo the future, so make amends, ask for help and share" urges Derek.

"Enough is enough!"

How a mother's love saved her children and ultimately herself.

Alice had been exposed to drugs from the age of 22. She had been in detention twice, serving six years in total. That is now in the past.

In April 2015, Alice decided to turn her life around. With WE CARE's help, she resolved to improve her life and embarked on her journey to recovery. WE CARE provided her with the necessary emotional and psychological support.

Fast forward two years later, her life has changed for the better. She is now the mother of three young children who look up to her. Her eldest improved his school grades and won his first bursary award. Her second child did well in his PSLE and was able to go to the school of his choice. Her third and youngest, who is three years old, is bubbly and recites passages very fluently. Each time she sees them, she realises their future is dependent on her actions.

The time she invested in her recovery at WE CARE was a crucial turning point in Alice's journey. WE CARE Women's Therapy Group (WTG) is designed to provide her with a trampoline to get back into society.

By attending WTG, she realises that her past cannot be an excuse for her family's future. Though it has not been easy, Alice is determined not to repeat her past mistakes. To maintain her hard-earned recovery, she stays in contact with her counsellor at WE CARE. She continues to take part in WE CARE's activities. For instance, she visited the Gardens by the Bay in the latest WE CARE outing, accompanied by her family members.

With continuing support from WE CARE, Alice is determined to succeed in life. She also wants to improve the lives of single women who are in the same predicament as she was. Her three business ventures help single women to break out of the poverty cycle.

"I realise that my past cannot be an excuse for my family's future," says Alice. Looking fondly at her three children, she continued: "Enough is enough. If I don't do something to make their lives better, then their life journey could be as formidable as mine. I can make it better for them."

Never too late for change

A drive for a new life fuels the determination to stay clean

"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 was a huge amount back then, but all that money disappeared on drugs within a year!"

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

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

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

However, my craving was so strong that I could not stop my drug addiction. When I was caught again, I spent eight months in the Drug Rehabilitation Centre (DRC) and then another four months at a Halfway House (HWH). I knew that if I did not want to relapse back to drug use, I needed continued support after my release from the DRC.

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

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 receive \$340 a month welfare payment for my daily expenses. Most importantly, I stay drug-free and care-free".

New lessons and discoveries

Lessons about yourself and understanding yourself so you can recover

Peter like most addicts, was ignorant (and this included 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 noticed a rising anger and behavioural problem, which he realised may have a link to his drug addiction. After a nasty

fight with his neighbour, his family suggested he visit the National Addictions Management Services (NAMs) at the Institute of Mental Health for his increasing anger management issues. Peter knew that the real underlying problem was his drug addiction. He knew he had to stop, but lacked the ability to stop.

Through NAMs, he discovered WE CARE, and that was the start of his journey of recovery. After three 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.

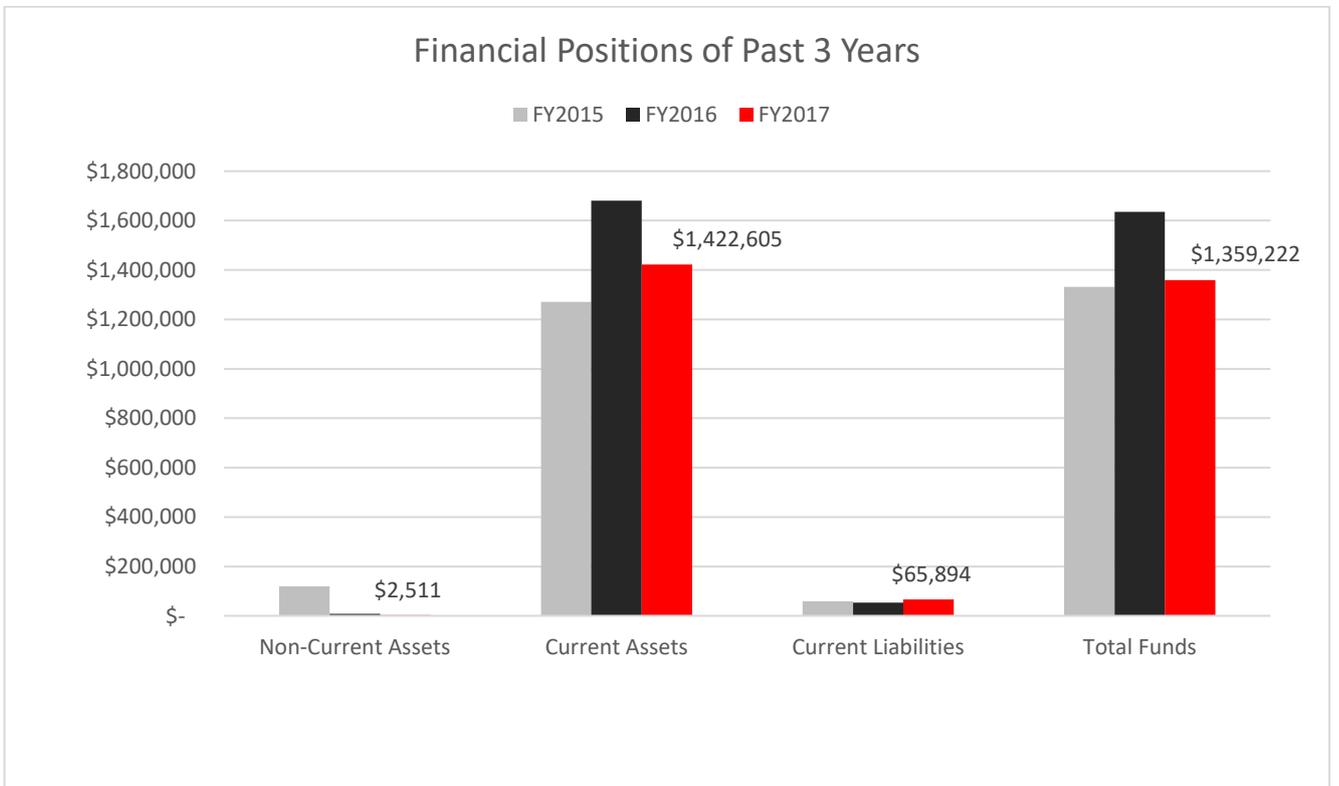
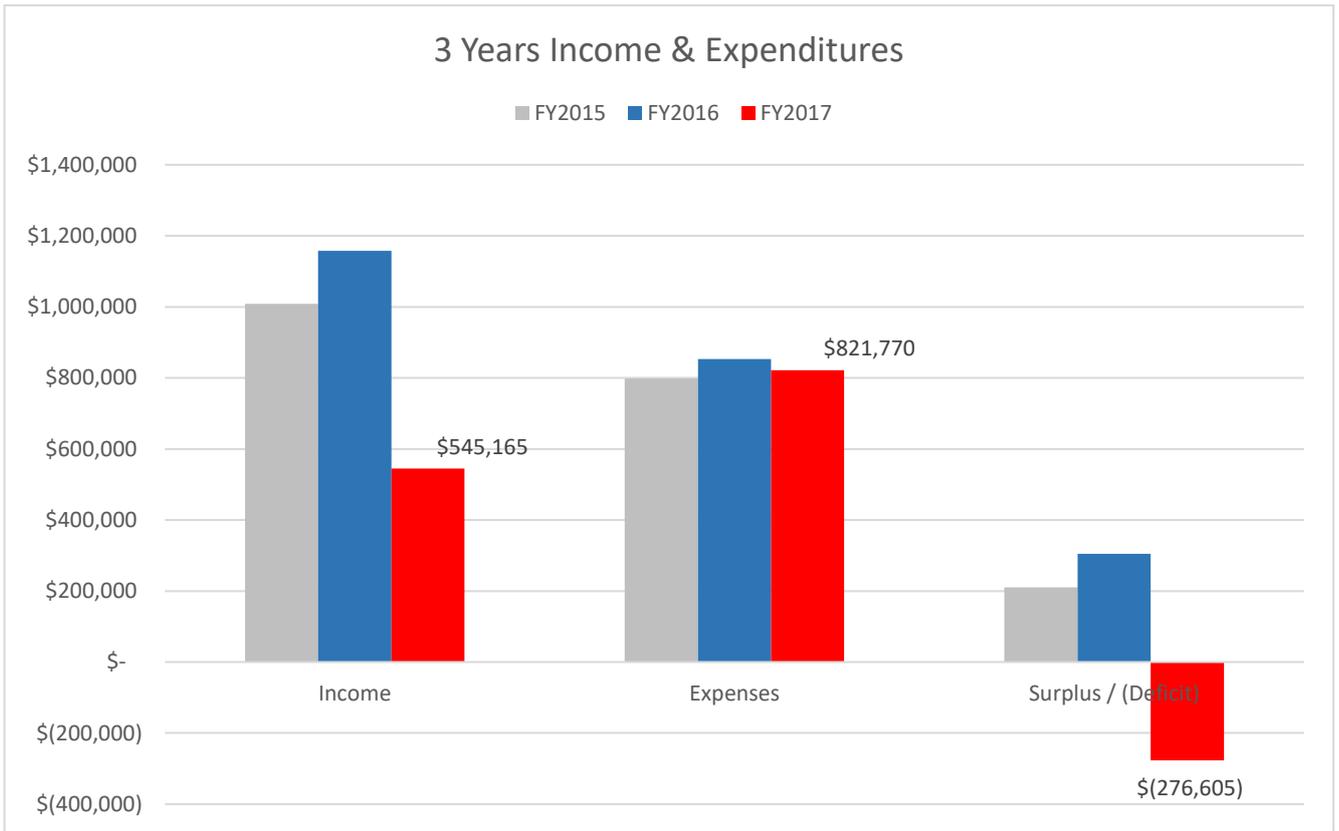
During his second visit to WE CARE, he was wiser from lessons learnt and decided to take time off from work for six full months. He also took the important step of cutting himself off from his old friends. The activities at WE CARE provided the perfect social and active setting to complement his recovery 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 not been able to keep his sobriety previously. This time though it was truly different as he understood himself better, and learnt valuable lessons from the last experience. He knew he could derive strength from his friends at WE CARE. He reached out to his recovery buddy for help whenever a moment of weakness arose. He resumed work successfully and continues with his journey of recovery, and recently achieved the milestone of one year 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 have 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. It's his turn to pay it forward.

He feels that the beginning is never easy, you will stumble but with every stumble you learn and get better. You must give yourself the time to save your life. He is confident that "Any addict can lose the desire to use and find a new way to live."

FINANCIAL SUMMARY FY2017



ACKNOWLEDGEMENT

DONORS 2017

CASH DONATION - \$50,000

Organisation

Rolex Singapore Private Limited	50,000
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CASH DONATION - \$10,000 - <\$30,000

Organisation

Credit Suisse AG (Singapore Branch)	26,200
Singapore Totalisator Board	23,167
Far East SOHO Pte Ltd	20,000
Lee Welded Mesh Singapore Pte Ltd	20,000
Singapore Pools (Private) Limited	12,400
Grace Shua, Jacob Ballas Charitable Trust	10,000
Sonja Hope Foundation Ltd	10,000

Individual

Bonnie da Roza	20,000
Frances Cheang	19,450
Andrew John Da Roza	16,610
Seow Seok Lian	11,000

CASH DONATION - \$1,000 - <\$9,000

Organisation

Promises Pte Ltd	6,300
Ho Bee Foundation	5,000
Isaac Manasseh Meyer Trust Fund	5,000
Paya Lebar Methodist Church	5,000
Rockwell Automation Asia Pacific Business Center Pte Ltd	5,000
The Silent Foundation Ltd	5,000
Tulsi Ong Trust	5,000
Marina Bay Sands Pte Ltd	4,800

Individual

Anonymous	6,644
Chia Song Heng, James	5,300
Goh Ah Whatt, James	5,000
Heng Kheng Hong	5,000
Lum Kok Seng	5,000
Ong Hian Eng	5,000
Tay Peng Hian	5,000
Koh Shing Nee Wei	4,950

Singapore Telecommunications Ltd	4,800	Chai Kwok Choy, Gerard	4,400
KPMG LLP	4,000	Lum Siew Khuen Desmond	4,000
Primestaff Management Svs Pte Ltd	3,400	David Pugh	3,621
Abdullah Saleh Shooker Charity Fund	3,250	Winslow Rasaiah Munidasa	3,500
Amara Hotel Properties Pte Ltd	2,400	Jimmy Koh	3,000
Arie Darma Enterprises (S) Pte Ltd	2,400	Ong Pang Thye	3,000
Keystone Cable (S) Pte Ltd	2,400	Toime Marius Elmar	3,000
Propex Singapore Pte Ltd	2,400	Chan Kok Khim	2,000
Woh Hup (Private) Limited	2,400	Dane Anderson	2,400
Capgemini Singapore Private Limited	1,500	Foo Gee Meng	2,400
Ethos Law Corporation	1,500	Foo Meng Kee	2,400
YJ International Pte Ltd	1,200	Goh Tong Jeng	2,400
		Lee Sze Yeng	2,400
		Yap Chee Meng	2,000
		Seah Bon Hwa	1,990
		Yuen Ying Kheng	1,570
		Tham Yuen Han	1,250
		Ma Kar Kui, Anthony	1,200
		Wan Chee Foong	1,200
		Boon Suan Lee	1,000
		Cheok Cheng Soon, Christopher	1,000
		Choo Chiau Beng	1,000
		Christopher Benjamin Frost	1,000
		Lee Kway Leong	1,000
		Ma Kah Woh	1,000
		Ng Geok Khim, Vincent	1,000
		Ng Kin In	1,000
		Ngo Get Ping	1,000
		Tan Tee Jim	1,000

CASH DONATION - \$500 -< \$999

Individual

May Hui	800
Maurice Yuen	700
Lim Hiong Hwee	673
Lee Shi Hui, Agnes	600
Liao Li Yun	600
Ravi Udho Raisinghani	600
Wong Yung Guang, Raymond	600
Lee Sow Foong, Esther	500
Lim Chin Hu	500
Low Kok Hua	500