

WE CARE NEWS



Counselling | Therapy Programme | Drop-in Centre | Recovery Support Group | Events & Activities

7th Finisher Awards Ceremony

For the 1st time, we also celebrated those completing 3 years of sobriety



Friends, supporters and family came on Fri 28th June to celebrate those who had achieved a year of sobriety. For the first time, we also rejoiced with those who had completed 3 years of clean time.

Close to 80 people crowded into the Serenity Room to witness this ceremony to honour 10 individuals.

On hand were also volunteers, staff and board directors Frances Cheang and Dane Anderson to cheer them on.

First time hosts Brenda and Enid were natural and not nervous to be in front of a crowd. They introduced everyone with wit and humour.

Dane, who was accompanied by his sons, started the evening with a touching speech. He found the event "a wonderful experience."

A special recognition was also given to a recovering person who has consistently given back and contributed to **WE CARE**. (contd overleaf)

Hosts Brenda and Enid with volunteer Christelle



TO DATE, 34 PERSONS
HAVE BEEN GIVEN
FINISHER AWARDS FOR
ACHIEVING 1 OR 3
YEARS OF CLEAN TIME

THE AWARDS ARE GIVEN
OUT TWICE A YEAR.

THE NEXT CEREMONY
WILL TAKE PLACE IN JAN
2020.

Project Safe 1.1 Launches

WE CARE to treat eligible inmates and their families

Project S.A.F.E. (**S**upport for recovering **A**ddicts and their **F**amilies through **E**mpowerment) is a programme that aims to prevent relapse and re-offending in former inmates.

An initiative started by NCSS, **WE CARE** is appointed to provide support to both the offender and their family. (contd overleaf)

PROJECT SAFE

Support for recovering
Addicts and their
Families through
Empowerment

Inside this issue:

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MEET OUR VOLUNTEERS

GIVE TO **WE CARE**



Han with award recipient. Below, staff

Finisher Awards...

Since its inception 4 years ago, some 34 persons have been awarded Finishers.

The 8th Finishers will take place in Jan 2020.

WE CARE looks forward to seeing all our friends and supporters next year.



Dane with award recipient. Below, buffet dinner!



"Great session," said Frances (extreme right) with Yvonne (middle) and Jess (left)



All Finisher photos courtesy of Rion Huang

THE MISSION OF
PROJECT SAFE IS
TO PREVENT DRUG
RELAPSE AND
RE-OFFENDING.

Project SAFE ...

It is well documented that addiction affects not only the addicted person but the entire family as well. Often the family goes through as much, if not more, difficulty and suffering as their addicted family member.

Singapore Prison Service (SPS) will select the inmates for SAFE.

The criteria for programme eligibility are simple:

- the offender should have a drug history,
- at least 1 family member must be involved, and
- the willingness to change.

The programme helps the families to bond, share experiences and provide mutual support through closer interaction.



Charity Golf Event – 15 Aug 2019

Will tee off at the Sime Course, Singapore Island Country Club

Charity Golf is back!

It will happen at the Sime Course of the Singapore Island Country Club (SICC) on Aug 15.

WE CARE welcomes players and donations (in cash and in kind). Prizes for winners and lucky draws are welcome too.

The tournament will end with a Chinese banquet style dinner with entertainment by Vernon Cornelius and Friends.

**TO DONATE OR PARTICIPATE,
KINDLY VISIT**

**WWW.WECARE.ORG.SG/
CHARITY-GOLF.ASP OR**

CALL MALA AT 65475459



**ALTERNATIVELY,
SCAN THE QR CODE
BELOW FOR MORE
INFO**



WE CARE expresses its thanks to Paul for his suggestion on using QR codes to disseminate information

Located within the catchment areas of the MacRitchie and Peirce reservoirs, the Singapore Island Country Club (SICC) has been offering golf courses and leisure facilities for over 50 years.

It is one of Singapore's most well-known country clubs with a history of more than 100 years.

General manager Desmond Tay says that its employees are at the core of the club's quality.

Without them, SICC would not be able to offer its members the high level of service they expect.

Desmond says that when staff are happy and well taken care of, they would, in return be able to provide good service.

His philosophy is to look after his employees, so that they, in turn, will take care of the club's members.

Ultimately, what matters most should be the members' satisfaction.

The club also has big redevelopment and expansion plans.

In line with the government's decision to reduce the number of golf courses from 20 in 2015 to 13 by 2030, SICC wants to increase capacity to accommodate the anticipated surge in demand.

Expansion plans will include a S\$120 million development project, and half of that will go towards building a new 27-hole golf course.



Recovery Journey

Geena recounts her story

My mum got sick and tired when I was using and threw me out of the house. I was sent to a home for the mentally challenged, as I had been “diagnosed” as schizophrenic. I was there for a month, before I found a job and rented a room.

I continued to use while working. I reached a point when I couldn’t manage my finances, and was smoking on the job. I realized that if I continued in this way, I would lose my job and be homeless.

So I checked myself into rehab in NAMS. When I was undergoing detox, I came to know about **WE CARE**. So when I was discharged, I

came here. I attended meetings and I’ve made some excellent friends.

I also did not know I was pregnant and I only realized it when I was in my sixth month. To be honest, if I had known earlier, and if it had been possible, I think I would have terminated my pregnancy. I was in no position to look after myself, having just come into recovery. And I certainly didn’t think it was wise to have a child.

When I realized there was nothing I could do, I decided to approach a close relative, who said I should keep the baby and they would help me along the way.

“If you are willing to do what it takes and sacrifice your old habits, the possibilities are endless as to how far you will go.”

So the decision was made. When I was in labour, someone in recovery was in the delivery ward with me. The support from recovery friends has been amazing – today they continue to help me babysit my son!

The recovery guides from **WE CARE** have been with me throughout, and I feel that **WE CARE** is an excellent place to recover.

About 3 months after my son was born, I received a message from my younger brother to say that my mother would like to see us. And so just before the new year (of 2019), we reconciled. That was the very first time my mum had set eyes on my son.

It has been challenging, to raise my son as a single parent, take him to day care, and manage my work. My free time and my leave have been



Activities and Other Happenings

What's been happening at WE CARE recently



Clockwise from top right:
Citibank positivity workshop,
Outreach at Singapore Pools,
Charity festival at Marina Bay
Sands, Birthday celebration



Recovery Journey ...

spent on my son. Workwise, I am lucky my boss and my colleagues are understanding.

Geena has been sober for more than a year now. She celebrated her year of clean time at the 7th Finisher awards.

She continues to come for meetings and enjoys joining in the badminton sessions whenever she can.

"No matter how bad the situation may be, if you are willing to do what it takes and sacrifice your old habits, the possibilities are endless as to how far you will go. If you don't try it, you will never know."



Activities and Other Happenings ...

Clockwise from top right: WE CARE conducts awareness talk at SOTA, Visitors from Myanmar, Gardens by the Bay excursion, Badminton players relaxing, SACA volunteers visit, Coffee appreciation and Jennifer Lim with her artwork



Volunteer Story

How William and Yew Kwong came to volunteer at WE CARE

How did executive coaches William Fong and Choo Yew Kwong come to volunteer at WE CARE?

Very simply, they were introduced by a friend to help out at Mindfulness sessions at WE CARE.

The rest, as the mantra goes, is history.

William and Yew Kwong prepare recovering persons who are relatively stable to rejoin the workforce and re-integrate into the community.

Asked why he volunteered, Williams says that this community is “not well supported by other charities.” He adds that WE CARE’s holistic approach also “aligns well with his own value and beliefs.”

“Volunteering is fulfilling and exposes you to different facets of life. It makes you a lot more humane and compassionate,” adds Yew Kwong, who like William, has helped out at WE CARE for more than a year.

Executive coaches in real life, they bring their experience to help beneficiaries, covering different aspects of employment to help them get ready to go back to work.

Asked if there are specific challenges facing them, William replies:

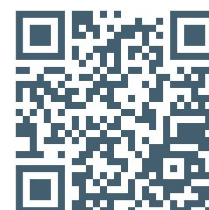


William (left) and Yew Kwong sharing a light moment.

“Given the beneficiaries’ background, their personal experiences have created a skewed perspective of society and, human relationships. Their life story is unique and tough compared to most people, and their social interaction is not “normal”. Therefore, the main challenge for us as we interact with them is to remain patient, not to judge, and continue to support them through this special journey.’

For Yew Kwong, what impresses him is “the staff at WE CARE, who are compassionate and sincere about their mission and work. It’s been a pleasure working with them.”

For more information on volunteering with WE CARE, scan this QR code



The benefits of volunteering

1. It connects you to others, especially those in the community who need our help.
2. Make the world a better place.
If everyone does a bit, the whole community improves.
3. Volunteering is beneficial for you. Good for your mind. Good for your body
4. It gives you a sense of purpose.
5. It can help your career. Makes your resume more well-rounded.
6. It brings you fulfilment. And even some fun.

Transforming Lives .. Restoring Families



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We are located at:

Kembangan-Chai Chee
Community Hub
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Singapore 409074
Tel : 65475459
Fax : 65475458
E-mail: help@wecare.org.sg

WE CARE aims to be a leading centre for the transformation of persons with addiction.

We treat all forms of addictions, including alcohol, drugs, sex, pornography, gaming, internet and compulsive behaviors like shoplifting.

Our 4 core services are:

- Counselling for recovering addicts and their families
- Educational and therapy programmes
- A drop-in centre
- Recovery support groups

For more information on what we do, please go to:
www.wecare.org.sg

Counselling sessions are private and confidential.



WE CARE Community Services Ltd is a registered charity.

We provide treatment for all forms of addictions. Our services are open to persons of all races, cultures and religion.

To fund our programmes and services, we depend mainly on donations from individuals and corporations.

Your support enables us to provide quality care to individuals and families affected by addictions and compulsive behaviours.

As we are an approved Institution of Public Character

WE CARE needs your help.



(IPC), donations to WE CARE are tax deductible,

To make a donation, write a cheque payable to "WE CARE Community Services Limited".

Alternatively, go online to make a donation at:

- Giving.sg/we-care-community-services-limited; or
- Wecare.give.asia



Help is just a phone call away

If you have a problem with addiction, or if you know someone who has issues, call us at 65475459. Or email help@wecare.org.sg

The first step in getting better is to ask for help.