

December  
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# WE CARE News



## Mdm Halimah Yacob WE CARE's Patron





# Appointment of Mdm Halimah Yacob as Patron of WE CARE Community Services

As we approach 2025, **WE CARE Community Services** is preparing to celebrate 20 years of serving the recovering community and their families. Coinciding with this significant milestone, we are honoured to announce that **Mdm Halimah Yacob**, the former President of the Republic of Singapore and the current Chancellor of the Singapore University of Social Sciences (SUSS), has graciously accepted our invitation to become the **Patron of WE CARE Community Services**.

Mdm Halimah is a distinguished leader whose legacy of public service has made a lasting impact on Singapore's social fabric. As Singapore's first female President from 2017 to 2023, she made history championing causes that promote inclusivity, social justice, and the empowerment of vulnerable communities.

Her career in public service spans more than three decades, during which she has held pivotal roles, including *Speaker of Parliament*, *Member of Parliament* and a key leader in the labour movement. Mdm Halimah has been a passionate advocate for the welfare of those in need, focusing on issues such as women's rights, children's well-being, and the support of marginalized groups.

One area where Mdm Halimah has shown particular commitment is in the rehabilitation and recovery of individuals facing addiction. Throughout her career, she has emphasized the importance of building a compassionate and supportive society.

She shares, "Organisations like **WCCS** are invaluable in providing resources and programmes such as *Recovery & Integration into Society through Employment (RiSE)*. Supporting these essential efforts is key to empowering vulnerable groups, helping them rebuild their lives and reintegrate meaningfully into work, family, and the community."

This commitment aligns closely with our vision to be Singapore's leading community hub for addiction recovery. Each year, **WE CARE** provides evidence-based treatment and pro-social support to an average of 600 individuals.

The pandemic has underscored the critical importance of mental health. At **WE CARE**, we have observed a rise in all forms of addictions and compulsive behaviors, particularly among the youth population, over the course of the pandemic.

Addiction is a chronic and relapsing disorder, making the journey to recovery both complex and prolonged. While it is encouraging that more individuals are seeking help, it raises concerns about the increasing number of people, especially youths, who struggle with mental health issues.

As our new Patron, Mdm Halimah's extensive experience and dedication to social causes will undoubtedly provide invaluable guidance and support to our organization as we continue to serve individuals across all races, cultures, and religions in Singapore.

PRESENTATION OF CHARITY TRANSPARENCY AWARDS  
**WE CARE COMMUNITY SERVICES  
LIMITED**

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Cares



**WE CARE** is very pleased to announce that we have been recognized and awarded with the prestigious **Charity Transparency Award (CTA)** for 2024. This award, an initiative and conferred by the Charity Council, validates our commitment to upholding the highest standards of transparency, governance, accountability in the charity sector.

*Our Executive Director, **Tham Yuen Han** receiving the award from the Commissioner of Charities, **Mr Desmond Chin**.*

The award ceremony was held on 14 November 2024, with Mr. Edwin Tong, Minister of Culture, Community and Youth & Second Minister for Law gracing the occasion. Our Executive Director, Ms. Tham Yuen Han, received the award from the Commissioner of Charities, Mr. Desmond Chin. Receiving the CTA puts **WE CARE** among a distinguished group of charities committed to building public trust and demonstrating excellence in operations.

An initiative of the Charity Council, the Charity Transparency Award (CTA) aims to promote good transparency and governance in the charity sector by acknowledging the excellent work of charities, while inspiring others to emulate their best practices. The CTA recognises charities with good disclosure practices that the Charity Transparency Framework (CTF) recommends. The CTF is closely aligned to the Code of Governance for Charities and Institutions of a Public Character (IPCs) 2017, with 9 key dimensions highlighted as key areas for disclosure.

The CTA is a recognition and a way of showing members of the public that donating to **WE CARE** is putting their money in safe hands. It increases **WE CARE's** credibility with potential supporters, generating more trust and confidence from the public and potential supporters. It is hoped that this recognition persuades donors and funders that their support helps us create positive impact through our mission and work in addiction treatment and recovery.

Participating in the CTA has also been a valuable experience for us in **WE CARE**. We learnt about our strengths and areas for improvement when going through the CTF self-assessment and completing the questionnaire, and are inspired to continue coalescing the collective efforts of our team, partners, volunteers and supporters.

**WE CARE** remains committed to our mission, striving to become the leading community hub of addiction recovery in Singapore. This accolade motivates us to continue ensuring ethical and transparent practices as we do our work.

# Beginning Anew Behind Bars

Every choice carries weight, and often, engaging with drugs ultimately steers one into the harsh grip of the law.

Such was the fate of Shaq (not his real name), whose journey in the world of drugs reached its foregone destination early last year. Arrested by the *Central Narcotics Bureau (CNB)*, he soon faced charges for possession, consumption, and trafficking – a life-shattering moment for him and his family.

Amid the turmoil of the investigation, Shaq resolved to change his life. While his initial motivation might have been to mitigate his sentence, his journey led him to a genuine pursuit of hope and recovery.

He reached out to **WE CARE**, where he began visiting the drop-in centre regularly. Actively participating in counselling and group therapy programs, Shaq found a supportive environment that fostered new friendships and positive connections, helping him stay focused on building a better future.

In early July 2024, Shaq was sentenced to five years in prison and five strokes of the cane. As the judge delivered the sentence, friends and staff from **WE CARE** stood in solidarity with him in court, offering their support as he and his family braced for the road ahead.

Now, a few months into his sentence, Shaq shares his reflections from behind bars, recounting his journey through e-letters from *Singapore Prison Service*.

These published excerpts are edited for grammar and clarity.

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## ***First Week in the General Population***

“I’m finally through my quarantine week and have been moved to Cluster XX. I have to say, everything I learned at **WE CARE** has helped me settle in faster than I ever expected.

My cellmates are two older uncles who’ve really helped me get my bearings. They’re kind, though they bicker from time to time. This cell is cleaner but feels warmer than quarantine. I didn’t even realize it was raining the other day, so the cool breeze that followed was a welcome relief.

I’m incredibly grateful for everything **WE CARE** did for me, right up until my last day in court. Seeing everyone there supporting me and my family gave me the strength to face this new reality. I don’t regret a single day spent at **WE CARE** while out on bail – it’s hard to imagine where I’d be now without that experience.”

## ***Developing a Routine***

"I'm still trying to create a routine. Going from having next to nothing to do in quarantine, to filling my day here with activities has been a big change. Thankfully, time isn't dragging as slowly as I feared!

I'm also getting the hang of the e-letter system. How do I write efficiently to you, my wife, and my mum? Do I need to combine replies into one letter and have someone share them? This is only my second e-letter for the month.

Finally, I've got a library book to keep me company: *How to Develop Self-Confidence and Influence People by Public Speaking*. Reading 200 pages in a week felt like an achievement, and it's inspired me to read more. I'm even beginning to imagine myself as a public speaker one day.

Tomorrow is National Day, which means 24 hours straight in the cell – not looking forward to that. I remember **WE CARE** celebrates National Day, and I hope everyone enjoyed it. I really miss **WE CARE** and all the people there.

In prison, it feels like I'm surrounded by people who still cling to a pre-recovery mindset. Nobody talks about positivity or moving forward – most conversations are locked in the past. It's disheartening, to say the least."

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## ***Finding Joy in Simple Things***

"Today, I discovered that we get goody bags on festive occasions. For National Day, they handed out simple snacks, including Milo chocolates and a packet of lemon tea!

The constant back-and-forth between my cellmates has actually become a source of entertainment. I've also figured out how to arrange my blanket to get a decent night's sleep. Another nifty trick I picked up is saving orange peels from our meals as a makeshift deodorizer to combat the odours in the cell.

I'll check with the officer about attending Friday prayers, and I'm grateful for the rainy weather, it really helps to cool down the cell considerably.

On Saturdays, we're treated to a movie screening. Today's film was *Gods of Egypt*, and to my surprise, I enjoyed it. Even though the newspapers are over a week old, they help pass the time, and I'm getting good at maximizing my 20,000-word limit for e-letters."

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## ***A Major Milestone***

"August 26 – Today, I went for a mandatory medical check before caning. I understand that once cleared, the caning will happen within a week or two. The doctor's exam was brief, he barely examined my back as I did a squat. Although I dread the caning, I also can't wait to get past this milestone.

August 29 – I went through caning today. Three officers took turns. It only lasted two minutes, but it felt infinitely longer. The first stroke wasn't as bad as I expected, but by the third, the pain was excruciating. Four strokes broke the skin, and I can't imagine enduring more than five. I was number six out of nine inmates to be caned. It was a profoundly intense and overwhelming experience.

August 31 – Since the caning, sleep has been rough – my wounds keep sticking to my pants, but at least I can lie on my back again. I'm eager to heal and get back to my exercise routines. Sitting is still painful, though, which makes reading difficult.

September 2 – I opted to stay in the cell to tend to my wounds rather than go out for yard time. The quiet and privacy were a relief. Each time I think the wounds are healing, the skin tears again from sticking to my clothes. It looks like it'll be a while before they fully heal.

As clichéd as it sounds, whenever I feel I can't take any more, my mantra remains, 'This too shall pass.' It's given me strength beyond words.

This too shall pass. This too shall pass..."

# Finding Serenity in the Sky

Didier was living the dream of many adolescents. He was playing for the Singapore national football team, and had an extremely supportive girlfriend. She had pulled him out of, in his own words, mediocrity - a casual interest in football and average skills in the sport, and convinced him to abandon his initial plans of quitting the sport.

She accompanied him to training, and her influence pushed him to train diligently. The good times, however, did not last. She ended up breaking up with him, sending him off into the darkest period of his life.

Devastated from the break up and longing for a way to cope, he gave in to his friend's offer to take ecstasy during a night out. This temporary relief pulled him away from his many goals, almost permanently ruining his life.

Amidst the turmoil of his legal issues and substance abuse, Didier made a pivotal choice to reclaim his life by pursuing nursing in school. It turned out to, however, be a double-edged sword - despite bringing him respite from his legal troubles, it also expanded his knowledge of drugs and taught him how to be "his own doctor".

The easy access to substances in the emergency department became a dangerous temptation that Didier knew he couldn't resist. "I would steal vials of valium to sleep better at night," he recalls.

Realising his life was spiralling out of control yet again, he mustered the courage for another decisive shift. He became a flight steward, a role he has grown to love and has successfully held for the past 11 years.

Yet, even in his new career, Didier struggled with substance abuse, turning to sleeping pills to

manage the demands of his job and in particular, the erratic time zones. These pills took a toll on his body and mind, and his dosage soon got out of control. The pills put him on autopilot mode where he ate at night without recollection, compounding the problem by making him feel lethargic and bloated the following day.

He would then work out intensely, resulting in injuries that required surgery to heal. While on medical leave, in a bid to cope with the boredom and lethargy, he took even more pills. The final straw came when he lost access to his daughter - only then did he finally decide to seek help.

Didier checked into *NAMS* for detox, marking the beginning of a new chapter. It was the beginning of his recovery journey.

Though Didier was addicted to these substances, he didn't consider himself a "hardcore addict", alluding to the fact that he wasn't abusing the "harder stuff" - heroin and methamphetamine. It's a common misconception that if one isn't doing the "hard stuff", their situation isn't that bad.

It does not matter what the substance or behaviour is, the damage done is all the same.

His addiction was more like his dirty little secret. He explains, "I feel that prescriptions are worse because they're easier to get and easily accessible from doctors, for pain."

Although initially sceptical about **WE CARE**, Didier soon found it to be a place where he didn't need to hide his struggles with addiction, and where he could relate to others rather easily. Finally, he had found his kind. Finally, his addiction did not have to be kept a secret.

The support he received at **WE CARE** paired with daily activities at the drop-in centre kept him occupied during draggy days and helped him regain a sense of purpose, as he felt less useless and could finally return to the job he enjoyed so much.

His biggest challenges of insomnia and pain persisted - fortunately, Didier has found healthier ways to cope such as hot baths, ice baths, massages, and acupuncture. He has learned to manage his insomnia without relying on sleeping pills, because he believes, "Even if I perform poorly at my job because of a lack of sleep, I will crash the next day and have a good sleep, so I've learned to accept it for what it is."

His newfound strength in recovery stems from accepting what he cannot change and focusing on what he can control, which are his responses to triggers like insomnia and pain. Even when prescribed painkillers post-surgery, Didier resisted the temptation to take the painkillers when he did not feel pain, a decision wholly driven by his desire to avoid the darkness of relapse.

Didier stays motivated in his recovery because he wants to avoid returning to his old ways as much as possible. He describes his time in active addiction:

"Going back into that hole is such a dark place to go, and going to that place feels like it's *Groundhog Day*, where it repeats again and again with no ending. That's one thing I don't want to go through."

His desire to get high from substances isn't there anymore, he says. He knows he was a prisoner to it and cannot control himself with it.

He has also tried to give back to others who are struggling. He offered a place to stay to a homeless man he met at *NAMS*, helping him get back on his feet in the process. That man is currently holding a job and has his own place. "It feels good to help someone," he states, "and I don't want to be the one just receiving. It's a two-way street."

Didier believes the best parts of **WE CARE** in helping him recover is its support system, the drop-in centre, lunch meetings, *SMART* recovery, and mindfulness. He recognises that the holistic approach to recovery has been instrumental in his recovery journey.

Now, as he prepares for a promotion at work, Didier reflects on how far he's come. He no longer uses injuries as an excuse to avoid responsibility. Instead, he's built resilience, honesty, and a commitment to enjoying the journey of life.

During our interview, Didier blushes as he laughs, saying the serenity prayer is surprisingly effective in helping him cope with anger or stress at work. Whenever he gets mad or irritated, he recites the serenity prayer from lunchtime meetings: "***Grant me the serenity to accept the things I cannot change.***" Thanks to learned mindfulness and the serenity prayer, Didier feels able to let go, stating, "I don't take things too seriously. Life is a lot less stressful and more relaxing."

Didier's story is one of reclaiming control of a life once lost, through perseverance and open mindedness. Despite any challenges and setbacks he faces, he continues to prove that he is the arbiter of his own success, determined to create a better life for himself and his daughter.

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By **Didier** and **Mikela**.

**Mikela** was an intern at **WE CARE**, while **Didier** is still a flight steward who comes to the centre regularly. He thinks that staying connected is the most important thing in recovery, because no one can do it alone.



# Hang On Tough

A little more than two years ago, Mat was released from prison with no plan. He had close to no money in his pocket, he did not have a home to go back to, and did not have a job that would help sustain himself.

Most people would look for a quick fix – and as someone with lived experience in the Singapore drug scene, any quick fix would have involved the trafficking of drugs.

“The money was too good” is a common refrain amongst those who have trafficked drugs. Once you get a taste of it, you never forget (it), Mat told me. Thankfully, he resisted this option, because he knew exactly where that road would lead – back to the jail cell that he had left just a couple of hours ago.

In that jail cell, he knew he had hit rock bottom but had hope that things would get better. He looks back now and sees hitting rock bottom as a necessity. It gave the push needed to make a better life.

It may seem a little counterintuitive – why would someone wait until disaster strikes before feeling the need to make any changes? Shouldn't they have seen it coming and nipped things in the bud? The harsh reality for most people suffering with addiction is that the disaster warnings are ignored in favour of addiction.

Addiction doesn't stop, and what we aim to do at **WE CARE** is to give each client, Mat included, the tools they need to manage things when addiction comes knocking.

Prior to release, a counsellor and recovery guide from **WE CARE** had visited Mat to give an introduction to the centre and to encourage him to come in for treatment and support. He didn't remember much about what was said, only that some support would be available.

So, with no expectations and an open mind, he made his way to the centre.

Mat's journey into the world of addiction began at the age of 13 by experimenting with cannabis, beer and glue sniffing. It was his introduction to “*Brown Sugar*” (Heroin), however, that marked a significant turning point.





He recalls vividly his first experience with Heroin – after smoking it with a friend, he had fallen off the roof of a single-story house but felt no pain at all. It's a stark reminder of the drug's power and effectiveness.

3 years later, education became the least of Mat's priorities. The need for money to support both family and drug habit had grown to be more important, and when his father made him pick between schooling or working, the choice was clear.

The thing about addiction is that slowly, over time, it consumes everything. Finances are one of the first to be hit – the higher your tolerance becomes, the more drugs you'll need to achieve the same effect, the more you'll have to buy. It was an expensive lifestyle, one that was paid for with his part-time salary, and theft.

Eventually finding a full-time job at Adidas enabled him to purchase a resale flat for his parents and younger sister to live in. He looks back at this event with fondness, because finally, he had been able to give his family a better life. Finally, all that suffering counted for something.

The cause for celebration did not last long, because it was with this new house that he started, in his own words, "all that nonsense".

There's a lot of talk about going on with life "lost". It's a state when someone is so intoxicated that he or she doesn't remember anything – something that so many persons in recovery have become so familiar with.

Fast forward 36 years, Mat sits before me recounting his story with tears welling up in his eyes.

It has been a long and tiring journey, but ultimately touching. He has overcome long odds – about 147 months spent in prison, 3 strokes of the cane and multiple years of sleeping rough, but the important thing is that he has made it.

Just prior to sentencing for his last prison stint – for absconding from urine supervision with CNB – he asked his Higher Power for one last chance. This was not the first time he had made such a request, so what was different? The difference was, he says with complete earnestness, is that by that point he had completely surrendered.

Due to the length of the period absconded, there was a possibility of a long sentence. He resolved to his Higher Power, and to himself, that if he got leniency, he would make the changes necessary to turn his life around. No more nonsense.

The sentence ended up being relatively lenient, and so far, he has been holding up his end of the deal.

He is clean, has a flat that he can call his own, is gainfully employed, and living a life beyond his wildest dreams. He agreed to share his story because he knows it can empower others, especially those in early recovery, that staying clean is possible. He wants to say to those struggling, a line which people in **WE CARE** have heard hundreds (or thousands) of times:

Hang on tough.

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by **Mat** and **Jat**

*Mat has been coming to the centre regularly for the past 2 and a half years, and is always one of the first to sign up for outings. He also regularly buys vadai for the centre, as a way of giving back.*

A lit candle is held in two hands, one on each side. The candle is lit, and the flame is bright. The hands are cupped around the candle, and the background is dark. The title is overlaid on the bottom half of the image.

## Honour the Past without Hurting the Future

One of the most profound lessons I've learned is that closure, like happiness, is an inside job, stemming from within. My recovery journey embodies not only my battle with drug addiction but also the essential process of grief.

Here's my story.

Alex was more than a life partner; he was my confidant, companion, sweetheart, and listening ear. A true source of inspiration, he often took on the role of my punching bag and, above all, he was my rock. Selflessly, he always put others before himself, embodying kindness and generosity in every aspect of his life.

I may not have been enthusiastic about birthday celebrations, particularly my own, but Alex transformed each year into a memorable occasion, often through travel adventures. Alex's selflessness shone through, and despite my hesitations, I treasured every moment of those experiences.

This article honours a remarkable bond formed 17 years ago, one that has remained steadfast through all of life's challenges. This person, my other half and true love, has always stood by me without judgment, embracing life with an open heart. Irreplaceable in my life, Alex will never be forgotten. I have faith that when the time comes, I will not only meet my maker but also be reunited with Alex, continuing our journey together for eternity.

Alex was a private person who chose not to flaunt our relationship, reflecting his belief that true

connections do not need to be broadcasted. This quiet strength, perhaps rooted in his upbringing, showed me that love can be deeply felt without constant display. I admired his perspective, which reminded me that genuine affection often thrives in subtlety.

I am sharing this article to honour the profound impact Alex had on my life. While his absence leaves a significant void, I recognize the importance of moving forward, just as he would have encouraged me to do. By reflecting on our memories and the lessons he taught me, I hope to carry his spirit with me as I navigate this journey.

He had expressed a desire to be the first to go, believing I was the stronger one and could handle loss more effectively. How mistaken he was! With a heavy heart, weighed down by sadness, I must say that his wish was granted.

I still remember the day we met, though I won't dive into the details. Every day after that, I found myself more and more drawn to Alex's charm. I can't believe I was hit with love at first sight! Alex made the first move and asked me out on a date—August 20, 2007. That was the start of our 17 amazing years together. We often snuck time for each other at work, and before long, everyone knew we were a couple. We were inseparable!

We shared so many happy moments! Sure, we had our little arguments, but we always made up with a kiss and a hug, and everything felt right again. I'm proud that we've managed to keep our

spirits up and not stay angry for long. After we moved in together, we built a cosy little home, just like any couple. Our neighbours welcomed us with open arms, and we never felt out of place in our lovely community.

Tragically, in September 2020, our world was shattered when Alex received a diagnosis of stage 4 lung cancer—an advanced and terminal condition that left us in a state of disbelief. The moment the doctor delivered the news was one of the most heart-wrenching experiences of my life. It felt as though the ground had been pulled from under me, and the weight of the prognosis was almost unbearable. I realized we didn't have much time left together, and the thought of losing him was overwhelming.

Despite the grim reality, Alex and I decided to embrace a mindset of positivity. We often shared moments of laughter and warmth, trying to cherish the time we had. Alex was an incredible fighter; even in the most challenging moments when despair threatened to take hold, he would summon every ounce of strength. I tried to put on a brave front for him, providing support and encouragement. But deep inside, I was struggling. I felt like a train wreck, frazzled and helpless as I watched the person I loved face his illness.

As I looked at Alex, I couldn't help but admire his resilience. He tackled his condition with an unwavering sense of dignity, courage, and bravery that left me in awe. He inspired me every day with his determination to live fully, even in such dire circumstances. That was my Alex—remarkably brave and endlessly inspiring despite the odds.

As Alex's condition deteriorated, he became noticeably weaker, ultimately leading us to the difficult decision of placing him in hospice care—a choice that weighed heavily on my heart. Yet, amidst the sorrow, there was also a sense of relief knowing he was receiving the comprehensive medical attention he needed in his final days. Despite this support, I took it upon myself to maintain a sense of control. I attended every medical appointment with him, sitting beside him in sterile waiting rooms and listening intently to the oncologist, urologist, and palliative care doctors as they outlined his condition and treatment options.

In addition to managing his healthcare, I carefully organized visits from our friends and family,

ensuring that love and support surrounded him during his stay at the hospice. Each day, without fail, I made the trip to see Alex in the hospice. My world had become synonymous with his; I had devoted my entire social life to him, and every moment I spent by his side was a testament to my unwavering commitment.

On that fateful Monday morning, just soon after midnight, I was only four minutes away from the hospice when Alex took his last breath. Though it pains me to think that I wasn't there at the moment he departed, I find solace in knowing that he passed peacefully, just as he had wished. The nurses reassured me, describing how calm and serene he looked in his final moments, free from the grips of pain that had plagued him for so long.

Our bond had always been profound; we were inseparable companions who shared adventures, laughter, and quiet moments. We never felt the need for the company of others, finding joy in our twosome. My heart aches with the regret of not being at his side when he needed me most. Yet, in reflection, I am grateful that Alex appeared restful in those final days—tired but not sickly—as if he had gently let go, peacefully slipping into eternal rest, returning to his maker.

I needed to escape temporarily to reflect on the experiences I've endured over almost the past four years. After 17 years together, I needed to grieve, and a week, a month or any given time alone simply wasn't enough to ease the pain. The void left by Alex was monumental, and no words could fill it. I found myself in tears often, thinking about what could have been.

Today, I'm moving forward, buoyed by the unwavering support of my family and friends. I've accepted that death is a certainty, and I know Alex is in a better place. I am immensely fortunate to have loved him and to have received his unconditional love in return. He once expressed how lucky he felt to have me by his side.

While I wish we had more time together, I refuse to dwell on our challenges. Instead, I celebrate the joyful moments we shared. I still speak to Alex daily, and a simple "Good morning," "Good night," and "I love you" keeps his memory alive. This article serves to honour the love between same-sex couples. Our relationship, which may have begun physically, evolved into something

profoundly meaningful. I've become more forgiving, tolerant, and patient—a better person because of him.

Our bond was built on companionship, strength, and trust. My Alexander the Great may be gone, but I love him to the moon and back.

Rest my dearest, rest.

To encourage and affirm those facing similar situations—past or present—I would like to share a beautiful poem from *The Kindred Project, Vol. 2*.

### **DEDICATION**

*To the grief-stricken and lonely.*

*To the downtrodden and exhausted.*

*To the addicts and  
those fighting to break the cycle.*

*To those who've been left for dead.*

*To those who had to leave to live.*

*To the lovers all alone.*

*To those still finding their way home.*

*To the musicians.*

*To the mothers.*

*To the fathers.*

*To those called upon  
to raise sons and daughters.*

*To anyone starting over, again.*

*To anyone searching for answers.*

*To the runners.*

*To the empaths.*

*To the healers and outcasts.*

*To you.*

*To us.*

*To all.*

Everyone experiences unimaginable pain in their own way, and it's important to honour that without judgment. Nearly a year into my recovery, I've learned that the best choice I made was to keep moving forward—not because of unwavering strength, but because I owe it to myself to explore what's possible beyond the pain.

Recovery has taught me that happiness is attainable, even when navigating trauma. I can embrace joy while healing and work towards leaving pain behind. I can hold multiple emotions at once and recognize that I exist on a spectrum that validates all of my feelings and the various ways I process them. Striking a balance between joy and grief is essential for my journey.

Giving up has never been an option on this path of self-discovery and resilience.

by **Nazri**

*With a passion for music, photography, cooking, and journaling, Nazri is now semi-retired and contributes positively to the community by volunteering at **WE CARE**. He joined the centre in December 2023 as a part of **Project SAFE**.*





# **UNDERSTANDING INTERNET & GAMING ADDICTIONS**

**Presented by:**



**Chai Bin Hua**

**Counsellor**

**WE CARE Community Services**

Join us for an informative talk and Q&A session on understanding internet and gaming addictions in youth. Discover effective strategies to enhance your child's cyber wellness.



**JAN 2025**



# My Experience with Eating Issues

It's often surprising to people when they learn that I used to be a ballerina. From a young age, I was intensely dedicated to becoming a prima ballerina, and ballet consumed my life until I quit at 16.

My focus on ballet was so all-encompassing that my academic performance suffered. My mother encouraged me to prioritize ballet, but I never anticipated that it would become something I'd grow to resent. As I pursued ballet more seriously, my mental health began to deteriorate due to the pressure of maintaining the ideal body image and the fat shaming I experienced from school and family.

Looking back, I wish I had kept ballet as a hobby rather than attempting to pursue it professionally, especially since my body type didn't align with the expectations of the ballet world.

The toxic environment I was in led me to binge eat as a way to cope with stress and feelings of depression. In my family, mental health was never a priority. Whenever I expressed negative emotions, my mother would dismiss them, telling me that I didn't deserve to feel depressed, that it was my poor academic performance and lack of significant hardship that led me to where I was.

As a result, binge eating became my way of "eating my feelings" away. Maintaining a thin

physique is crucial in ballet, but I was mid-sized and short, which only increased the pressure on me to lose weight. I encountered extreme weight loss methods when I joined the *Bolshoi Ballet Academy* in Russia.

At just 14, I found myself trying to stop eating and even considered becoming bulimic despite weighing only 100 pounds. Everything seemed fine until puberty caused my body to change, and I gained an additional 10 pounds. I was horrified. Not only was I the "fattest" in my class, but my mother also constantly berated me, saying I needed to be under 100 pounds, ideally below 90.

These words fueled my body dysmorphia and deepened my self-loathing. Despite my dangerous attempts to lose weight, I couldn't give up food—it was my source of happiness. But the dopamine rush from eating didn't last long, leading me to binge eat nonstop.

While in Russia, my extensive hours of exercise balanced out the calories I consumed, but when I was 15 and having doubts about continuing to dance, I gained 10 pounds in less than three days. Even then, I continued eating past fullness, and my weight quickly increased by 30 pounds by the time I quit ballet.

People often ask how my family reacted to my sudden weight gain. My family, especially my mother, was unhappy, and the fat shaming intensified, worsening my depression. The more depressed I became, the more I ate. Around the same time, I returned to public high school and struggled academically, and I had to retake many classes.

My focus was on eating rather than studying, and although I wasn't addicted to food, it seemed that way to some people. In class, I would eat to make myself feel happier, but since the happiness didn't last, I kept eating, even when my stomach was painfully full.

My binge eating persisted until I entered college, where I finally began to overcome my habits by being away from the toxic environment that had fuelled them.

College allowed me to express myself and regain control over my life freely. Back home, I always felt a lingering sense of shame whenever I tried to express myself, whether through the clothes I wore or the makeup I liked. It was the result of being insecure due to the toxic environment I was exposed to and the way my family increased the negativity.

I also realized that my health was at risk from binge eating. My metabolism had slowed significantly, making it difficult to digest food at a normal pace, and I became prediabetic.

My advice to anyone in a similar situation is never to take negative comments to heart and to avoid toxic environments.

Know that you are beautiful, no matter what others think or say. Overcoming my binge eating behaviour didn't happen overnight. Establishing a healthy diet and routine took another two years of ups and downs.

The stress from school often slowed my progress, but creating a structured routine was crucial to my recovery. Having a consistent schedule helped me regain control over my eating habits and gave me a sense of stability that I had been missing. I started by planning my meals and setting specific times for eating, which helped me avoid mindless snacking and eating out of boredom.

In addition to meal planning, I incorporated activities into my daily routine that brought me joy and kept my mind occupied, like drawing, playing online games with friends, and going on long walks. These activities provided a much-needed distraction from food and allowed me to express myself in ways I hadn't been able to before.

Over time, as I focused on nourishing my body with healthier foods and staying active, I noticed that my cravings for binge eating began to diminish. Establishing a good routine helped me manage stress better and gave me a renewed sense of purpose and control over my life.

By replacing unhealthy habits with positive, fulfilling ones, I was able to break free from the cycle of binge eating and improve both my physical and mental health.

-  
by **Lingchen**, who interned at **WE CARE** from June to July 2024, and will major in anthropology from Butler University.

**Note:**  
**WE CARE** treats eating issues such as binge eating. To find out more, call us on our helpline at 3165 8017 and talk to any one of us.





# Photography Exhibition

*"I never believed that I could take pictures good enough for an exhibition. Now I do. So don't believe what you thought you couldn't do till you have tried it."*

This was a quote from one of the participants of the **Reframing Lives: A Journey Through The Lens** photography course that was conducted by the **The Photographic Society of Singapore (PSS)**, for **WE CARE** beneficiaries.

"I wasn't born to do this" or "I'm not good at that" is a common refrain when you ask someone to try something new. In recovery, however, we are encouraged to have an open mind. And so, with an open mind, a group of 15 **WE CARE** beneficiaries and staff embarked on the course that took place over 4 weekends and would culminate with an exhibition at the end.

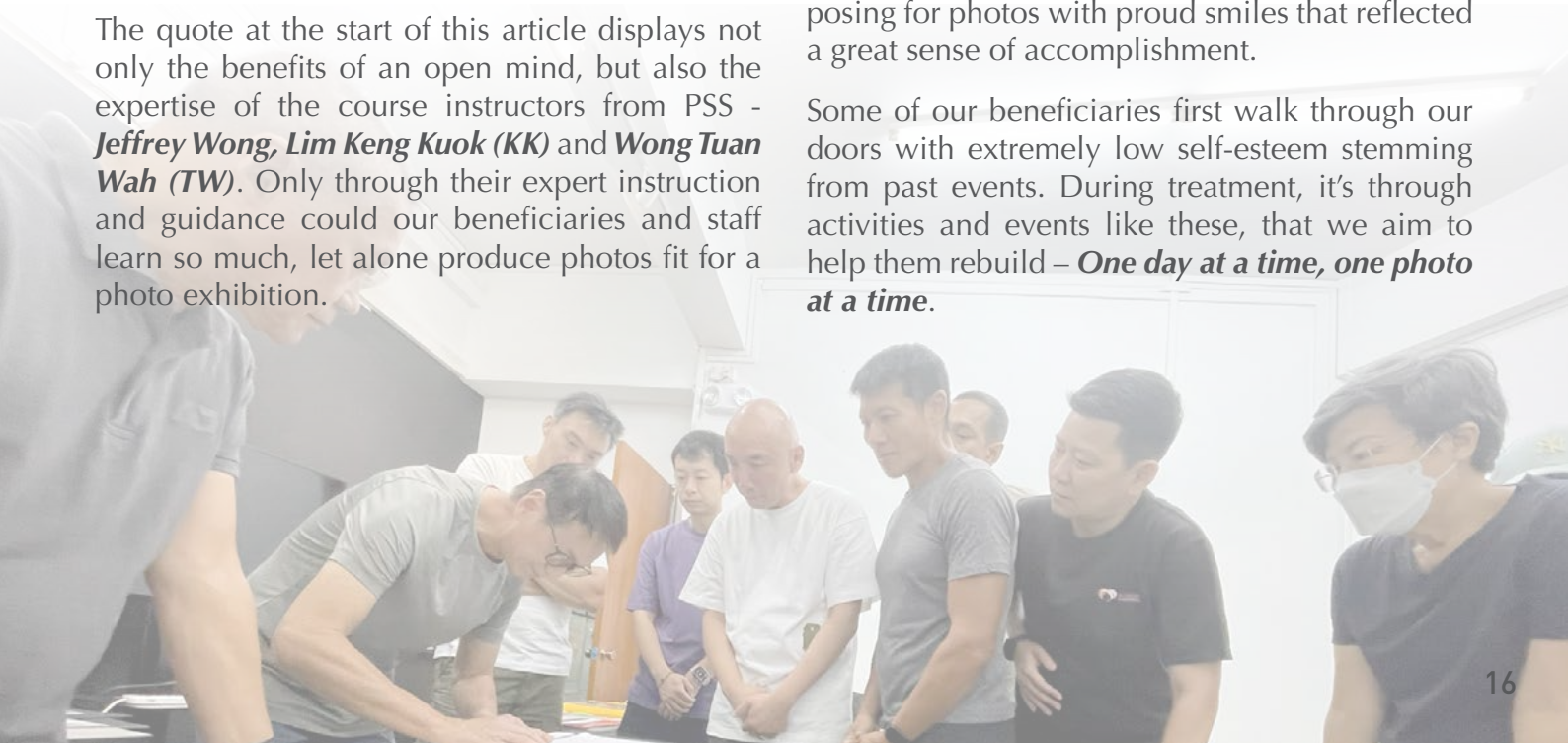
The quote at the start of this article displays not only the benefits of an open mind, but also the expertise of the course instructors from PSS - **Jeffrey Wong**, **Lim Keng Kuok (KK)** and **Wong Tuan Wah (TW)**. Only through their expert instruction and guidance could our beneficiaries and staff learn so much, let alone produce photos fit for a photo exhibition.

The course sought to empower participants on their path of recovery by leveraging the therapeutic and developmental benefits of photography. Its primary goal was to help individuals cultivate self-respect, rebuild self-esteem, and foster confidence through photography.

The exhibition took place from October 11 to 13, at the **Prinsep Gallery, Selegie Arts Centre**, with a full day spent on both setting up and tearing down. The cameras and printing of photographs were very kindly sponsored by **Canon**, with the logistics largely being taken care of by Senior Manager of PSS, **Michele Yap**. To these two parties, we are extremely grateful.

Throughout the 3 days, visitors came and went. It was especially heartening to see the loved ones of those who had photographs on display come, posing for photos with proud smiles that reflected a great sense of accomplishment.

Some of our beneficiaries first walk through our doors with extremely low self-esteem stemming from past events. During treatment, it's through activities and events like these, that we aim to help them rebuild – **One day at a time, one photo at a time.**









# WE CARE Charity Concert 2024

Have you ever been to a Chinese wind percussion concert? Chances are, you have not. Well, most of us had not either, prior to our charity concert that was held on 1 September 2024.

Over the course of a few months, the concert programme evolved so much that it became much more than a Chinese wind percussion concert. Guest performances were added, and WE CARE staff and beneficiaries also had their moment in the limelight, performing the *Ke Mu San* dance that had gone viral on *TikTok*.

That is what happened on stage, and what the audience witnessed. What they were not privy to were the intense preparations that went on behind the scenes. So many details had to be finalised that it would be a disservice not to mention them. Anyone who has attempted to organise an event on such a scale would appreciate the stress and tension that surround things leading up to showtime.

From the sequence of the recipients of the various awards to the timing of the videos playing on the screens, everything needed to be perfectly planned. Countless rehearsals got us there, with few hiccups - there is really no such thing as over-preparation.

On our end, the whole centre was involved - it was all hands on deck. It was a long day for everyone involved, but seeing how much each audience member enjoyed the performance made everything worth it.



During both the matinee and evening performances, the audience was treated to several songs performed by Chinese wind percussion band **Reverberance**, including children's song *Paaduvom Vaarungal* and folk favourite *Burung Kakak Tua*.

The diversity and provenance of the repertoire of songs reflected perfectly the diversity of persons at WE CARE - we welcome everyone at the centre, no matter their race, religion or creed, regardless of their role.

**Martial House** wowed the crowd with their acrobatic Wushu moves, and Traditional Arts Centre, deftly led by our Board Director **Jennifer Lim**, dazzled as well. We share the highlights here:



The evening show was graced by *Senior Parliamentary Secretary, Ministry of Culture, Community and Youth & Ministry of Social and Family Development, Eric Chua*, who kindly agreed to be our *Guest of Honour*. He even joined *Dr Lim Soon Hock (Ah Boy)* on stage for an impromptu performance, serving as a rousing end to a memorable performance.

The crowd also got in on the action, with the whistles (wind instruments) that were handed out when they were welcomed at reception. They

were asked to whistle along to a few of the songs, taking cues from the performers. This interactive element was no doubt a winning touch by **Reverberance** and organisers.

Special mention also goes out to **Flamin'co**, a group of youthful dancers from **NUS High School (NUSH)** who agreed at the very last minute to coach our staff, beneficiaries and volunteers on the viral *Ke Mu San* dance. Turns out we have quite a few persons with nimble feet here at the centre!



We are happy to report that we exceeded our donation target for the concert, and are extremely grateful to all our partners and donors, without whom none of this would be possible.

And finally, thank you to all those that attended and supported our cause, especially to the **Tote Board**.

Fundraising is never easy for an addiction recovery centre in Singapore, but we will always persevere and strive to achieve our vision of becoming the leading community hub of addiction recovery in Singapore.

See you at our next fundraising event!



Featuring WE CARE Community Services

## Repair+

### Featuring WE CARE Community Services

WE CARE participated in the **Repair+** initiative when we submitted a pair of wedding shoes that belonged to our recovery guide **Jess Ang**.

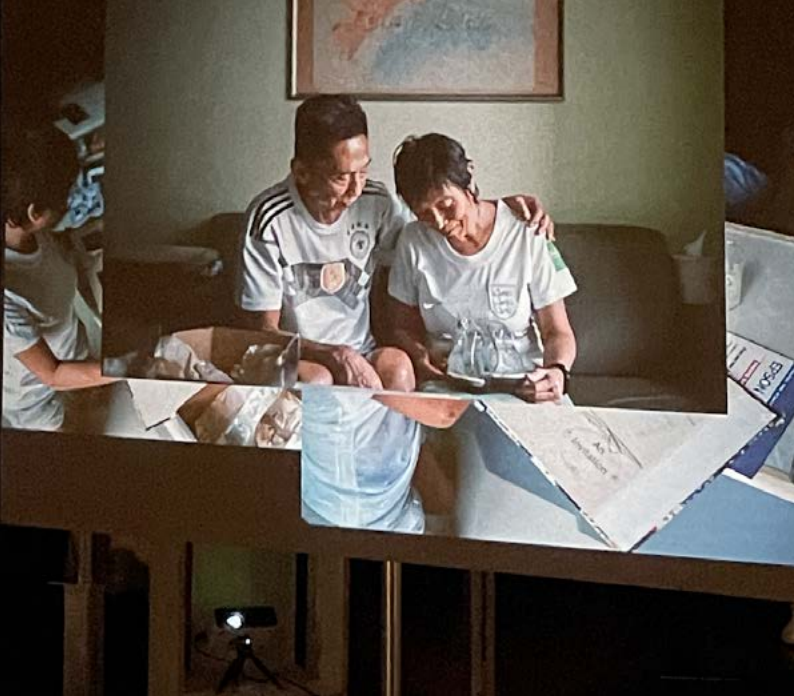
They hold great sentimental value for Jess, as they are the only items that are still in her possession when she got married in 2001. The wedding was sponsored by church friends and a church member took Jess to Sembonia where she picked out her wedding shoes.

“A lot of the wedding was organised for us. The only thing we did ourselves were the invitation cards. A church member used their own camera for our photoshoot in the Botanic Gardens ... We don't have many printed photos because it was expensive. My dream was to wear the wedding gown, which was rented. I had a tiara as well.”

For this project, Jess was paired with the creative couple **Ryan Len** and **Ella Zheng**, who helm **Aaah Studio**. The shoes were reworked: the leather pieces and plastic straps were replaced; beading was added to the heels; a tulip imprint was added to the insoles; and the shoes were encased in an oversized acrylic box with engraved words.

According to Ella, “Symbolically, the spacious, transparent case represents the vast potential and room to grow, to dream, and to embark on new adventures. We laser-engraved the inscription ‘Walk with love, always’ to remind Jess that every step taken with love leads to beautiful places”.

Tenderly and aesthetically restored, the shoes were displayed at 42 Waterloo St as part of the **Singapore Design Week 2024**, which ran from 26 Sep to 6 Oct, at locations in the Bras Basah, Bugis, Marina and Orchard areas.



**WE CARE** organised a visit to the **Repair+** exhibition at Waterloo St. The small intimate space had been transformed into an atmospheric airy realm where repurposed artefacts were gorgeously lit, and accompanied by videos of the transformation process.

After Waterloo, we trudged down the street to the main design space at the **National Design Centre**, where modern art pieces and art installations were on display.



## SINGAPORE DESIGN WEEK RETURNS FROM 26 SEP TO 06 OCT 2024.

From the festival hub at the National Design Centre to Design Districts at Bras Basah, Bugis, Marina and Orchard, and many other Design Community locations, SDW 2024 will present an extraordinary showcase of Singapore's distinctive brand of creativity.

"People of Design" honours the everyday visionaries among us who are making meaningful contributions to society through design. They come from all walks of life, but share a collective aspiration to make things better. This year, we invite everyone to join us in uncovering their own design potential to bring new and better outcomes to light - ultimately creating a more liveable and loveable Singapore.

Subscribe to the [DesignSingapore Council newsletter](#) and follow us on [Instagram @designsingapore](#) to keep up-to-date.



**WE CARE** gratefully acknowledges the help and support of **Yishun Health** and the organisers of **Singapore Design Week**



# 2024 Amazing WE CARE Race

After a 5-year hiatus, the **Amazing WE CARE Race** returned with 16 teams taking to both the **Singapore Sports Hub** and **Kampong Glam** on 9 November 2024. Modelled after the hit reality series *The Amazing Race*, which spans 36 seasons, the challenges involved are both physical and mental.

Preparations were intense, with many small details needing to be ironed out. Some of these included looking for racers to fill out sponsored teams, to finalising the commemorative t-shirt design. Multiple days were also spent on race dry runs to ensure that the flow of the race would be as smooth as possible.

We were fortunate to work with **Get Out! Events**, who amongst other things helped to plan and facilitate the entire race. They also provided a web-based app that was used during the race, lending a technological aspect to the race.

The teams that participated comprised many different groups – **WE CARE** staff, beneficiaries

and volunteers, while others were made up of teams from corporate organisations like **KPMG**. There was even a team filled by our partners at **HEB-Ashram Halfway House**.

As the best dressed teams stood to win prizes, many teams arrived dressed up thematically. The *Purple Squad* came colour-coordinated, while others, like *Animal Anarchy*, put makeup on. One team even went to the lengths of getting a customised t-shirt printed!

As for the race proper, the different stations saw a variety of skills put to the test. Split over the **Singapore Sports Hub** and **Kampong Glam**, challenges included rock climbing as well as a photo hunt that required the racers to look for certain points to take a selfie at.

Judging from post-race reactions, participants enjoyed the canoeing challenge, which required 3 racers from each team to row to a predetermined point and back, the most. We are pleased to report that no racers got wet in the process.



The race ended with lunch at *Ginger Restaurant, PARKROYAL* on Beach Road. The atmosphere in the restaurant was truly memorable, with everyone gleefully recounting the eventful morning they had just gone through over good food.

After everyone had sufficiently refuelled, the awards presentation began.

In a close finish, *Team Phoenix*, a team of beneficiaries from **WE CARE**, took home first place. *Racers Anonymous*, another beneficiary-led team, were voted the best dressed. We congratulate these teams as well as the other prize winners.

We would like to take the opportunity to thank the donors and sponsors for the **Amazing WE CARE Race**, as well as the participants and volunteers. Without each of you, this race would not have been possible.

This was the last fundraising event of the year for **WE CARE**, and it ended on a good note. Fundraising is always a tough ask for an addiction recovery centre in Singapore, but it was a good year nonetheless.

Again, a big thank you to everyone that has supported us over the years, in particular the unwavering support of the **Tote Board**. We look forward to your continued support in helping us achieve our purpose of helping those suffering with substance and behavioural addiction issues. Till next year!





# My Post-Release Reintegration Journey

By: John Chen

Overcoming addiction is not an easy task. Every day can be a struggle against our internal emotions and external pressures.

Can we ever recover from addiction? I view recovery as a journey, not a destination. We constantly need to keep ourselves and our lives in check and in balance.

In my past releases from Drug Rehabilitation Centre (DRC), I found myself jumping back to work almost immediately as I thought that would mean normalcy to me. I wanted to be able to work and support myself so I would not be a burden to my family.

As Einstein said, **insanity is doing the same thing over and over again** and expecting different results. The third time round, I chose to focus on my self-care. Self-care or self-love is one of the most important steps for recovering addicts to achieve because it is oftentimes one of the root matters that we ignore in addiction.

For me, going to WE CARE, attending lunchtime meetings, SMART recovery and other activities together with the active recovery community helped me to re-integrate smoothly. I often get help or suggestions from people I meet.

I used to think recovery was about staying clean. It is more than that. I began my self-care journey to discover my values and what I enjoy doing rather than seeking validation and being an over-achiever. I started to focus on wellness in my recovery. The Global Wellness Institute defines wellness as the ***active pursuit of activities, choices and lifestyles that lead to a state of holistic health.***

## Wellness Is Multidimensional

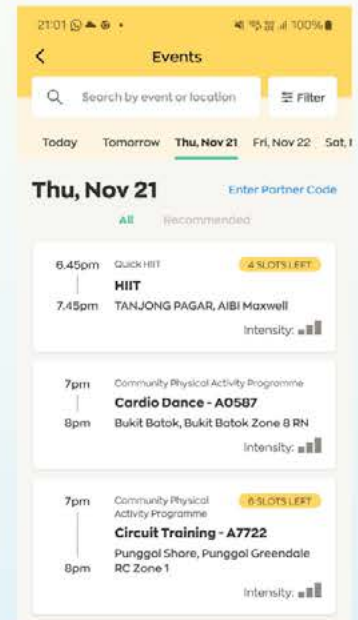
There are many wellness models out there. Just like our recovery is multifaceted, these are some of the wellness dimensions that I found useful in helping me work towards my optimal state of health and wellbeing.



**Physical:** Nourishing a healthy body through exercise, nutrition, sleep, etc.



- ✓ Download HPB's **Healthy365** app for free. You can join many free fitness activities near you to stay fit and make new friends. I screenshot the event details and seek my Reintegration Officer's\* approval.
- ✓ Redeem your free fitness tracker watch from HPB. You can clock your steps to exchange for grocery or F&B vouchers. I use the watch to track the quality of my sleep.
- ✓ Join us for a game of pickleball every Friday in WE CARE. Easy to learn and play!



**Social:** Connecting and engaging with others and our communities in meaningful ways.

- ✓ Go to **eventbrite.sg** and search for URA, NLB, NParks, My Community for free guided tours and activities around Singapore you can join with your loved ones.
- ✓ Visit **volunteer.gov.sg** and find a cause you are passionate about. I joined Team Nila under Sports SG to get behind the scenes of local and international sporting events, learn new things and network with other volunteers.



*\*A Reintegration Officer supports supervisees upon their release from prison. They are also in charge of things like the setting of curfew timings*



**Financial:** Meeting basic needs and managing money for the short- and long-term

✓ I find visiting the nearest SSO office to process my application for **ComCare Short-to-Medium-Term Assistance** more efficient.

✓ Apply for **MediFund** with your nearest hospital. It provides financial assistance for Singaporeans who are unable to pay for medical bills after using government subsidies, insurance, and MediSave. Most people would have applied for **Community Health Assist Scheme (CHAS)** that provides subsidies for medical and dental care at participating clinics

✓ Explore bond-free sponsorships to further your studies. They are offered by **Yellow Ribbon SG Star Bursary** or **SAFRA** and their partners



**Mental:** Engaging the world through learning, problem-solving, creativity, etc.

✓ Search and register online for **SkillsFuture Advice workshop**. You can get updates on the latest offerings like SkillsFuture Career Transition Programme (SCTP), Jobseeker Support Scheme, upcoming Mid-Career Training Allowance, Workfare Skills Support Scheme (offers training allowance & cash reward for completing training). I got a career mentor from the Volunteer Career Advisors Initiative to advise me on my career development plan.

✓ Approach YRSG (sponsored courses) or ISCOS (Skills Assistance Subsidy Scheme - with at least 3 months of full-time employment). I completed the YRSG-sponsored 5-week full-time course on WSQ Higher Certificate in Food Services (Culinary Arts) conducted by HCSA Academy to learn the joy of cooking. I received \$840 as an allowance for completing the course.



*John joined **WE CARE** as part of Sober Living Framework. He's a full-time people developer and part-time backpacker.*





# Shake Your Senses

*Shake Your Senses* is a class that's held every first Tuesday of the month, and is conducted by **Melanie Gooi**.

In this article, she shares what it's all about:

## **Shake Your Senses: The Healing Power of Somatic Dance Movement**

When you're stressed or anxious, do you notice how your body responds—tense muscles, tightened shoulders and shallow breath?"

These physical responses are often automatic, but they are also signals of what is happening internally. Somatic movement and dance practices recognize this intimate connection between body and mind, offering a pathway to healing—particularly for those in recovery from trauma, addiction, or chronic stress.

### **What is Somatic Dance Movement?**

At its core, somatic dance movement is about cultivating awareness of the body from the inside out. The word “somatic” comes from the Greek word *soma*, meaning “body,” and the practice encourages you to listen to your body's internal sensations. It encourages a gentle, mindful exploration of movement, focusing more on personal experience than on how the movement looks.

The aim is to explore how different movements can shift emotional states, release tension, and foster a sense of safety and grounding in the body.

### **How Somatic Movement Heals**

Both physical and emotional trauma often leave imprints on the body. When we experience stressful events, the body may respond with a “fight, flight, or freeze” reaction, which can leave residual tension or numbness. Over time, these stored responses can lead to chronic pain, anxiety, or even disconnection from our own physical selves.

Somatic dance movement works by gently unlocking these physical patterns, allowing the body to release stored stress and trauma. By bringing attention to body-sensation and encouraging non-judgmental movement, the practice supports nervous system regulation. With proper regulation of the nervous system, there is more capacity to attune to addiction recovery, be it with the support of a counsellor or in group therapy.

## Shake Your Senses:

The beauty of dance is in its inclusivity—if you can move, you can dance.

Shake Your Senses is a playful, vibrant movement practice that revitalizes your body and awakens your body and spirit through fluid, dynamic sequences and creative expression, all set to a variety of music genres. This body-centred approach will reignite your joy and vitality while calming your nervous system.

The repertoire incorporates a dynamic range of movements that open you to your fluid nature. Our bodies are over 60% fluid, and this fluid — whether it's joint fluid, the fluid between the cells, the fluid of your blood, or the cerebral-spinal fluid — each has qualitatively different ways of moving within us.

Dancing in concert with our fluid natures makes Shake Your Senses a unique experience, accessing new ways of moving that help us to get unstuck and to feel more connected to our body-sense in a manner that is both safe and nourishing.

This process is especially healing for those who have experienced trauma or addiction, where disconnection from the body is a common survival strategy. Whilst the support of a recovery counselor or therapist is still fundamental, the expressive and fluid movements of dance offer a way to process emotions that are difficult to feel and say out loud.

## The Benefits of Shake Your Senses

**+ Releases Physical Tension:** Gentle fluid movements allow the body to release stored tension, improving mobility and easing pain.

**+ Calms the Nervous System:** Somatic movement encourages deep relaxation and helps regulate the nervous system, making it an effective practice for managing anxiety, depression, and PTSD.

**+ Increases Body Awareness:** As individuals learn to tune into their body's signals, they develop a greater sense of embodiment and self-awareness, which is crucial for healing.

**+ Promotes Emotional Expression:** Dance allows for the non-verbal release of emotions, helping participants process feelings in a safe and supportive environment.

**+ Fosters Connection:** As we move and dance in a group setting, we create a sense of community and belonging. For those in recovery, these connections can be deeply supportive.

*Shake Your Senses runs every first Tuesday of the month from 3-4pm at Serenity Room, and is appropriate for all levels of movement/dance experience and fitness.*

-  
By **Melanie Gooi.**

*Melanie is an abstract artist who discovered joy through the freedom of intuitive dance. She is currently training to become a somatic therapist and recently trained as a **Shake Your Soul** practitioner to facilitate somatic dance and movement classes.*

# HIGHLIGHTS

Engaging activities and enriching events from the recent past



Club Heal - Healing & Recovery Conference 2024



Addiction Awareness Talk at CGH



Christmas Light-Up Walk 2024



Homelessness Learning Forum 2024

Amazing WE CARE Race 2024





Singapore Design Week - Repair+



ISAM Regional Conference 2024



Responsible Gaming Talk at MBS



Jurong Lake Walk



Photographic Society Of Singapore - Photo Exhibition



NUS CAPT CE Fest 2024



Symposium on Problematic Porn Use by Lakeside and Indigo & Co



# Transforming Lives. Restoring Families.

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



**WE CARE**  
COMMUNITY SERVICES

We are located at:

**Kembangan-Chai Chee  
Community Hub**

11 Jln Ubi #01-41, Block 5  
Singapore 409074

Tel : 3165 8017

Fax : 6491 5338

E-mail: [help@wecare.org.sg](mailto:help@wecare.org.sg)

**WE CARE** aims to be the leading community hub of addiction recovery in Singapore.

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

Our core services are:

- Counselling for recovering addicts and their families
- Educational and therapy programmes
- A drop-in centre
- A hub for recovery support groups
- Community outreach

For more information on what we do, please go to: [www.wecare.org.sg](http://www.wecare.org.sg)

Counselling sessions are private and confidential.



## 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 **3165 8017** or email [help@wecare.org.sg](mailto:help@wecare.org.sg)

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

## WE CARE needs your help.

**WE CARE** Community Services Ltd is a registered charity.

We provide treatment for all forms of addictions and 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 (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](http://Giving.sg/we-care-community-services-limited);
- or
- [Wecare.give.asia](http://Wecare.give.asia)



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*The views of the writers  
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