

WE CARE News



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WE CARE Charity Movie

As a registered charity under the Charities Act, **WE CARE** depends mainly on donations from individuals and corporations to fund our programmes and services.

Every bit counts, every dollar helps.

Your support goes a long way in helping us treat the recovering community.

Come and support **WE CARE**'s movie fundraiser in the latest
Transformers: Rise of the Beasts.

It will be screened on Thursday 8th June at Golden Village at
6:30pm, the same day that it opens islandwide in Singapore.



Tickets are priced at \$50 a piece, and a 250% tax deduction
receipt will be issued. As this event will be supported by
dollar-to-dollar matching from the Tote Board and the
government, every dollar you donate will actually double!

The Story So Far

Rise of the Beasts is the direct sequel to 2018's *Bumblebee*, and continues to explore the rebooted timeline, 7 years after the events in *Bumblebee*. It is the 7th film in the Transformers franchise, and Paramount Pictures has been tight-lipped about the details of the plot.

Rise of the Beasts will continue the Beast Wars storyline began in *Bumblebee*, and follow the adventures of 2 archaeologists, introducing the Maximals, the Terrorcons and the Predacons to audiences for the first time.

The Transformers universe began in 2007 when Michael Bay directed Shia LeBeouf and Megan Fox together with the good Autobots to battle the Decepticons. The robots have the ability to change into different mechanical objects and only one earthling Sam, played by LeBeouf, can save the world from complete destruction.

Revenge of the Fallen takes place 2 years later when the Autobots team up with a secret US military outfit to find a home on Earth. An ancient Decepticon known as The Fallen, with links to the history of the Transformers and Earth itself, rises to create havoc; and once again Sam must find a way to defeat them.

With the third Transformers, *Dark of the Moon*, Sam returns one final time to stand with the Autobots to defeat the Decepticons. Optimus Prime and the Autobots team try to resurrect an ancient leader, Transformer Sentinel Prime, to lead them to victory. That decision leads to terrifying consequences and a climactic battle in the streets of Chicago.

Dinosaurs and Mark Wahlberg propelled the 4th installment in the franchise into the highest grossing film in 2014, bringing in above US\$1 billion at the box office. In the *Age of Extinction*, a mysterious group tries to take control of history and an ancient menace decides to invade Earth. The film takes audiences all around the planet in an all-out battle between good and evil.

With *The Last Knight* in 2017, the way to the future lay in solving a secret from the past and locating an ancient relic left behind when the wizard Merlin and a hidden group of Transformers helped King Arthur and his knights. A star-studded cast led by Mark Wahlberg and Anthony Hopkins could not save the film from savaging by critics and failing at the box office.

With the failure of *The Last Knight*, a reboot and new timeline of the Transformers series was helmed by Travis Knight. Released in 2018, *Bumblebee* was led by a new cast, headed by Hailee Steinfeld and John Cena. The film breathed new life into the franchise, and was successful both critically and at the box office.

Rise of the Beasts is anticipated to further the excitement that began in *Bumblebee*.

Understanding Gambling Addiction- More Than a Game of Chance

Gambling can be defined as playing a game of chance for stakes and it can take shape in many forms. In Singapore, some of the more commonly known forms of gambling include 4D, TOTO, lotteries, mahjong, sports betting and casino games. Even trading in stocks and crypto currencies can be a form of gambling. The biggest trend in gambling is in online and mobile casino gaming, and this was given a huge boost during the Covid pandemic.

Unlike with drug or alcohol use disorder, there are no evident physical indications or symptoms, which is why gambling addiction is sometimes referred to as the “hidden illness”. It affects not only the gambler, but also their families and significant others. It is the inability to resist the urge to gamble which causes severe personal and family consequences.

Like most addictive behaviours, gambling exists on a spectrum. Many of us have played bingo at social gatherings, blackjack during Chinese New Year, or poker or mahjong with friends. This makes most of us **casual social gamblers**. If gambling becomes more habitual or a hobby, we are considered **serious social gamblers**, and may be at risk of developing a dependency if we take to gambling to cope with stress or trauma. Others may be **escape gamblers**, if they want to avoid loneliness, isolation and feelings of unworthiness. There are also **professional gamblers** who make a living from gambling that requires strict discipline and a high level of skill, such as poker or stock trading.

What is concerning is that any of these types may develop into **problem gamblers**. These persons will find that they are preoccupied with gambling and that the urge to gamble is increasingly more difficult to resist. To achieve the same desired effects that they previously experienced, they would gamble more often or indulge in higher stakes. If they have tried to cut down, they would have been unsuccessful. In fact, they would be gambling more, trying to ‘chase their losses’ – continuing to gamble even after experiencing huge losses, with the intent of winning back or recouping the money that was lost. Over time, as their behaviour escalates, there is a growing pervasive sense that they are losing control, which manifests itself as irritability when they are unable to gamble, and secrecy about the scale of their gambling.

At this stage they would be considered **pathological gamblers**, and they are likely to resort to unethical or even criminal means – from borrowing, lying, stealing, cheating, amongst other behaviours – to fuel their gambling compulsion. As the addiction takes over their life, they would have abandoned their duty to family and loved ones, dissociated from their friends, and neglected their work or study responsibilities.

With no physical symptoms, many pathological gamblers are able to hide their compulsions for long periods of time, before they are confronted with crippling debt, and have to resort to friends and family for monetary help. These ‘bailouts’ are often the tip of the iceberg, as the shame makes



them understate the size of their debts in order to underplay the problem and the severity of their situation. Even when the bailouts are sufficient, it is a matter of time before the vicious cycle repeats itself, and the problem gambler will fall back on the only solution they know to resolve their mounting debts – gambling.

As it happens with all addictions, misconceptions abound.

It's a choice

While it is true that individuals choose to gamble at the beginning, once they fall into the cycle of problem gambling, it is no longer just a matter of choice. MRI scans of these individuals show the same rewiring effect on the brain that affects those with drug or alcohol addiction.

It only affects those who gamble frequently

Individuals who seldom gamble may turn to gambling as a means to cope with stress, trauma or get hooked on gambling following an unexpected huge win.

It's not a problem if the gambler can afford it

Financial problems are one consequence of problem gambling, and even if the gambler could afford the losses, strained relationships with loved ones, impaired work performance and the inability to cope with life's challenges are also the direct results of gambling behaviours.

Only certain demographics are affected

Addiction does not discriminate. Just as with every other addiction, almost anyone can develop a problem with gambling. With the myriad of gambling options, it is now much easier to gamble and for someone to develop problematic gambling behaviours.

Once the debt is cleared, the problem is solved

This is untrue. Bailing the problem gambler out of their debts often does more harm than good by enabling them to continue gambling.

To find out how **WE CARE's Gambling Recovery Intervention Programme (G.R.I.P)** works, give us a call or write in to us. If you are a family member, close friend or significant other, you may want to join our Family & Friends support group to learn how to better help your loved one.



Becoming Resilient, Gently



Hi, I'm **Rebecca** and I am super resilient.

A story: on December 27th, 2020, I stopped drinking for good. The following day happened to be my husband's birthday, and a group of us planned to celebrate over champagne brunch. If you don't know, a champagne brunch requires individuals to imbibe as much champagne as humanly possible over a four-hour period. People usually get very, very drunk. We'd made these plans before I decided to stop drinking. Clearly, there is a lot wrong with the idea of a person in early recovery attending an alcohol-focused social gathering. It worked out for me, but it might not have and I advise strongly against anyone choosing this course of action.

At the time, I saw an opportunity to expand my comfort level. I rationalized that I would eventually find myself in alcohol-heavy scenarios, and I needed to learn how to participate without partaking. In reality, I was at an exceptionally low point, emotionally. Because I wasn't feeling great about myself, my own comfort and ease were not top of mind. The whole plan reeked of self-punishment.

That afternoon I sat through brunch, surrounded by friends slugging champagne, and felt uneasy and wholly at odds with my surroundings. I made it through without alcohol and I mostly felt like a boss about it. I'd had a terrible time, but I'd unlocked a new skill. I felt confident in my ability to handle similarly stressful situations with relative ease and minimal after-effect. *I had built Resilience.*

Resilience reduces the physical, psychological and emotional effects of stress both in the moment and over the long term. 'Stress' can broadly be defined as discomfort. This encompasses the physical discomfort of injury or illness, the psychological discomfort of grief or mental illness, the psychosocial discomfort of bigotry and socio-economic inequality, and the psychospiritual discomfort of existential crisis (my personal favorite). Considering the ubiquity of stress, it makes a lot of sense to develop a reliable and trustworthy approach for managing and mitigating adverse experience. Anyone in recovery from addiction will corroborate that the entire process offers a wellspring of discomfort. *This makes resilience a particularly useful resource.*

Because there are as many examples of resilience as there are individual people, it can be difficult to qualify and quantify. Research into the psychology of resilience considers certain traits to be guidelines for identifying and cultivating resilience. People who demonstrate resilience can effectively plan and execute, communicate with others and solve problems, and manage their emotions and impulses. Resilient people have a positive sense of self-worth and confidence in themselves and their abilities. These traits can be strengthened through three key resources: positive emotions, social support and adaptability.

Positive emotions are created and maintained through self-support, a perspective that sees the bigger picture and the longer term, and a sense of

R E S I L I E N C E

humor. An accessible and supportive community includes strong, healthy relationships with friends and family. Resilient individuals know how and when to ask for help from those around them. Adaptability may be the most useful resource. Environmental and self-awareness helps in managing feelings and impulses, which goes a long way in withstanding and recovering from stress. Perception of control also factors into resilience. Someone who feels like they have agency and power will usually feel more ease in times of difficulty. Interestingly, though, 'perception of control' pertains more to a person's mindset than to their true agency in a particular scenario. *Sheer belief in one's power makes a huge difference.*

If all this reads like something out of a group recovery meeting, then you're on to something. The Serenity Prayer is basically an appeal for resilience: acceptance, courage and wisdom. "Managing thoughts, feelings and behaviors," is a key point in SMART Recovery, an approach which applies Cognitive Behavioral Therapy (CBT) and Rational Emotive Behavioral Therapy (REBT) to adjust patterns of addictive behavior.

A person's resilience directly impacts the success of their recovery. Recovery can be an emotional and behavioral minefield and the basic unpredictability of daily life presents one of the biggest challenges. People recovering from addiction can be especially vulnerable to relapse in unexpected situations or in circumstances where they feel out of control. Any recovery approach destined for success must include social support, a positive and realistic outlook, and the awareness and adaptability to navigate life in real time. Fortunately, resilience begets resilience. *The more one practices resilience, the more resilient one becomes.*

The second champagne brunch I attended as a non-drinker took place on another birthday, not quite eighteen months into my sobriety. It was also a disaster, but for different (relevant)

reasons. Because of my successful experience all those months ago, I embarked on this brunching journey feeling prepared. Except I wasn't. In my early sober days, I'd prepare before social events. I'd plan my first drink order, and note what cues to watch for in deciding when to leave. Knowing I'd managed a similar outing before, and in a far more vulnerable state, I felt confident and that made me careless.

I wasn't fully paying attention as my unease mounted and my resources diminished in the increasingly loud and chaotic dining room. I began making unnecessary trips to the bathroom as a way of finding momentary peace. I did not leave early enough, and spent the next two days recovering from the sheer, white-knuckle shock of being sober in such an alcohol-heavy environment. I'll take stress-recovery over a hangover any day, but it was not my finest hour and I do not wish to repeat the experience.

The shift from feeling triumphant after my first sober brunch to being flat-out exhausted after the second brunch got me thinking. If I'd truly developed resilience by enduring that first brunch, then the second time should have been easier. This is not what happened. Had I actually built resilience, or had I just forced myself into a stressful experience that I managed to survive? What's the difference, anyway?

People who study resilience agree that it can be learned and strengthened through practice. This could mean that every stressful experience presents a new opportunity to practice a healthy response. The idea of leaning into discomfort as a way of learning to tolerate it sort of makes sense. Most skill-based disciplines involve improving one's abilities through repetition and increased intensity. The philosophy, "no pain no gain," works along these lines. Unfortunately, there's a tipping point where what's intended to build strength becomes an unnecessary taxation of resources.

Research on the long-term effects of stress exposure indicates that significant health problems can result, ranging from anxiety and depression to cardiovascular disease and chronic illness. My experiments in creating or revisiting stressful scenarios definitely did not foster resilience. *But if experiencing more stress doesn't foster resilience, then, how to practice?*

More accurately: what to practice? If resilience means developing resources whereby one may withstand stress with ease, then why not practice ease, instead? It definitely sounds more pleasant. Some people conflate ease with laziness, and I strenuously disagree. Not a single one of the traits that constitute resilience, nor any of the resources that develop them, requires stress or adversity to learn or strengthen.

To develop planning and communication skills requires a supportive and focused environment. Mindfulness practices directly associated with relaxation are especially useful in enhancing the positive states of mind which correlate to resilience. Intentionally changing behavioral patterns as taught through methods like CBT and REBT may involve discomfort, but this can be done intentionally and progressively. *Resilience can be built apart from stress so that when stress happens, you have the full capacity to manage it.*

Gentleness is particularly vital for building resilience in addiction recovery. As I recall my early days of sobriety, I really wish I'd been nicer to myself. I felt so frustrated and mad and scared that I thought the only way to move forward was through muscle and grit. I feared that giving myself grace would make me weak. The beginning of any recovery process, addiction or otherwise, is an incredibly vulnerable time.

People in recovery are already facing a scarcity of physical, mental, social and emotional resources. Leaning into discomfort might only make someone more vulnerable which, in turn, may make them less likely to succeed at making the changes they seek. A softer approach might just be more effective. In the context of addiction recovery, this distinction may quite literally be the difference between life and death.

In all scenarios, the individual will be the determining factor. Everyone has a different, innate ability to handle stress. Everyone will react differently to a variety of stressful experiences. My own resilience expands as I continue to develop my resources. Awareness and self-knowledge, I think, are the cornerstones of healthy resilience. My awareness guides me away from unnecessary sources of stress. This allows me to retain my physical and emotional resources for when I really need them. We all have but modest control of the world around us, and that control is not evenly distributed. The ability to circumvent stress is often connected to privilege. *Whatever our individual circumstances, by making an intentional effort to foster a positive mindset, to connect to family and community and to learn to adapt, we ensure greater access to the precious personal resources that carry us forward, and a better future experience.*

At two years and five months sober, I no longer attend champagne brunches. I'm sorry to miss your birthday. We can catch up another time over coffee or a real meal like breakfast or lunch. An important side lesson here is that there's no good reason for someone who doesn't drink to attend an alcohol-centered event. If the triggers don't get you, then the sheer botheration will. You will miss nothing by missing it, and you will not be missed as drunk people have famously unreliable memories. Your friends will understand. If they don't understand, they're not your friends. And remember: you don't need to push yourself to be resilient. In fact, I think it's the exact opposite. *Practice being kind and gentle and compassionate with yourself, and I bet you will be surprised at how resilient you can be.*

Pittsburgh, PA, May 2023

Rebecca conducts Mindful Movement sessions at **WE CARE**. She believes resilience can be learned through kindness and ease. In her classes, she advocates for gentleness, patience and, most of all, awareness.

The views expressed in this article are entirely her own.

Should a recovering person disclose their addiction? - A Personal View by M

As addicts, it is second nature for us to lie. It may have been where we were going in the middle of the night, or the reason why we slept in, or how we could skip work today. We have lied to most of the people in our lives that cared about us and more importantly – we lie to ourselves all the time.

When we first came to realise that we have a problem with substance or behaviour, we denied that possibility until the very last second. In that very second, comes the first realisation that our lives had become unmanageable. A lot of thoughts come to mind. Everyone's thoughts are different but we are sure to ask ourselves this one question. "How will I tell my family, friends or loved ones?"

It is not easy to come clean after years of deception. The majority of addicts only start to own up after the law has caught up with them, some not even after that. For those that fear the repercussions of their loved ones' judgement, the extent of their addiction will remain a secret.

So, should we, as addicts, disclose our addiction?

The answer, I am afraid to say, is I do not have one.

Every addict is as different as we are similar. In the depth of our addiction and its unmanageability, our family, friends and loved ones are the most relevant factors in the answer to the question we are exploring here today.

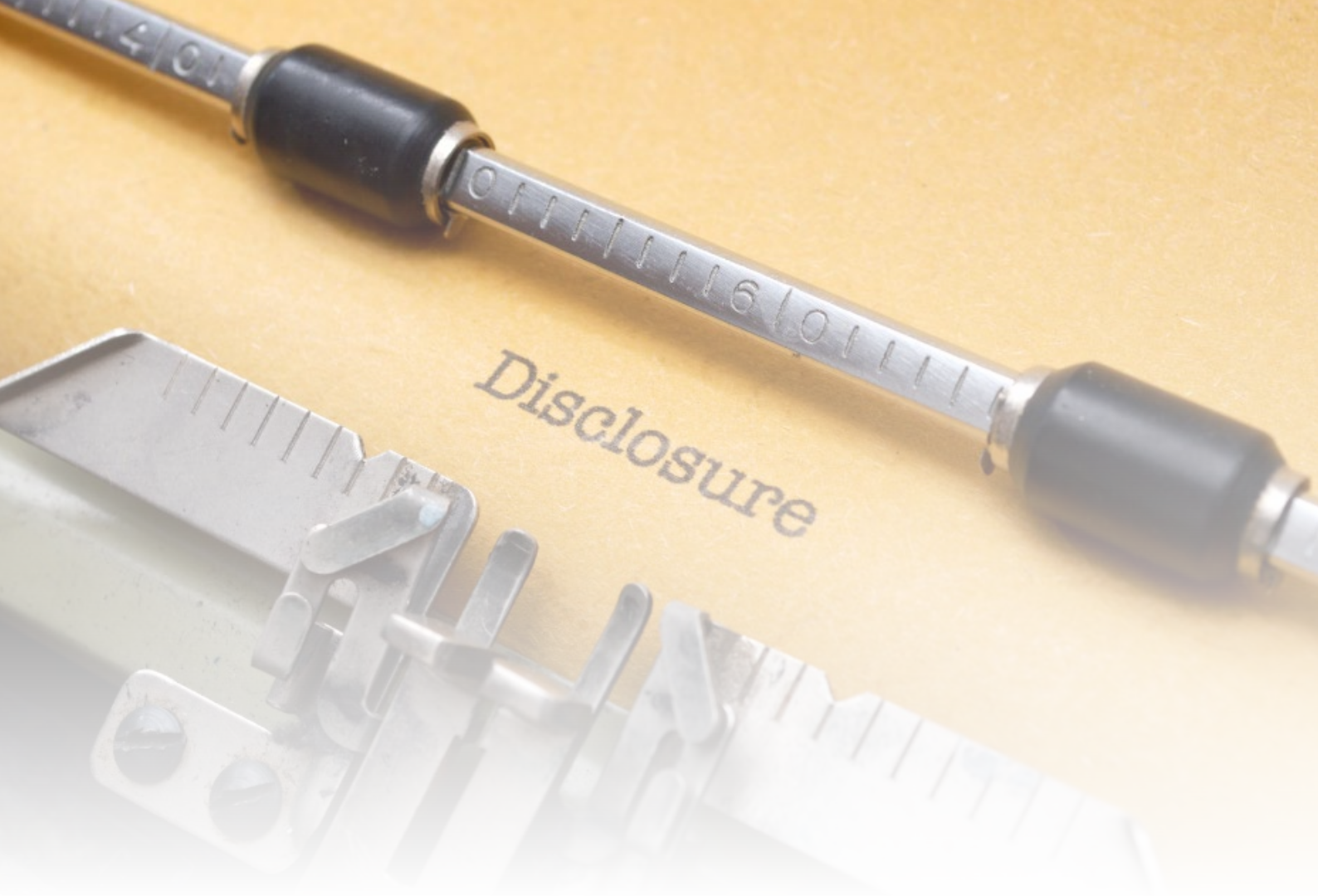
A strong support system as we step on our journey of recovery is critical. This system can consist of friends, members you have met in various fellowships and healthcare professionals such as therapists and counsellors. But the best form of support you can find are the people that truly love and care for you such as family, partners and long-time friends that are not using.

Before confiding in them about our addiction, it is vital for us to assess the amount of trust we can place in a person. With family, the main problems we face is that they might not be able to understand our problems, alongside their disappointment and mistrust. You must consider your safety in matters such as housing and emotional well-being beforehand. It is possible that family members might not be able to understand when you talk to them about your addiction and they may end up discriminating against you or jeopardising your mental well-being.

But in some cases, your family might be your best support system, helping you in every step of the way of your growth in recovery. Whatever the outcome, know that it is not the end and do not give up on your recovery. It is tough for "normal" people to understand our struggles but with time, trust is rebuilt as your recovery journey advances.

When it comes to friends, we can choose to confide in the people that we know will support us. This may mean cutting off old friends that you used with as they might be detrimental to your recovery. Again, although friends may not understand exactly what you are going through, they might be a source of strength that will help you along the way.





Disclosure can be a good way to sieve out those that will stick by you through thick and thin. On a more personal note, I have friends that know the full extent of my addiction and my challenges, that I rely on as my support system, whereas there is no need for anyone else I make acquaintance with in my life that needs to know more than “I’ve quit drinking a while back.”

Choosing who you disclose your addiction to is significant. Whether others can work out that you are addicted, or if your addiction remains a well-kept secret, what is essential is that you find a proper outlet where you can be yourself and there are people that you know that will accept you as you are.

This can be found in various fellowships and most definitely at **WE CARE**. Here we are ourselves, we need not hide who we truly are, in fear of judgement. A judgement-free zone can be very helpful when it comes to an addict’s recovery

journey as it brings about a sense of freedom and understanding that we may not feel in our usual environment. Through the strength, hope and experiences of fellow addicts, we begin to learn new things about ourselves and change for the better. And as we walk this journey, we grow and become a better version of ourselves, more equipped to handle the discrimination we face from society.

In conclusion, the answer is unclear whether or not the disclosure of our addiction should be made. It is a personal choice that is based on many factors. What is pertinent is self-admission and the actions taken to navigate the road of recovery.

*Besides words, **M** expresses themselves through photographs and art. As a recovering person, **M** believes in the importance of self-expression and practices that through their art.*

From Substance Use to Sense of Self - Isaac

Isaac who is currently 25 years of age, first encountered substance after his National Service days. He was introduced to it when he was working on an e-commerce platform and was arranging a delivery.

A client agreed to purchase some products if he would take a few puffs of a substance. He did, but did not experience any effect, although it made an impression on his mind.

It was during Covid, when he felt isolated and alone that he contacted the former client and tried it again.

He was soon hooked. Neglecting his old friends, he started taking drugs with his new ones and his social circle was “replaced by a more powerful and negative one.”

When he was picked up by CNB together with his new friends, he was sent to DRC (Drug Rehabilitation Centre).

There, he heard about the programme Project SAFE (Support for recovering Addicts and their Families through Empowerment) from other inmates. He was also informed about **WE CARE** Community Services, the charity organisation that was running the programme.

Curious, he attended the programme briefing, and decided to sign up for it.

He has not looked back.

“I thought the programme was very different. We were individually assigned a counsellor and a peer support staff from this agency who would follow up with us.”

Essentially, the programme gave him something to look forward to: “A new place, a new space, a new community.”

He found the centre welcoming. “Everybody knows everybody. It’s somewhere where you can belong.”

It was something he needed before he went back to society at large, and to his family and friends. It also provided the time and space to find his footing, new directions and passions.

He felt that the peer support staff, or recovery guides, were always supportive and willing to help.

Counselling helped him through a lot, as did the many activities at the centre such as mindful movement. He feels that for those who are not exposed to, and have never experienced them, bringing these activities to them may well give them new direction or purpose in their recovery.

For Isaac, counselling helped him the most and he credits his counsellor, who helped him work through his issues, and who “was very real and cool about everything and truly listened.”



His counsellor gave him tools to help him “see where I am and where I want to be”, which proved “very powerful for managing my addiction.”

WE CARE is where those who need help can find positive friends. He encourages those who are recovering to step out of their comfort zone and try something they have not tried before. “You never know. New doors might open.”

Coming out of prison, many may have a mindset that may not be “ideal for re-integrating back into the community.” **WE CARE** can provide the environment to “let you take a hard look at how you have lived your life so far” and to find purpose in their new journey.

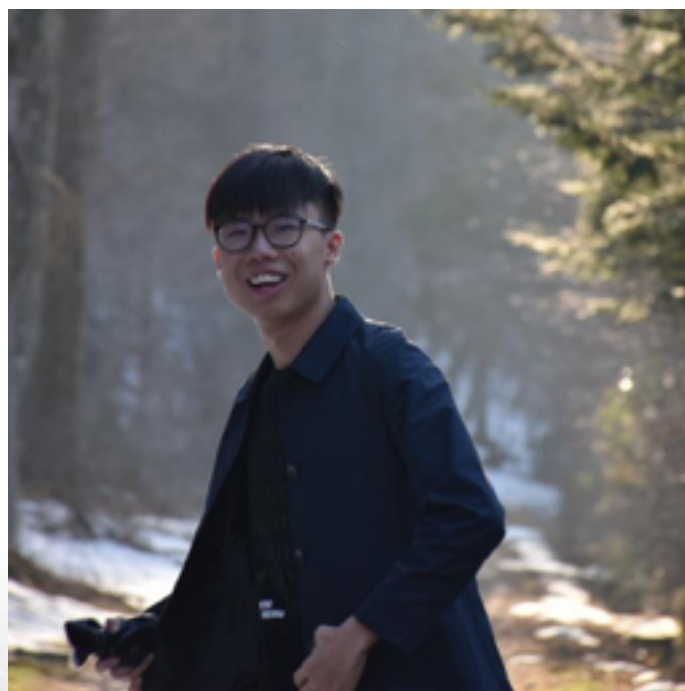
If there is one thing Isaac would like to see, it would be a greater diversity of peer support staff, so as to be able to address the different needs of inmates from prison and DRC. He also hopes that the role of the peer support staff can be expanded so they connect inmates to resources for mental wellness, personal wellness and career guidance.

He feels that at 25, he has squandered some of his prime years, but he has made a fresh start

and is determined to “keep clean and not hurt my family.” Although he has many options he can pursue, studying is one definite goal, and he may first work before diving into psychology or sociology, fields of study which will enable him to help others.

Isaac has a word of advice he wishes to share:

“Recovery is a long journey, but we need not go through it alone.”



运用中医食疗帮助睡眠

Employing Knowledge from Traditional Chinese Medicine to Improve Sleep Quality

A topic close to my heart is one on sleep. Modern science focuses much attention on this essential and daily human activity. In this article, I would like to share my understanding on Traditional Chinese Medicine's (TCM) approach to sleep and how one can improve their sleep quality by consuming certain foods or herbs. I hope this sharing could be helpful for people recovering from addiction as insomnia is a common symptom, especially in the early stages of recovery.

The ancient Chinese philosophy developed the concept of Yin (阴) and Yang (阳) by observing the atmosphere of our planet. Although they may appear to be opposites, Yin and Yang share a relationship that is complementary and interconnected. Yin refers to the portion that is calm(er), cool(er), having a downward trend, less energetic and dark(er), while Yang refers to active, hot(ter), rising, energetic and bright(er). It is believed that during the day, Yang, which refers to energy and activity would be at work within the human body and towards the end of the day, Yang would then retreat, making way for the restful Yin to emerge and eventually bring about sleep and rest for the day before the next day dawns and Yin retreats, while Yang emerges again.

Insomnia happens when the Yin and Yang in one's body become unbalanced and are not able to smoothly transit and interchange. One cause of this imbalance is when we face issues in our digestive system. This could be a result of overeating or eating right before bedtime. Eating in moderation (70% satiety is recommended) and avoiding food intake two hours before bed can be a game changer – no more late night suppers! Assuming there are no other underlying issues, here are some readily available and affordable foods that one can consider for dinner to aid better sleep.

Foods that improve sleep quality:

Lotus Seeds (莲子)



Dried Lily Bulbs (百合)



Red Dates (大枣)



Longan (龙眼肉/桂圆)

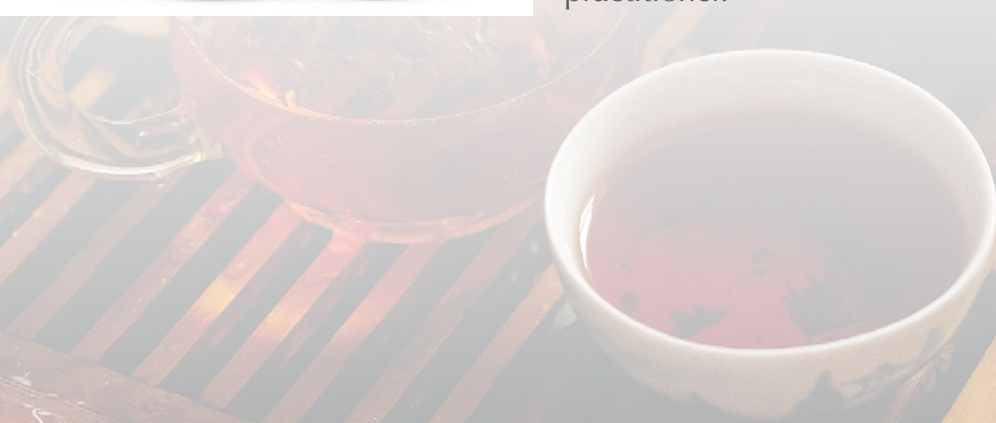


Walnut (核桃仁)



These ingredients can be consumed as snacks (e.g. red dates, longans, walnuts) or you could include them as part of a recipe. By mixing these ingredients with water and crystal sugar (冰糖) or honey for extra sweetness, one can even create a simple healthy dessert. And remember, everything in moderation.

Do keep in mind that this serves as a guide and in no way a prescription. If you have issues with sleep or other related medical concerns, please refrain from self-diagnosing and do visit a licensed Traditional Chinese Medicine (TCM) practitioner.



“FREE Blood Pressure Device” – Ingenious or irresponsible marketing?

This advertisement is not from our organisation. "We Care for SG" is not related at all to WE CARE Community Services.

ANNOUNCEMENT



Please exercise caution before divulging any personal information.

Many of you might recall the marketing campaign in mid-May offering a limited number of free blood pressure devices to early callers. It transpired that this campaign, which went viral, came from AIA Singapore. But few would have known that that campaign, while “effectively” attention-grabbing, greatly disrupted our helpline service – an important point of contact for the public to reach out to us.

The campaign, it seems, went viral after many households reported receiving a flier encouraging them to scan a QR code to redeem a free blood pressure device. According to the website linked to the code, an AIA financial services consultant would provide a financial sharing session to those signing up to redeem the device. However, the flier had grammatical and punctuation errors which are known telltale signs that it could be a scam.

The incident was reported in The Straits Times (ST) with a photo of the flier and made its rounds on social media and the HardwareZone forum on Tues 9th May, with netizens urging others not to scan the QR code for fear that it was a scam.

In the report, AIA Singapore told ST that it had engaged a vendor, *We Care For SG*, to conduct marketing activities for its authorized insurance representatives, and assured the public that it was indeed not a scam.

The Untold Side of the Story

What many do not realise is that our organization, **WE CARE** Community Services, has the unfortunate privilege of sharing a similar name with *We Care For SG*. This means that a quick Google search will invariably lead you to our website.

Prior to the situation going viral, **WE CARE** has already been receiving calls stretching back to a few months ago regarding this redemption.

In mid-May, as the campaign spread, we were inundated with calls and emails asking for the blood pressure device or for clarification, on whether it was a legitimate advertisement. We even received a call from an alleged police officer requesting to verify our organization’s identity.

While some may see this as annoying at most, and causing potential damage to our name at the least, more importantly, it has hampered our helpline service. Our helpline (3165 8017) operates from 10am – 7pm, Monday – Friday, with the option to leave a voice message if one calls outside of operation hours. All missed calls and messages will be attended to the next working day.

With the large number of inquiries flooding our lines, people who are in actual need of help were not able to get through. It requires great courage to take the first step in seeking professional help and many recovering persons go through much

deliberation before plucking up the nerve to make that first call. It does not take much imagination to picture the stress of being unable to reach out to us.

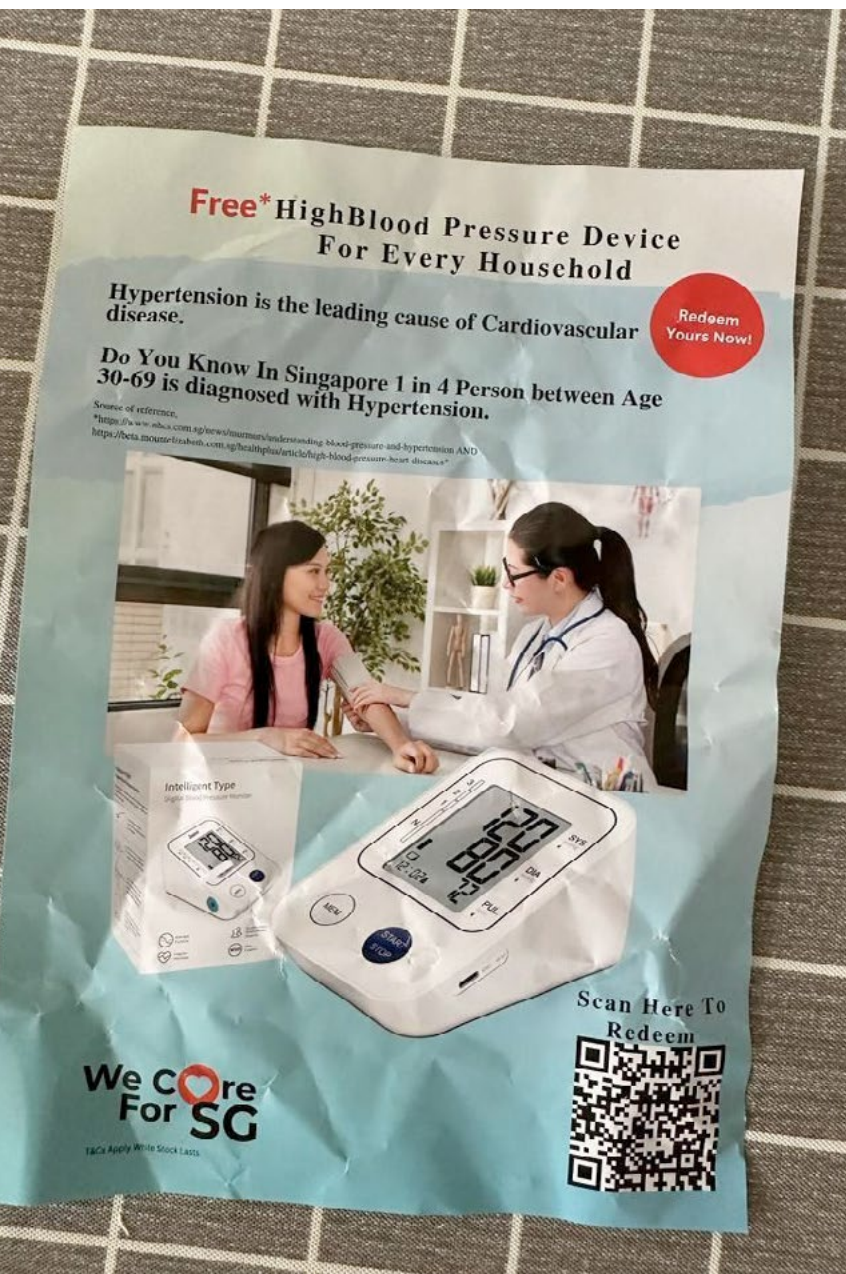
At the point of writing, we are still receiving calls and emails regarding this matter.

We have since updated our website and taken to social media to clarify that we are not affiliated in any way to "We Care For SG".

WE CARE treats addiction, we do not sell insurance. Nor do we give out health devices.

We urge you, our faithful readers, to help us share the accurate information and inform your family and friends who might still be unaware.

For your reference, we include the link to the Straits Times story:
<https://www.straitstimes.com/singapore/flyer-with-qr-code-to-redeem-free-blood-pressure-device-not-a-scam-aia-singapore>




We're flattered (and flustered) with all the attention. But this advertisement is not from our organisation.
"We Care for SG" is not related at all to WE CARE Community Services.
We treat addictions, not hypertension.
We appreciate if you could keep our helplines free for those who genuinely need help with addiction-related issues.

HIGHLIGHTS

Living Our Best Life In Recovery
Fun-filled activities and events
from our recent past.



TikTok Video Content Creation



Employability Talk by Malcom



OSSEA Orchid Show @ Tanglin Mall with Emrys



Pompom Workshop With Melanie



Fort Siloso Outing



Clay Art Creation with Anna



AED & CPR Training



Inspirational Talk by Harold



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**

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Fax : 6491 5338

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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 behaviour 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

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

The first step in getting better is to ask for help

About This Publication

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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-comunity-services-limited; or
- Wecare.give.asia

