

# Annual Report **2018**

**WE CARE** Community Services



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



Tel: 6547 5459

[www.wecare.org.sg](http://www.wecare.org.sg)

**VISION** • To be one of the leading centres for the transformation of persons with addiction

**MISSION** • Transform individuals with addiction through community-based recovery programmes • Support families through education and specialist services • Develop partnerships to facilitate reintegration into society • Advocate acceptance of persons with addiction

**ABOUT WE CARE** • WE CARE Community Services Limited is a company limited by guarantee and registered under the Charities Act • A charity that provides programmes and services for people who are in recovery from addictions, and their family members • An Institution of Public Character (IPC) status • Full member of the National Council of Social Service

**Unity Entity Number (UEN)** • 200506089N

**Charity Registration Number** • 01888

**IPC Reference Number** • CFG060012

### **Operating Address**

Kembangan-Chai Chee Community Hub

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

## **Board of Directors**

Andrew da Roza • Chairperson (appointed 1<sup>st</sup> June 2018)

Desmond Lum • Deputy Chairperson

Anthony Lee • Treasurer (appointed 1<sup>st</sup> June 2018)

Frances Cheang • Director

Dane Anderson • Director

Dr Lim Yun Chin • Director

Dr Winslow Munidasa • Director

Chong Kwang Shih • (resigned 1<sup>st</sup> June 2018)

Toime Marius Elmar • Director

Nguyen Co Gia • Director

S Surenthiraraj • Secretary

## **Team WE CARE**

Tham Yuen Han • Executive Director

Yvonne Yuen • Head, Operations & Services

Sam Heng Wai • Finance and HR Manager

Leslie Goh • Communications and Relations Manager

**Auditor** • Fiducia LLP

## **Governance Policies**

In matters of governance, **WE CARE** takes guidance from the Code of Governance guidelines set out by the Commissioner of Charities.

## **Governance Evaluation Checklist**

**WE CARE** makes annual submissions via the Governance Evaluation Checklist through the online Charity Portal at [www.charities.gov.sg](http://www.charities.gov.sg).

## **Conflict of Interest Policy**

**WE CARE** has implemented a Conflict of Interest policy based on the Commissioner of Charities guidelines. All board members and staff have read the policy and on a yearly basis, are signing the declaration form to renew their commitment and to acknowledge they have understood the policy.

# Contents



A Note from Our Chairman • 1

A Note from Our Executive Director • 4

Key Service Highlights • 6

Current Programmes • 7

New Initiatives • 10

Centre Highlights • 11

Financials • 13

Stories of Recovery • 15

Volunteers • 18

Acknowledgements and Thanks • 21

Cover photo of painting Breaking Through by recovering person symbolising the hope and light they found in recovery

# A Note from our Chairman

**F**or the last 13 years, WE CARE has been the only secular, non-government, community-based facility in Singapore, specialising in helping people and their families cope with various forms of addiction and compulsive behaviour.

Through our trained psychologists, psychotherapist and recovery mentors, we reach those in the community who are least able to afford the professional mental health treatment and support that they need and deserve.

Recovery from addictions is a long and difficult road, with many twists and turns and stages of successes, setbacks and transcendence.

Through our structured, evidence-based, clinically validated, efficacious and effective process – the Sober Living Framework – **WE CARE** provides expertise and support at each stage of the recovery journey.

No profound personal journey is possible without the right kind of support from family and friends. **WE CARE** therefore focuses on providing professional services to families, and gives them the training and opportunities to be directly involved in recovery.

Families, partners, friends and colleagues often labour under great sacrifice, stress and suffering arising from the addictions of loved ones. **WE CARE** provides them with mental health, social and practical support; so that they have the strength and capacity to take care of themselves.

Lasting recovery needs the support of peers and the whole community. Conversely, isolation, loneliness and contact with previous using or drinking acquaintances, leave persons with addictions vulnerable to relapse.

**WE CARE**, therefore, hosts 10 different self-help support group meetings, such as Alcoholics Anonymous and Narcotics Anonymous, serving various recovering communities in Singapore.

**WE CARE** also continues to have a robust community of recovering persons in our Drop-in Centre, who are able to serve as guides and mentors to newcomers in early recovery.





Once the addictive behaviour ceases, persons with months of recovery can be at a loss as to how to fill their days with healthful and pleasurable activities. **WE CARE** provides opportunities for such persons and their families, to engage in outings, sports, meditation, yoga, visual arts and crafts, music - and many other healthy pursuits.

Long-term recovery also means that every recovering person will seek to create a meaningful and purposeful life. **WE CARE** thus provides training and guidance on to enable them to find more satisfying and fulfilling employment. With a meaningful job, persons in recovery find self-efficacy and self-worth – allowing them to give back to Singapore in skills, services and taxes. They need no longer be costly beneficiaries of government health and other support services. The expensive burden on the criminal justice system is also lightened.

Giving service to others is an important part of advanced recovery. **WE CARE** provides opportunities and encourages, all persons in recovery to give back to the recovering community as mentors, self-help group sponsors, and charity advocates and participants.

Finally, progress must be motivated with rewards along the way. To date we are proud to celebrate 24 First Year Finishers who have achieved their first year of recovery by participating in our Drop-in Centre programmes.

We are pleased to share that direct requests for counselling services remain high; and we served just under 450 clients in 2018.

Our Drop-in Centre attendances at our wellness programmes and other activities have increased by 0.7% to 4,746 from 4,713 in 2017.

In our daily work with our service users, their children, spouses and partners, **WE CARE** embodies the principles of the Social Service Sector Strategic Thrusts (4ST) launched on 5 July 2017 by the National Council of Social Service ("NCSS"). We strive to ensure that every person is empowered to live with dignity in a caring and inclusive society.

Through the print and social media, **WE CARE** is a strong advocate for all persons suffering from addictions; as we seek to help the public understand that persons with addictions have a diagnosable mental illness. Like all persons with mental illnesses, they suffer stigma, derision and indignity – adding to the terrible effects of their illnesses. If stigma and condemnation can be replaced with compassion, assistance and kindness, those with mental illnesses can remain in recovery, and become contributing members of our inclusive society.

In **WE CARE**, our service users and their families find a loving, non-judgmental and dedicated community.

Our thanks to NCSS, the National Addictions Management Service ("NAMS"), the State Courts, Ministry of Social and Family Development, the President's Challenge, the Singapore Totalisator Board and Singapore Pools (Private) Limited – our main government donors; and to our partners at the various Family Service Centres and halfway homes.

We are most grateful to all our private sponsors, including Grace, Shua and Jacob Ballas Charitable Trust, Marina Bay Sands Pte Ltd, Fermat Capital Pte Ltd, Isaac Manasseh Meyer Trust Fund, Philip Morris Singapore P L, Promises Healthcare Pte Ltd; and Seow Seok Lian, Lee Sze Yeng and Usha K Nair.

These partners have helped us realise our vision of providing a structured, systematic and professional service; that is integrated into the Singapore community.

In 2018, our finances have been managed professionally and prudently. We have been able to achieve an increase in our services and our clients served; while remaining well within our budgeted expenses. Our revenues have enabled us to make a small contribution to our savings. We will continue to meet our budget, and to use our financial resources optimally.

2019 will be beset with multiple challenges.

With the NCSS guidelines recommending substantial increases in salaries and benefits, and with greater competition from the government and charity sector for qualified mental health professionals, talent is scarce. Further, assisting people with addictions and their families is a vocation rather than simply a job promising wealth and status. Indeed, finding such dedicated individuals continues to be a challenge throughout our society.

Further, **WE CARE** is becoming increasingly reliant on the generosity of the Government; and it is important that we are able to reach private donors by attracting them to the cause of mental illness support; and towards our social responsibility to heal mental illness within our community setting. For only in a community, can long-term wellness be realised.

I would like to particularly recognise our outgoing Chairman, Frances Cheang. Frances' tireless dedication to both persons in recovery, and to our **WE CARE** staff, is so very much admired and appreciated. Thankfully, she continues on the Board, assisting **WE CARE** with our crucial fundraising activities.

Appreciation and thanks also go to all my fellow Board members for their self-sacrificing contributions to **WE CARE**. Finally, I would like to especially congratulate our team of mental health professionals, staff and administrators; who continue to place the wellbeing of our service users at the forefront of everything they do – every day.

Andrew da Roza

Chairperson








# A Note from our Executive Director



**I**n 2018, we spearheaded an integrated clinical model – the Sober Living Framework (SLF) – that provides a more structured and focussed approach in our service offerings.

Through the implementation of the SLF model, we were able to streamline all our various service offerings – counselling programmes, drop-in centre, support groups, wellness activities, outreach events – to better meet the needs of our clients in a more relevant and timely way.

The SLF model comprises 5 tracks where a client can journey with us throughout their recovery journey. Recognising that different individuals will have different needs depending on their stage of recovery, the SLF model does not prescribe the same start point and allows any client to participate in our programmes according to their own needs at the point of admission.

	<b>Track</b>	<b>Stage</b>	<b>Description</b>
	<b>Track 1</b>	<b>Outreach and Awareness</b>	Clients are taken through the programmes in WE CARE and the resources for treatment
	<b>Track 2</b>	<b>Relapse Prevention</b>	Clients in early remission stage of recovery; where primary issue is a substance and behavioural addiction
	<b>Track 3</b>	<b>Extended Care</b>	Clients with more complex clinical conditions; such as multiple addictions or comorbid conditions such as mood disorders, trauma or other issues
	<b>Track 4</b>	<b>Sober Living</b>	Clients with relative stability of 6 or more months of sobriety; and are now preparing for re-integration to family or work-life
	<b>Track 5</b>	<b>Maintenance</b>	Clients with remission of 12 or more months and are maintaining their long-term sobriety through continued participation in support group meetings and engagement with our recovering community

With the support of the National Council of Social Service (NCSS), and a programme grant from the Singapore Tote Board, we successfully launched the SLF from April 2018. We are grateful for the first-year funding grant of \$454,000 received for the programme period of April 2018 to Mar 2019. With this grant, we were able to fund at least 50% of our total operating expenditure in 2018.

In 2018, we served close to 450 new referrals and clients, an increase in total clients served over 2017. While we continue to experience increased demand for our services, we are heartened to note that at least 61% of the clients who accessed our services found us on their own accord, primarily via word of mouth of existing clients or through our public helpline. We are encouraged to note this as an indication of an increase in help-seeking behaviour on the part of our target audience. It is also a reflection of our greater efforts in creating awareness in 2018, where we conducted 60 outreach events and reached more than 1,370 persons with the message that addiction is a treatable condition. Most of all, our sincere appreciation to our partners – NCSS, NAMS, the State Courts, Regent Law and the many hospitals and family service centres – for their partnership and support. With their help, we were able to reach more people quickly and provide timely services to meet their needs.

We will continue to improve on the SLF model in 2019. We hope to achieve better clinical outcome and aim to implement more evidence-based interventions which resonate with our clients' needs. We also plan to implement more peer support initiatives, and to tap on our growing pool of recovering peers who can serve as inspiring models for new clients.

On this note, I would like to express my deepest appreciation to our current team of Recovery Buddies who have not only journeyed with us in their own recovery but are now working tirelessly with us to carry the message of recovery and hope to all our new clients and members in the Drop-in centre. Our deepest gratitude also extends to the many volunteers who selflessly give their time and experience as they too journey with our recovering clients to acquire new life-skills and discover a better self.

Tham Yuen Han

Executive Director

# Key Service Highlights

## At A Glance

**360** Counselling



**448** Served

**2,835**



Session Hours

**4** Events

**Fund-raising**



**\$165,000**

**60** Events

**Outreach**



**1,374** Audience

**901**



Support Group Meetings

# Current Programmes

## Addiction Counselling

### SOAR • Substance Or Alcohol Recovery Programme

A structured therapy programme designed for people with substance, prescription medication and/or alcohol abuse problems. Conducted in a safe non-judgemental environment, where issues can be worked out and long-lasting change effected.

### GRIP • Gambling Recovery Intervention Programme

Persons with an uncontrollable urge to keep gambling are treated with this counselling programme where they learn about urges, triggers and recovery and how to develop a relapse prevention plan.



### **SLPA • Sex Love Porn Addiction Recovery Programme**

This therapy programme is structured and designed for people with sex, pornography and love addictions. The treatment plan is tailored to the client's needs and immediate and long-term goals will be established in the treatment planning.

### **ATO • Atypical Theft Offending**

Designed for compulsive stealing or shoplifting behaviour, this unique and specialized outpatient treatment programme incorporates individual, group, and couple/family therapy, as well as educational workshops and self-help support groups. The goal is to prevent further shoplifting while upholding the dignity and self-respect of clients.

### **IGA • Internet Gaming Addiction**

For persons with internet and/or gaming addictions, **WE CARE** has customised this structured therapy programme. The programme helps them to understand, manage and stop compulsive internet use, video and mobile gaming.

### **ADAM • Anxiety Depression or Anger Management**

ADAM is a skill-based programme designed expressly to help recovering persons who experience difficulty managing their anger, or expressing negative emotions effectively. Participants learn coping behaviours to assert their needs effectively and manage their angry responses.

### **CSO • Counselling for Significant Others**

Developed primarily for family, friends or significant others of persons who are either in recovery, or struggling with a substance or behavioural dependency problem. Clients receive counselling support and learn skills to manage the chaos in their lives, explore relationship issues, learn self-care, and understand how best to support their loved ones.

## **Education and Therapy Programmes**

### **SMART Recovery • Self-Management and Recovery Training**

SMART is the leading self-empowering support group in addiction recovery. Participants learn tools for recovery based on the latest scientific research and take part in a worldwide community that includes free, self-empowering, science-based mutual help groups.

### **Mindfulness-Based Relapse Prevention**

An open group to learn and practice mindfulness, which helps participants to break away from their own destructive habitual patterns. Caters to persons with a history of addictions, reactive behaviours and/or mood disorders.

### **Women Therapy Group**

This weekly group for women in recovery provides a safe space to share their stories of struggle and hope. It also aims to reintegrate the participants into the community, and re-establish relationships with their loved ones.

### **Introduction to 12 Steps Principles**

The 12 Steps were created by the founders of Alcoholics Anonymous to establish guidelines to overcome an addiction to alcohol. Because of its success, the approach has been adapted for other addiction support groups. This introductory workshop is conducted every month over 4 sessions.



# New initiatives

## Sober Living Framework (SLF)

The Sober Living Framework provides a holistic model of integrated care. It comprises crisis intervention, assessment and immediate intervention together with long-term after care and therapy support for persons and families affected by addiction. The model is non-residential and provides professional therapeutic services that contributes to community integration of persons and families impacted by addiction.

Comprising 5 stages, the SLF aims to:

- Encourage persons to seek early intervention for addictive disorders
- Provide an affordable and viable resource for low and middle income families to seek professional treatment
- Cater to different needs for persons and families at different phases on the recovery spectrum.

The model is rigorous yet is able to cater to different individuals with different needs at different stages of recovery. It allows a client to participate in **WE CARE** programmes depending on their individual needs at the point of admission.

## Prison School

This is a program set up in partnership with Singapore Prisons where **WE CARE** coaches incarcerated persons who are due for release and are seeking to improve their education. Qualified tutors are found from **WE CARE**'s volunteer pool to coach them so they can catch up with their academic studies and give them better qualifications for their future.

## Family and Friends (F&F)

This is a facilitated support group which helps family members and close friends of recovering persons to learn about addiction. It helps them to understand what the recoveree is going through and how best to support them. It also covers techniques and strategies they can adopt to take care of their own mental health

# Centre Highlights

## Activities

Art Club • Badminton Games • Baking Classes • Computer Lessons • English Lessons • Gardening • Music Practice • Tuition Lessons • Yoga

Back Massage • Drama Class • Drum Lessons • Futsal Games • Interview Skills • Line Dancing • Conversational Mandarin • Mosaic Art



Gardening



Baking Class



Art Class



Yoga



Drum Lessons

## Events & Outings

Caregiver Talk • Health Screening • Botanic Gardens • Grooming Workshop • First Aid CPR Workshop • Smoking Cessation Workshop • First Year Finisher Celebration • Year End Party with First Year Finisher • Gardens by the Bay

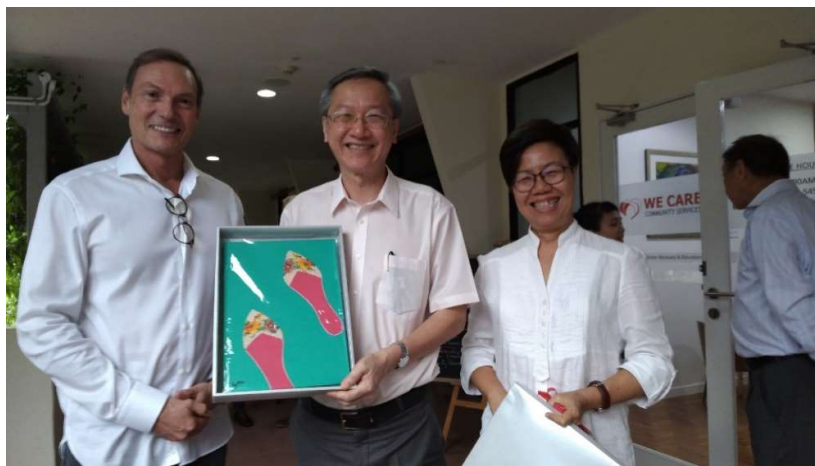
Football Challenge • National Day Celebration • Heartstrings Walk • NTUC Walk for Rice to Little India • Interview Skills • Line Dancing • Conversational Mandarin • Mosaic Art • Minister of State Sam Tan Visits



Year End Party



NTUC Walk for Rice



Minister of State MSF Sam Tan Visits **WE CARE**

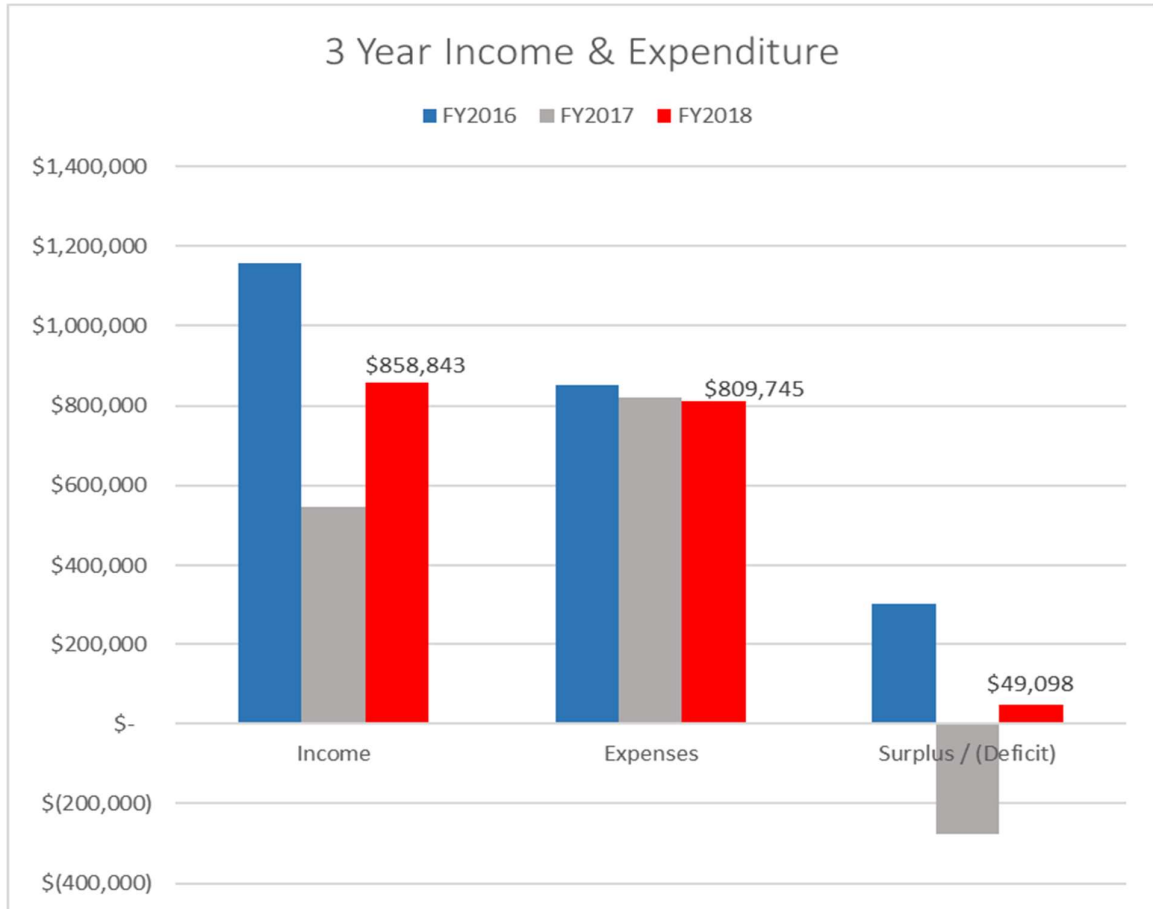


Futsal Game



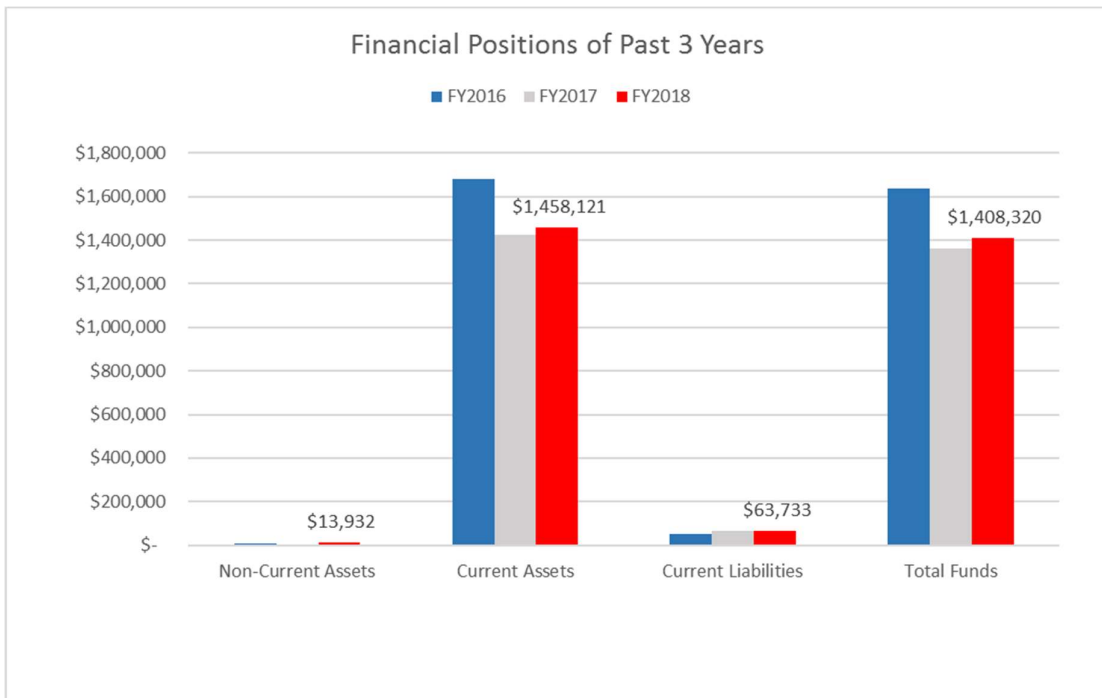
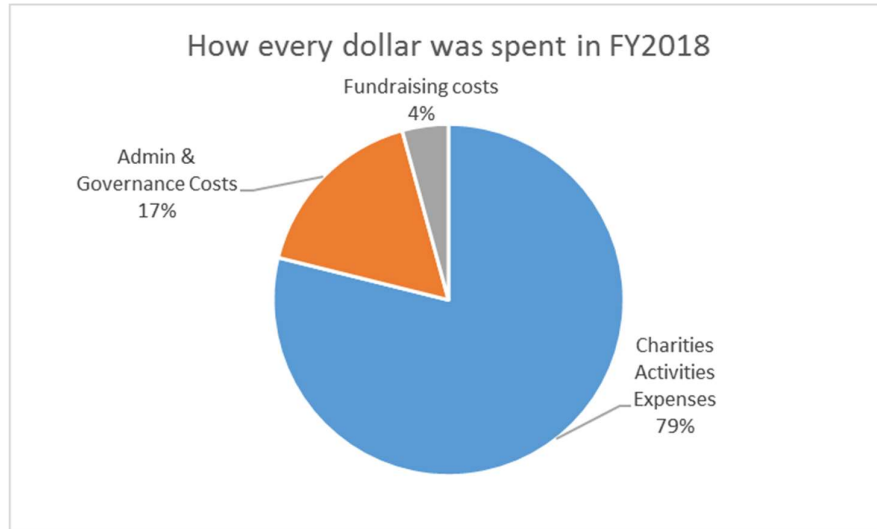
HeartStrings Walk

# Financials FY 2018



	FY2016	FY2017	FY2018
<b>Income &amp; Expenditure</b>	<b>FY2016</b>	<b>FY2017</b>	<b>FY2018</b>
Income	\$ 1,157,570	\$ 545,165	\$ 858,843
Expenses	\$ 853,102	\$ 821,770	\$ 809,745
Surplus / (Deficit)	\$ 304,468	\$ (276,605)	\$ 49,098

For full details, look at our Annual Audited Financial Statements  
Available on our website and Charity Portal



	FY2016	FY2017	FY2018
<b>Balance Sheet</b>	<b>FY2016</b>	<b>FY2017</b>	<b>FY2018</b>
Non-Current Assets	\$ 8,187	\$ 2,511	\$ 13,932
Current Assets	\$ 1,680,737	\$ 1,422,605	\$ 1,458,121
Current Liabilities	\$ 53,097	\$ 65,894	\$ 63,733
Total Funds	\$ 1,635,827	\$ 1,359,222	\$ 1,408,320



# Stories of Recovery

## In **WE CARE**, Lavi found a safe space to recover from addiction

I couldn't believe I was sent to prison when I was only 26 years old. I was really scared. What would happen to me there? Prison was a place I did not want to be after all the stories that I had heard, true or not. As it turned out, I survived for three years.

After I was released, I was placed in a half-way house, spending close to four years there. It was just as tough as prison. Unfortunately, I didn't break my bad habits and I continued drinking after discharge. My family relations were bad and I was constantly arguing with my sister. I was at rock bottom. I knew it, but had no idea where to get help. My friends weren't the answer as they were still up to no good, and hanging out with them would lead me back to where I didn't want to go.

I finally ended up in detox at National Addictions Management Service (NAMS) for two weeks. There I heard about **WE CARE**. I also met some of the **WE CARE** team during their outreach. I liked what I heard and thought they could help me. I had suffered both mentally and emotionally during the last four years. The harm and pain I caused my family was more than any could endure. Somehow, I had to work my way through it to a better future. Perhaps, **WE CARE** could be the start. I decided to give it a try.

When I visited **WE CARE**, everyone was approachable. I made friends from the moment I arrived. It felt good, I was no longer alone. I could relate and share my experiences openly. No one seemed shocked or surprised, as they, too, had similar circumstances and experiences. I underwent individual counselling and SMART Recovery, a group relapse prevention support group, on identifying and avoiding high-risk situations. I was on to something positive, which I never felt before, and I wasn't going to let go. It was pretty simple: Put the effort in and get results; no effort, no results.

I have been at **WE CARE** for over three months, and drop in five days a week. I really enjoy it, and there is no pressure, just a fresh start. Being sober feels great. I feel like I have a purpose and am no longer just wasting time. I'm living with my Mom and she's really happy to see me focussed and alive.

Going forward, I would like to get back into events management, which could end up being a great career. Then, I want to start a family.

**WE CARE** is making recovery happen. I really owe my new good fortune and sense of purpose to them. I'll always be grateful for what they are doing, and plan to give back, in whatever way I can. **WE CARE** has a great program – structured but relaxed, and allows each of us to recover at our own pace.

Thanks **WE CARE**. I really appreciate it!



**“We all know recovery won’t be easy. If you are willing and set a goal, all will be well...” – Valentio**

Where do I go from here? What are my choices? What am I going to do? Drugs and misbehaviour led me to spend five years in prison. I was really happy to be out of there but I was beginning to skip my weekly follow-up urine tests. Due to stress, I had started drinking heavily again. Even in the state of intoxication, deep inside, I knew I had to do something. If I was caught again, my next sentence would be at least seven years in prison. Somehow, with advice from family and friends, I got myself into NAMS for detox.

During the two-week detox, I saw a **WE CARE** pamphlet, which I read, and realised, maybe I do have a roadmap to get out of this mess. My first action after I was discharged from IMH, was to surrender to the police with the intention of approaching **WE CARE** for help. Miraculously, the police agreed. “Stay clean”, they said, “Go to **WE CARE**, and we don’t want to hear anything but good news from here on.”

From the minute I arrived at **WE CARE**, I felt welcomed, comfortable and relieved. Everyone was friendly and helpful. They have some basic rules – stay clean, set your goals, be committed to the recovery, and work at it. I have made new safe friends with the same recovery-oriented goals. I am offered counselling and group therapy. It’s been hard but fun.

I also attend the lunch time support group four times a week, which allows me to share and listen to other’s stories. I realise that I am not the only one that struggled. **WE CARE** helped me stay connected and to fully accept what I had become. At first, my future didn’t look promising, but as time went on, **WE CARE** helped me feel hopeful and to remember my potential that I forgotten.

Now I am on better terms with my family, who are really happy with my recovery progress. I look forward to going to **WE CARE**.

To the suffering addict outside: ‘Come to **WE CARE** and keep coming back. Get your head clear and strong so that when the time to step out finally arrives, you are ready. Recovery won’t be easy. We all know that. If you are willing and set a goal, all will be well. Don’t give up. Life has a lot of positive and fun adventures waiting for you.

## Learn how Charlie sought recovery after close brushes with the law

I never thought that, at the age of 37, I am still trying to get out of trouble. Ever since I was a teenager, I took the easy way out. I got high through drugs and alcohol. Hanging around with the wrong group did me no good. I ended up with various petty theft crimes. Running away from the police became the norm.

I thought that I could straighten up my life when I served National Service. Yet, I kept failing the urine test on more than one occasion. I ended up in confinement for eighteen months. After serving my time, I felt bitter and resentful of the system. Naturally, I went back to the easy way again.

For the past 7 years, I did odd jobs in order to get by. I seized any opportunity to obtain money without putting in effort. My dad loved me, but surely, at some point, his patience was going to run out.

I ran out of excuses to lie to get money from him. What was I going to do? I knew I had to make better choices to get out of the rut I was in. I just did not know where to start.

With no focus or direction, it didn't take me very long to get into more trouble. This time round, the police came to my home and dragged me out. I was high at that time. Everything happened in a blur but their message was clear. I was slapped with three charges and was given the final warning, "Start cleaning up your act or we'll clean it up for you."

They sent me to National Addictions Management Service (NAMS) for medical detoxification. While at NAMS, the in-house counsellors shared about **WE CARE**. I understood that **WE CARE** has a safe and caring environment, where I could continue to work on my recovery. Hopefully, I could clear the outstanding police charges and build a better future. This time, I was determined to make it work.

I learned, at **WE CARE**, that recovery is a personal journey. I have to find my own motivation to stay drug-free. I also receive a lot of support and guidance. I have been surrounding myself with safe new recovering friends. We have similar stories and experiences. This helps me to realise that I am not alone in this journey.

Group therapy, like SMART Recovery and Mindfulness for Recovery, has been extremely beneficial for me. The first step is to admit I need help and accept the help. The next step is to take the right action. Without taking action, I learn that I am only one step away from a relapse. I am 6 months clean now. This is the longest I have ever stayed clean for the past 20 years. I am beginning to have some hope in life. I owe a lot to **WE CARE**. The counsellors at **WE CARE** really care and are supportive.

I am glad to receive the guidance at **WE CARE** to stay drug-free. I look forward to the day I can give back for all the help **WE CARE** has given me.

# Volunteers

From all of us here at **WE CARE**, a great big Thank You to all our volunteers, without whom we would not be able to conduct our centre activities and events.

We feature and acknowledge some of our dedicated volunteers:



Frank Bennett coaches IT and English lessons.

He is seen here with student Jenny Huang

"I find **WE CARE**'s cause a worthy one."

"It is meaningful to "help people who really want to learn, voluntarily, without being made to do so. It's a great pleasure to see them improve, to see them become more confident."

Jenny admires Frank for "his dedication and commitment." He always tries to come "rain or shine, even when he is just coaching a single person."

SMU undergrad Teo Yan Han has been volunteering since her teens. She has tutored on smartphone use and English lessons.

Seen here with student Enid, she enjoys the environment at **WE CARE** and finds working with small groups a plus.

"It lets me focus on each person, and watch them improve and grow."



Enid on Yan Han: "She is very patient and understanding. When I don't understand something, she will help me by explaining it in English and then in Mandarin."

For well over 3 years, artist Barry Yeow has been volunteering with **WE CARE**. He first came to give a talk as part of a collaboration with LaSalle. “**WE CARE** is all about the people. I feel a connection with the work that **WE CARE** is doing because I can relate to it.” He also feels touched by the fact that “everyone here is non-judgemental.’



One of his students says that Barry (second from right in the picture above) readily shares his experiences and has “introduced different types of art forms”. He is also “detailed and really goes into methods, techniques and composition.”

William Fong and Choo Yew Kwong prepare recovering persons at **WE CARE** who are relatively stable and ready to rejoin the workforce and get back into the community. Asked why he volunteered, Williams says that this community is “not well supported by other charities.” He adds that **WE CARE**’s holistic approach also aligns well with his own value and beliefs. “Volunteering is fulfilling and exposes you to different facets of life. It makes you more humane and compassionate,” adds Yew Kwong. Executive coaches in real life, they bring their experience to help beneficiaries, covering different aspects of employment to help them get ready to go back to work.



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

**WE CARE** also wishes to acknowledge the following volunteers for their contribution:

### Organisations

Citibank Singapore • Credit Suisse • PayPal • Visa International

### Individuals

Amruta Joshi • Christelle Ollivier • Colin Tan • David Lee • G.S Tay • Heena Kiran Desai • Karina Lee • Marn Lim • Mathieu Sorel • Noraisa Majid • Paul Poh • Peter Getzler • Rebecca Seet • Robert Abe • Shailaja Pangan • Susan Phua • Swapnil Mishra •

And to all those persons who have helped us at activities and events

You may have not been mentioned but you are appreciated

You have our sincere thanks and gratitude in recognition of your contribution

# Acknowledgement and Thanks

**WE CARE** wishes to extend our heartfelt gratitude for every expression of charity. Your contributions make it possible for us to run our programmes and continue doing what we do for the recovering community and their families.

## Donations of \$10,000 up to \$30,000

### Organisations •

Singapore Pools (Private) Limited

Grace, Shua and Jacob Ballas Charitable Trust

### Individuals •

Andrew da Roza

Seow Seok Lian

## Donations of \$1,000 up to \$10,000

### Organisations •

Abdullah Saleh Shooker Charity Fund • Credit Suisse AG (Singapore Branch) • Fermat Capital Pte Ltd • Institute of Mental Health • Isaac Manasseh Meyer Trust Fund • Marina Bay Sands Pte Ltd • Philip Morris Singapore P L • Primestaff Management Services Pte Ltd • Promises Healthcare Pte Ltd • Singapore Press Holdings Limited • The Cage Sports Park Pte Ltd • TheSocialCo Pte Ltd

### Individuals •

Anthony Lee • Chai Kwok Choy, Gerard • Chia Song Heng, James • Christopher Benjamin Frost • Chua Siew Chai • De Cruz Mary Nettecia • Frances Cheang • Lee Sze Yeng • Ollivier Guillaume Claude Jacques • P Buvanaswari • Philip Tan Eng Seong • Rajesh Purshotamdas Mulani • Toime Marius Elmar • Usha K Nair • Winslow Rasaiah Munidasa

## Donations of \$500 up to \$1,000

### Organisations •

Tao Nan School



## Individuals •

Ang Sook Ping • Bessie Lim • Goh Guo Quan • Lamy Wy-Ning • Law Seng Keat • Lee Shi Hui, Agnes • Lek Lee Hiah • Liao Li Yun • Lim Jing Zhan Daniel • Lum Siew Khuen Desmond • Nathan Thomas Schmidt • Pang Ai Chee, Felicia • Ravi Udho Raisinghani • Ravindran Sivalingam • Tan Choh HiangChai

## Donations up to \$500

### Organisations •

Giving Asia • Mustardsky Asia Limited Liability Partnership

### Individuals •

Aju Lachman Murjani • Ang Keng Guan • Ang Keng Hong • Ang Keng Leong • Ang Siew Har • Ang Siew Hong • Anil Chugani • Bernard Toh • Cai Rongguang • Chey Chor Khoon • Chia Kok Khai • Chin Hong Hua • Chng Huanlian Regina • Christelle Ollivier • Christine Mechtler • Christopher Wong Wen Jun • Chua Chin Hwee Kenneth • Claire Huang Xinxian • Clare Lin • Cordero Jayzel Santiago • Danani Sanjay Mohan • Davis Chia • Dean Vernon Maico Alvero • Dikalenko Livette • Don Foong Kim Hoe • DT • Eugene Tan Eu Jin • Faisal Shamsee • Fong Wei Tong • Gan Lip Wayne, Oliver • Goh Churn Yen • Goh Hock Kiat Victoria • Goh Hui Jun Dorothy • Goh Puay Hoon, Christine • Grace Tan Ei Suan • Gracia Leong Wei-Na • Heng Aik Hiah • Heng Chu Jin Alvin • Huang Miaw Yi • Jean Lim • Jessie • Jessie Ang Poh Heo • Jessie Olivia Yang Yunjie • Joselyn Chan • Karen Chin • Koh Shing Nee Wei • Koh Zhijie, Lionel • Kong Robert Patrick • Kong Xing Yi • Lam Chun Yin, Julia • Lee Huan Lin, Sharon • Lee Hung Chiang • Lee Wei Chien • Liang Shiwei • Liang SiQi • Lim Kah Keong • Lim Kok Eng • Lim Teck Chai Danny • Lim Yi Jia, Adeline • Lim Yifei, Joshua • Lim Yu Yang Patrick • Loh Yee Meng • Lu Jing • Mah Yingjie • Mak Pek Hong Carolyn • Maurice Yuen • May Hui • Miranda Valroy Savio • Mohana Rani Suppiah • Munish Arjun Sherwani • Narwani Ricky Ravin • Nathan Goh • Ng Billy (Huang Peili) • Ng Xi Yun • Nilesh Pritam • Oliver Ackernann • Ong Po Qin • Ow Hock Ann • Pamela Yap • Pan Meiqin • Pang Wai Yin • Prashant Shah • Rajamanickam Sooriya • Rajendra A Rajkumar • Rajendran SenthilKumar • Rao Raman Dosapati Sai Venkat • Ray Chippington • Ronak Akhil Shah • S.B.Sivaganesh • Sabrina Teo Chiu Hoon • Sam Heng Wai • Sangita Kuparasundram • Scott Pilkington • Shyamala Narayanaswamy • Simon Wombell • Soh Hang Kwang • Song Zheng • Stanley Eu • Tan Chin Seng • Tan Hiang Kiat • Tan Huey Min • Tan Siew Hua • Tan Siew Lang Diane • Tan Yilong • Teng Chee Leong • Teo Ai Lin • Teo Lay Ha • Tham Xinyi • Tham Yan Meng • Tham Yuen Han • Tieu Yuh Bin • Tina Michelle Doran • Twang Keng Liang • Valerie Tan • Viknesan • Wong Mun Ling Cynthia • Wong Yah Yunn • Yap Li Ling • Yap Lin Feng • Yeo Chee Keong (Yang Zhiqiang) • Zainal Bin Muhamad • Zhou Wei Ting

A special thanks also to all who have given anonymously or in kind.