



**WE CARE Community Services Ltd**  
Kembangan-Chai Chee Community Hub  
11 Jalan Ubi, Block 5, #01-41  
Singapore 409074  
Tel 6547 5459 / Fax: 6547 5458

WE CARE COMMUNITY SERVICES LTD

DECEMBER 2015

## SERVICES WE OFFER

- Counselling
- Recovery Support
- Psycho Education
- Outreach
- Drop in Centre
- Referral / Walk in



The inaugural "Amazing We Care Race", a fund-raising event, commenced on a hot Saturday morning on 14 November. Minister for Social & Family Development, Tan Chuan-Jin, flagged off the 19 teams (comprising between four to six members each) at 10:00a.m. at the open field adjacent to the Community Hub.

By 1pm, all teams managed to surmount the five challenges thrown at them during the Race: Challenges included painting a picture of Singapore blindfolded; completing a quiz before riding the luge; savoring local wild delights at Lau Pa Sat ; taking a picture of the Merlion with strangers; flying kite at the Marina Barrage, etc.

Participants were treated to light refreshments at Brewerkz Clarke Quay, where prizes were also presented for Best Team Spirit and Best Dressed Team.

A big **THANK YOU** to all our sponsors, donors, participants & volunteers who made "The Amazing WE CARE Race" on 14 November, such an amazing success!

**It would not have been possible without YOU!!**



**1st Prize –KPMG LOVES**

MORE INSIDE...



19 teams participated and everyone comes up a winner in the race!



2nd Prize -The Bills



3rd Prize –Dream Team



Best Team Spirit –Bananas in Pajamas



Best Dressed Team –The Pink Angels



The Team from WE CARE posing with Minister for Social and Family Development, Mr Tan Chuan-Jin



Visit our website at [wecare.org.sg](http://wecare.org.sg) for more photos.



# Talks & Outreach Programmes



## Public Talk on “Understanding Debt and Compulsive Behaviour”

Our Executive Director, Tham Yuen Han conducted three talks on how compulsive behavior drives debt, and the resources available for people who need help. The hour-long talks in October and November, were hosted by Credit Counselling Singapore (CCS) with 65 participants in total.

## National Addiction Awareness Day (NAAD) 2015 by NAMS

WE CARE participated in this year’s National Addictions Awareness Day (22 November) setting up and manning a booth at the Khoo Teck Puat Hospital. The event, which was organized by National Addictions Management Services (NAMS), was attended by around 300 people, while a total of 290 people attended 15 organized talks. The Guest-of-Honour, Dr Teo Ho Pin, Mayor, North West District, visited our booth, showing considerable interest in the services we offer recovering persons.



## Ngee Ann Polytechnic Health & Wellness Day

We were invited to participate in this event held on 28 October, which was part of Ngee Ann Poly’s (NP) continued efforts to promote the importance of good mental and physical health to its students. The event was also aimed at increasing students’ knowledge of the available resources in the community to help people interested in promoting healthy living.



WE CARE helmed a booth at NP from 11am to 4pm to talk about the dangers of addictions and the services we offer people who need help to overcome them. About 50 students visited our booth during that session.

# ONGOING Counselling Programmes

To provide an effective and targeted intervention, We Care provides structured treatment programmes to meet the needs of specific subgroups in the recovering community.

For more information about our counselling programmes, please contact Alex at [AlexLim@wecare.org.sg](mailto:AlexLim@wecare.org.sg)

## **U.S.B.A. (Understanding Substance and Behavioural Addictions)**

U.S.B.A. is a five-session workshop for those who seek relapse prevention and have a desire to reform. During the workshop, the participants become more aware of their own triggers and reasons for relapse. Their motivation to change is also enhanced through discussions and sharing. In the fifth and final session, they come out with their own relapse prevention plan.

We conducted one such workshop in October and another in November. The former was conducted at Teen Challenge Halfway House and the other was held at WE CARE in November, catered to women.

## **S.T.E.P.S. (Solution to Every Problem Sober Programme)**

Attending support group meetings improves the chances of the individual's sobriety. S.T.E.P.S. is a 10-session programme that prepares participants for attending a recovery support group based on the 12 Steps approach.

In January, S.T.E.P.S. underwent a revision. Under the revised format, the participants attend a mock-up support group in the ninth session.

STEPS is conducted at WE CARE, every Tuesday, 2.30pm to 4.30pm.



## **Project S.A.F.E. -Support for recovering Addicts and Families through Empowerment**

Project S.A.F.E. is a pilot programme that aims to provide support to drug offenders and their families. Conceptualised in September 2013 by National Council of Social Services (NCSS) and in collaboration with Ang Mo Kio Family Service Centre (AMK FSC), the goal is to help families to bond, share experiences and provide mutual support through close interaction.

Phase 1 of the project had ten clients and their families on board. AMK FSC and WE CARE organized two family events for the participants in September and December last year.

Phase 2 of the project - we target to work with 30 clients and their families. To-date, we have approximately 18 clients and their families onboard. Recruitment of the remaining 12 clients and families are ongoing.

# ONGOING Recovery Support Programmes



WE CARE hosts various self-help Recovery Support Group (RSG) meetings on a daily basis. Self-help meetings are available 7 days a week throughout the year. Meetings are open to all recovering individuals.

For more information about our Recovery Support Group (RSG) meetings, please contact Alex at [AlexLim@wecare.org.sg](mailto:AlexLim@wecare.org.sg)

Types of Meetings	Day	Time	Room
<b>One Day at a Time</b> Recovery support group for people recovering from all kinds of addictions.	Monday — Friday	1.30 pm — 2.30 pm	Courage
<b>All Addictions</b>	Saturday	4.00 pm — 5.00 pm	Serenity
<b>AI-Anon (Family Support Group)</b>	Wednesday	7.00 pm — 8.00 pm	Courage
<b>Co-Dependents Anonymous</b>	Thursday	7.00 pm — 8.00 pm	Courage
<b>Gambling Anonymous</b>	Monday	7.00 pm — 8.00 pm	Courage
<b>Narcotics Anonymous</b>	Monday & Friday	7.30 pm — 8.45 pm	Serenity
<b>STEPS (Solutions to Every Problem, Sober) Workshop (Facilitated)</b>	Wednesday Saturday	6.00 pm — 7.00 pm 1.30 pm — 3.00 pm	Serenity Serenity
<b>Sex &amp; Love Addicts Anonymous (Mixed)</b>	Thursday		
<b>Sex &amp; Love Addicts Anonymous (Men)</b>	Tuesday		
<b>Sex &amp; Love Addicts Anonymous (Women)</b>	Wednesday		

Know of someone who needs help with addiction?

Email: [help@wecare.org.sg](mailto:help@wecare.org.sg)  
Tel: 6547-5459



# ONGOING Family Programmes

## **F.R.E.E. — Families in Recovery through Education and Empowerment**

FREE-Substance is a programme for family members of drug users.

The programme aims to help family members:

- \* Understand addiction, the process of recovery, and relapse prevention;
- \* Learn effective communication skills

This programme is a collaboration between WE CARE Community Services and National Addictions Management Services (NAMS). It will be facilitated jointly by the two agencies.

Date: Every 2nd Monday of the Month except Public Holiday

Timing: 7pm to 9pm

Venue: WE CARE Community Services

Cost: **FREE!**

To sign up, call WE CARE at 6547-5459 or Call Addictions Helpline at 6-RECOVER (6-7326837)



## Upcoming Events

### **2015 End-of-the Year Celebration**

Let's get together to celebrate the coming of another wonderful New Year!

*Come join us, as we BBQ, have fun and lots of good cheer!*



## Recovering Journey—Lynn\*

I started drinking more than 20 years ago, initially at work-related events and social gatherings. I was also frequently out for dinner with friends—it didn't matter where—as long as they could have a meal and I could have my drinks.

After awhile, some friends began to notice that I was making it a daily affair; stopping by a pub for a few drinks, before heading home—even if I was alone. Sometimes they would comment, "Lynn likes her drinks" but I would always brush them off. It never occurred to me that I had a drinking problem, as I was still functioning well at work and in my daily affairs.

After I moved out to live on my own, I would buy alcohol to drink at home after work. The drinking got progressively worse, and before long, I could finish a bottle of hard liquor in 2-3 days.

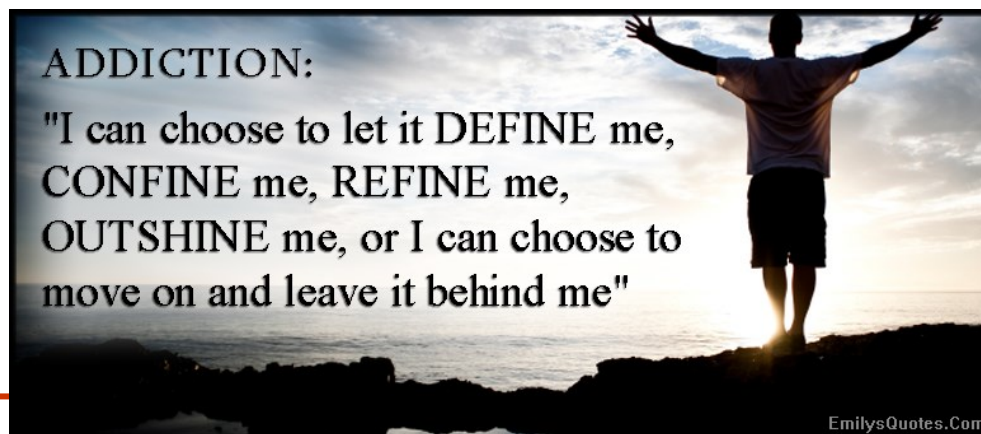
When I first noticed the tremors, I felt uneasy. It was such a bewildering concept to me, that I could actually be an alcoholic. I was in denial and drank more to quell the withdrawal tremors.

One day my sister confronted me and suggested I take an online alcoholic self test. I scored full marks. That was a huge blow to me but with her encouragement, I sought out WE CARE. The counsellors recommended that I enrol in the detox program. I was reluctant because of the perceived stigma, and I believed I could overcome it on my own. Paradoxically, during this period, I ended up drinking more, as I struggled with my addiction.

Eventually, at the continued encouragement of the Counselors and the clients at WE CARE, I enrolled in and completed the detox program.

Even though I still have friends who are very supportive of my recovery, I continue to drop in daily at WE CARE. I find the non-judgmental environment and support from fellow recovering clients with similar experiences, gives me the courage and conviction to try and stay on the course to recovery. I am currently also trying to repair the relationships and regain the trust of my family members.

\*Not her real name





## Recovering Journey— Peter\*

I led a very comfortable life, working with my father and siblings, in our successful textile business.

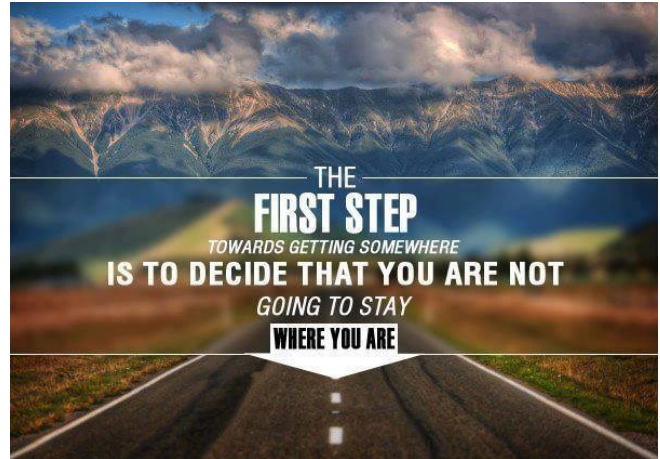
In 1992, I was influenced by some friends to speculate in the stockmarket. Even though my investments were based mostly on hearsay, my portfolio flourished.

Then in 1997, the Asian Financial Crisis sent my world into a tailspin. For the next few years, I tried to hide the losses from my family and started revolving the loans on my 13 credit cards. Needless to say, eventually the banks came knocking and my father had to settle my six-figure debt. Everyone was so angry and disappointed with me. Who could blame them?

You would think that I would have learnt my lesson—but what can I say. Before long, I started receiving credit cards from several banks again, even though I did not apply for them. As I was banned from investing in the stockmarket, I started punting heavily on 4-D. It took me only a few months to rack up a 5-figure loss.

Once again, my father came to my rescue. This time, I was admitted to IMH. I was suffering from depression, anxiety and had suicidal thoughts.

Upon my release, I was introduced to WE CARE for counseling.



WE CARE has kept me on the straight and narrow. The staff are really nice, friendly and helpful and I am able to approach anyone, if I ever feel the need to talk. The centre is very calming and comfortable with great facilities. There are many recovery support groups for all kinds of addictions. By attending these daily sessions, I am constantly reminded to keep a positive mind, to be honest & humble and to be willing to take action to change my ways.

I have finally come to realize how foolish I have been. I am working hard to stay on the right path and hope to be reconciled with my wife & son.

Peter (name has been changed)



# ONGOING Activities—WE CARE Drop-In Center

Contact Jess or Fandi at 6547-5459 for more information

## Badminton—Every Mon (4—5 pm) - Kampung Ubi CC

Playing games, sports or exercise helps to combat depression and allows us to bond with others.

Please do join us if you are interested. Racquet and shuttlecocks are provided.



## Basic Computer Class—Every Thursday (2.30pm—5.00 pm)

The objective of the class is to impart basic computer skills to our recovering clients so that they feel confident to use a computer for work and other purposes.

Conducted by a few volunteers, lessons cover the basics of Microsoft Office (Word, Powerpoint, & Excel).

## Tuition for Children—FREE

Classes are conducted on a fortnightly basis., with support from our committed volunteers who have experience teaching.



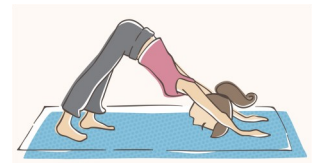
## Chiropractor—Alternate Monday (5.30pm -6.30 pm)

Feeling achy breaky lately? Dr Jesse Timm and Dr Brian Morris from Life Chiropractic Centre are helping to provide relief from those nagging back pains with free chiropractic sessions at WE Care for our drop-in members on alternate Mondays.

We thank both Dr Timm & Dr Morris for volunteering their time and services.

## Yoga Class—Every Monday (10—11.30 am)

Conducted by an experienced yoga teacher, yoga creates strength, awareness and harmony in both the mind and body



## Volunteer with Us!

With our busy lives, it can be hard to find time to volunteer. However, helping out with even the smallest tasks can make a real difference to the lives of people and organizations in need.

If you have ANY skill you wish to impart or are keen to take on any ad-hoc projects, please do contact us at

Tel: 6547 5459

Email: [admin@wecare.org.sg](mailto:admin@wecare.org.sg)

