



# ANNUAL REPORT

## FY 2014

# Table of Contents

VISION & MISSION .....	3
VISION .....	3
MISSION .....	3
About WE CARE.....	4
FOREWORD BY CHAIRPERSON .....	5
Frances Cheang.....	6
Chairperson.....	6
EXECUTIVE DIRECTOR'S MESSAGE.....	7
2014 AT A GLANCE .....	9
KEY PROGRAMME HIGHLIGHTS .....	10
Introduction .....	10
A. Counselling Services & Programme .....	10
B. Recovery Support Groups (RSG) .....	12
C. Recovery / Educational Programmes.....	12
D. Drop-in Centre Activities.....	16
E. Public Education, Awareness Talks and Workshops.....	18
F. Volunteers Recruitment and Management .....	19
Real People, Real Changes .....	20
1. "Recovering Journey" by Joseph (December 2014) .....	20
2. "One day at a time" by Hussein (December 2014).....	20
3. "Gift of togetherness" by Azmi (August 2014) .....	21
4. "Medicine to recovery" by Jeff (August 2014) .....	21
5. "My 12-steps experience" by Ken (April 2014) .....	21
6. "How 12-steps worked for me" by Serena (April 2014) .....	22
FINANCIAL SUMMARY FY 2014.....	23
ACKNOWLEDGEMENT.....	25
DONORS .....	25

## VISION & MISSION

### VISION

To be the leading centre for the transformation of persons with addiction.

### MISSION

- Transform individuals with addictions through community-based recovery programmes.
- Support families through education and specialist services.
- Develop partnerships to facilitate reintegration into society.
- Advocate acceptance of people with addictions.

## About WE CARE

WE CARE Community Service Limited (WE CARE) is a company limited by guarantee and registered under the Charities Act. It is a charity that provides programmes and services for people who are in recovery from addictions, and their family members. It holds an Institution of Public Character (IPC) status and is a full member of the National Council of Social Service. More information about our services can be found in our website at [www.wecare.org.sg](http://www.wecare.org.sg).

Unity Entity Number (UEN)	:	200506089N
Charity Registration No.	:	01888
IPC Reference No.	:	CFG060012
Operating Address	:	11 Jalan Ubi, Block 5 #01-41, Kembangan-Chai Chee Community Hub, Singapore 409074
Board of Directors (As at 31 Dec, 2104)	:	Ms. Frances Cheang – Chairperson Mr. Desmond Lum – Hon Treasurer Dr. Lim Yun Chin Dr. Winslow Munidasa Mr. Chong Kwang Shih Mr. Lee Wee Song Mr. Andrew da Roza Mr. S Surenthiraraj - Secretary
Management Team	:	Ms. Tham Yuen Han – Executive Director Ms. Yvonne Yuen – Head, Operations & Service Mr. Sam Heng Wai – Office Manager
Banker	:	DBS Bank Ltd
Auditor	:	Fiducia LLP

## FOREWORD BY CHAIRPERSON

In June 2014, WE CARE settled into its new premises at 11 Jalan Ubi as one of several tenants of the Kembangan Chai Chee Community Hub, operated by the Ministry of Social and Family Development (“MSF”). We thank MSF for accommodating us in the Hub. Thanks also to the support of the Totalisator Board and a benefactor, we now have well-appointed facilities to run our Drop-in-Centre, counselling services and psychosocial programmes.

We see the importance of networking with family service centres and community clubs to create awareness in the public about addictions, so that they can seek immediate help if they become aware of addictive behaviours and problems in their loved ones. In 2014 we continued to build on community partnerships and schools to achieve this. It is also important to strengthen support for families of drug offenders and provide holistic after-care intervention for them immediately upon their release from prison. By providing their families with coping skills, and sustaining the addict in recovery, we hope to break the intergenerational cycle of addiction in the family.

I would like to record our gratitude to our many donors and supporters. We did not conduct any major fundraising event in 2014, being pre-occupied with our major move to new premises, but were able to fund our programmes through grants and private donations received.

I would like to thank our stakeholders, the National Council of Social Service and its Community Chest, The Totalisator Board, Singapore Corporation of Rehabilitative Enterprises (SCORE) and its Yellow Ribbon Fund, and the President’s Challenge for their donations and programme grants, without which we would not have been able to run our programmes and activities and provide professional care to our recovering community and their family members.

I would like to thank all our volunteers for their continued dedication to WE CARE and its cause. Our volunteers from the recovering community play a particularly important role in giving newer members of the community, encouragement and the assurance that recovery is possible.

Our team of dedicated staff worked very hard in 2014 to ensure a smooth and successful transition to our new premises. On behalf of the Board I would like to thank them for this and for their ongoing professional efforts to service and support our recovering community.

I would also like to thank my fellow Board members for their contributions to WE CARE. We continue to make progress on our journey towards being one of the leading centres for addiction recovery, giving our professional best to our community.

**Frances Cheang**

**Chairperson**

## EXECUTIVE DIRECTOR'S MESSAGE

2014 was an eventful year for WE CARE. We moved into the new premises, at 11 Jalan Ubi, on 5 June 2014. The new Centre brought many new opportunities.

For the first time since WE CARE's inception, we were able to settle into premises with a viable long-term lease. For this, we are grateful to the Ministry of Social and Family Development (MSF). With a renovation grant from the Totalisator Board, we were able to build a new centre with fully-furnished facilities that meets our vision of a Drop-In Centre.

Along with the increased capacity of the new premises, we re-aligned the agency's direction to focus on providing a more comprehensive range of *aftercare* services for our beneficiaries. In addition to our core service offerings of counselling, psycho-education and support group meetings, we introduced a range of life-skills training, enhancement programmes, sports, and music and creative activities in 2014. The goal is to help recovering persons move beyond relapse prevention, learn and acquire new healthy ways to manage stress, and strengthen their skills for re-integration into family lives and workplace. The response was heartening. With the wider range of programmes offered in the new Centre, we saw an increase of more than 20% in daily Drop-in rate for 2014 and the introduction of nine new Wellness programmes. These include regular classes for recovering persons and their family members, on topics such as money management, basic IT, English literacy, job interview skills as well as weekly sessions of yoga, soccer and badminton for the active-oriented. Thanks to our new pool of volunteers, we started tuition classes on Saturdays for the children of our recovering community. All these enrichment programmes would not have been possible without the generous giving of personal time and resources from our volunteers. We are indeed grateful!

One of the main thrusts of 2014 for WE CARE was in the forging of collaborative partnerships with institutions and organisations that also serve our target population. Through these new partnerships, we saw a marked increase in referrals to our clinical counselling services. We are thankful to our new partners, National Addictions Management Services (NAMS), Changi General Hospital, Singapore Prison, Ang Mo Kio FSC, Fei Yue FSC and the State Courts who collectively referred more than 200 new cases since the new Centre started operation in June 2014. At least half of these referrals took up counselling treatment programmes at the Centre, whilst the remaining half would join in our Drop-In Centre activities and support group meetings.

Now that we have settled into the new premises and initiated more Drop-In Centre programmes and activities, we plan to increase outreach activities in 2015 to build up the drop-in community. Focus will be on setting up regular outreach talks with key institutional partners in order to increase awareness of WE CARE's aftercare services. At the same time,

we plan to reach out to community partners such as the neighbourhood Community Centres, CDCs or FSCs to service residents in close proximity to the Centre.

We will introduce new clinical programmes in 2015 to cater to the increasing number of referrals from our various partners. These will include individual as well as group counselling programmes, designed with the objective of effecting better treatment outcomes. Emphasis will be on not just the individual recovering persons, but also their family members, or significant persons who are supporting them in recovery. By providing help and support to the family unit, we hope to break the intergenerational cycle of addictive behaviours.

**Tham Yuen Han**

**Executive Director**

## 2014 AT A GLANCE



# KEY PROGRAMME HIGHLIGHTS

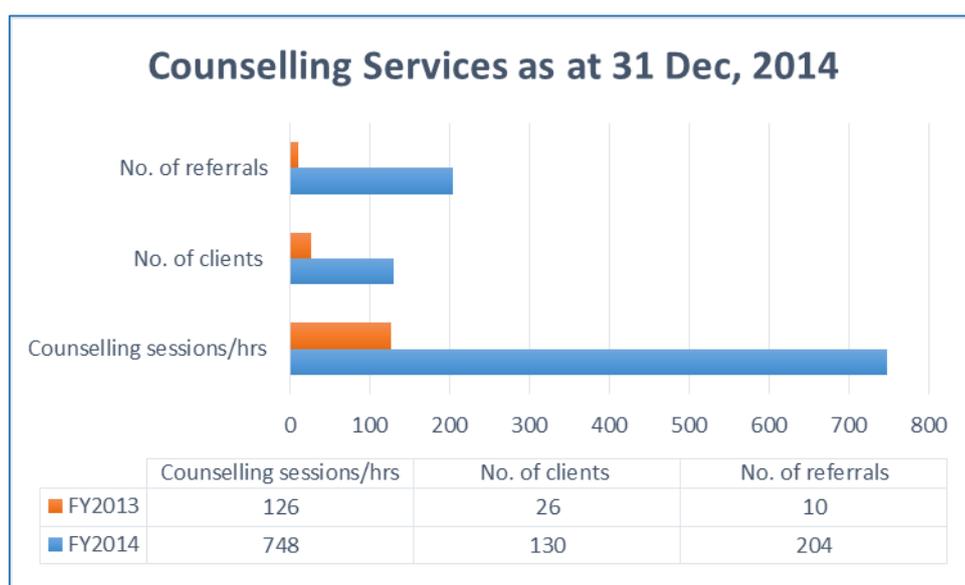
## Introduction

During FY2014, WE CARE conducted a range of clinical services and outreach activities:

- A. Counselling Services & Programmes
- B. Recovering Support Groups (RSG)
- C. Recovery / Educational Programmes
- D. Drop-in Centre Programmes
- E. Public Education, Awareness Talks and Workshops
- F. Volunteers Recruitment and Management

### A. Counselling Services & Programme

Our Counselling Services expanded dramatically during FY2014. With more counselling resources initiated by the Executive Director and Head of Operations, (both of whom are counselling trained), two full-time counsellors and a new pool of associate counsellors, the number of referred cases (across all addiction types) increased substantially from 10 in FY2013 to 204 in FY2014. The number of counselling clients attended to in FY2014 was 130, a four-fold increase over FY2013, while the number of counselling hours increased from 126 hours in FY2013 to 748 hours in FY2014. We wish to acknowledge the support from our referral partners such as the FSCs, State Courts, hospitals, Prison Service, and law firms, among others.



***i. Specialized Counselling Programme: Atypical Theft Offenders Programme (A.T.O.)***

In February 2009, in collaboration with the State Courts, WE CARE began its Atypical Theft Offenders (ATO) Programme – the first of its kind in Singapore and South East Asia. It is designed to assist men and women over 18 years of age who compulsively steal, and their families in understanding their illness and find coping skills for making positive changes to their behaviour.

Clients are referred to the ATO programme by the Singapore Community Court, lawyers, psychiatrists and our partner agencies. It is an integrated treatment programme that is fully voluntary and self-funded by clients. Clients who cannot afford payment are subsidized by WE CARE.

The programme components include clinical assessment, individual counselling, group therapy and workshops for family members to educate them on what is atypical theft, the symptoms and treatment modalities.

Effectiveness of the programme is measured by the decrease in the offending behaviour of the individual (the absence of arrests for shoplifting behaviour and theft) as reported by significant family members, the physicians and the referral agencies or institutions.

In FY2014, we managed a caseload of 69 referrals under this programme.

***ii. Project S.A.F.E.***

As reported in the FY2013 Annual Report, WE CARE is one of the lead agencies in this two-year pilot project, implemented in 2014, to provide holistic after-care intervention for drug offenders, immediately upon release from prison. Project S.A.F.E. is a comprehensive rehabilitation programme that aims to assist ex-offenders in reintegrating with their families as well as society. The objective is to prevent relapse in substance use, strengthen family resilience and prevent intergenerational offending.

In Phase 1 of this pilot project, counsellors at WE CARE worked with 10 families of ex-offenders on relapse prevention, marital counselling, family financial management, and parenting skills.

Upon completion of Phase 1, a survey conducted by NCCS the coordinating body, found that most of the participating families and ex-offenders reported that Project SAFE had been helpful to them and that they were willing to become the Project's ambassadors.

The success of Phase 1 of the Project has prompted us to proceed to Phase 2, which is scheduled to commence in February 2015, with a larger caseload of 20 families.

## B. Recovery Support Groups (RSG)

WE CARE's recovery support groups (RSG) comprise individuals who meet on a regular basis, in a safe setting, where their struggles, thoughts, ideas and feelings can be expressed without fear of rejection or judgment. Newcomers to these groups also have an opportunity to meet long-term sobriety members, selecting a "sponsor" among them, who will act as a mentor, guiding them in their recovery, especially in helping them to work the 12 STEPS.

In 2014, we hosted up to seven recovery support groups, holding weekly meetings at WE CARE. Total attendees for all RSG meetings in FY2014 were 8,116.

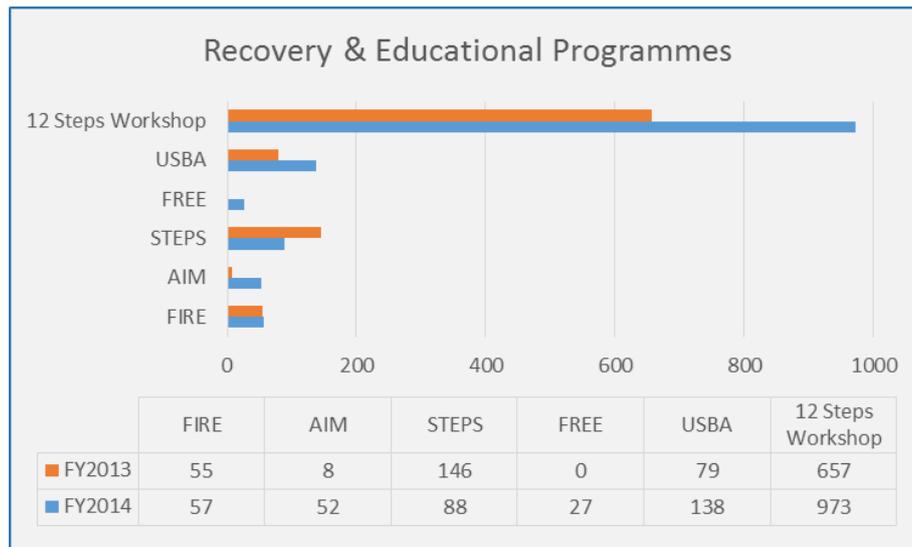
The recovery support groups were as follows:

- Alcoholics Anonymous (One meeting per week)
- Al-Anon (Family Support Group – helps families of addicts) (one meeting per week)
- Gambling Anonymous (one meeting per week)
- Narcotics Anonymous (two meetings per week)
- Overeaters Anonymous (one meeting per week)
- Sex and Love Addicts Anonymous (three meetings per week)
- Co Dependents Anonymous (one meeting per week)
- Mediation for 12 Steppers (one meeting per week)

All recovery support groups pay a nominal utilities fee for the use of the meeting rooms.

## C. Recovery / Educational Programmes

WE CARE designs and delivers programmes according to the needs of the various populations that we serve. The number of participants in such programmes (FIRE, USBA, STEPS, AIM, FREE) rose to 362 persons in FY2014, an increase of 26% over FY2013. 2014 also saw higher attendances in our in-house 12-Steps workshops which are held on every Wednesdays and Saturdays. Total attendances in these weekly workshops reached 973 in FY2014



FIRE -Facilitated in House Recovery Education

AIM -Anger Intensive Management

STEPS - Solutions To Every Problem Sober

FREE -Facilitated Recovery Enabling Education

USBA -Understanding Substance and Behavioural Addictions

***i Facilitated In-House Recovery Education Programme (F.I.R.E.)***

The FIRE Programme is designed by WE CARE primarily for residents within halfway homes across Singapore. Funded by the Singapore Corporation of Rehabilitative Enterprises (SCORE) since its commencement in 2009, the main objective of this programme is to help ex-drug offenders in the transition phase of recovery from drug addiction to a stable lifestyle. It consists of 13 sessions covering topics on addiction and relapse prevention.

Participants have the opportunity to meet in a group three months after the completion of the programme, to discuss the effectiveness of the programme, and how they have been able to apply what they have learnt. The ability to sustain their abstinence / recovery is also ascertained at these three month intervals.

In FY2014, WE CARE conducted three runs of FIRE for a total of 57 participants at Highpoint, Teen Challenge and Ashram.

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

USBA is a 5-session programme that focuses on relapse prevention. At the end of the programme, participants will be able to map out their personal relapse prevention plans. Workshops are also conducted for family members, with the aim of educating them on the nature of the addiction, and providing knowledge on how to best support

their loved ones. Two runs of USBA were conducted in FY2014 with a total attendance of 138.

***iii Solutions To Every Problem Sober Programme (S.T.E.P.S.)***

WE CARE offers an introductory STEPS programme to halfway house residents. This is a preparatory course, facilitated by a recovering person, to what a 12-Steps programme is. The 12 Step approach is one of the most widely used recovery approaches in dealing with alcoholism, drug abuse and various other addictive behaviours. Participants can employ the principles of the 12-Steps of recovery as a lifelong programme of sober living.

WE CARE conducted four runs of STEPS at Ashram, Helping Hand, Highpoint and Teen Challenge, serving a total of 88 participants.

***iv Anger Intensive Management Programme (A.I.M.)***

The Anger Intensive Management Programme (A.I.M.) is an initiative by WE CARE that commenced in 2013. The focus is on helping persons who have difficulties controlling and/or expressing their anger, a major cause of recidivism.

Conducted over eight two-hour sessions, this skill-based programme allows the participant to build a new set of coping behaviours to address what can be their most problematic issue.

In 2014, WE CARE conducted a run of AIM at Highpoint Halfway House with a total attendance of 52.

***v Facilitated In-house Gambling Support Programme (F.I.G.S.)***

The F.I.G.S. Programme is offered in the years that the soccer World Cup and European Football Championship are held. During the 2014 World Cup, WE CARE conducted four workshops on gambling addiction, and a daily gamblers' recovery support group. Both the workshops and support group were open to the public, and the recovering community. With sponsorship by Singapore Pools, the programme was free of charge for participants.

The objectives of this programme were to help participants address their gambling behaviours, build resilience, and develop a supportive network. Family members in distress came over to seek help during FIGS and emotional support was provided for them whilst educating them on how to best support their family, and the gambler.

**vi Facilitated Recovery Enabling Education (F.R.E.E. ) programme**

In February 2014, WE CARE conducted a relapse prevention programme, Facilitated Recovery Enabling Education (F.R.E.E.), for our members in the Drop-in Centre. In psycho-educational format, it comprises five two-hour sessions. Participants learned about addiction and recovery, and how to develop coping skills when they are triggered to use drugs or to drink.

**vii Workshops on Understanding Addiction (family)**

As part of our mission to support the family of an addicted member (through education), WE CARE conducted six “Understanding Addiction” workshops in 2014 to help family members understand addiction while teaching them how to support their loved ones. These workshops also provide an opportunity for the family to share their personal experiences, struggles and seek support from fellow participants.

In FY2014, the six sessions helped a total of 86 family members.

**viii Workshops on Understanding Anger**

Some young people fall into drug use as a way of coping with anger and unhappiness. To address this problem, in FY2014, WE CARE conducted a series of six workshops on “Understanding Anger” for 39 youth and children (aged between eight and 16 years), from Darul Ihsan orphanage. The workshops provided a channel for the children to explore safe alternatives when angry.

Through the workshops, the children were able to identify anger warning signs whilst exploring alternative ways of coping with anger, instead of experimenting with substances. They also learned safe coping strategies for them to practice when they were angry. It was a fun-filled experience for most of the children, where they learned and shared through activities and group experience.

**ix 12 STEPS Workshop**

The 12 Steps is a set of principles that guide the recovery of those who suffer from addiction or other behavioural problems. Participation in 12 steps recovery programme teaches the participants about acceptance - a key to sobriety and serenity. The collective sharing process acts as a powerful deterrent from destructive behaviour and is an effective means of dissolving the impulsiveness and desperation that participants may experience in early recovery.

The first 12 Steps Workshop began in January 2008 and has since continued to run twice a week at WE CARE. In FY2014, we saw a 32% increase in attendees from 657 to 973 at this workshop, which is free for participants.

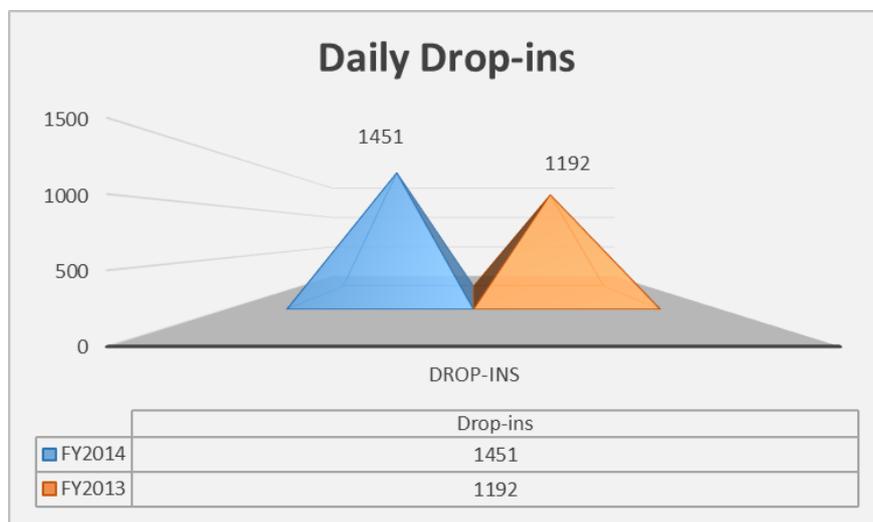


#### D. Drop-in Centre Activities

##### i Drop-in Centre

In 2014, we introduced many new recreational and educational activities for our recovering clients and their children.

Since moving to the bigger and better equipped premises at Kembangan in June 2014, we have seen a surge in the number of participants –1,451 - representing a 21% increase in the number of drop-ins. Many of the newcomers were referred by various partners such as the prison, hospitals, and other social work agencies. One regular member commented that he felt safe in our centre with its ‘warm and friendly ambience’. He discovered that this was a place where he was able to display his talent in abstract drawing. Another drop-in felt at home here ‘because the staff are kind-hearted and non-judgemental.’



In addition, seven Wellness Programmes were organised for our clients, to help them adjust to life within the community. These Wellness programmes imparted such useful life-skills as basic English Language, preparing for and handling interviews, basic computer literacy skills, yoga, body conditioning, money sense, and coping with children's examinations. With more public talks, outreach programmes and workshops being organised, the number attending these activities increased by almost one-and-a-half times from the previous year.

We take this opportunity to express our gratitude to our volunteer trainers who gave their valuable time to share their experiences and knowledge with our clients.



***i. “Farewell to Kampong Bugis” Party***

WE CARE hosted a farewell party on 31 May, 2014 to commemorate the end of our three-and-a-half-year lease at Kampong Bugis. With more than 50 members and staff attending, it was a walk down memory lane for most, as they shared stories of how they began their journeys of recovery and the memorable relationships that were forged in the process.

It was also an emotional moment for some as they recalled how WE CARE@Kampong Bugis was their only safe haven, its cosy and tranquil ambience providing comfort for them when they came in search of peace and serenity.

To forever capture the memory of WE CARE@Kampong Bugis, an artist's impression of the location was painted, and members and staff were invited to sign around the painting. A time capsule of stories and memories was sealed on that day to be opened

on 30 May 2019 when we will gather once again to reminisce, looking back fondly on the good times we had.

We would like to thank our kind sponsors for making the event an enjoyable one.

**iii. National Day Celebration**

Staff of WE CARE, our clients and their families came together on 9 August, 2014 to celebrate National Day. It was an occasion for us to renew our allegiance to our homeland as well as to appreciate the good fortune that we have as Singaporeans. Those present at the party did not lose the opportunity to bond as one big family, regardless of race, language or religion.

**iv. "The Dreamers" Band**

A group of recovering persons formed themselves into a music band and performed at the International Volunteer Day Concert, held at \*SCAPE Park on 30 Nov, 2013. Styled "The Dreamers", the five-member band showcased their hidden skills, and demonstrated that "WE CARE's Got Talent"!

Since that day, The Dreamers have been invited to perform at various other occasions, receiving very favourable responses throughout. Noteworthy was their performance on 3 Aug 2014 for approximately 200 elders at the Lions Befrienders Clementi Senior Activity Centre, to celebrate Hari Raya Puasa. The band repertoire included two Chinese songs which thrilled the Chinese audience who had a fantastic time joining in the singing of the oldies songs.

On another occasion, The Dreamers were invited by National Addictions Management Service (NAMS) to perform for the public at the National Addictions Awareness Day on 23 Nov, 2014 held at the Marine Parade Promenade. The audience clearly had a good time being entertained, and made the Day a memorable one for all.

## **E. Public Education, Awareness Talks and Workshops**

**i. Youth & addiction workshop**

In February 2014, we were fortunate to have Ms. Marjorie Nixon back in Singapore to conduct a workshop on "Youth and Addiction". Marjorie, who was Principal Consultant to WE CARE, shared with the audience on the latest developments in the field of addiction counselling in relation to youth. The workshop was attended by counsellors and social workers from various schools, service providers and agencies.

## **ii. Motivational Interviewing workshop**

WE CARE had the honour of having Dr Joel Porter, (Clinical Manager for Goldbridge Rehabilitation Services and Adjunct Professor with the Centre of Applied Psychology, Canberra University), conduct a two-day Motivational Interviewing Workshop for addiction counsellors. During the workshop, Dr Porter helped participants through demonstrations and practice sessions, to grasp key concepts and practices in Motivational Interviewing.

## **iii. Awareness Talks**

Talks were conducted during FY2014 at the under-mentioned venues to raise public awareness of addiction:

1. "Addiction Awareness" at River Valley High School – for school counsellors
2. "The Ugly Truth" at Ngee Ann Polytechnic – 78 students attended
3. "Overview of We Care Services" at Changi Hospital
4. "Overview of We Care Services" at Child Guidance Clinic
5. "Recognising signs of addiction" at Messier Bugarti – 33 employees participated
6. "Emotional Eating" at Singapore Customs House – 35 employees attended
7. National Addictions Awareness Day at Marine Parade Promenade, jointly organised by NAMS and the South East Community Development Council. WE CARE set up a booth at the event to raise public awareness about addictions and where to seek help. Our band, The Dreamers, also performed at the event.

During FY2014, WE CARE organised six talks for the public, on topics such as "Addiction Awareness", "Recognising signs of addiction", "The Ugly Truth about Addiction", "Emotional Eating", as well as overview on WE CARE's services.

## **F. Volunteers Recruitment and Management**

Our recreational and educational programmes are designed to enhance the well-being of our recovery clients. They are entirely conducted or facilitated by volunteers from all walks of life. Some volunteers are recovering individuals themselves while others hope to contribute one way or another towards the recovering community.

This year, we were privileged to have a group of NIE trainee-teachers volunteer with us in some of the above programmes including the class on exam tips that was specially catered for the children of our recovering clients.

## Real People, Real Changes

In this section of our Annual Report, we bring you stories of real people whose lives have undergone transformation since they stepped into WE CARE.

Although their names have been changed to protect their privacy, their stories are nevertheless real, and were first published in the 2014 issues of our Bulletin.

### 1. "Recovering Journey" by Joseph (December 2014)

*What do you do when you keep on relapsing, seeking solace again and again in drugs? Most would hide at home, keep away from everybody, shut out life. Not Joseph. He found WE CARE and kept coming back.*

"I was introduced to WE CARE after my detox. I found the drop in centre was open every day. So I came in the morning and stayed till closing. I met others like me and enjoyed their fellowship. I found programs that helped me identify triggers. What kept me coming back was the genuine caring I felt from the staff at WE CARE. When I relapsed, I was afraid I would be judged or looked down upon. But I kept coming back to WE CARE, even though I felt shy. Each visit I felt encouraged and comforted by the people at WE CARE.

Today I see life is like a donut. I used to fill it with drugs. Now I have found a place that teaches me to fill it with the 'good stuff'. I am involved in social activities, coordinating badminton sessions at WE CARE. Someone once told me, "no matter how you feel, get up, dress up, and show up'. That's what WE CARE showed me and I'm helping myself on the road to full recovery."

### 2. "One day at a time" by Hussein (December 2014)

*Is there any hope left, after being busted for drugs and sent to prison? Hussein looked for help and found it in WE CARE.*

"I thought it was the end of the world when I was busted for drugs. When I was released from prison in July 2014, all the things I wanted to do afterwards hit a brick wall. I didn't know how or where to start. Luckily I believe however good or bad a situation, it will change. A friend introduced me to WE CARE. I used the drop in centre and found a safe place. When recovering, it was important to avoid the old temptations of my neighbourhood, so I came every day to WE CARE to get support and hang out. I attended counselling and support group meetings. I used to seek instant gratification not knowing how to live without drugs. At WE CARE, I found a new way to live life. Living one day at a time helps me calm down and be less anxious about tomorrow. The best is yet to come."

3. "Gift of togetherness" by Azmi (August 2014)

*What do you do when you are leaving the halfway house and starting your journey to recovery? Azmi took a chance and found WE CARE.*

"I was completing the last of my prison sentence for drug abuse at a halfway house when I went to WE CARE. I was surprised to meet others like me who had been through a similar journey. They welcomed and accepted me. I was able to express myself without being judged. My time at WE CARE showed me how to value relationships including my family. I've been coming for three years now and never fail to attend events and celebrations at WE CARE with my family. I am thankful to WE CARE for introducing me to recovering individuals whom I could identify with. Although I am still dealing with life's issues, I am grateful for the gift of being in a position to better manage them, without turning to drugs."

4. "Medicine to recovery" by Jeff (August 2014)

*How do you get out of the cycle of addiction and relapse? Jeff was caught in a 22-year cycle of addiction and found WE CARE.*

"I started dabbling in drugs at 19 as an experiment. Before I knew it, I was hooked. I spent all my time looking for my next fix and spent less time with my wife, child and parents. They tried to find ways to help me without success. Then my brother took me to WE CARE. I recognised I had a problem but didn't know how to fix it. I worked with a counsellor, and joined the recovery support groups. WE CARE reached out to my family, making them a part of my recovery. I also interact with recovering individuals when I am at WE CARE. I feel acceptance and hope for the future.

I am grateful that a place like WE CARE exists, as it offers support and hope for us. For those who wish to stop their addiction, in my opinion, WE CARE is your 'medicine to recovery.'"

5. "My 12-steps experience" by Ken (April 2014)

*How do you overcome denial about addiction? Ken used the recovery support groups at WE CARE and improved his self-esteem.*

"My journey to overcome fear, shame and denial took me six years. I came to know WE CARE in 2009, through the recommendation of Dr. Winslow. Attending the 12-Steps meetings allowed me to uncover my fears and face them. However, I was in and out of meetings. This is because I was unwilling to accept my cunning and baffling disease. I was still in denial.

The breakthrough came when I started to share about my secrets in the 12-Steps workshop. Since then, I have been making decisions to control my addiction. I learned that it was my

own unwillingness to share with others that led to my slips and relapses. Sharing is difficult but after sharing, I became more decisive.

WE CARE became a place for me to interact and share my problems with the group. I'm not proud of my former actions. I discovered that it's more harmful to keep secrets. Through sharing my feelings with a group of supportive people, it allowed me to keep on walking on the path to recovery, whilst learning to handle my anger and indecisiveness, and be responsible. For example, I now take the initiative to set up the room before each meeting. In so doing, my self-esteem has improved.

## 6. "How 12-steps worked for me" by Serena (April 2014)

*What do you do when nobody understands your addiction? Serena came to 12-Step Recovery Workshops at WE CARE, and started a journey of understanding and sharing.*

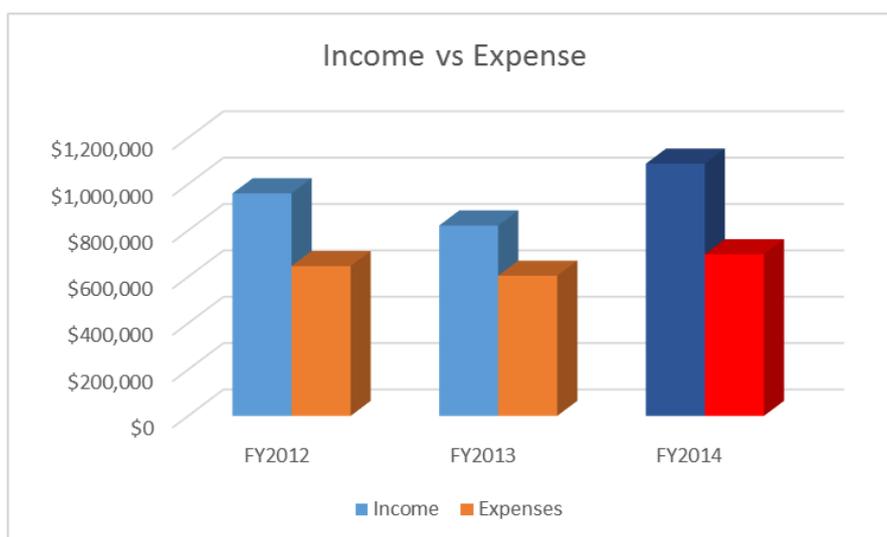
"Driven by the consequences of my addiction, I came to WE CARE in Sept 2013, desperate for help. I attended the 12-Step Recovery Workshop every Wednesday and Saturday. The workshop taught me more than just what recovery meant. It also provided a form of social support to maintain my sobriety and prevent a relapse. I developed important life skills that aid my relapse prevention plan. During the workshop, we share experiences. The sharing helped me to become honest, open-minded, and willing. When I share, I feel understood by others. I realize that I am not alone in this. They know the pain and suffering that I have gone through.

The feeling of being understood is indescribable. I learned to be responsible for my own recovery. I also developed my self-esteem. This helps me to stay strong when I am triggered.

"Through this understanding, the workshop also allowed me to discover deeper root causes. I realised that I am co-dependent. I learned to set boundaries to protect my loved ones and myself. In turn, I started to help others who have suffered from similar experiences. 12-Steps works. I saw my fellow participants recovering. I was convinced that recovery is possible. I could see that other addicts have recovered from their addictions, following the few simple principles of the 12-Steps. Hence, if I follow those principles, I can recover too."

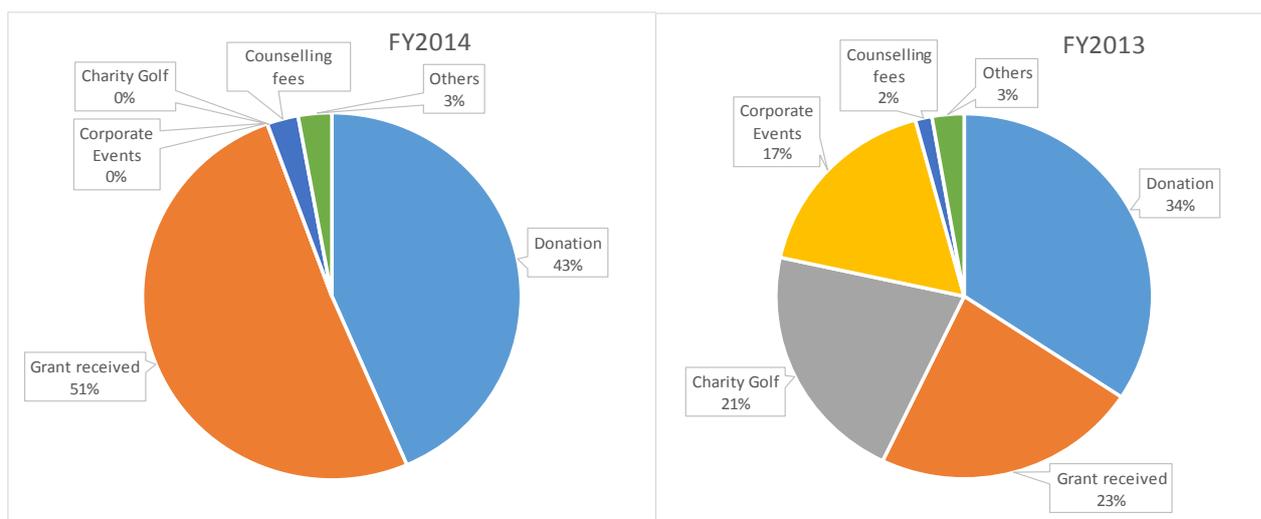
# FINANCIAL SUMMARY FY 2014

Income & Expenses	FY 2012	FY 2013	FY 2014
Income	\$960,117.00	\$821,346.00	\$1,087,889.00
Expenses	\$646,314.00	\$604,626.00	\$ 697,101.00
Surplus/(Deficit)	\$313,803.00	\$216,720.00	\$ 390,788.00



In the year 2014, our total income of \$1,087,000 exceeded expenses of \$697,000 giving us a surplus of \$390,000. However, a large part of this surplus is Restricted Funds for capacity building and specific programmes.

## Income



The compositions of income between FY2013 and FY2014 have changed. The increase in grants received and large private donations offset the lack of major fundraising events. Grant amount was primarily boosted by a \$247,000 Renovation Grant from the Tote Board and a \$173,000 matching grant under the Care & Share scheme.

## Expenses



In FY2014, about 80% of total expenses were spent on charities activities and programme, 19% for admin & governance and 1% to fundraising costs. A significant factor for the increase in FY2014 expenses vis a vis FY2013 is due to depreciation of the cost of renovation incurred in FY2014.

FY2014 ended with accumulated surplus of \$848,000 in Unrestricted Fund and \$272,000 in two Restricted Funds.

# ACKNOWLEDGEMENT

## DONORS

We extend our heartfelt appreciation to the following individuals and organizations, (and to a few who chose to remain anonymous), who generously made donations in cash during the review period.

### CASH DONATIONS \$250,000

Individual - Anonymous

### CASH DONATION \$80,000

Organisation –President’s Challenge

### CASH DONATION \$60,000 - \$65,000

Organisation - Singapore Totalisator Board

### CASH DONATIONS \$20,000 - \$25,000

#### Organisations

The Singapore Island Country Club

Grace, Shua and Jacob Ballas Charitable Trust

The Reuben Meyer Trust Fund

### CASH DONATIONS \$10,000 - \$15,000

Individual - Mr Chan Kok Khim

### CASH DONATIONS \$5,000 TO \$10,000

#### Organisations

Isaac Manasseh Meyer Trust Fund

Promises Pte Ltd

Tulsi Ong Trust

#### Individual

Mr Desmond Lum

Mdm Seow Seok Lian

Dr Winslow Rasaiah Munidasa

## CASH DONATIONS \$1,000 TO \$4,999

### Organisations

Singapore Pools (Private) Limited

KPMG LLP

Courts Asia Pte Ltd

### Individual

Dr Chey Chor Khoon

Mr Chin Yoke Choong, Bobby

Mr Kirpal Singh

Mr John Neal McClure

Mr Lim Hiong Hwee

Mrs Michelle Sassoon

Mr Pascal Marie Rey Herme

Mr Raymond John Fergusan

Mr Teo Hong Lim Suliaman Khong

## CASH DONATIONS \$500 TO \$999

### Organisation

Demand Print Pte Ltd

### Individual

Ms Foo Chee Peng

Ms Eugenia Gajardo

Ms Lee Shi Hui, Agnes

Ms Lee Huan Lin, Sharon

Ms Liao Li Yun

Ms Siok King Huay

Mr Wee Shen Wen, Clinton