

2016

ANNUAL REPORT



**WE CARE
Community
Services**

Centre for Addiction Recovery & Education



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VISION & MISSION

VISION

To be one of the leading centres for the Transformation of Persons with Addictions.

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.

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, 2016)	:	Ms. Frances Cheang – Chairperson Mr Chong Kwang Shih – Hon Treasurer Dr. Lim Yun Chin Dr. Winslow Munidasa Mr. Desmond Lum Mr. Lee Wee Song (resigned 1 Jul 2016) Mr. Andrew da Roza Dr Cheok Cheng Soon Christopher Mr. Marius Toime Mr. S Surenthiraraj - Secretary
Management Team	:	Ms. Tham Yuen Han – Executive Director Ms. Yvonne Yuen – Head, Operations & Service Mr. Sam Heng Wai – Finance/ HR Manager
Auditor	:	Fiducia LLP

FOREWORD BY CHAIRPERSON – 2016

In May 2017, WE CARE will enter its 12th year in operation. The last 11 years had been a tremendous journey of learning and growth. Twelve years on, WE CARE still remains as the only secular community-based facility in Singapore that specialises in addiction and in helping people and families with **various forms of addiction**, not just drugs. It is a unique space that we occupy. As we grow in knowledge and strength, the recovering community that we set out to foster and nurture in Singapore matures too as they journey with us. Today, WE CARE hosts more than 10 different self-help support groups serving various recovering communities in Singapore. We now have a robust community of recovering persons who are able to serve as guides and mentors to the ones who have just entered into recovery.

We are pleased to share that besides the increase in counselling cases (we served more than 420 clients in 2016 alone) we also succeeded in creating a vibrant Drop-in Centre which saw close to 200 registered recovering members participating regularly in our Centre's recovery programmes and activities.

We owe the success of our Drop-in Centre and programmes to our many partners who continue to refer people to our services, or collaborate with us in various ways. Our appreciation goes out especially to NAMS, the National Addiction Management Services, the State Courts, Ministry of Social and Family Development, Regent Law and our partners at various Family Service Centres and halfway homes. With their partnership, we were able to provide timely support to many recovering persons and families. Our appreciation also goes out to Pertapis, who collaborate and pool resources with us to provide weekly tuition services to our collective beneficiaries and their children. These partners have helped us realise the vision of providing an integrated and holistic framework of care and support to put every beneficiary and his/her family on a long term recovery path.

As WE CARE is funded primarily through public donation, we are ever grateful to the many donors and supporters who have contributed generously to our cause. Special thanks goes to the individuals and organisations that have supported us through the years, helping us with a much needed financial stability to continue with our work year on year. These include the Shaw Foundation, the Singapore Island Country Club, Singapore Pools, the Tote Board, the Grace, Shua and Jacob Ballas Charitable Trust, Abdullah Saleh Shooker Charity Fund, Isaac Manasseh Meyer Trust and KPMG LLP. Certainly, we look forward to approaching more corporate donors and supporters through their CSR initiatives. Towards this end, we are very pleased to have the support of VISA International and Credit Suisse who partnered with WE CARE on several fundraising and community outreach initiatives in 2016. In particular, they have provided financial and volunteer support in our major fundraiser, The Amazing WE CARE

Race 2016. We hope to continue the great partnership with them in our upcoming 2017 Race as well.

Throughout the last 3 years of growth since our move to Jalan Ubi, we have managed our finances prudently to achieve the increase in services and clients served without overstraining our budget. We could not have attained this without the support of the many volunteers who have given their time and expertise selflessly. They are an invaluable part of the WE CARE fabric of care. We are indeed very thankful to them.

Our deep appreciation also goes out to fellow colleagues in the National Council of Social Service. We thank them for the trust and faith in the work that we do, and their ardent support in helping WE CARE tap on the much needed resources to carry out our work and improve our services.

Last but not least I would like to thank the dedicated management and staff of WE CARE who have consistently given their professional best to those that need their services and my fellow Board members for their significant contributions to WE CARE.

Frances Cheang
Chairperson

EXECUTIVE DIRECTOR'S MESSAGE - 2016

A strategic focus in the last 2 years was to reach out to the wider community, to increase awareness on early intervention for addiction and mental health treatment. We forged collaborations with partner agencies for referral of families in need. We also improved the web searchability of WE CARE as a community resource for addiction help and support. We are heartened to see the results of our efforts bearing fruits. By end 2016, we saw a significant increase in attendances at our daily self-help support groups as well as counselling cases served. Counselling caseload for 2016 saw an increase of 10% from the prior year. A highly encouraging fact is the increase in self-referrals - at 51% of total referrals - via our counselling helpline and email. While referrals of clients from our partner agencies remain fairly constant in 2016, this increase in people seeking help on their own volition, either for themselves or a loved one, is a good indication of help-seeking behaviour which we have worked hard to promote.

Recent information released by the National Council Against Drugs (NCADA) from its Youth and Public Perception Survey 2015/2016 indicated an increase in liberal attitudes among young people towards drug use. WE CARE will do our part by continuing with efforts to widen our reach within the community to bring home the message that "Addiction is a mental health condition" and early intervention is key to halting its path of destruction. To connect more effectively with the youth population, we introduced outreach activities that are creative and experiential in nature. In Aug-Sep 2016, we held our first Community Art project in collaboration with the LaSalle College of the Arts' Masters in Art Therapy faculty. Through the engaging process of art-making, we were able to engage with the youth population in a fun and creative manner, and still bring home the message of addiction risks and what it takes to recover. We are very grateful indeed to the faculty and art therapy students of LaSalle for a very meaningful outreach event that opened the hearts and minds of many.

Another key goal in 2016 was also to introduce more evidenced-based group treatment modalities that are supported by research. So we were very excited to offer the first Mindfulness-Based Relapse Prevention (MBRP) programme in Nov 2016. The programme is conducted by facilitators who have received training from the Washington, Seattle-based developers of the programme. The MBRP programme is an aftercare programme integrating cognitive-behavioural relapse prevention skills with mindfulness practice, intended for people who have completed the first 2 months of early addiction treatment. The addition of MBRP augments our current staple of group-based as well as individual clinical programmes targeting at various forms of addictions; providing an array of treatment options for not just the addicted person, but also their family members.

We hope to build on the foundations that we have laid with our move into the new Centre at Jalan Ubi. We will continue to build on the integrated framework of clinical programmes, self-help support, re-integration skills and support network that will put our recovering persons and their families firmly on the route to recovery.

Tham Yuen Han
Executive Director

2016 AT A GLANCE

New Counselling Programmes:

- Sex, Porn, Love Addiction (SPLA) Recovery Programme – a structured therapy programme designed to help people with sex, pornography and love addictions. The programme consists of 6 individual sessions, 2 family sessions, and 4 group sessions. Counselling is provided by trained addiction specialists.
- Art Therapy – This experiential modality, the clinical efficiency of which is recognized worldwide in addiction recovery, is now offered in both individual and group sessions at WE CARE. The first programme is a group session called ‘The Art Club’, facilitated weekly as an open art studio, open to all recovering people. It attracts an average of 12 members per session. The second programme consists of 8 to 2 individual art therapy sessions. It is offered to recovering people who may have difficulties with the regular counselling or who may need to process childhood trauma. These art therapy sessions are provided by a trained and registered art psychotherapist.
- Mindfulness-Based Relapse Prevention Programme – designed to bring practices of mindfulness awareness to individuals suffering from addictive behaviour. The aim of this programme is to increase awareness of triggers and habitual reactions, and to develop new ways of dealing with them. The participants learn concrete skills to use in high-risk situations. The programme consists of eight 2-hour sessions conducted in a group therapy format.

Sex Love & Porn Addiction (SPLA) Recovery Programme

Do you know of someone struggling with Sex, Love or Porn Addiction?

Seek help early and arrest the problem.

The act of ability to curb these behaviors can cause serious damage to your emotional health and can have an adverse impact on close intimate relationships.

At WE CARE, we are able to provide accessible and professional help for individuals who battle ongoing sex, pornography or addiction. We provide a safe environment for the individual and family to work on their issue and effect long-lasting change.

SPLA Programme

The WE CARE Sex Love Addiction Recovery Programme is a structured 11 therapy programme designed for people with sex, love and porn addictions. Counselling is provided by trained addiction specialists.

Basic programme components:

- 11 individual sessions
- 2 family sessions
- 4 group sessions (optional)

Depending on each case clients may require further sessions after the initial basic programme.

WE CARE Community Services
 11 Jooe Street, #01-01, Singapore 328133
 Tel: 6547 5459
 Email: info@wecare.org.sg



MINDFULNESS BASED RELAPSE PREVENTION

8-WEEK MBRP FACILITATED GROUP

MBRP is an evidenced based program designed to bring practices of mindfulness awareness with cognitive-behavioral relapse prevention to individuals who are recovering from addictive behaviors. Programme is facilitated as a closed group of maximum 12 participants.

Pre-requisites:

- A desire to learn
- At least 2 months clean time from addictive behaviour
- Confidential intake interview for eligibility to the program.

Format:

- 8x40 for 8 sessions, payable upfront.
- Repeat participants may be admitted FCC depending on vacancies.

Registration:

- End 17th Feb '17

Email: info@wecare.org.sg
Tel: 6547 5459

All sessions will be conducted at WE CARE Community Services at:
 11 Jooe Street
 Karthikeyan Chid Chesi Community Club, Block 5

Over the 8 weeks, participants will:

- Develop awareness of personal triggers, destructive habitual patterns and learn to pause in the momentary automatic process
- Change your relationship to discomfort, learning to recognize challenging emotional and physical experiences
- Develop a nonjudgmental, compassionate approach toward ourselves and our experiences
- Build a lifestyle that supports both mindfulness practice and recovery

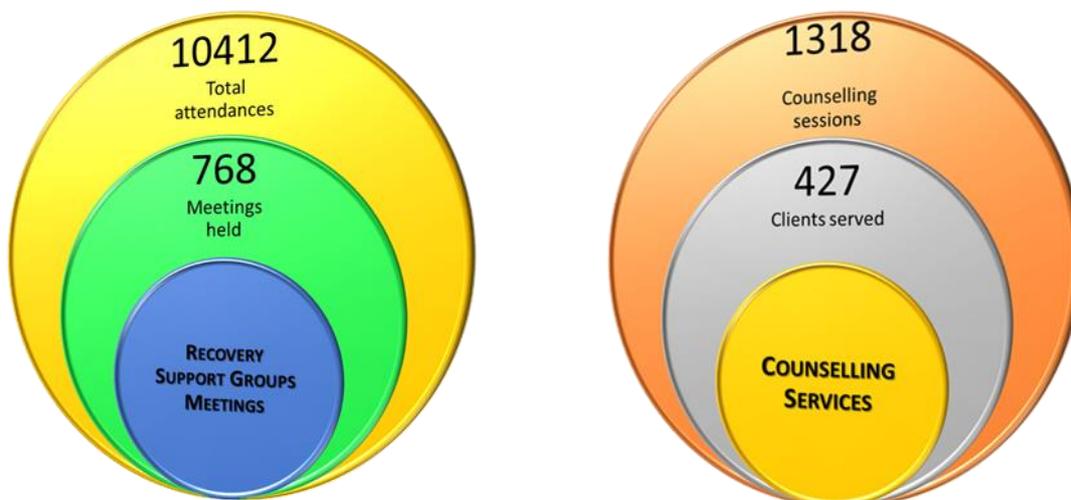
New Activities

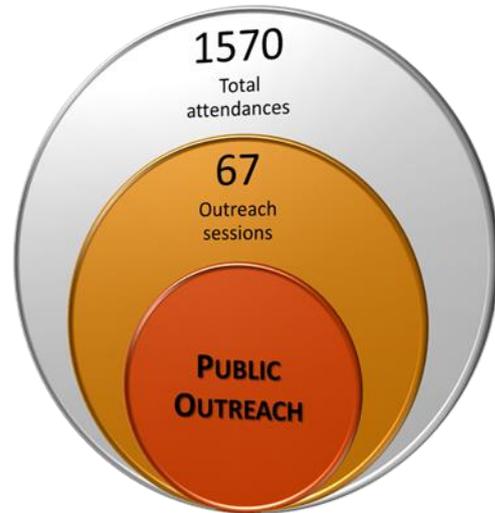
- 1st Year Finishers – an annual celebration of individuals who have stayed away from alcohol, gambling and drugs for a whole year.
- Art Club – a weekly event for drop-in members interested in dabbling with colours and exploring their creative side.
- Art Grooming for Budding Artists – a fortnightly class on 2D and 3D art for our drop-in members, taught by two artists.

- Let's Talk about Addiction – WE CARE collaborated with LaSalle College of Arts to raise awareness about addiction and recovery.
- The Amazing WE CARE Race – an adventure across Singapore to help raise funds to support individuals and families suffering from all forms of addiction.
- Parenting Workshops (PINK) – four sessions covering topics such as understanding different parenting styles, child development stages, and understanding their psychological and emotional needs.



Key Numbers:





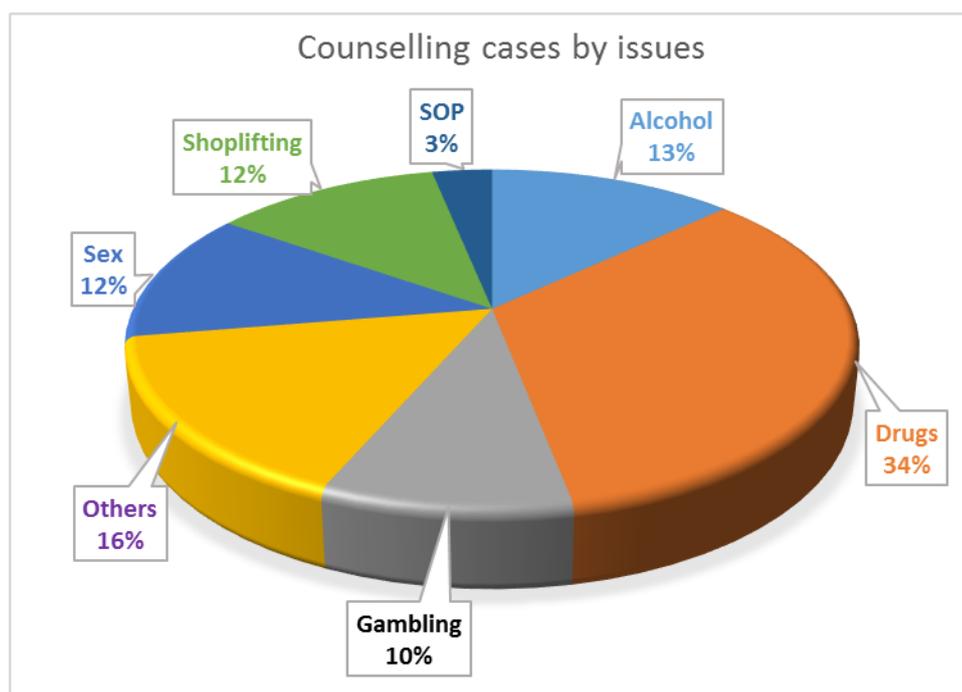
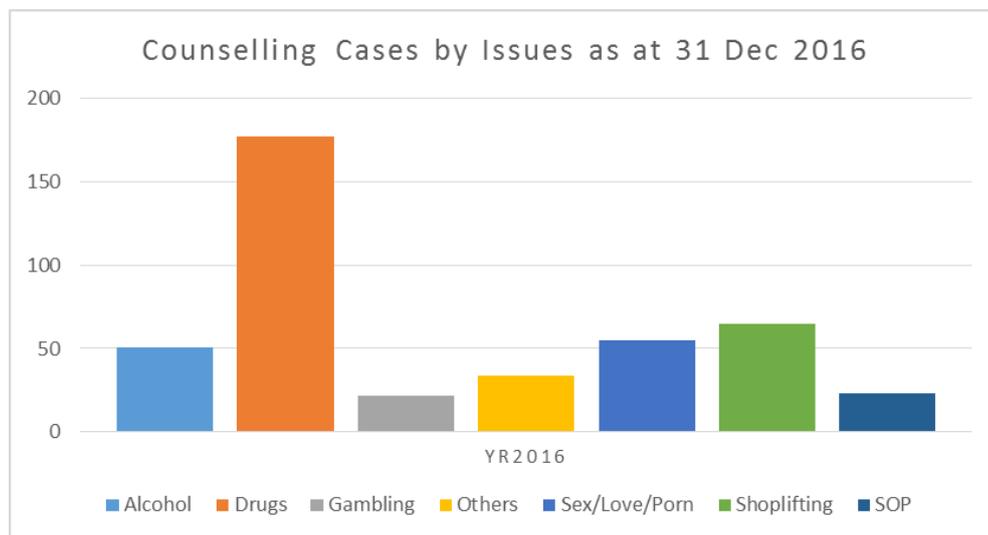
KEY PROGRAMME HIGHLIGHTS

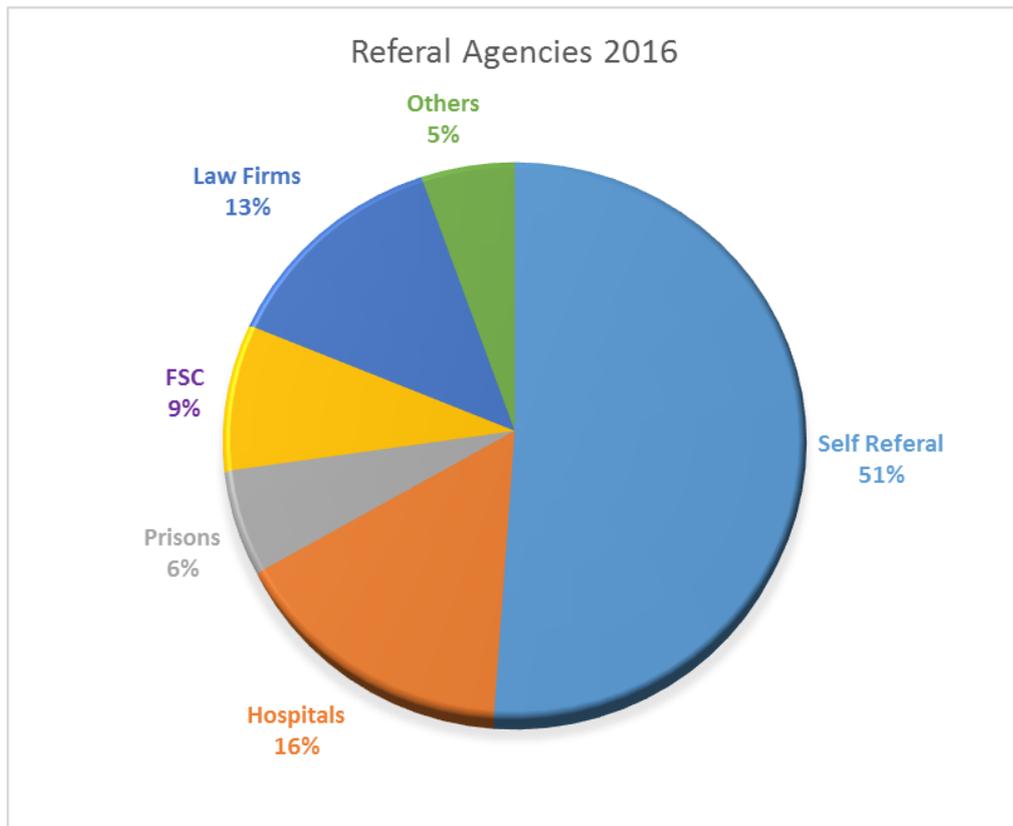
CLINICAL SERVICES AND OUTREACH ACTIVITIES

- A. Counselling Services & Programmes
- B. Recovery 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 & Programmes

- Counselling packages for substances, alcohol (SOAR), gambling (GARI), Sex Porn & Love addictions (SPLA) and Atypical Theft Offending (ATO). SPLA was launched in April 2016.
- Services were carried out by a team of six trained counsellors, one art therapist and a pool of associate counsellors.
- Counselling cases for 2016 were 427 clients vs. 391 in 2015, an increase of 10%.
- Counselling sessions in 2016 reached 1440, vs. 1158 in 2015, a 24% increase.
- Referral partners included NAMs, Regent Law, FSCs, State Courts, Prison Service, Lloyd Leas, MSF, hospitals and law firms, among others.





i. ENGAGE

ENGAGE is a programme in which clients and their family members receive intake clinical assessment, weekly counselling, and referral for shelter and/or financial services. The goal of *ENGAGE* is to attend to the psychosocial and rehabilitative needs of clients with a history of addiction. It caters to people who do not require in-depth or long term counselling, and consists of a maximum of four sessions of brief therapy over a period of three months.

By the end of 2016, the number of clients and/or their family members who enrolled in this programme had reached 134, far exceeding the projected annual target of 80.

ii. SOAR

SOAR, (“Substance or Alcohol Recovery”) is an individualised counselling treatment programme for persons with drugs or alcohol dependency problems. Consisting of six individual sessions, two family sessions and four group sessions, the goal of this programme is to reduce relapse risks and deal with co-morbidity conditions if any.

228 client cases were enrolled into *SOAR* in 2016 compared with 174 in 2015. A total of 383 counselling hours was involved.

iii. GARI

GARI (Gambling Addiction Recovery Intervention) provides counselling and support for persons grappling with issues concerning gambling, as well as for their family members. Clients and their family members attend up to six individual sessions, two family sessions, and four group sessions.

For FY 2016, 30 client-cases were enrolled in the *GARI* Programme, with 72 counselling hours chalked up, double last year's figure of 16 clients with 38 counselling hours spent.

iv. CSO

CSO ("Counselling for Significant Others") is a counselling treatment programme designed primarily for family, friends or significant others of people in recovery or those struggling with a substance or behavioural dependency problem. Clients receive individual counselling and family counselling support in relation to their issues and personal situation. Through these sessions, they learn to develop skills to manage the chaos in their lives, explore relationship issues, and learn self-care, and understand how to lend support to their loved ones in recovery.

In FY 2016, 40 families received counselling and support under this programme, compared to 16 families in 2015.

v. Specialized Counselling Programme: Atypical Theft Offending Programme (A.T.O.)

ATO is a counselling treatment programme for individuals over 18 years of age who compulsively shoplift, and their families. It is aimed at helping clients understand, manage and stop their compulsive stealing, and to effect lasting lifestyle changes. The programme includes clinical assessment, individual counselling, group therapy and workshops.

In FY2016, we managed a caseload of 64 referrals under this programme versus 54 referrals in 2015.

vi. Project S.A.F.E.

Project S.A.F.E. (Support for recovering Addicts & Family through Empowerment) Phase 2 was a carryover from the success of Phase 1 in FY2015. Upon the completion of Phase 2 on 31 July 2016, an outcome evaluation was

carried out by National Council of Social Service in consultation with Associate Professor Marcus Chiu, Department of Social Work, National University of Singapore. The evaluation comprised of both quantitative and qualitative analyses. The overall results suggested an increase in the clients' financial literacy, hope, a reduction in risk propensity and a progression in their stage of change. The results also pointed to a desistance from drug use. Among the programme group participants, 70% showed an improvement in their risk propensity scores, as compared to improvement in only 40% of a prison the control group. For the duration of the project, no S.A.F.E. clients were reconvicted, as compared to a national recidivism rate of 32%. They also indicated an increase in self-awareness, self-control and willingness to reflect on and change behaviour.

Given that the programme has yielded promising and positive outcomes, there are plans to expand the programme should funding be available over the long term.

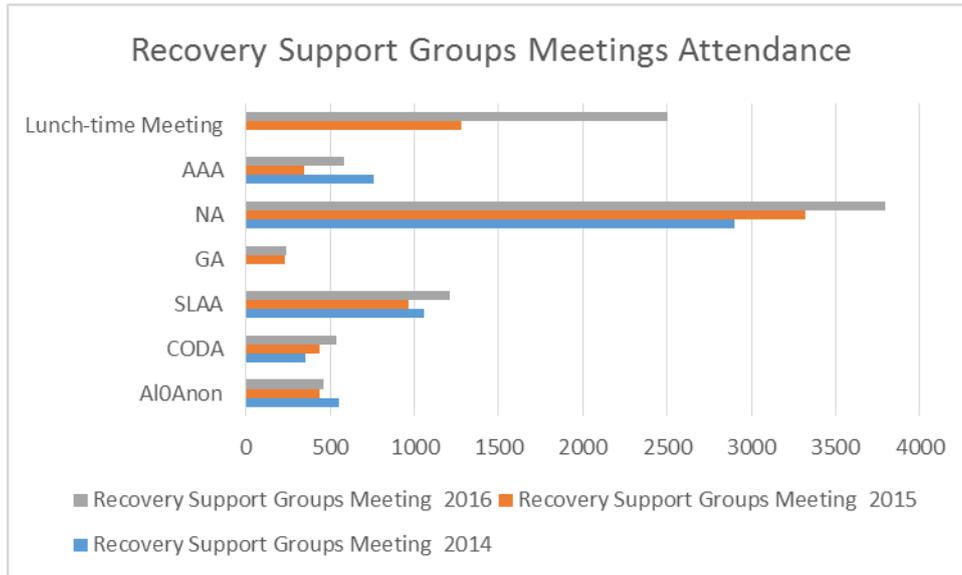
B. Recovery Support Groups (RSG)

Recovery support groups (RSG) are self-help groups of individuals who meet regularly (at least once a week) in a safe and non-judgemental environment to share their struggles with addiction. Members who have been recovering over a long term act as mentors to newcomers, and guide the latter on the road to recovery, especially in helping them to work the 12 STEPS.

Other recovery support groups ongoing during the year were:

- AAA – All Addictions Anonymous (one meeting per week)
- AI–Anon (Family Support Group–helps families of addicts) (one meeting per week)
- CODA – Co-Dependents Anonymous (one meeting per week)
- GA - Gambling Anonymous (one meeting per week)
- NA - Narcotics Anonymous (two meetings per week)
- SLAA - Sex and Love Addicts Anonymous (three meetings per week)

Total attendees for all RSG meetings in FY2016 were 10,412 versus 7,851 during the previous year.



C. Facilitated Recovery Programmes

Programmes conducted during FY 2016

Programme	No. of participants
AIM	21
GEM*	13
MBRP*	15
P.I.N.K. (Parenting Workshop)*	23
FREE	17
STEPS	10
USBA	86
WSG	37

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

This programme trains participants to develop anger management skills. The objective is to help them rebuild and maintain positive relationships with their families and to be a good role model for those with children. The programme is delivered in a structured four-weeks, 8-sessions format for attendees. Each session lasts two hours.

In FY2016, one run was successfully completed over eight sessions with a total of 11 participants.

ii. GEM

GEM was introduced as a group therapy programme in 2016; specifically for mid-phase remission members who have sustained sobriety for at least 4 months and above. The programme aims to equip these clients with emotional regulation skills and help them cope more effectively with difficult emotions to reduce relapse risks.

iii. MBRP

Mindfulness-Based Relapse Prevention applies practices of mindfulness awareness to the prevention of relapse by individuals who suffer from addictive behaviour. It helps individuals in group settings to become more aware of the triggers, and to learn concrete skills to use in high-risk situations. Facilitators practise meditation and guide participants through assigned mindful practice over eight two-hour sessions.

Two runs during FY 2016, with eight sessions per run, benefiting a total of 15 participants.

iv. PINK

The workshop on “Parenting Involves Nurturing and Knowledge” is aimed at instilling in parents a deep understanding of different parenting styles, a child’s development, his/her psychological and emotional needs, as well as how to connect with and nurture the child using non-violent disciplining methods.

One run in June of the workshop was conducted during FY 2016, over four sessions.

v. Families in Recovery through Education and Empowerment (FREE)

FREE is an educational programme for the family members and significant others of individuals suffering from addiction to drugs, alcohol or compulsive gambling. The programme aims to help family members and significant others to understand addiction, the process of recovery, relapse prevention and to learn effective communication skills.

Seven runs of the programme were organised during FY 2016, with a total of 17 participants.

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

Facilitated by a recovering person, this programme is offered to residents of halfway house as a preparatory course for the formal 12-Steps programme.

Ten runs of STEPS were completed in FY2016, serving a total of 71 participants.

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

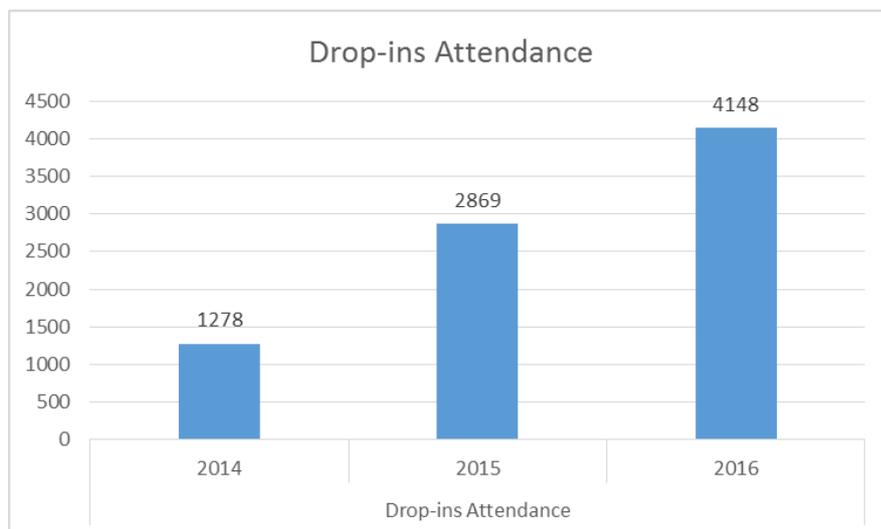
The focus of this programme is on relapse prevention. Conducted over five sessions, the programme aims to equip participants with the skills to draw up their personal relapse prevention plans. Family members can also participate in this programme to learn about the nature of the addiction as well as the best ways to support their loved ones.

Seven runs of USBA were conducted in FY2016 with a total attendance of 65.

D. Drop-in Centre Activities

i. Drop-in Centre

Drop-in attendance at WE CARE during FY 2016 almost doubled that of FY 2015, from 2,869 to 4,148. Members came by to attend English and computer classes, participate in badminton games, art, music, yoga, breathing exercises, fitness programme, gardening, just to name a few.



Some highlights of events in 2016:

- **January**
 - 30 students and 15 staff from Sahmyook University, South Korea, visited WE CARE to understand the services we provide for relapse prevention.
 - A tour of Gardens by the Bay was organised, with 25 members participating.
- **February:** A 2nd tour of Gardens by the Bay was organised, for 20 members.
- **March**
 - A meditation class was conducted for eight members.
 - 15 members attended a class on Grooming for Women, hosted by Ms. Sue McCormick and Ms. Pang Li Kun.
 - As part of our outreach activities, we set up a booth at an education fair at Block 174D Hougang Avenue 1 on 12 March 2016, to promote awareness of a Safer Community to residents there.
- **April**
 - A talk was conducted by Dr. Edward Ng on CPF Life, with 53 members attending.
 - A third visit to Gardens by the Bay was organised, and 39 members attended.
- **June**
 - On 1 June, 2016, eight members were felicitated for achieving the “First Year Finisher” accolade.
 - That day also marked the second anniversary of WE CARE’s relocation to the present premises.
 - 18 members attended a talk by Dr. Martins on health issues.
 - We are honoured to have been invited by the Singapore Government to participate in the Closing Ceremony of the SEA Games. 28 members participated in this international event.
- **August**
 - 18 members visited the Malay Heritage Centre.
 - 95 members attended the National Day Party organised by PA to celebrate our nation’s birthday.
 - 40 members participated in the Community Art Project
- **September:** The 4th and final visit of the year to Gardens by the Bay saw 21 members participating.
- **October:** 95 members participated in the Art Exhibition.
- **November:** Our signature fundraising event of the year, The Amazing WE CARE Race, was successfully held on Saturday 5 Nov, with 198 participants.

ii. Wellness Programmes

These are activities and skill-based programmes for the benefit of our drop-in clients and their families. They are aimed at facilitating the holistic recovery of individuals and their reintegrating back into the larger community. The following programmes were organised during FY2016 with the valuable support of our volunteers:

- Enhancement programmes:
 - CV writing
 - Tuition for children of drop-in clients
 - Art Studio Club
 - Talks on CPF Life
 - Personal Grooming
 - Employment Matching Assistance
 - Relaxation through Breathing

- Life Skills:
 - Basic English
 - Using the Computer
 - Art Training Class

- Sports:
 - Yoga
 - Badminton
 - Chiropractic service
 - Personal Training – Fitness condition/Physical Therapy
 - Gardening

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

E. Public Education, Awareness Talks and Workshops

It is vitally critical to the success of our mission that we secure the long-term support of the community, as well as engage consistently in collaboration with other agencies and corporate and individual sponsors. Thus, talks and outreach events were conducted to create awareness of our services, and to educate the public on how addiction develops, the recovery process, risks associated with addiction and preventive measures to reduce risk.

Other Outreach talks to prison/ex-offenders population & hospital residents include:

- Monthly outreach sessions at Selarang Prison;
- Outreach sessions at NAMS held twice a month.

We would like to thank the undermentioned institutions and organizations that hosted our talks:

- Hindu Centre
- Lloyd Leas Community Service, Men's & Women's housing units
- NAMS Detox ward
- Marina Bay Sands
- Pertapis TAJ

F. Volunteers Recruitment and Management

Throughout FY 2016, we were fortunate to have benefited from the time and energy given freely by many private individuals and professionals from all walks of life. More corporate volunteers stepped forward during the year to support our work, including multinational giants such as Credit Suisse, Visa International, and others. We are grateful for their commitment to our cause.

G. Fund Raising

2016 is the second time that we organised our signature fundraising event, The Amazing WE CARE Race. Held on 5 November 2016, a total of 26 teams and 126 participants took part in this fun and adventure event.

Each team made great efforts to dress up to project a distinct team identity. The teams were given instructions to complete a given task before getting clues to the next destination, such as building a sand castle, navigating afloat in a lazy pool, etc.

The event raised a gross income of over \$85,000. The overall feedback from participants had been generally positive, with some saying that it was “overall an amazing, fun experience”, and “hope to be back next year”.

The organising team would like to express its heartfelt thanks to all participants, donors and volunteers for a “truly epic” event.

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. Below are the abridged versions of the stories that first appeared in WE CARE’s newsletters of 2016.

1. Vincent's story

"The journey of a thousand miles begins with a single step." – Lao Tzu

My girlfriend introduced me to alcohol when I was 17 years old, and I liked the idea that it made me "look cool".

By the time I turned 18 and was enlisted into the army, I had become highly dependent on it. I was usually too inebriated to book back into camp. I was sent to detention barracks three times, for being AWOL.

My parents and siblings tried to be supportive, but nothing they did or said made sense to me.

Alcohol made me short-tempered and led to violent outbursts. It also led me to shoplifting for which I was charged in court. While waiting for sentencing, I enrolled in ITE, where I was outspoken, funny and therefore popular. In my second year at ITE, I was finally sentenced to a two-year prison term.

I have been sober since my release in 2015. Most of my days are now spent at WE CARE attending various workshops, talks and activities. I really enjoy the camaraderie with the other regular drop-ins. They keep me focused on my recovery journey. I am now 26 years, and it's time to steer back to the well-trodden path. I look forward to going back to school and aspire to be an inspirational counsellor one day.

2. Jason's story

"Once we accept our limits, we go beyond them." – Albert Einstein

Both my parents have very successful careers, and I felt compelled to live up to their expectations. I set very high standards for myself and always worried about how other perceived me. I was introduced to heroin and became addicted to it when I was 15. It gave me a sense of calm and peace.

I managed to keep my addiction from my parents for several years until my father caught me coming home in the early hours of the morning, and found heroin in my pocket. He sent me to rehab.

I have recently been discharged from rehab, and now spend most of my days at WE CARE which is my safe haven. I have met many great people here. Everyone is friendly and non-judgmental.

I will be starting my third year in polytechnic soon, and am anxious about how I will fit in with my new classmates. However, I know that my counsellor and "brothers" at WE CARE will be there for me always, if I ever need a listening ear and guidance for me to succeed.

3. "If they can do it, so can I" – Mir's story

"The frequency of returning to prison again and again took its toll on my relationship with my family".

This month, August 2016, marks an incredible milestone for me. This is the month that I will celebrate two years of sobriety and freedom from using drugs.

Drinking alcohol and using tablets had led me to hard drugs. Despite my strong resolve and willpower, I could not overcome my addiction. I served two long sentences and had also undergone five terms in rehab. Each time I tried to quit, I would succumb again and again to peer pressure of friends. My relationship with my family suffered, and I became increasingly isolated from them.

When I came to visit WE CARE in August 2014, I immediately felt a sense of relief, a feeling of belonging in the warm, welcoming and friendly environment. I work with counsellors and the recovery staff here to help me deal with relapse risk factors. I participate in the many recreational activities available and also pick up new skills by attending computer and English classes.

Over the past two years, I have made many friends among fellow recovering persons. We draw strength from each other, and support and inspire each other on our journey. I am very hopeful and optimistic for what lies ahead.

4. "Sick and tired of my daily routine" – Angelababy's story

"Recovery is possible once you are able to accept help from others."

I first came to WE CARE two years ago, looking for help to turn my life around. For 13 long years before that, I had been using and drinking. Two years ago, I reached a point where I became sick and tired of my daily routine. I just felt that I must change.

Since I could not hold on to any job then, I came to WE CARE every day to spend my time. I was assigned a sponsor who provided me with guidance. I could share my private details with my sponsor comfortably. The staff are friendly and open. It is a safe and comfortable place. Best of all, there are many activities to keep me busy. The facilities here are conducive for recovery.

There is a women's support group. This is important to me as, being a woman in recovery, I need a safe and supportive place where I can talk openly about any special needs that I have.

Looking back on the past two years that I have stayed clean and sober, the most difficult step is to be willing to ask for and accept help. Recovery is possible once you are able to accept help from others.

5. John's story

A man's journey back to connection and relationships.

I used to be a cheerful and carefree man, able to socialise well. Life started to go downhill when a colleague introduced me to synthetic opiates. Never did I expect that I would end up being hooked for 10 years.

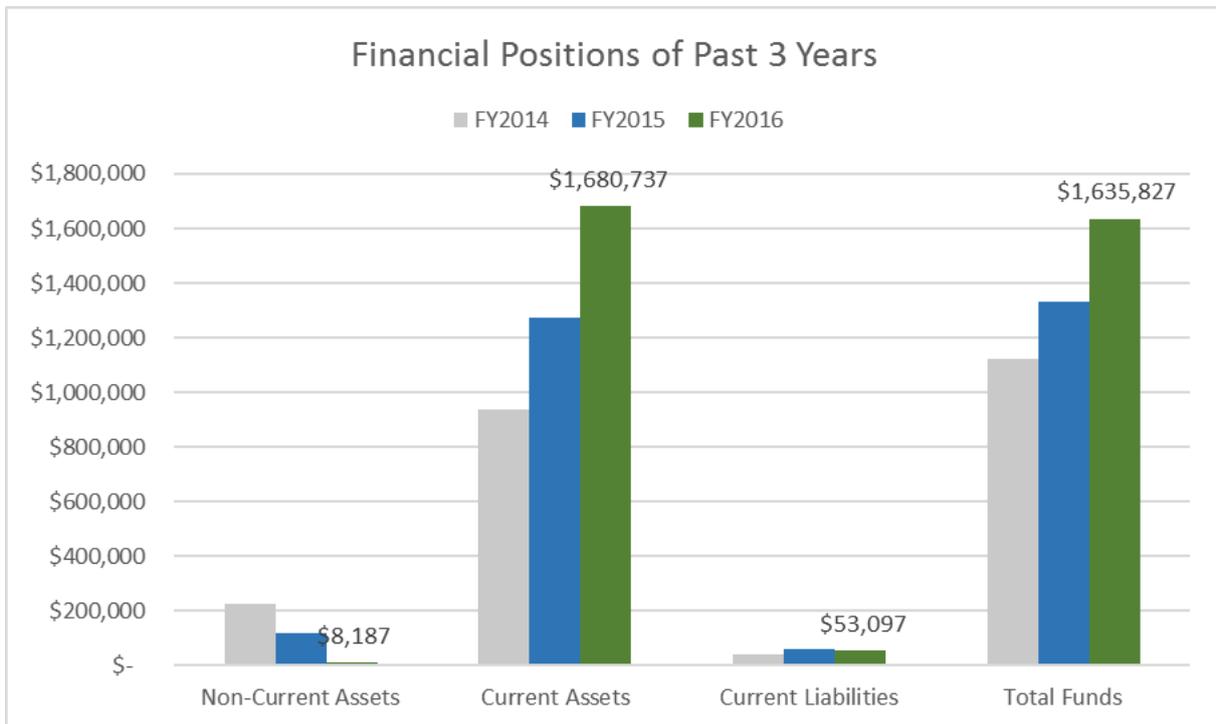
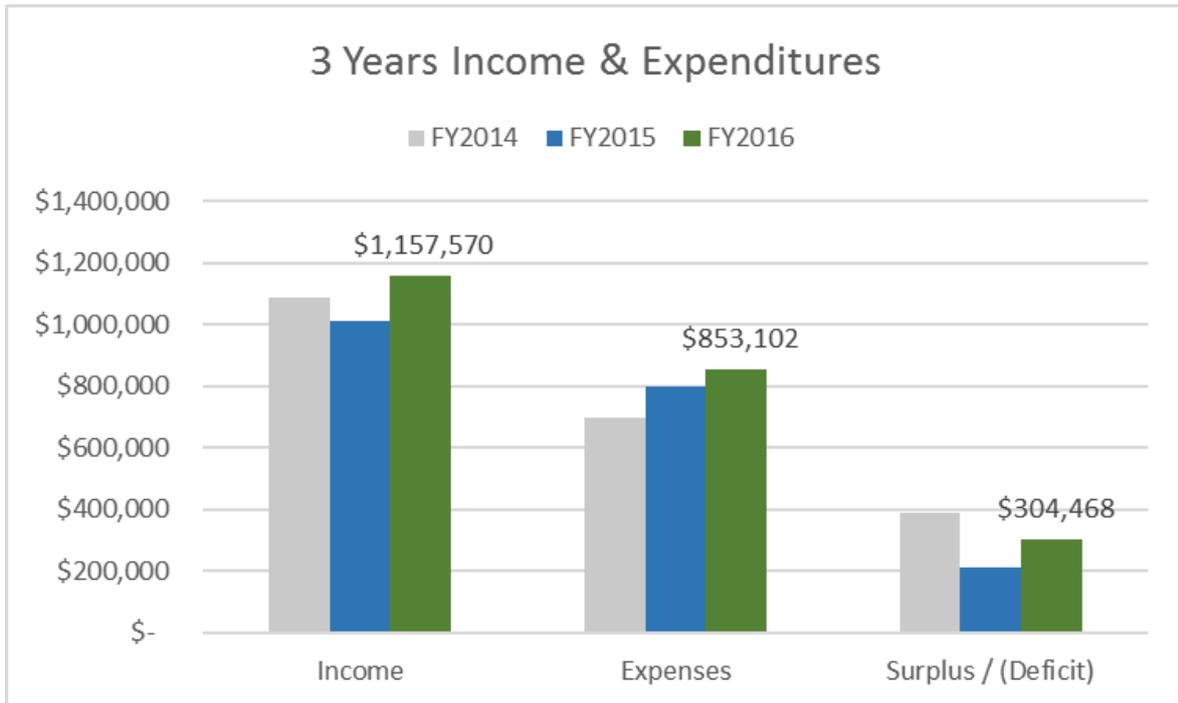
I felt lost and directionless. I isolated myself and kept my problems to myself. At age 36, my future looked so bleak. Drugs turned me into a shadow of my former self.

When I wanted to stop, I shared my problems with a psychologist who referred me to NAMS for medical detox. During the detox, I got to know about WE CARE as a drop-in centre. I decided to give WE CARE a try as I knew I could not be left alone. Whenever I am alone at home, I am triggered to use. Overcoming the triggers is a major struggle.

On my first visit to WE CARE, I felt awkward and couldn't connect with the staff and drop-ins. Luckily, a drop-in member reached out to me which made me feel comfortable. After dropping in daily, I felt more comfortable with the rest of the drop-ins.

Staying connected with the people at WE CARE helped me to stay away from drugs. We have meals together, exercise together, and attend programmes as a group. Whenever I felt a desire to use, the power of the group helped me to overcome the trigger. If I have issues, I have friends here to share.

FINANCIAL SUMMARY FY 2016



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.

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