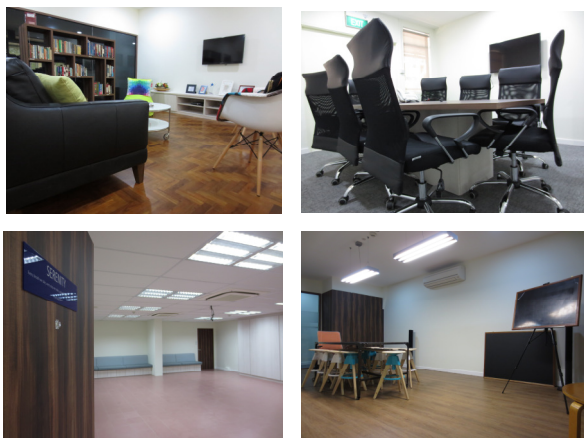


A Bigger & Newer WE CARE—11 Jalan Ubi

WE CARE moved to new premises on 5 June. We are now located at Blk 5, Kembangan-Chai Chee Community Hub, 11 Jalan Ubi. This was formerly the Geylang Serai Vocational Institute, across the road from Eunos MRT.

With the move, we now can provide a much greater range of therapeutic, social and recreational facilities for our members, accommodating a total capacity of up to 150 people. In addition to the increased capacity for counselling, educational workshops and support group meetings, the new premises enable us to embark on new initiatives to introduce alternative therapeutic activities. Creative workshops, music therapy, sports and general wellness activities are some of our new service offerings, as part of a more holistic healing environment. As of June, we launched a new Wellness Calendar comprising regular weekly enrichment programmes, life skills workshops as well as various exercise and recreational activities which are open to all at no charge. Meditation sessions, yoga classes and music jamming sessions are some of the enrichment activities planned with the aim to help recovering persons develop alternative ways to de-stress, relax and develop a healthy lifestyle.



(L-R, clockwise): Colbert Library, Board Meeting Room, Creative workshop & 60-seater Serenity Room

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New Facilities at WE CARE

- 3 big Meeting rooms for Recovery Support Group meeting
- 3 Counselling rooms
- 1 Sponsor Room for sponsor meeting
- 1 Colbert Library / Lounge to drop-in
- 1 Creative Workshop for painting
- 1 Music Room for band practice
- 1 outdoor Sepak Takraw court
- 1 outdoor Futsal court



A drop-in painting on the mural wall - 'Tree of hope'



Lobby—with 3 counselling and 1 sponsor room

Directions to WE CARE

MRT: 5minutes walk from Eunos Station
Walk along Sims Ave towards Kampong Ubi Community Centre

Bus: 2,7,13,21,24,26,28,30,51,67,154,155
Nearest Bus Interchange: Eunos Bus Interchange



(Abv) Map to WE CARE
(R) Main entrance of 11 Jalan Ubi



Farewell Kampong Bugis

On 31 May, WE CARE hosted a farewell party 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 recovery journey 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 for peace and serenity. To forever capture the memory of WE CARE@Kampong Bugis, we created an artist's impression of the location and invited members and staff 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 CARE @ Kampong Bugis was where I started my recovery journey. It has been my second home and I will miss it deeply. Nevertheless, the journey continues..."
-Sheikh- *

(L-R) : Nisa presenting painting of old WE CARE, paper, community gathering at Soberity room for a review

Testimonials from our recovering community

Azmi heard of WE CARE through a halfway house where he was completing the last of his prison sentence for drug abuse. Unsure of what to expect on his first visit, he was surprised to meet many others at the centre who had been through the same journey as him. They welcomed him, and he found himself feeling accepted and cared for. He was able to express himself without being judged. Azmi began spending more time in WE CARE on a regular basis whilst learning to value relationships, including that of his supportive family. Today, after three years of being in recovery, Azmi never fails to attend events and celebrations at WE CARE together with his 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. For this I am grateful to WE CARE".

Got an addiction
problem?
Need counselling?



Contact help@wecare.org.sg to make an appointment

Jeff*, a 41 year old technician, started dabbling with drugs at the age of 19. It did not take long before curious experimentation with substances turned into an addiction. As a result, most of his time was spent finding his next fix and less time was spent with his wife, children and parents. They tried means and ways to help him. Eventually, his brother sought help from WE CARE and accompanied Jeff to our premises earlier this year. Jeff recognised that he was facing problems due to his addiction but was unsure how to arrest it. WE CARE introduced him to a counsellor who worked through his issues with him and encouraged him to join a self-help group. WE CARE reached out to his wife and children too. With the help rendered, Jeff sees himself spending more time with his loved ones and being a responsible member of his family. Through his interaction with recovering individuals at the centre, he feels a sense of acceptance and hope for the future. Today, Jeff looks forward to dropping-in at WE CARE as he enjoys the quality time spent with both the counsellors and others at the centre.

"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."

PROGRAMMES @ WE CARE

Project S.A.F.E.— Support for recovering Addicts and Families through Empowerment

*“Project S.A.F.E. has given me and my family the confidence to lead a clean life. Knowing that I have the support of my wife and children in this journey, today, I feel happier living this life...” – Omar**

Project S.A.F.E. (Support for recovering Addicts and Families through Empowerment) is a pilot programme that aims to provide support to both the drug offender and their family. Conceptualised in September 2013 by the National Council of Social Service (NCSS) and in collaboration with Ang Mo Kio Family Service Centre (AMK FSC), the project currently sees five clients and their families on board. Clients so far have expressed that the experience has been beneficial in helping them recognise the impact of addiction on their families and the importance of working in partnership with the family to maintain long-term recovery. Families on their part, have shared that they better comprehend the dynamics of the addiction and recovery processes, and have a better understanding of how to support their loved one through the recovery journey.

F.I.G.S.— Facilitated In-house Gambling Support group

Facilitated In-House Gambling Support group (F.I.G.S.) is an initiative from WE CARE Community Services. During World Cup and Eurocup period, WE CARE is holding daily support group meeting from Monday to Friday (7pm-8pm). We also conduct facilitated workshops on gambling addiction every Saturday (3pm – 4.30pm). These daily support groups and workshops aim to help people with a gambling problem. Trained counsellors are facilitating each session.

F.I.G.S. is running for the third time. We saw a flow of people coming in to seek help. Their family members and spouses also came forward to seek clarity regarding the gambling situation.



Elated FIRE graduates at Highpoint

“Through this course, I have learnt to differentiate between the good and bad, and also the importance of communicating with family.”
– Clarence*

S.T.E.P.S. — Solutions to Every Problem, Sober

WE CARE conducted three rounds of S.T.E.P.S. (Solutions to Every Problem, Sober) for Ashram, Highpoint and The Helping Hand Halfway House from April to August.

12 Steps offers guidance for individuals to overcome their addictions through a series of steps. This 10 session programme serves as an introduction to the 12 Steps. Each week the facilitator will go through one of the 12 Steps and its possible applications. There is no hard and fast rule how to apply the steps.

Participants are encouraged to share their understanding of the step and the possible difficulties faced in acting on them, while the facilitator in attendance relates their experiences in the session.



STEPS graduation party @ Cobalt Library

“12 steps programme showed me how to stay away from alcohol” – Roger*

F.I.R.E.— Facilitated In-house Recovery Education

F.I.R.E is a comprehensive recovery programme consisting of 13 sessions which focus on drug relapse prevention, rebuilding relationships and managing emotions. Altogether, there are 13 sessions. WE CARE recently conducted a session at Highpoint Halfway House comprising of psycho-education, reflection and sharing by the participants who were taught how to identify triggers, and manage their cravings and emotions. They shared their personal experiences along with their hopes after leaving the halfway house. The facilitators worked through with them the potential pitfalls they might encounter in future, brainstorming for potential solutions. The participants interacted, enjoying and benefiting from each session.

WE CARE is currently conducting F.I.R.E. at Teen Challenge Halfway House and Ashram Halfway House.

**Names have been changed to protect the identity of clients*

Events @ WE CARE

Motivational Interviewing (MI) Workshop

WE CARE had the pleasure of inviting Dr Joel Porter, (Clinical Manager for Gold-bridge Rehabilitation Services and Adjunct Professor with the Centre of Applied Psychology, Canberra University), to conduct a two day Motivational Interviewing Workshop for addiction counselors.

During the course, Dr Joel Porter guided the whole process. Demos and practice sessions helped the participants grasp what Motivational Interviewing is, and now they have a better understanding of the process.



"I had a better understanding of MI and its integration with other therapy modalities."

Interview workshop for Drop-Ins

12 of our recovering community attended a two hour interview workshop conducted at WE CARE, with the aim of helping the participants overcome challenging interview questions. The trainer is also a recovering individual and deeply aware of the difficulties faced during interviews.

At the end of the workshop, the participants felt that the workshop helped them to answer some 'hard questions' posed by the interviewers, while at the same time, giving them more confidence.

Drop-in activity—Soccer & body conditioning

Recovery involves getting active and moving your body. Our sense of well being improves after exercising. WE CARE organised body conditioning and soccer on Wednesday and Friday in the month of July. The participants enjoyed themselves while playing sepak takraw and soccer.



Our drop-ins playing soccer at our new premise.

Public Education

Awareness talk at River Valley High



WE CARE was invited to conduct a public awareness talk at River Valley High School for a group of school counsellors. Following the talk, they had a better understanding of what addiction is and where to seek professional help.

Ngee Ann Poly —The Ugly Truth



On 2 July, WE CARE conducted an addiction awareness talk for 80 Ngee Ann Poly Students, titled 'The Ugly Truth'. Case studies and anecdotes were presented, shedding a glimpse of how addiction impacts on the individual and their family.

If your organisation is interested in holding an addiction awareness talk, kindly contact us at admin@wecare.org.sg

New Staff on board

Welcome Fandi

We welcome our new staff Fandi who joined WE CARE as the Recovery Support Officer (RSO) in April. Fandi was previously a volunteer at WE CARE. As a recovering individual himself, he has worked the steps and has been in recovery four years.

Upcoming events

Money Sense

Do you struggle between wants and needs?
Spending too much? Too often?
Do you want to Learn how to manage your \$\$\$?

Date: 15 August 2014 (Friday)
Time: 6-7pm
Venue: WE CARE
Kembangan-Chai Chee Community Hub
11 Jalan Ubi, Block 5, #01-41
Singapore 409074



For more information, contact Alex @ 6547 5459.

'Money Sense'

On 15 August we will be having a 'Money Sense' workshop on how to manage personal finances.

If you are interested to attend Money Sense, kindly contact Alex at 6547 5459.

List of activities

- Yoga
Every Monday (6-7pm)
- Money Sense
15 August, Friday (6-7pm)

If you are interested in any of the activities, please contact Alex at Alexlim@wecare.org.sg or 6547 5459.



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