



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

SEPTEMBER 2015

SERVICES WE OFFER

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



WE CARE is organising a fundraising event titled 'The Amazing WE CARE Race'. This is modelled after reality TV show —The Amazing Race. It will be held on Saturday, 14 November 2015, from 10 am to 1pm.

Form a team of between 4 and 6 to sign up, expect a lot of fun, laughter and a unique and unforgettable experience. The final destination will be revealed upon completion of challenges. Do dress up for the race as prizes are awarded for the most creative team uniforms.

Find out more at www.wecare.org.sg/events-registration.asp

TICKETS

Benefits	Game Changer \$5,000	Transformer \$3,000	Contributor \$2,000	Supporter \$1,000
Team registration for up to 6 participants. Event Challenges. Celebration immediately following event.	✓	✓	✓	✓
1-hour WE CARE workplace talk on addiction recognition and prevention by trained counseling professionals.	✓			
Special Race Amenities including soft drinks and snacks during the race.	✓	✓		
Corporate logo or team name signage at event awards celebration.	✓	✓		
Event t-shirt for each team member.	✓	✓		
Opportunity to promote your company or your team in event goody bags.	✓	✓	✓	
Recognition on WE CARE Website.	✓	✓	✓	
Recognition in event related publicity.	✓	✓	✓	
Donation is tax deductible.	✓	✓	✓	✓

Additional Opportunities to Support WE CARE:

- Corporate Sponsorship of Race Stops: \$1,500**
- Exclusive sponsorship of a race challenge station. Customize the location with company banner, logo, materials.
 - Option for your corporate volunteers to staff challenge station. A great opportunity for team building, fun, and volunteerism.
 - All participants will pass through your stop and be exposed to your brand.
 - 4 tickets to offer race celebration event.



Awards Announcement



WE CARE received the National Council Against Drug Abuse (NCADA) Merit Award for outstanding contributions towards the national effort in stamping out drug abuse for the year 2014!



WE CARE's Executive Director, Ms Tham Yuen Han receiving the Award from the Director of NCADA, Mr. Victor Lye

Social Activities

SG50 Celebration!

National Day Celebration is an annual affair at WE CARE. There is no exception this year. 80 community members celebrated National Day at WE CARE.

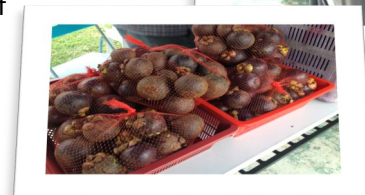


Our drop-in clients enjoying the fellowship at our National Day Celebration.

Durian Party!!

WE CARE organised a durian feast at our centre for our recovering community on 26th July.

40 members and their family members enjoyed Mao Shan Wang and D24 durians & crates of mangosteen.



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

F.I.R.E. (Facilitated In-house Recovery Education Programme)

FIRE is a comprehensive 13-session programme for individuals struggling with addictions. It covers aspects like emotional management and family relationships in addition to relapse prevention topics. The aim of FIRE is for the participants to uncover their personal triggers that might lead to a relapse and learn to live a drug-free life.

During each session, participants share their struggles and difficulties during the adjustment period of staying clean. Alternative plans and coping strategies are explored during the sessions.

For the run of FIRE that ended in July, we did something different. We explored the meaning of life and how addiction would affect our lives. We also discussed what living a drug-free life meant.

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 the participants to attend a recovery support group based on the 12 Steps approach.

In January 2015, S.T.E.P.S. underwent a revision. Under the revised format, the participants attend a mock-up support group in the ninth session.

Since then, we have conducted 2 runs at WE CARE. 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 both the drug offender and his/her family. Conceptualised in September 2013 by National Council of Social Services (NCSS) and in collaboration with Ang Mo Kio Family Service Centre (AMK FSC), the project currently has eight clients and their families on board. AMK FSC and WE CARE organized 2 family events for the participants in September and December last year. The goal was to help the families to bond, share experiences and provide mutual support through close interaction.



Phase 2 of the project will have 30 clients and their families working together. So far, approximately 10 clients and their families have agreed to participate. Recruitment of the remaining 20 clients and families are ongoing.

UPCOMING Family Programmes

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

FREE-Substance is a programme for the 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
(12 Oct/ 9 Nov/ 14 Dec)

Timing: 7pm to 9pm

Venue: WE CARE Community Services

Cost: **FREE!**

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



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



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

Know of someone who needs help with addiction?

Email: help@wecare.org.sg
Tel: 6547-5459



Recovering Journey—Jonathan*

I was first introduced to sleeping pills when I was 16. In the early years, it was just about curiosity and experimentation.

When I started working, the pressure and frustration of dealing with demanding clients, coupled with the feeling of being unappreciated at work, drove me to seek comfort in sleeping pills. It helped me stay calm and relaxed, and kept me on an even keel in the most difficult situations.

Before long, what started as substance abuse, spiraled into an

addiction. I suffered memory lapses and was no longer in control of the consequences of my actions.

On many occasions, my wife tried to persuade and encourage me to kick the habit – but each time, to no avail. Finally, she brought me to We Care. We Care saved me, but it was too late to save my marriage. During the divorce proceedings, my mother fell ill and needed to undergo surgery. It was a difficult period for me and I started getting suicidal thoughts.

After staying clean for 9 months, I, once again, succumbed to my

addiction. Thankfully, the Counsellors at We Care continued to be my pillar of support.

I have now been clean for the past 7 months. We Care is my safe-haven. I attend the NA talks/fellowship daily, enjoy the camaraderie with the other drop-ins and can approach the Counsellors for their advice at any time.

Through the counseling sessions and programs at We Care, I have learnt to cherish my life and to be grateful for life's little blessings.

*Not his real name

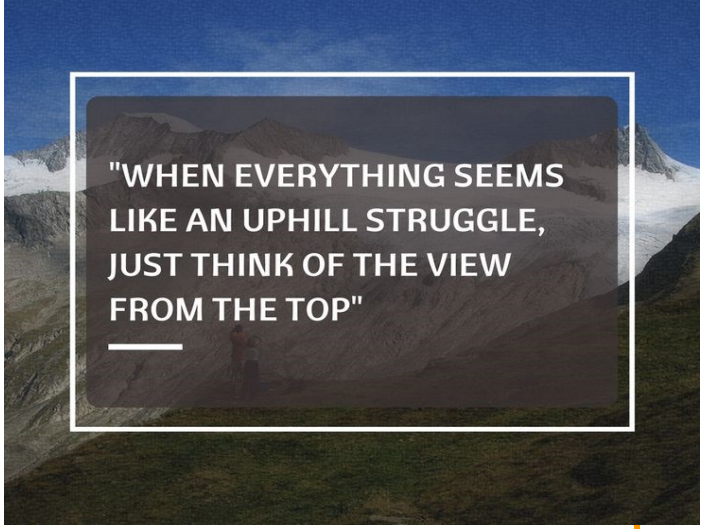
Recovering Journey - James*

I started drinking at 20 years old out of curiosity and with the encouragement of friends I started drinking more to see if I would get drunk. In 3 years I knew I was addicted and started binge drinking which lasts for days. My marriage failed as a result of my drinking.

The drinking continued for more than 10 years and after one prolonged period of binge drinking lasting many days I eventually admitted myself to IMH for several periods of in-patient treatment. It was there that I first came across WE CARE and I have been attending their workshops and drop-in centers regularly since then.

The people at WE CARE, both the counselors and other drop-ins, understand what I went through, providing support and comfort to me without judgment. It's a haven where I can spend my time without worrying about undesirable influences from people who may encourage me to drink. It would have been very lonely and difficult to stay on my road of recovery without WECARE.

* Not his real name.



"WHEN EVERYTHING SEEMS
LIKE AN UPHILL STRUGGLE,
JUST THINK OF THE VIEW
FROM THE TOP"

ONGOING Activities—WE CARE Drop-In Center

Badminton—Every Mon (4—5 pm)

Playing games, sports or exercise helps to combat depression and allows us to bond with others. Initiated by one of our recovering individuals, a group of drop-in members play badminton at Kampong Ubi CC every Monday 4pm to 5pm.



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).

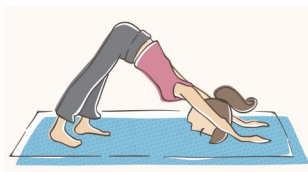
Contact Fandi @ 6547 5459 for more information.

Tuition for Children

Since January, WE CARE has introduced free tuition services for the children of our recovering clients. With the support from our committed volunteers who have experience in teaching, the response from our young participants has been very encouraging. The class is still being conducted on a fortnightly basis.



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. Contact Jess@wecare.org.sg or call 6547 5459 for more information

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

Fax: 6547 5458

Email: admin@wecare.org.sg

