

Simei Care Centre

1. MAJOR EVENTS



Chinese New Year Celebrations – 23 Jan & 6 Feb

Chinese New Year on 23rd of January 2009, saw a great 90% turnout by Residential and Day Care members. Captain Jessica and her crew from Riche committee welcomed everyone, followed by CNY greetings from the department staff, dressed in different traditional costumes. Promoting the value of Harmony in Riche among all racial groups, members enjoyed games facilitated by the staff and Lily, a volunteer. About 10 AFPD staff distributed red packets to the staff and members present. The 1 ½ hour event at the 4th floor basketball court knew the purpose of the play, and drew ended with dinner sponsored generously by both AFPD and volunteer Jessie's church group.

Another Celebration organised by the Anglican High Parents Support Group on 6th of February for the members, had interactive games with volunteers and CIP students from Anglican High School. Besides a High Tea, members each received an ang pow from the volunteers.



Bishan Park Outing – 1 April

Outing was carried out smoothly on 1st Apr, with a total of 64 members and some support staff turning up for the event. It was first started with a short clip of Holland during the morning exercise, as Jessica brought up the values of RICHE. After lunch, members proceeded to the park and they had a great time participating in games and kite-flying. The weather was good and everyone managed to walk from Bishan Park 2 to Park 1. The walk ended with each participant given a hotdog bun made by the staff, before returning to the Centre.



Easter Celebration – 11 April

Members of SCC celebrated the Easter weekend with songs and food on the 11th of April. Held on a Saturday afternoon, about 50 of our members and staff were treated to an energetic celebration of songs and dance by a group of volunteers. They brought Easter cheer with specially prepared Peranakan snacks. For our weekly devotion, the season was marked by an Easter encouragement of resurrection power, with delicious 'ondeh ondeh' replacing Easter eggs.

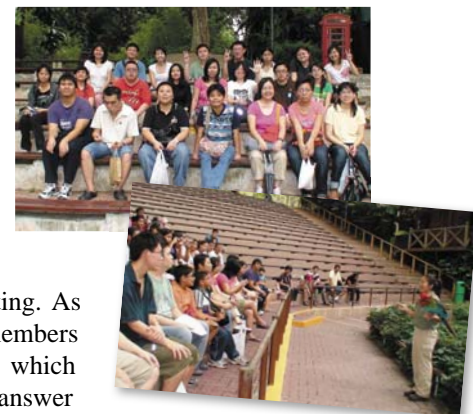


SCC Mini Olympics – 24 April

The theme for this year sports day was Olympics with RICHE values of Independence and Harmony. This was further emphasized during the media presentation on the day of the event. The 61 members who attended the event held at Anglican High School engaged heartily in the games in the true spirit of Olympics, ably supported by Anglican High School students and support staff. All participants won prizes and were served with light refreshments at the end of the event.

YES Club at Jurong Bird Park – 10 July

10 July was a special and memorable day for 20 YES Club members. We went for an outing at Jurong Bird Park. After weeks of preparation, the day came for the outing. As part of the outing, two members came up with a game which required participants to answer questions about the birds at the park.





RICHE in Wonderland – 15 July

Wellness Camp was held on 15 July at Pasir Ris Costa Sands Resort. 73 members and 7 volunteers joined the event. The theme of the camp was “RICHE in Wonderland”. “7 Wonders of the Word” were introduced through ice breakers, interactive games and sports. The members actively participated in the various programmes and had a dun time throughout the day. In the evening, everyone enjoyed the BBQ dinner and the night programme. Prizes were given to the winning teams before the members called it a night.

National Day Celebration – 7 August



We are Singapore! The National Day celebration was held on the 7 August. A group of Boys Brigade from the Anglican High School helped us with

the sing-a-long and presented a special marching drill to spice up the occasion. Four of our Filipino staff put up a modern upbeat dance which our members enjoyed thoroughly. To end the celebration, hi-tea was served and our members were all happy and satisfied.

Wesley Methodist Church: Skiers Paradise Ministry – 23 August

“Pull the straps tight” exclaimed the volunteers as she instructed our members to wear the life jackets correctly. The engine roars and the speed boat accelerates towards the sea off Sembawang. For many our members, this is their first ride in a speed boat. Earlier, they enjoyed the ice-breakers and buffet lunch. Our members were grateful to the Skiers Paradise Ministry from Wesley Methodist Church for organizing and sponsoring the trip to Sembawang yacht Club.



Oktoberfest – 26 October

Singapore Rotary Club (Queenstown) organized an Oktoberfest for our members on 26th October. Our members were delighted with the delicious German food and simple games. “Driving-in-the-nail” into a piece of wooden plank was the favorite game as members patiently waited for their turns to hammered in the nail – and collect a prize.



Dolphin Lagoon & Underwater World – 13 November

Hewlett Packard Singapore bought 30 members to Dolphin Lagoon and Underwater World at Sentosa on 13 November 2009. HP sponsored this trip as part of their Volunteers’ Day program. For many members, they were visiting the attractions for the first time and are clearly excited about the trip. “Wow”, punctured the air as members experienced the thrills of travelling through the acrylic tunnel of the Underwater World. Indeed, it is a day that will be fondly remembered.



Christmas Celebration – 5 December

Chinese Women Fellowship of St Andrew’s Cathedral organized a Christmas Celebration event for SCC residents on 5 December. Our residents enjoyed the games, children choir, Christmas carols, and the delicious lunch very much. More importantly, Pastor Wang shared with our residents the real meaning of Christmas.

2. SPECIAL PROJECT

Mental Health First Aid

MHFA was developed in 2000 by Betty Kitchener and Prof Tony Jorm (University of Melbourne). It aims to improve mental health literacy. The course provides tips on how to help people with mental health problems before a crisis develops. The 4



teaching modules (3 hours each) cover the Psychosis, Mood disorders, Anxiety disorders, and Addiction problems and other mental health related issues.

The MHFA programme was introduced to Singapore in 2006. Changi General Hospital is officiated by the MHFA Australia to be its representative. SCC has two staff are trained as MHFA instructors. Since Jan 2009, we have trained 70 people as mental health first aiders. The programme has received favourable feedback.



Launch of “Down But Not Out”

Finally after a culmination of 3 years hard work, we saw our book, “Down But Not Out” officially launched. It was held on 12 July at the Welcome Centre of the very beautiful St Andrew’s Cathedral. The launch was held in conjunction with the opening of the Anglican Diocese of Singapore Centenary Celebration exhibition. Two booths were set up that morning on the grounds of the church to sell the book. The books are also available at Popular Bookstores, Times, etc.

Mental Health Talk

SCC organized a mental health talk together with Peace Connect on 26 September at Kampung Glam Community Club. Dr Eu Pui Wai gave a talk on “活的更精彩·如何保持心理健康?”. They were 62 people attended the talk. It was a first attempt to conduct Chinese mental health talk in the community. It was well received by the participants.



Social Enterprise – Square 2 Pushcart

We thank God, with kind offer from Far East Organization, we set up a pushcart at Square 2, Novena Square on 1 October 2009. The pushcart opens 7 days a week from 11.00am to 10.00pm. The project engages 5 members from Simei Care Centre to man the pushcart. Members who are involved in the project have shown great improvement in their self confidence. They are also able to earn higher income as they work daily at the pushcart.

Flea Market

The flea market scheduled on 23 May was cancelled due to the preventive measure of H1N1 outbreak. Flea Market

organized on 5 December attracted about 1000 people. The event helped to create awareness of services provided by our centre. It also helped to normalized our facility and reduced stigma when members of public interact with our members. Our members were involved in many aspects of the flea market (eg. publicity, sales, etc.).



3. STAFF MATTERS

Staff Retreat

Staff retreat was divided into three groups. The venue for the retreat was Grand Paragon Hotel in Johor Bahru. The first group went on 24 to 26 July. The third group went on 30 July to 2 August. The second group of staff did not go to Johor Bahru but ad the core value exercise at the SCC Conference Room. After the discussion, they went to Quality Hotel in Singapore for a sumptuous buffet lunch.



The two groups of staff who went to JB were excited to stay in this brand-new hotel and all thumbs up for the sumptuous spread of foods and wonderful hotel facilities. Both group had their core values exercise during their trips.



Attachment Programme

Three of our staff were attached to oversea psychiatric rehabilitation centres:

- Mr Seah Soon Huat, Manager of Employment Services attached to Mental Health Association of Hong Kong and its associated Social Enterprise Mental Care Connect from 5 ~ 22 July.
- Ms Rebecca Moh, Manager of Day Services attached The Taiwan Alliance for the Mentally Ill (TAMI) and Heart of Life Association from 12 ~ 23 October.
- Ms Deepthika De Silva, Rehab Counsellor attached to Threshold, Chicago, USA in November.

4. STATISTIC – RESIDENTIAL CARE

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov
Previous Residents	97	106	101	93	93	90	91	90	92	95	99
New Residents	12	7	4	7	5	5	7	7	9	9	3
Discharged Residents	3	12	12	7	8	4	8	5	6	5	4
Existing Residents	106	101	93	93	90	91	90	92	95	99	98
Accumulated Residents	109	116	120	127	132	137	144	151	160	169	172

5. STATISTIC – DAY CARE

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov
Previous Residents	116	113	109	107	110	107	107	107	108	107	107
New Residents	2	2	4	7	2	7	4	8	6	4	5
Discharged Residents	5	6	6	4	5	7	4	7	7	4	6
Existing Residents	113	109	107	110	107	107	107	108	107	107	106
Accumulated Residents	118	120	124	131	133	140	144	152	158	162	167