



SOSN Bedok Re-launch

Social Enterprises in Simei Care Centre has been working with NUS Business school for the past few years. As we provide opportunities for the students to practice their business skills, we also tap on their knowledge and resource to help us improve our operations. It is a win-win arrangement for both NUS and SCC.

The latest project was the re-launch of SOSN Bedok. Three NUS students worked closely with our staff to do a market survey and to improve the shop layout. After a few months of hard work, the shop with its new layout was re-launched by Prof. Albert Teo of NUS and Mr. Keith Chua of SACS.

We are very thankful to NUS business school for offering their resources and greatly appreciate the hard work of all the students involved in the project.

By Seah Soon Huat

Reflection from the NUS Team: Lingzi, Gracia, Wen Kang

We became involved with Something Old Something New SOSN Bedok through our university project which aimed to increase the awareness of SOSN in the Bedok community. Thus, we first researched on the demographics and preferences of Bedok consumers, observed shop layouts for ideas, and understood more about social enterprises and daily operations through in-depth conversations with Soon Huat and Ruth. Subsequently, we redesigned the layout of SOSN Bedok so as to attract more consumers. The revamping process has been challenging but ultimately fulfilling and satisfying. We truly hope that our effort in the project will make a difference to SOSN.

By Lingzi

Journey to Recovery-Members' Contribution

Before coming to Simei Care Centre, I was bad-tempered and I felt very condemned. I tried committing suicide at least twice because I felt very depressed and hopeless. No one cared about me at that time.

I recovered by taking medication every day. God gave me the strength to recover. He also gave me back the confidence to do what I want to do, like studying and working. Now I have only minor delusions.

With the help of a volunteer, How Hwee who gave me tuition, I obtained B3 in Science in my O' level part-time study as a private candidate last year. I also got B3 for my E. Maths.

I am happy that I have managed to work as a waitress in Arnold's Chicken for 2 1/2 years now. This job gives me the opportunity to be independent and my colleagues treat me well.

I am grateful to SCC former Employment Specialist, Siok Bee who not only introduced me to this job but accompanies me to church every Sunday. I would also like to thank my case manager, Siao Yen for facilitating my study. Thank you, SCC staff and SACS for providing me this residential place which I can treat as home. Most of all, I would like thank God for all He has done for me.

Janet (not her real name) has been in Simei Care Centre for about 2 years. She suffers from schizophrenia. Initially, she experienced disturbing symptoms like people trying to harm her, being afraid to cross the road and commuting on public transport, and feeling extremely weak physically.

Last year, Janet was one of the top earners in the Centre's Rehab Workshop and was even promoted to be an assistant workshop supervisor. She is currently enjoying herself thoroughly at work and pays attention to her personal grooming.

Besides medication from the psychiatrist and the Centre's case management and vocational rehabilitation, Janet's significant progress in her rehabilitation would not have been possible without her brother, John.

John had painstakingly accompanied her for every doctor's appointments during the initial period when Janet was afraid of taking public transport. He was very patient in encouraging and persuading her to consume her medication regularly. John is still bringing Janet home to be with his family every weekend, as well as, visits to their parents and other siblings.



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In the same way, let your light shine before men, that they may see your good deeds and praise your father in heaven. *Matthew 5:16*



Director's Message

I spoke to a resident's sister during Family Connect Picnic recently. The sister mentioned that her brother is not the only person in her family suffering from mental illness. Unfortunately, her mother and another sister are also having psychiatric disabilities. Although she has a total of 8 siblings, she takes up the most responsibilities to provide the necessary care and support to her mother and two siblings. "I do not want to bother my other siblings because they all have their own family", she explained. I am touched by her sacrificial love as she has her own family to look after too.

Not everyone is so fortunate to have a family caregiver like the above-mentioned resident. People with psychiatric disabilities receive different levels of support from their family caregivers. In some cases, their family caregivers have given up on them completely.

In actual fact, it is very challenging for family caregivers to be responsible for the physical, emotional and often financial support of another family member who is suffering from psychiatric disability. While the nature of psychiatric disabilities requires long term support, it also means long term commitment. The ignorance of mental illnesses creates unnecessary misunderstandings as well. The medical symptoms of the illnesses and the side effects of medications are always being misinterpreted as behavioural and character problems such as laziness and bad temper.

We understand the potential challenges and difficulties that family caregivers might encounter in supporting their family members with mental illnesses. We conduct Family-Link Programmes and run Family Support Groups to empower family caregivers in the good cause.

Please contact Rebecca Moh at rebeccamoh@sacsscc.org.sg if you want to know more about our family programmes.

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Korean Interns

The centre was happy to receive another two bright and lively interns from South Korea's Handong Global University at the beginning of the year. Esther and Youngsoo arrived on 12th January and quickly assimilated into the daily routine of our rehab centre. They added an international flavour to our already diverse group of multi-cultural members and staff. It was especially poignant during the Chinese New Year celebrations when they presented Korean songs. We had our healthy dose of K-pop and K-fever during the 5 weeks they were here. *By Francis Goo*



Thanksgiving Ceremony

The Thanksgiving Celebration was held on 14th January 2011 and partners, friends and volunteers turned out to celebrate another successful year of impactful psychiatric rehab. A highlight of the celebration was a video feature of the many volunteers who gave off their time and talents to support and enrich the lives of our members. SCC members showed their appreciation through moving song and dance items, as well as testimonies of changed lives. *By Augustine Lai*



Sunrise Thanksgiving Dinner

It was a good turnout at the first Sunrise Thanksgiving Dinner held on 21st January 2011. Sunrise members and their significant others, and community partners gathered together for a time of feasting, game and sharing. The Director, Mr. Steven Ting, explained that the logo 'Sunrise' depicts light and hope; and reminded members, and all who are supporting them, to persevere and be patient. A few Sunrise members also shared their journey in and out of prisons, and how they have benefitted from the support they have received leading to recovery and re-integration. (The Sunrise programme, launched in May 2010 and a partnership with Singapore Prisons, is a six months Pre-Release and six months Aftercare services for inmates with dual diagnosis). *By Nina Lee*



Chinese New Year Celebrations

Our residents were treated to a special round table reunion dinner on the 27th of January evening. With food sponsored by the Bedok Methodist church, the canteen area was transformed into a restaurant-like setting with a performing stage in front. Bedok Methodist church members, our Korean interns, the staff and residents put up some memorable performances. On the 1st of February, another party was organized and held in the auditorium for our daycare members. YES club members started the program, leading everyone in singing New Year songs followed by a series of fun games and a special cultural dance presented by our Filipino staff. The event ended with everyone receiving an ang pao and a pack of pineapples tarts which were sponsored. *By Francis Goo*



OJT/NITEC Graduation

On 4th March 2011, the graduation this year saw our partners from ITE Mr James Ng, Divisional Director/Industry-based Training, Mr San Shang Shui, Manager/Industry Services, Mr Gerard Das - Industry Officer joining us to congratulate our graduates. It was a meaningful day for our members and staff as it shows the level of our commitment in recognizing the importance of OJT/NITEC courses as part of our rehabilitation tool in the recovery of our members, in increasing their literacy level and helping in their cognitive processes. We hope to see more members benefitting from these training in the years to come. Our heartfelt thanks go out to the ITE personnel for their support, Mrs Krishnan and Mr David Paul for their good effort in teaching our members. *By Victoria Yong*

Family Connect Picni

It was a breezy Saturday afternoon on 26th March when members and their caregivers gathered at the idyllic Pasir Ris Park for a picnic. This was the inaugural meeting of the Family Connect, a new initiative by Simei Care Centre which focuses on building family ties through mutual understanding and cooperation. At the park, the participants played interactive games which allowed them to get to know each other better and to foster stronger bonds within each family. The caregivers were also serenaded with song items and heart-felt letters of appreciation written by our members, ending with a hearty dinner. It is our hope that Family Connect will become the vehicle by which our members will find the support they need for their continued recovery. *By Augustine Lai*



Upcoming events

Easter Celebration

The Easter Celebration on **15 April 2011** will be organized and sponsored by the Parents Support Group of Anglican High School. It will be held at the auditorium of Simei Care Centre from 2.00pm to 4.30pm. The staff in-charge of coordinating this event is Chow Mei Yong.

Flea Market

The long awaited yearly flea market will be held on **21 May 2011** (Saturday). Great bargains for items such as clothes, shoes, bags, baby items, electrical appliances, books, toys, sports items, household items, gifts, etc. Other highlights of the day- Children's art competition, magic show, performance by students and SCC members.

Sports Day

Sports Day will be held on **27 May 2011**, Friday from 2p.m. to 5p.m. The staff in-charge are Randy, Mark & Support staff. Venue is at SCC, 4th floor Basketball Court.

Healthy Body, Healthy Mind. Come and join us!



The Family Link Program

The FLP is a family psycho-education programme for caregivers of persons suffering from mental illnesses. Through 8 training sessions in FLP, we hope to help caregivers to gain better understanding in helping their loved ones in their journey of recovery. We have two runs of FLP in this year: 1st run at Apr to Jun and 2nd run at Sept to Nov. *By Rebecca Moh*

Outing to Night Safari

49 members visited the Night Safari on 18th March, the first major outing for this year and were thrilled by the Thumbuakar performance.

The next stop was the amphitheatre for the "Creatures of the Night Show" followed by a 45-minute tram ride enjoyed by everyone. During the ride, members enjoyed viewing the nocturnal animals in their natural habitats. The smiles on their faces said it all - they had truly enjoyed the trip. *By Lim Kwee Bock*