

Charity Heart String

On the 5th of May, we were blessed to receive a cheque of about \$11,000 from an annual fundraising event held by the Republic of Singapore Navy (RSN). Each year, we are invited to a presentation ceremony which is usually held at East Coast in conjunction with a sporting event. However, this year the ceremony was held at the Changi Naval Base. Our Assistant Director, Mr Francis Goo, received the cheque from the Chief of Navy, RADM Ng Chee Peng. We are grateful for the faithful support from our friends in the navy. *By Francis Goo*



\$-Value purchases at Dormitories of Foreign Workers

SOSN has been receiving donated items from churches and individuals. In order to increase our revenue, we are exploring a new avenue by selling direct to foreign workers living in dormitories. Our staff, with the help of a member went to a foreign workers dormitory located at Hougang on 12 May and another dormitory at Tampines on 7 June to test the market. The sales at these two locations were encouraging as the items were sold at very good prices. Foreign workers benefitted from these sales as it helped to cut down their expenses on clothes, shoes, bags and other daily necessities. We are planning to have more of such sales in the near future. *By Seah Soon Huat*



Sunrise Support Group

The Sunrise Support Group had their first meeting in May. Members shared their struggles, emotions and ways of coping with life's issues and draw support from each other. Although the meeting saw how each, sadly, is not spared from pains of sorts, it hit home the message that they can share, care and be of help to each other, which is the very purpose set out for this Support Group. The second meeting was an outing to Bukit Timah Nature Reserve where members were reminded that exercise will help them maintain the vitality of life. One member shared how perseverance helped him finished the climb despite struggling and being unfit. It was evident that all enjoyed the time together. *By Nina Lee*



Youth Connect Camp

The Youth Connect Camp started on the 24th of June proving to be a memorable one. The first day was filled with fun games and good food in Simei Care Centre.

After a bumboat ride to Pulau Ubin, the teams headed to Jelutong campsite to pitch tents and try their hands at field cooking. Being a first time experience, it was a real eye opener. At night after the food and drinks, the campers sat around a campfire and sang songs and shared about their lives.

Day 2 the campers said was the most enjoyable part which had them going on exhilarating rides of the Wild Wild Wet. The campers gained new experiences and made new friends. *By Rachel Chong and Ang Fu Sheng*



Upcoming events

Art Exhibition

An Art Exhibition will be held at Simei Care Centre, with its opening ceremony on 22nd July 2011. The Exhibition days will be from 23rd to 29th July. Time: Weekday: 12pm - 8pm; Weekend: 12pm - 5pm. All the art pieces are done by members with psychiatric disabilities. We hope that this exhibition will enhance the awareness to the public about mental illness.

Wellness Camp

We plan to organise a Wellness Camp for our members in August at the People's Association Camp Site at Pasir Ris Beach. This event is to encouragement all our members to mingle and interact with each other and have fun together.



The publisher: **Simei Care Centre**
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Website: www.sacsscc.org.sg Email: enquiry@sacsscc.org.sg

Printer: **Weng Soon Printing Pte Ltd** Licence No. L005/02/2010
61 Tai Seng Avenue #02-03 UE Print Media Hub Singapore 534167

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

As a Voluntary Welfare Organization (VWO), non-profit by nature, Simei Care Centre (SCC) has its constraints in terms of finances and resources. We are blessed with many dedicated volunteers and generous donors throughout the years.

As you can read from the current issue of Newsbits, our volunteers have actively participated in our programmes, like Easter Celebration, Flea Market, Youth Connect and Social Enterprise. Moreover, we are especially thankful that Republic of Singapore Navy has adopted SCC as one of their beneficiaries of Charity Heart String for many years.

Our volunteers have contributed significantly in our rehabilitation works. They come from corporate companies, schools, churches and individuals with their unique skill sets. Some of them are involved in programmes that have direct active interaction with our psychiatric members. The rest participate in the back end supportive activities.

Soon Hong, our youngest volunteer, started his volunteer work at the age of 15. With his busy study schedule at Raffles Institution, he came to our centre once a week to teach piano and English in the past two and a half years. He also participated in our Youth Connect and annual wellness camp. Our members benefited very much from his service.

As we are still in need of more volunteers, if you would like to explore volunteer works at SCC, we are most happy to meet up with you. In fact, we can customize your participation according to your expertise and availability. We will also conduct training to equip you with basic knowledge of psychiatric rehabilitation.

If you are interested to know more about our volunteer programme, please contact our volunteer coordinator, Ms Marlene Koh at marlenekoh@sacsscc.org.sg.

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To: SCC members

Well, it's been some time since I last saw you people. Hope you all have been doing well. I'll not be seeing you all anytime soon (at least not till my A levels are over) so I would like to say a few words.

I greatly enjoyed your company. Your passion for life and determination to recover have deeply moved me. So keep it up! In the LIFE game that you all played last year, you all showed how capable you can be, paying your bills, studying, getting jobs and clothes and the fun side, where you watched movies, sang karaoke, played ping-pong and basketball. Frankly speaking for the past 5 years the only time I played table tennis was at Simei Care Centre. Keep this fun side up too, because it adds loads of colour to life!

As much as I had enjoyed teaching English, you have also taught me many invaluable things, like how to teach better, and your participation made the experience even more unforgettable!

Soon Hong



An Eggciting Easter celebration

Our Easter celebrations held on 15 April 2011 included a meaningful and fruitful sharing by Canon Wong Tak Meng, as well as an egg painting competition, where attractive prizes were given away for beautifully painted Easter eggs.

We extend our heartfelt gratitude to the Anglican High School Parents' Support Group for organizing and sponsoring this event. *By Chow Mei Yong*



Flea Market

A flea market was held at SCC on 21 May to sell donated items at very attractive prices. We thank God for many volunteers who helped us to man the stalls. It was a great opportunity for our members to interact with the public and enjoy the event at our door step. To attract more patrons, we also had the Chinese Orchestra from Anglican High School, a magic performance, children art competition, choir from Ngee Ann Polytechnic and a public mental wellness talk on "Overcoming pressure, Coming out of depression". The event helped us to raise some funds while it brought fun for all who had participated. *By Seah Soon Huat*

Sports Day at SCC

The members' Sports Day was held on the 27th of May at Simei Care Centre. The event started with a cheering contest in the auditorium. Despite it being a competition, nobody was over competitive and everyone was laughing and smiling. When the games began, it started with a team relay game called 'Maria goes to the Market'. That game was probably the funniest as it involved the members running around, dressed like a woman carrying an umbrella. They played creative games and soccer and basketball games which were a little rougher. There were some bumps and bruises but thankfully nobody was seriously injured. In the end, the sports day committee was rather generous and every team got a prize with the champion team getting a big trophy. Other prizes were given to individuals for being a most valuable player and for having the best smile. Nearly everyone had a wide grin on their faces, as strong contenders for the best smile award.

By Rachel Chong



Visit by Half Way House

On 7th April, the Singapore Corporation of Rehabilitative Enterprises (SCORE) held one of their Halfway House Networking sessions at our premises. A team from SCORE, Prisons and eight Halfway houses gathered here to find out more about persons with psychiatric conditions, how SCC helps them to re-integrate into society, our services and facilities. We also seized the opportunity to acknowledge and thank some of the Halfway houses for partnering with our Sunrise Team to help ex-offenders with co-occurring disorders in our Aftercare Programme. One Halfway house was invited to share its experiences about the collaboration, which in turn helped allay concerns other players might have about housing residents with psychiatric conditions. The meeting ended with Mr Teo Sze Fang, the CEO of SCORE, encouraging the group to continue its collaborative effort to support and help this inmate population. *By Nina Lee*



Visits to Family Service Centres

In our quest for continual improvement in our services to our members, SCC's clinical staff went on a study visit to Ang Mo Kio Family Service Centre on 6 April and Fei Yue Family Service Centre on 13 April 2011 to study the two Centres' case management and quality assurance system. The management is seriously studying some of the recommendations from the staff. *By Ong Chai Cheong*

Making Soft Toys from Socks

On 27th April, the members of Joysprings learnt a simple lesson on how to make soft toys fashioned from socks. It was a long session, with the most motivated members sitting it out for three hours to finish one soft toy. For some of them, it was their first time sewing anything. LC, a member completed a gorgeous soft toy, within three hours, surprising everyone with her patience and dedication. We hope to sell these soft toys at the Springs Cafe.

By Rachel Chong



Fire Drill

The calm on the morning of 28 April 2011 was pierced by the fire alarm. Fire wardens immediately sprinted into action to locate the source of the 'fire.' The fire alarm panel clearly indicated that the 'fire' was localized at the 3rd floor store. The 'fire' grew in intensity despite attempts by the fire wardens to control it. Within minutes, a decision was made to evacuate the building. A second alarm was sounded to warn everyone to evacuate the building immediately.

Attendance was recorded to ensure everyone was accounted for in the evacuation. It was reassuring that everyone took the fire drill seriously as lives will be at stake should a real fire ever break out in the centre. *By Lim Kwee Bock*



SOSN Pasir Ris Opening

SOSN branch at Pasir Ris was opened on 1 May to coincide with a flea market organized by the Residential Committee. The branch creates another employment and training opportunity for our recovering members to work as retail assistants. The outlet is located at Blk 534, #01-266, Pasir Ris Drive 1. The public can get good deals or donate their items at the shop. *By Seah Soon Huat*

