

YANA - YOU ARE NOT ALONE

words by Seah Siew Ling (Member)



YANA Committee Members (L to R): Moi Sin, Elvis, Shirin, Joanne, Siewling, Hengwei, Joseph and June



YANA office



Committee meeting



Members spending time at meeting point

YANA self-help group, also known as mutual help or support group, is a gathering of a group of people to provide mutual support for each other. In a self-help group, the members share a common problem. Their mutual goal is to help each other to deal with, or to recover from this problem.

YANA members will gather everyday at the Meeting Point at 11AM to discuss their issues and share their stories about their journey to recovery. They learn that they are not alone and this lessens the

isolation that many persons with disabilities experience.

Equality among peers, rather than provider and recipient roles, is practiced. Information and knowledge are open and shared among members.

Those who share a common stigma can come together, without judging, to provide an "instant identity" and community. They can give emotional, social, and practical support to each other. They can explore and learn to understand and to combat the stigma together, thus enhancing their self-

esteem and self-efficacy. Through participation, they can enhance their social skills, thus promoting their social rehabilitation and recovery.

YANA currently has a \$2 Store, which helps to provide essentials for members, while raising funds for their events. Their meeting point has recently been equipped with a computer connected to Internet, exclusively for the use of YANA members.

We look forward to hearing more of YANA and their activities in our upcoming newsletters! ■

-HCCconnect

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This month's feature is a piece of crocheted shawl by Joanne Ong Ang Lek, a member of HCC.

WHAT WENT ON FOR THE MONTH OF MAY...



We had our First Aid / CPR training by the Singapore Defence Force (SCDF) on the 30th April for both members and staff of Hougang Care Centre. We all learnt useful information to use in times of emergencies.



You Are Not Alone (YANA) was formed on late April, with the first committee meeting on 20th May. Seah Siew Ling is leading the team as the Chairperson with June Tang as the Secretary.

UPCOMING EVENTS...



Singapore Heart Foundation has a programme planned for members on 'Unlocking the secrets of food labels' at Shop N Save on 12th May, Friday.



Our exercise programme had been awesomely fun! We invite you to come join us if you had not, on every Thursday, 10AM - 11AM, till 16th July!



There is a trip down to the Singapore Zoo planned for HCC members this coming July. Watch out on this space for more information!

/EDITORIAL TEAM

SEAH SIEW LING • TAN KWEE SEE • ANDREW CHIN • YVONNE KIANG • JUN CHIA

FIRST AID TRAINING BY SINGAPORE CIVIL DEFENCE FORCE

words by Jun Chia (Staff)



SCDF demonstrating the steps of CPR



Members and staffs listen attentively



SCDF bandaging Joseph



Bandaging each other

The Singapore Civil Defence Force team visited Hougang Care Centre on 30th April 2009, Thursday to conduct First Aid and CPR training. The next module on Fire Safety will be held 11th June 2009, Thursday.

Singapore Civil Defence Force visited the premise of Hougang Care Centre on 30th April 2009 to conduct a basic First Aid training course for both of our members and staffs.

They gave us each a Community Emergency Preparedness Programme Course Notes, which was very informative.

The course started with the first module - an introduction on First Aid, which we all listened attentively and learnt about the contents of a First Aid box, types of injuries and wounds. We also learnt about the actions to take if

someone is injured and this information is beneficial to everyone.

We also discovered that some traditional methods of taking care of wounds are not as safe as we thought. For example, when there is a burn, the traditional method we learnt in the past was to apply toothpaste on the affected area, but it is not the right way to treat a burn. We should cool the affected area under cold running water for at least ten minutes, remove any constrictions from the injured area, cover the injured area with sterile material and consult a doctor or a hospital depending on

how serious the situation is.

We had a live demonstration from the SCDF on how to bandage an injury, we applauded Joseph for being a sport to volunteer to be the model. The SCDF team then encouraged us to practice our bandaging skills on each other.

The second module was on One Man CPR, where we learnt to assess the person injured and activating the emergency medical service of CPR. The SCDF team brought a dummy in for a demonstration.

We felt more ready for emergencies after this course. ■

BOOK REVIEW -

words by Andrew Chin (Member)



With a bullwhip in hand, the fearless Indiana

Jones searches for ancient treasures, dodging poison darts, traps and snakes, battling rivals old and new in pursuit of an ancient artifact that gives unlimited power. Our intrepid hero must retrieve a stolen mythical stone. And finally Indy must rescue his estranged father, Dr Henry Jones and recover the legendary Holy Grail.

What I like about the

story is the heady mix of romance, action adventure, and the unusual twist in the plot that renders the audience gasping for more even after the final page is turned. The book reads like a thriller romance that can't be put down. I highly recommend this book for all fans of the adventure and romance genre as a very satisfying read.

ABOUT ME -

Loh Heng Wei (Member)



I started hearing voices when I was in my first year of polytechnic due to stress in the education.

I visited a psychologist, I was given medication for my illness and an option for a semester off school. After a few weeks of rest, I was well and was able to continue with my studies. I graduated with a diploma in Manufacturing Engineer on November 2003.

During the year of 2006, I was referred to Hougang Care Centre. I participated in the NITEC program by HCC. Irene Sng was the programme coordinator at that time, her love for people can be seen and felt from her heart.

Soon, I started to make friends here in HCC. Bridget, David and Pauline were my ex-counsellors, they guided me to cope with my

illness. Steven is my current counsellor, he is helpful and he brings colours to peoples' lives. I believe love can cure and bring humanity together.

I thank Yvonne for recommending me to work as an intern in here. She guides me in my work and counsels me. Hougang Care Centre is a welfare organisation that helps persons with mental illness to be independent. ■