

# About Me

Story of Clara Ang (Member)

Hello there! My name is Clara Ang and I am 50 years of age.

Before I came to HCC, I was staying in Simei Care Centre (SCC), and then I was assisted and referred to Hougang Care Centre (HCC).

During my stay in HCC, I am praised for my good behaviour by my counsellor, Ranjini. I was recommended by her to do volunteer work to help out in the kitchen. At the Food Service Unit, I help to serve food to other members, but I'm not required to wash the plates or mop the kitchen floor.

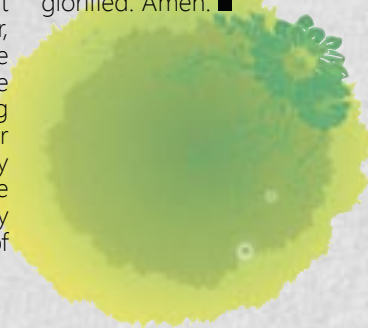
There are a few things I like in HCC, namely the

Amazing Grace chapel service, devotional service, music therapy (singing) and group outings.

My goals are to return back home to my own flat and have a stable job. Subsequently, I wish I could support myself and have an independent living.

My hope for fellow members of HCC that everyone could recover, be discharged and have sustainable jobs outside the centre. I'm also praying that they could share their worries or problems they may encounter from time to time during their stay in HCC and find peace of mind.

I also like to thank God for being so good to me during my stay in HCC. I'd like to say thank you to Dr Sally Thio, the counsellors, the nursing aides, Pastor King, Staff John Tan, my friend John Ang and all the other staff and members of HCC. I hope that you all live with God's blessing and peace of mind, and pray that Jesus' name will be glorified. Amen. ■



**Editorial Committee: Sally Thio, Melissa Wong, Victor Gunawan**

## Donations / Volunteers Form

- I wish to make donation of [ ] \$20 [ ] \$50 [ ] \$100 [ ] Others \$ \_\_\_\_\_ to Hougang Care Centre.  
Payment method: [ ] Cash [ ] Cheque [ ] Others \_\_\_\_\_  
Cheque can be made payable to: Hougang Care Centre.
- [ ] I wish to make a donation in kind to Hougang Care Centre.
- Tax exempt receipt required? Yes / No\* (\*Please select appropriate one)
- I wish to be a Volunteer in Hougang Care Centre.  
Interested area of volunteer work/support:  
[ ] Befriender [ ] Rehabilitation [ ] Admin Support [ ] Others \_\_\_\_\_  
Commitment of Volunteer Service: [ ] 3 months [ ] 6 months [ ] 1 year [ ] Others \_\_\_\_\_

My contact details:

Name/Company Name/Organisation Name: \_\_\_\_\_  
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# HCCONNECT

May-June 2011

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## Science Centre Outing

Words by Chen Kia Huay & Yeo Bock Seng (Members)



Singapore Science Centre outing for HCC members was organised by JA (Jardine Ambassadors) on Saturday, 7th May 2011.

One of our HCC members, Yeo Bock Seng, was one of the thirty HCC members who participated in the event. He was excited about the outing and felt very happy about it. He commented that the outing was good and it was a good experience for him and also for the other members.

We experimented and were amazed by the wonders of science in the Science Centre. There were plenty of scientific objects we could learn from and be entertained with. Some of Bock Seng's favourite science objects such as 'The

Smoke Machine' which could make visible smoke ring when the button is pressed, 'Photography Items', which displays photography technology from the past and present in detail, and the 'Marine Exhibition' which displays the real size shark replica.

HCC members were then ushered to the Science Centre theatre, where they wore a pair of 3D glasses to watch the 'Shark 3D' movie. Many members commented that the movie made them feel like swimming in the sea with the shark. The 3D movie was the highlight of the event and many of us enjoyed it very much.

Afterwards, we enjoyed our lunch which was burgers, fries and drinks from

McDonalds, provided by the JA. Then, the JA invited some of our members who wanted to sing and dance to come down to the center of the stage. A few members went down and all of us were entertained by their singing and dancing performances with some Chinese, English and Hokkien songs.

Big thank you to the Jardine Ambassadors for organising and sponsoring our outing to the Science Centre. We certainly had lots of fun and laughter together! ■



# A Journey to Recovery Roadshow

Words by  
John Ang Chai Seng (Member)



Hougang Care Centre (HCC) and Simei Care Centre (SCC) had a roadshow titled 'A Journey to Recovery, Supporting Mental Wellness'. The roadshow which was held in Citylink Mall on 25-26 June 2011 was organised and supported by Jardine Ambassadors.

HCC Staff, volunteers and members, namely Steven, Vico, Siew Ching, Benji, Tat Wee, John Ang, Kamisan and many others came to support the event held in the two days.

Me and Kamisan were seated behind the booth and greeted the people who came to look at our art and crafts. We were there from morning until afternoon, and it was our first experience participating in such an event. We enjoyed it very much.

On the next day, our fellow member, Xiang En, came in the afternoon and helped

HCC in the recording of sales during the roadshow. Many people kept coming to our booths to find out more about our centres and supported us by buying our art and craft products made by our members.

With help from other members such as Joy and Kamisan, Xiang En felt confident and glad that they could be a team of good help during the roadshow. Our Senior Director, Dr Sally Thio, also joined us to support the roadshow later in the evening.

One of our volunteers, Siew Ching, was excited by the number of people from public came and supported us by buying many different varieties of our handmade art & craft products.

Tat Wee, one of our active members from HCC Art Corner also participated by doing a live demonstration of his painting during the

roadshow. A few of his paintings were sold during the event and he felt very excited about it. With more support from the public, staff and other members, he felt more motivated to create more beautiful paintings.

We hope that the next roadshow will be much more exciting and that we would receive greater support from the public. Thank you to the Jardine Ambassadors, groups of staff, volunteers and members from HCC, SCC and everyone who supported us. ■

## Featured Artwork of the month

This flower pots are beautifully painted by Chew Lay Tin (member)



# Outing to Kranji Countryside

Words by John Ang Chai Seng (Member)



On a sunny Saturday morning, a quite large group of HCC members went out for an outing in Kranji Countryside on 11 June. This event was organised by a group of volunteers from Yishun Christian Church. HCC members were gathered at the block 4 lobby and waited for the bus to bring them for the outing.

When we were in the bus, some of the volunteers mentioned about the programmes for the day. When we reached the place, we had a hearty lunch at Singapore Indonesian restaurant; we savoured the delicious dishes such as **Nasi Lemak** and traditional **kueh-kueh**.

We rested for a little while and then we were on our way to the goat farm. When we reached the place, we saw the goats and felt as if they were welcoming us by the sounds they made.

Even though we were a little bit disappointed as there was no goat milk breast-feeding, we enjoyed our tour looking at different kinds of goats in the farm.

It was interesting to learn that the baby goats are separated from the adult goats. The reason of why they're doing that is to protect the baby goats from being accidentally injured by the adult goats.

Afterwards, we headed to the fish farm. It took us about 15 minutes walk from the goat farm to the fish farm. At the fish farm, we were quite amazed by the varieties of the fish aquariums, from the huge aquariums to the small ones. There were also many different types of fishes grouped by different sections of the aquariums, from guppy fishes to some exotic fishes such as the dragon fish and the snake fish.

Finally, before we returned back to our centre, we had some snacks and drinks, provided by the volunteers. We enjoyed our outing and we would like to thank the volunteers from YCC for sponsoring and organising the outing for us.

The volunteers from YCC would like to organise another outing and we are looking forward to another interesting outing. Thank you YCC, God bless you and to God be the glory! ■

