

“Down But Not Out”



“Down But Not Out” was officially launched on 12 July 2009 (Sunday), at the Welcome Centre of magnificent St. Andrew’s Cathedral. The launch was held in conjunction with the opening of the Anglican Diocese of Singapore Centenary Celebrations exhibition.

Two booths were set up that morning on the grounds of the church to sell the book. 198 copies were sold.

“Down But Not Out” is a collection of 12 personal recovery stories of our clients with varied psychiatric disorders. It is now available at the Popular Book Stores, Times, St. Andrew’s Welcome Centre and Moses Gift, a shop in SCC.



Staff Retreat

The staff retreat was divided into three groups.

The venue for the retreat was Grand Paragon Hotel in Johor Bahru. The first group went on 24th to 26th July and the third group on July 30th to 2nd August. The 2nd group of staff had the core value discussion at the SCC conference room. After the discussions, this group 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 were thumbs up for the sumptuous spread of food and wonderful hotel facilities such as the gym., sauna and the swimming pool. They also enjoyed the karaoke sessions and activities like bowling, shopping and gorging on local food. Both groups also had their discussions on core values during their trips. There was bonding, clearly visible during the staff retreat.

by Rebecca Moh, Jacquelyn Peh and Lim Hua Cheng



Upcoming Events

- World Mental Health Day on 10 Oct
- Members’ Talentime on 23 Oct
- Christmas Party on 21 Dec

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Connect in Hong Kong

Soon Huat, Manager, Employment Services visited the Mental Association and its associated Social Enterprise Mental Care Connect In Hong Kong from 5 July to 22 July. It was a very fruitful trip and plans are underway to adopt some of their good practices to improve the service for the clients as well as the social enterprise in SCC. *by Seah Soon Huat*



SCC Highlights 2009
9 Jan 2008 Thanksgiving Celebration • 23 Jan Chinese New Year Celebration • 11 Mar Members’ Outing • 11 Apr Easter Celebration • 24 Apr Sports Day • 23 May Flea Market • 10 Jun Members’ Outing • 20 Jun Caregivers’ Seminar • 15 & 16 Jul 2009 Wellness Camp • 7 Aug National Day Celebration • 9 Sep Members’ Outing • 10 Oct World Mental Health Day • 23 Oct Members’ Talentime • 21 Dec Christmas Party

News Bits

Simei Care Centre

Oct 2009 Issue 4

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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

What is the rehabilitation model of SCC? This is one of the most frequently asked questions posted to me.

Social Enterprise (SE) which is adopted as a rehabilitation model in SCC is a business enterprise which fulfills social causes. Though, there is no universal definition of SE, our cause is creating employment opportunities for people with psychiatric disabilities. A crucial component of rehabilitation is employment which instills self worth and identity in people with psychiatric disabilities. The only source of income for them is through the SE!

Something Old Something New (SOSN) is one of our SEs, a thrift shop selling high end and second hand goods. It provides skills like sorting, cleaning, price tagging and training as a cashier. It provides 8 positions for our psychiatric members, some of whom managed to gain employment after training at SOSN. To achieve more long term goals, we are in need of high end and second hand goods, zero or low rental retail space, logistic support and business ideas. Please contact us if you would like to contribute in this meaningful project.

Moses Gifts (MG) is a SE selling gift items produced by our psychiatric members. MG engages our psychiatric members in both production and retail. We are very thankful for the support of Far East Organization, in helping us to set up a pushcart at Square 2 in October 2009. It creates an outlet for MG to sell its products and more importantly it provides employment opportunities. Please give MG a chance to serve you if you are looking for corporate gifts.

Support Social Enterprise to fulfill its social causes!

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Ms Goh Siao Yen
Ms Lim Hua Cheng

Mr Steven Ting
Director, Simei Care Centre

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“RICHE in Wonderland”

The Wellness Camp was held on 15 July at Pasir Ris Costa Sands Resort. 73 members and 7 volunteers joined the camp themed “RICHE in Wonderland”.

The “7 Wonders of the World” were introduced through ice-breakers, interactive games and sports. The members actively participated in the various programmes and had a fun time throughout the day. In the evening, everyone enjoyed the BBQ dinner and the programmes. Prizes were given to the winning teams before the members called it a night.

by *Rebecca Moh*



The young ones in the Singapore Flyer



YES Club at Jurong Bird Park

10th July was a special and a memorable day for 20 YES Club members who went on an outing to Jurong Bird Park. With fine weather and co-operative feathered friends, the members had a refreshing day of sight-seeing, games and incredible shows put up by feathered friends.

by *Daniel Cheong*

Thank You Wesley Methodist Church

“Pull the straps tight!” exclaimed the volunteer as she instructed the members to wear the life jackets correctly. The engine roars and the speed boat accelerate towards the sea off Sembawang. For many of our members, this was their first ride in a speed boat. Earlier, they had enjoyed the ice-breakers and buffet lunch. Members were grateful to the Skiers Paradise Ministry from Wesley Methodist Church for organizing and sponsoring the trip to Sembawang Yacht Club on 23/8/09. by *Lim Kwee Bock*

Botanic Gardens



National Day Celebration

We are Singapore! The National Day celebration was held on the 7th of August. The 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 members enjoyed. To end the celebration, hi-tea was served and everyone had a thoroughly enjoyable session and satisfied.

by *Francis Goo*



Life Skills Project by ITE Bishan

Students from ITE Bishan visited SCC on 21/8/09. The visit is part of their Life Skills Project which includes learning skills in organizing and managing an event. A presentation on mental illnesses and a tour of the Centre were conducted for the students.



The visit benefitted everyone as the students got the opportunity to organize a simple tea-party while our members enjoyed the games and snacks. by *Francis Goo*

Charity Fiesta 2009



“Poison ball” a game introduced by the Charity Fiesta 2009 volunteers which aroused a full participation from the residential client.

On the 22nd of August, SCC hosted an event organised by the NUS National Volunteer Action Group (NVAG), especially for the caregivers (CAMI) group. Michael the Chairman of CAMI

had this to say: “The caregivers were very grateful to all your volunteers who have been working spontaneously to support and contribute towards our association. Most importantly, your volunteering group includes students from the Yishun Junior College. The time that they spent in SCC have brought fun and joy to our residential clients through cheering and accompanying them for the whole Saturday afternoon.”

by *Francis Goo*

President Challenge



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