

About Me

Story from Kamisan B J (Member)

My name is Kamisan Bin Jemu and I'm a member of HCC. I'm happy to stay in HCC because I have many friends who I can share my stories with and we can go out together for a walk. I also can share stories with counsellors and staff.

I work from Monday to Friday, 7 am to 3.30 pm.

I like to sing karaoke and do sports activities such as

My message to other members is not to smoke, because smoking is bad for health and it is important to take care of our health. ■



I'm very happy to have a good warden such as Randy who helps me with changing my bed sheet and takes good care of me. I'm also glad to have Steven as my counsellor and he's been helping me in my work.

playing football and badminton.

My dream is to be a football player and also a singer.

I've been working as a cleaner in HDB and I am happy.

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: _____
Address: _____
Office Tel.: _____ Home Tel.: _____ HP: _____
e-mail address: _____

Hougang Care Centre, 20 Buangkok View, Buangkok Green Medical Park, Block 4, Singapore 534194.
e-mail: hcc@sacshcc.org.sg, web: www.sacshcc.org.sg
For enquiries, please contact Victor G at Tel.: 6386 9338 or Fax: 6385 8816

HCCONNECT



March 2011

Hougang Care Centre • www.sacshcc.org.sg • MICA (P) 079/09/2010

Outing for Bowling

Words by Shirin W (Member)



We went for bowling at Kovan Bowling Centre on 16 March. I went twice for bowling with my friends before and this time I went with other Admin Interns and Admin Staff. For us, it was an enjoyable moment and each of us had good bowling styles. Bowling gives us an exhilarating feeling and also improves our mood. We played two rounds and each group consisted of three players. If there is another chance, we'd like to go again.

Thank you for giving us the enjoyable moments where we can have fun and laugh together. ■

Sometimes I bowl very hard because of the weight of the ball, but every time, I will improve my technique, and so will other members. I think it would be good if we can have a professional bowler to guide and teach us to play bowling. I would also like to suggest if we can have a bowling competition between HCC members, we can select some members who enjoy bowling and get representatives from each wing, so that we can compete with each other. After two rounds of bowling, we went for some drinks and returned back to the centre.

Featured Artwork

"Beauty"



This month featured artwork is painting by Shirin W (Member)

Outing to Sentosa

Words by Elvis Ong (Member)



I sang 2 lovely songs by the late King of Rock & Roll, Elvis Presley entitled "Love Me Tender, Love me True", which was followed by another song "I Can't Help Falling in Love with You".

An impromptu act by Asran B B, one of our HCC members was dancing like the late King of Pop, Michael Jackson. He was dancing the moonwalk and he pointed to where I was sitting and asked for help with the lyrics of the song "It's Now or Never" by Elvis Presley. After that, the show was started. We were entertained during the monkey show and one of our female members Kong Zee continuously laughed from the beginning until the end of the show. She has a little girl's voice and she laughed like a cute baby and the next moment, we found ourselves laughing with her all the way.

After the show, we took a train to Imbiah Station and dropped at the Tiger Sky Tower. We queued for awhile and hopped into the ride for The Sky Tower. The ride brought us up high,

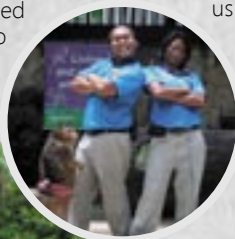


HCC members had an outing to Sentosa on 12 March, together with HCC staff and volunteers from Jardine Ambassadors (JA), namely Youssuff, Kay Beng, Kelvin, Jocelyn, Andy and Dorothy. This event was organised by Mindset Singapore and Jardine Ambassadors.

to Sentosa and ferry was the only way to travel there. My answers really shocked them. Youssuff said that Sentosa has tremendously changed and now, we can even go to Sentosa by coach buses. I felt that my prayer was answered by God, for providing safety and great entertainment around us.

About 2 weeks before the outing, JA visited Hougang Care Centre to introduce themselves and got to know more about us. During our conversation, one of the Ambassadors, Youssuff, asked me, when was the last time I went to Sentosa and I replied that I haven't been to Sentosa for thirty years. Thirty years ago, there was no bridge from Singapore

When we arrived at Sentosa, we had lunch which was provided by JA. Before the show started, we were entertained by our members, staff and JA for about half an hour. Our teacher Daniel fascinated us with some of his dancing skills; then our dear Staff, Crispin, called out my name, "ELVIS ONG!" loudly and asked me to sing some songs for all of us. At first, I hesitated a bit, but I finally obliged.



where we were able to see panoramic views of Singapore, and Sentosa. We also had spectacular view of Malaysia and Indonesia!

The outing was indeed a memorable one and on behalf of HCC members, I would like to take this opportunity to express our most sincere gratitude to the volunteers from Jardine Ambassadors for their warmth and generosity. The outing to Sentosa was a jolly good one and I would personally like to give a big Thank You to the JA Volunteers.



Visitors from Cambodia

Words by Victor G (Staff)



We had a group of visitors from Cambodia who came to our centre on 16 March 2011. They toured around our centre and saw our facilities. During their visit we had a chance to share with each other about our services in the mental health sector and challenges we experience.

Generally, there is a need for educating the public about mental illness so as to increase their awareness and knowledge about mental illness, this helps to combat the stigma which might be rooted in the traditional culture of the Cambodian people. In fact, people in Cambodia need strong support and help in the rehabilitation process of persons suffering from mental illness. The Cambodian professionals need programmes which are more

helpful and at the same time, fit with their culture.

The visitors and us agreed that the professionals who work in the mental health sector can provide better service with more trainings and more designated places of mental health services for easier access for persons with mental illness. With strong support from their families and society, we also have the same belief that persons with mental illness can recover and re-integrate back into the community.

