

FEBRUARY 2022

# BCARE *Digest*

## FAME CLUB

The COVID pandemic has put the spotlight on the importance of mental health which was often neglected in comparison to physical health. Many people who have not given much thought to their mental state are beginning to discover the impact of the overwhelming stress upon their lives. In the recent years, more effort has been made by the government and various organisations to ensure the mental wellness of our people.

In BCARE, mental health has always been one of our main emphasis and that is the reason FAME Club was birthed in 2009. FAME Club is a programme specially catered for persons with mental health conditions. We endeavour to create a platform for such members to interact, learn, gain confidence and be empowered to contribute back to society. Our holistic and structured programme engages members meaningfully through various activities.

When circuit breaker first kicked in, staff at FAME Club started planning and preparing for the necessary measures to be in place.



Understanding the conditions of our members, strong emphasis was put on ensuring that regular contact would be maintained with the members as well as their caregivers to minimise any relapse. Throughout the entire period of programme closure, weekly calls were made to every member, giving them the opportunity to express their feelings as well as providing them with updated information about the COVID situation. Tips and ideas on how to support and engage the clients daily were also shared with the caregivers.

During the Christmas season last year, FAME Club staff brought Christmas cheer to the doorstep of our members by delivering a specially prepared Christmas Gift to them. As much as they were touched by this gesture and delighted to receive the gift, they were even more thrilled to see our staff in person. They missed attending the programme and wished they could return soon.

Their wish came true when we resumed our programme on 11 January. Despite all the regulation and limitation, we want to ensure that the members enjoy themselves and benefit from the programme. With the Chinese New Year around the corner, we try to build up the festive cheer by introducing CNY related talks and activities like lantern-making, CNY quiz, etc. The members were also presented with oranges and CNY goody bags to bring home.

With the government intensifying their focus on improving mental health of the people, we are also continuously making efforts to ensure the stability of our members' mental state. We look forward to the full resumption of our programme soon.





# Volunteers

Having the faithful support of our volunteers is one of the reasons why Bethesda CARE Centre has come thus far. Coming from all walks of life and backgrounds, these volunteers are our extended hands and feet that help to bring love and care to the community. They include individuals, students and staff from secondary schools and tertiary institutions, as well as corporate companies. A helping hand outstretched, a warm smile or even just a listening ear has made a difference in the lives of our beneficiaries.

## TESTIMONY

*During my volunteering stint, I had the opportunity to work closely with some FAME Club members, guiding them in some essential skills like food preparation, cooking and cleaning. I even helped them in some simple gardening work! I realised that most of these are important skills that would help them in their recovery and being able to take better care of themselves. There was a sense of achievement in both the members and in myself when we could accomplish those tasks. I enjoyed myself thoroughly and would definitely love to return to volunteer at the programme again. ~Fiona Teh, Student Volunteer (MDIS)*

## YOU CAN MAKE A DIFFERENCE TOO!!

*Come partner with us as we continue to reach out to those in need.....*

*Bethesda CARE Centre depends on support from well-wishers to fund our programmes and services. Every bit counts. The changed lives of individuals are a testimony of how every contribution, big or small goes a long way in touching lives and impacting individuals.*



**Bethesda CARE is an approved IPC (Institutions of Public Character),  
your donations are 2.5 times tax deductible.**

### DONATIONS CAN BE MADE IN THE FOLLOWING WAYS:

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