



A charity organisation that
lights the way to mental well-being



Clarity Singapore Limited Annual Report 2012



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Our Vision

As witness to our Catholic faith, our vision and aim is to be able to assist persons struggling with or recovering from mental illness to find hope and acceptance, to help and guide them so that they are able to overcome their difficulties and develop their abilities.

Our Mission

To provide community-based rehabilitation, support and essential training to help people, especially those from low to middle income families, to recover from and manage their mental health conditions, so that they can regain independent living skills, self-confidence, and integrate back into the community.

Our Services

- Therapy assessment and intervention programmes - which includes professional counselling, therapeutic intervention and psycho-education
 - Support groups
 - Mental health educational programmes and psycho-education training workshops
 - Social activities

Address from the Chairman



With gratitude to God, I am pleased to share that Clarity Singapore has been able to set up our permanent premises in Yishun during the course of the year. We started providing our services out of Block 854 Yishun Ring Road, Singapore 760854 on 3 December 2012. The 217-square-metre space now houses facilities needed for Clarity to provide professional services: namely three counselling rooms, a multi-purpose hall – which can also be divided into two rooms – and an office space.

The journey to our permanent premise has not been by our effort alone. We have many benefactors. In particular, I

would like to express special thanks to Er. Dr. Lee Bee Wah, MP for Nee Soon GRC for granting us her support to site Clarity's services at this location. I would also like to thank D.P. Architect who provided professional advice for the architectural and internal design – at no cost. They were instrumental in ensuring that we optimise the limited space and giving our centre a spacious and inviting feel. Our many thanks go to our contractors, B.K. Civil & Construction Pte Ltd for the good job done on the renovation.

Whilst our renovation project was underway, efforts were stepped up to promote Clarity's

Review



Review of FY2012

Clarity started the year with its 1st Year Anniversary celebration cum commemoration of World Mental Health Day on 10 October 2011. It was also an opportunity for us to bring together and thank our benefactors, partners, volunteers and many well-wishers who have helped and supported Clarity in our initial development.

In its second year, Clarity provided services out of two temporary bases: at Damien Centre, Blessed Sacrament Church (June 2011 to February 2012) and Church of Our Lady Star of the Sea (March to November 2012) as we sought a permanent base to site our service.





Service Reach

Beneficiaries - direct	124
Beneficiaries - indirect	115
Participants at public talks psycho-education programmes	438

Number of Programmes held

Public talks	7
Psycho-education programmes	9
Volunteer trainings	6
Publicity campaigns	5

Public Education talks held

26-Nov-11	Art Therapy: The Wonders of Life
10-Dec-11	Talk: Compassion Fatigue
14-Jan-12	Talk: Midlife Transitions
25-Feb-12	Art Therapy: Living with Change and Losses
31-Mar-12	Art Therapy: Living with Change and Losses (2nd run)
21-Apr-12	Talk: Steps to Happiness: using positive psychology to improve personal well-being
28-Jul-12	Talk: Steps to Happiness (2nd run)



Psycho-education programmes conducted

20-24 Feb-12	Anger Management Workshop for inmates (Pilot)	Singapore Prisons Services
10-Mar-12	General Introduction to Mental Illnesses	St Vincent De Paul Conference (SSVP) @ Church of St. Ignatius
23-Mar-12	Relaxation Exercise (Pilot)	Wellness for Life! @ Nee Soon South
28-Apr-12	Volunteer training workshop: Life threatening illnesses	North West Community Development Council
18-May-12	Introduction to Mental Illness to SSVP	Caritas Singapore
22-Jun-12	Relaxation Exercise (Pilot)	Wellness for Life! @ Nee Soon South
7-Aug-12	Talk: Ageing Gracefully	Church of Our Lady Star of the Sea
4-Sep-12	Talk: Depression	Church of Our Lady Star of the Sea
22-Sep-12	Volunteer training workshop: Introduction to Mental Health	North West Community Development Council



Volunteer trainings conducted

25-Nov-11	Volunteer Induction
4-Jan-12	Relaxation techniques
20-Apr-12	Basic volunteering protocol & volunteer duties for public talks
27-Apr-12	General Mental Health & Volunteer Portal StartNow! briefing
22-Jun-12	Empathy vs Sympathy
10-Aug-12	Causes of Emotion and Behavioural Disorder

Publicity campaigns held

	Location	Publicity Events
17-Mar-12	Church of Our Lady Star of Our Sea	Sunday Mass
20-May-12	NU Artist Gallery	Art Jamming
21-Jul-12	Block 838 Yishun St 81	Nee Soon South CC Wellness Centre 1st Anniversary
1-Sep-12	Catholic Junior College	Caritas 2012 Social Mission Conference
9-Sep-12	Block 648A Hougang Ave 8	Ang Mo Kio Town Hall Meeting

Happiness
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 Happiness Within Your Reach Happiness Within Your



Organisation

Organisation

Board Members	8
Committee Members (excluding Board Members)	6
Staff	4
Volunteers	17

Board Members

- Tan Peng Chin Joseph – Chairman
- Pang Kiem Lan Denise – Vice Chairman
- Belinda Young Hsien Lin – Company Secretary
- Professor Choo Wee Jin Philip
- Dr.Christopher Cheok Cheng Soon
- Seow Choon Guan Michael
- Tan Chwee Leng Thomas
- Phua Siok Gek Cynthia
- Spiritual Director - Sr Linda Lizada, R.C.

The Board of Directors welcome Ms Cynthia Phua who joined as a member of Board of Clarity on 22 March 2012.

Audit Committee

Chair: Wendy Chia
Members: Belinda Young Hsien Lin
Sherraine Chan

Finance Committee

Chair: Belinda Young Hsien Lin
Member: Professor Choo Wee Jin Philip

Human Resource & Development Committee

Chair: Pang Kiem Lan Denise
Member: Seow Choon Guan Michael

Market & Public Relations Committee

Chair: Seow Choon Guan Michael
Member: Tan Chwee Leng Thomas

Programme & Services Committee

Chair: Dr.Christopher Cheok Cheng Soon
Member: Tan Chwee Leng Thomas

Mental Health & Social Work Resources Committee

Chair: Dr.Christopher Cheok Cheng Soon
Pang Kiem Lan Denise

External Advisers: Dr Leslie Lim
Dr Helen Chen
Dr Seng Boon Kheng
Dr Clare Yeo

Staff

Executive Director: Grace Ang
Administrator: Ellen Tan
Psychologist: Sivagnanam s/o Periasamy
Programmes & Services
Manager/Counsellor: Jane Yeo

Beneficiaries' Testimonies



1. I was able to open up to the counsellor all my problems.

2. He listened, deciphered the cause and gave advice.

3. I benefit immensely from the sessions. It opened your eye to see the cause of all your problems. Thank you so much for this source of help that is available to those who need it.

The counsellor has helped us understand & rationalize our needs & belief. Our perceptions of others are now more positive. We've learnt to forgive & forget!

It started with my spouse asking for help, followed by a search and hit on Google linking to AIC Agency of Integrated Care portal listing Clarity.

Just a phone call away and help was what we got, professional help and guidance, that we are so grateful for.

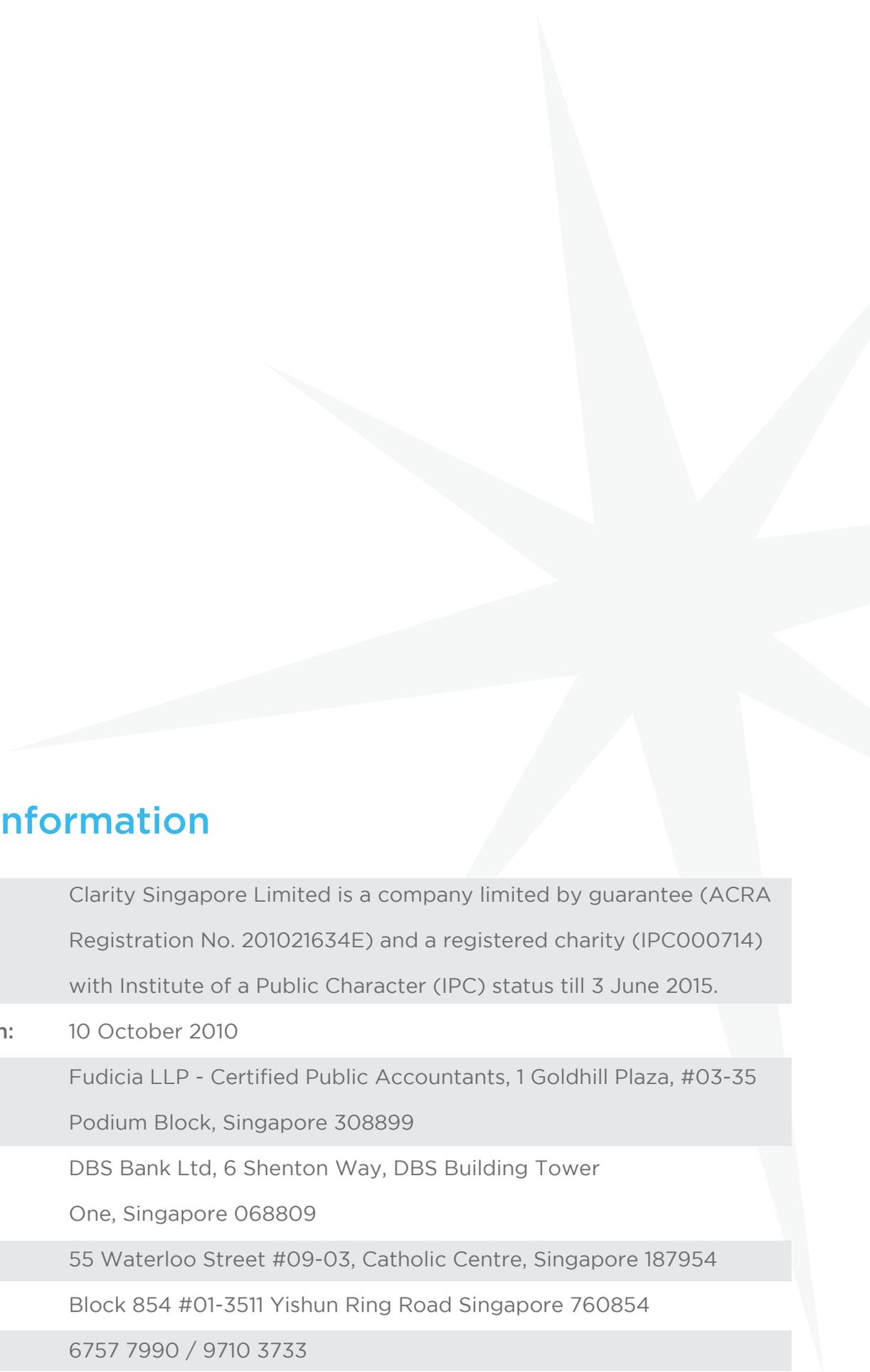
It has been a "life saver" to have had the help at hand and at affordable cost. Don't know how bad things would have gotten if we did not meet Clarity.

Professional, attentive and approachable. I would personally rate the experience of Clarity's services exceedingly excellent.

I was referred to [redacted] by my doctor for counselling. Before my first appointment with [redacted], I was very worried as I was a laidback person. Six sessions with this kind and efficient counsellor gave me the confidence that I can deal with the situations easily. Thanks to [redacted] for all the help and efforts he has spent for me. I would not hesitate to recommend [redacted] for anyone who sails in the same boat as me.

1. I was able to open up to the counsellor all my problems.
 2. He listened, deciphered the cause and gave advice.
 3. I benefit immensely from the sessions. It opened your eye to see the cause of all your problems.
- Thank you so much for this source of help that is available to those who need it.

28/11/22



Corporate Information

Registration: Clarity Singapore Limited is a company limited by guarantee (ACRA Registration No. 201021634E) and a registered charity (IPC000714) with Institute of a Public Character (IPC) status till 3 June 2015.

Date of incorporation: 10 October 2010

Auditors: Fudicia LLP - Certified Public Accountants, 1 Goldhill Plaza, #03-35 Podium Block, Singapore 308899

Bankers: DBS Bank Ltd, 6 Shenton Way, DBS Building Tower One, Singapore 068809

Registered Office: 55 Waterloo Street #09-03, Catholic Centre, Singapore 187954

Service location : Block 854 #01-3511 Yishun Ring Road Singapore 760854

Telephone: 6757 7990 / 9710 3733

Website: www.clarity-singapore.org