



# Clarity Singapore Limited ANNUAL REPORT 2013

A member organisation of CSCC & NCSS / UEN 201021634E / IPC 000714



**CLARITY**

Happiness Within Your Reach

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

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## OUR MISSION

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; and to help and guide them so that they are able to overcome their difficulties and develop their abilities.

## OUR VISION

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.

### ENDORSED BY



Catholic Archdiocese of Singapore

### MEMBER ORGANISATION OF



National Council of Social Service



Caritas Singapore



# ADDRESS FROM CHAIRMAN

Mr Joseph Tan Peng Chin

2013 has been an exciting year for Clarity Singapore. We see our services grow not only in terms of a greater number of clients coming to our centre for psycho-therapy and counselling services, the number of talks and seminars we were able to conduct, but also in the number of partnerships we were able to foster, with various organisations and social agencies.

We are very blessed that Harmony Activity Centre (HAC) and MINDSET became Clarity's close partners since the beginning of 2013. Both these organisations approached us, separately, at about the same time. HAC approached us to explore a collaboration programme to help a group of their clients suffering from mental illness. They were looking for a charity that has the expertise concerning community mental health care.

About 20 of such individuals were identified in their community in Aljunied Crescent. These individuals are the less fortunate members of our society who are often found to be alone and loitering aimlessly in the community or remain cooped up in their government-rented flat. All of them have been diagnosed with some form of mental illness. HAC noted that these clients are very often "lost" and are socially excluded when they are at their activity centre. Financially, they are also in need and are supported to some degree by the Public Assistance Scheme.

We were keen to partner HAC as the proposed collaboration programme is in line with our mission.

As we were working out this possibility, by the grace of God MINDSET approached us (two weeks after HAC) to offer funding for a mental health related programme. They were looking for community-based mental health partners.

We are grateful that through the generous donation of MINDSET, which is sponsored by the Jardines Group of Companies, we have been able to partner HAC to run a 52 weeks Social Outing-Community Integration programme for these clients.

As I write this, I am pleased to receive reports from the Clarity team working with these clients that there have been marked improvements in the social and mental well-being of these clients. The Social Worker in HAC remarked that the social and behavioural changes they are seeing in these clients is something they never imagined could be expected from this group of clients. All of the clients are happier and more socially integrated after nine months into the programme.

Even though this programme involving HAC and MINDSET is only a small part of what we have done in 2013, I hope this will give an example of the ethos and approach Clarity is taking in the work we do: collaboration with partners. It is not only about synergy and pulling together resources – though these are certainly benefits of partnerships, it is also about being in "solidarity" (with those who suffer and are marginalised) and "participation" (with those who are helping) - two guiding principles of our Catholic Social Teachings which inform and give meaning to the charitable work we do.

It is also on this note that Clarity has decided to have a second service location in Caritas Singapore Agape Village when it opens in early 2015. The ground work of this initiative, together with Caritas Singapore and the other Catholic charities, started in 2013 and efforts will be stepped up in 2014. We look forward to having a professional team there to provide mental health services such as professional counselling, psycho-therapy, support groups and to be able to conduct group mental wellness programmes.

Another key development in 2013 is the appointment of two new directors in Clarity. I would like to warmly welcome Ignatius Hui Yew Ping and Linda Tan Ling Yin to Clarity's Board. Their appointment as Clarity's directors is most timely as Clarity enters into its 4th year, expands its outreach to different sectors of our society and provides more services. With their wealth of experience, expertise, and most of all their enthusiasm, they will certainly contribute immensely to the good work Clarity is hoping to do.

I pray that 2014 will be another exciting and fruitful year of service and learning for us at Clarity, where we will deepen our partnerships with our existing partners, develop new partnerships and be even better in helping persons with mental illnesses in Singapore.

# REVIEW OF FY2013



## SERVICE REACH

Beneficiaries - Direct	165
Beneficiaries - Indirect	133
Total Participants (at Psycho-Education Programmes and Public talks)	571

## NUMBER OF PROGRAMMES HELD

Psycho-Education Programmes	15
Public Education Talks	3
Publicity Drives	6
Social Activities	3
Volunteer Trainings	3
Support Groups	4
Community Partnership	1

# KEY EVENTS

Clarity @ Yishun - Centre Blessing 12 Dec 2012



Centre blessing by Fr. JJ Fenelon, parish priest of Church of Our Lady Star of the Sea.

Open House of Clarity Singapore 6 Feb 2013  
in collaboration with Wellness for Life! @ Nee Soon South



Guest-of-honour: Minister of State for Health and Manpower Dr Amy Khor, joined by Member of Parliament for Nee Soon GRC, Er. Dr. Lee Bee Wah

Official Signing of Memorandum of Understanding 2 Jun 2013



Official Signing of Memorandum of Understanding between Nee Soon South Citizens' Consultive Committee and Clarity Singapore Limited

# PSYCHO-EDUCATION PROGRAMMES

Date	Topic	Partners
27 Oct 2012 - 4 Dec 2012	Anger Management; Managing Your Medications	Church of Our Lady Star of the Sea
9 Nov 2012	Team Building Programme	Church of Our Lady Star of the Sea
6 Dec 2012	Anger Management	Church of St. Mary of the Angels
23 Nov 2012 - 24 Nov 2012	Managing Your Children and Your Emotions	Club Rainbow
28 Feb 2013 - 24 Sept 2013	Monthly Open Studio Art Therapy	-
6 March 2013 - 4 Sept 2013	Monthly Relaxation Exercise (English)	-
4 May 2013	Art Therapy Workshop for Parents	Club Rainbow
22 Mar 2013 - 10 May 2013	Student Care Facilitators Training Programme	Morning Star Community Services
20 Mar 2013 - 18 Sept 2013	Relaxation Exercise (Mandarin)	-
10 May 2013	Recognizing and Identifying Mental Health Problems	-
18 July 2013 - 25 July 2013	Relaxation Exercise (Mandarin)	Harmony Activity Center
14 Aug 2013	Mental Health Training for Staff	North-West CDC
21 Aug 2013	Staff Mental Health Training Workshop	North-West CDC
30 Aug 2013 - 20 Sept 2013	Mental Wellness Screening	North-West CDC
21 Sept 2013	I-Champs Members Mental Health Training	Agency for Integrated Care



# PUBLIC EDUCATION TALKS



Date	Topic	Speaker
27 April 2013	Transitions At Midlife	Sr Linda Lizada, RC
2 June 2013	The Science of Happiness	Dr Christopher Cheok
24 Aug 2013	Overcoming Depression	Dr Christopher Cheok

# PUBLICITY DRIVES



Date	Event
13 Oct 2012	Art Jamming & Music Jamming
4 Nov 2012	Nee Soon GRC Active Aging Carnival
24 Nov 2012	Art Jamming & Music Jamming
12 Jan 2013	Young Adults Awareness Programme (Caritas)
2 Jun 2013	Nee Soon South Community Fair 2013
28 Jul 2013	Whampoa Health Carnival

# SOCIAL ACTIVITIES



Date	Event
28 Dec 2012	Christmas Village at The Singapore Flyer
6 Apr 2013	Carnival of Drums
26 Apr 2013	Movie Screening (Liu San Jie) @ Seng Kang Community Club

# VOLUNTEER TRAININGS

Date	Event
15 Mar 2013	Basic Cognitive Behavioral Therapy (CBT)
3 May 2013	Basic Solution From Therapy (SFT)
11 Jul 2013	Befriender's Programme Training

# SUPPORT GROUPS

Date	Theme
30 Oct 2012 - 2 Apr 2013	Insomnia Support Group
22 Apr 2013 - 20 May 2013	Anxiety Support Group
27 May 2013 - 17 Jun 2013	Depression Support Group
24 Jun 2013	Grief and Loss Support Group

# COMMUNITY PARTNERSHIP PROGRAMME



## Programme

Social Outing-Community Integration Programme

## Partner

Harmony Activity Centre  
Funded by: MINDSET Singapore

# ATTENDANCE AT KEY CONFERENCES AND EVENTS

## Event

Community Mental Health Forum: Health & Social Care

Singapore Mental Health Conference 2013

Khoo Teck Puat Hospital THRIVE Community Partners' Session

National Council of Social Service Mental Health Community of Practice

NorthWest Community Development Council Cluster Meetings

Caritas Leaders' Conferences and Meetings

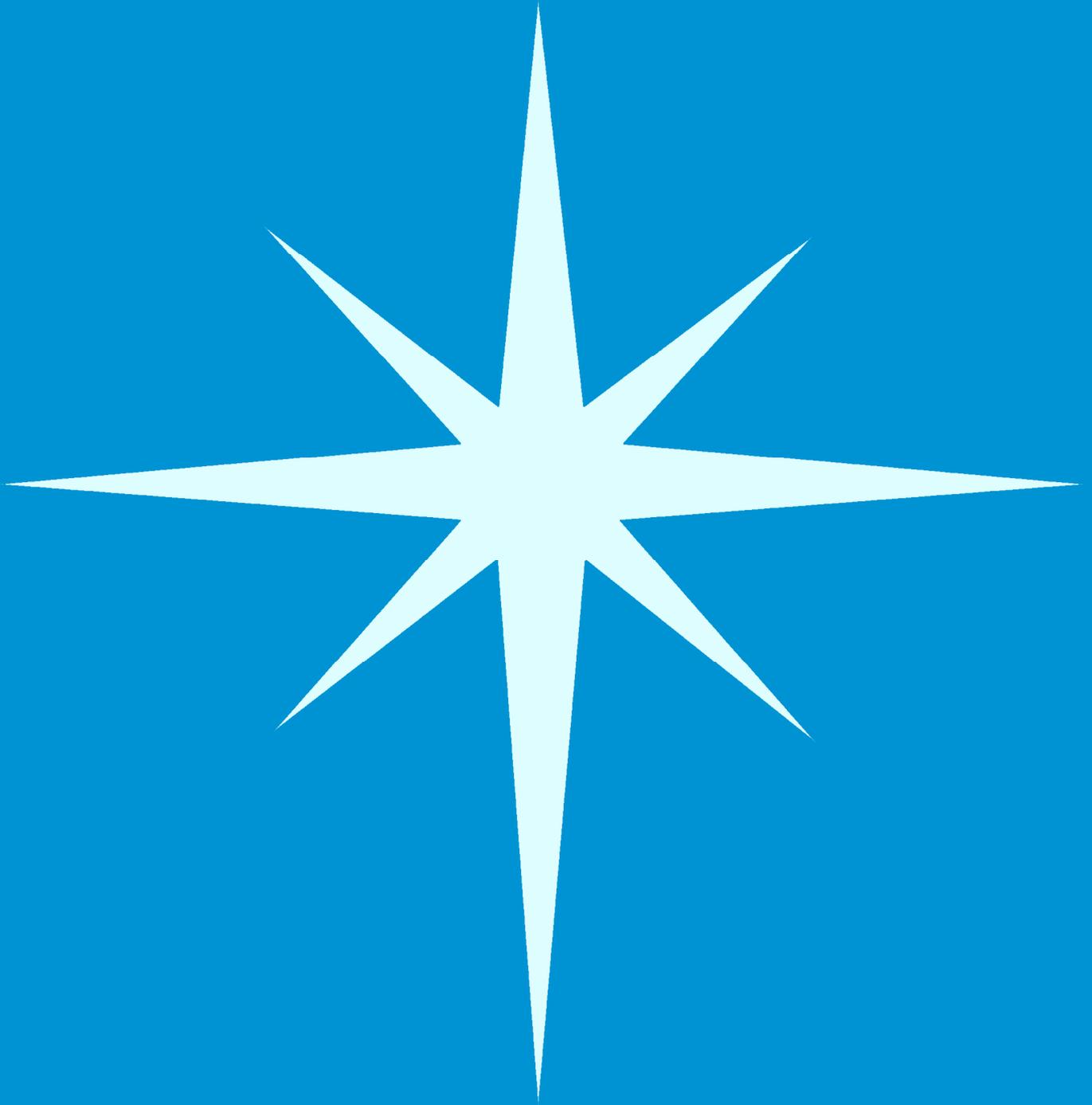
Caritas Agape Village Ground Breaking

Fraud Prevention in Non-Profit Organisation Seminar by Shared Services Charity

National Council of Social Service Annual General Meeting 2013

International Volunteers Day (IVD) 2012

# ORGANISATION



Board Members	10
Spiritual Director	1
Committee Members	6
Staff	7
Volunteers	21

# BOARD MEMBERS

Chairman      Vice Chair      Company Secretary      Board Member      Board Member



Joseph  
Tan Peng Chin



Denise  
Pang Kiem Lan



Belinda  
Young Hsien Lin



Dr. Christopher  
Cheok Cheng  
Soon



Professor Phillip  
Choo Wee Jin

Board Member      Board Member      Board Member      Board Member      Board Member



Michael  
Seow Choon Guan



Thomas  
Tan Chwee Leng



Cynthia  
Phua Siok Gek



Ignatius  
Hui Yew Ping



Linda  
Tan Ling Yin

Spiritual Director



Sr Linda Lizada, RC

Two new board members, Mr Ignatius Hui and Ms Linda Tan, appointed on 2 July 2013.

**Ignatius** spent almost 30 years of his professional career in the banking and capital market industry. He brings to the Board his experience in financial, investment and business management. Together with his network in the corporate world, Ignatius plans to assist in providing new ideas in fundraising activities and in the management of Clarity.

**Linda** has been involved in the sales and marketing profession for 18 years, the last 12 being the Regional Director in a leading media company. Her certificate in professional counselling and active involvement in the Catholic Church put her on the same page as Clarity; while her expertise in corporate and brand marketing will help raise public's awareness of Clarity and the work we do.

# BOARD COMMITTEES

## Audit Committee

Chair	Wendy Chia
Members	Belinda Young Hsien Lin
	Sherraine Chan

## Finance Committee

Chair	Belinda Young Hsien Lin
Member	Professor Philip Choo Wee Jin

## Human Resource and Development Committee

Chair	Denise Pang Kiem Lan
Members	Michael Seow Choon Guan
	Ignatius Hui Yew Ping

## Market & Public Relations Committee

Chair	Michael Seow Choon Guan
Member	Thomas Tan Chwee Leng
	Linda Tan Ling Yin

## Fundraising Committee

Chair	Ignatius Hui Yew Ping
Member	Linda Tan Ling Yin

## Programmes and Services Committee

Chair	Dr Christopher Cheok Cheng Soon
Member	Thomas Tan Chwee Leng

## Mental Health and Social Work Resources Committee

Chair	Dr Christopher Cheek Cheng Soon
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External Advisers	Associate Professor Leslie Lim
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	Dr Helen Chen
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	Dr Seng Boon Kheng
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	Dr Clare Yeo
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## STAFF

Executive Director	Grace Ang
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Acting Head of Counselling & Psychological Services/Psychologist	Sivagnanam s/o Periasamy
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Counsellor	Jane Yeo
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Counsellor	Bridget Tan
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Community Outreach Manager	Lyn John Pereira (joined on 18 Nov 2013)
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Programmes Executive	Freeling Duke Rudy
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Counselling & Psychological Service Executive	Ellen Tan
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# STAFF REFLECTION:

## Our Journey With Clarity

**Jane Yeo**  
Counsellor

I worked at Clarity for over a year with clients facing mental problems and ageing related issues. I found the experience very enriching and meaningful. It was always very comforting and encouraging for me to know we were able to help them cope better with their problems and move on with their life. Their recovery to a normal and happy state of life after their counseling sessions at Clarity was often our best reward.

The focus on this area by Clarity is commendable as there is a growing need in Singapore, and it can help bring greater social acceptance for such issues. I am thankful that at Clarity, I was able to serve and learn more of the mental and other family problems faced by many in the fast-paced Singapore society. I am constantly intrigued by the complexity of the human mind and how it can affect the well-being of the whole person.

I am grateful to God for the calling and experience, and hope to be able to learn and serve more in the same area in future.

**Sivagnanam s/o Periasamy**  
Psychologist

I joined Clarity in November 2011. At that time, Clarity did not have permanent premises to share its services. Even though at times it was a challenging to share one consultation room between two therapists, it was a humbling experience to work with the limited resources we had.

Now in our permanent premises, the joy of working with clients has increased many folds and it is very enriching to see them ending their therapy session with a smiling face and share that they are looking forward to life.

Moving forward my wish is to reach out to more individuals who will gain enormously from Clarity's help. Furthermore, I feel that it is a calling and I gain lot of happiness working with individuals through Clarity. Therefore, thank you Clarity.

**Ellen Tan**

Counselling & Psychological Service Executive

I started in Clarity as a temporary Administrator in November 2011 when we were based at the Blessed Sacrament Church. I moved with Clarity to the Church of our Lady Star of the Sea and then to our permanent premises at Block 854, Yishun Ring Road. I am now the Counselling and Psychological Services Executive where I mainly handle the administrative tasks of our counselling programmes, and I also assist the Executive Director in areas of office administration.

What motivates me in my work here is the positive change that I have seen in some of our clients and their caregivers, as well as positive feedback from our participants who have benefited from our workshops, talks and other activities.

As I am the front line staff, work can be overwhelming, but I take my inspiration from the Jesuit lay brother, Alphonsus Rodriguez, now venerated as a saint. He was a humble porter and doorkeeper for 46 years at a Jesuit college. Despite his many duties and errands, Alphonsus said that each time the bell rang, he looked at the door and envisioned that it was God who was standing outside seeking admittance.

## Freeling Duke Rudy

### Programmes Executive

My journey with Clarity started upon my graduation from my studies in Psychology. Being a Catholic, I felt truly honored to work in Clarity and to serve the Church at the same time.

Having spent close to one year with Clarity, it has been a fruitful journey. The learning experiences have been steep and yet memorable while taking up new challenges. With Clarity being my first full-time employment upon graduation, the working experience was very different from theories learnt in school.

I am actually very proud to be in a Catholic charity serving the community and the poor, because the fulfillment I have gained is far more valuable than monetary rewards. I hope that Clarity continues to reach out to the Catholic community and beyond; and grows to support the poor yet to be reached by us.

## Lyn John Pereira

### Community Outreach Manager

In November 2013, I joined the team at Clarity as their Community Outreach Manager.

My life journey has taught me the importance of relying on God as the source of my strength as well as maintaining a healthy work-life balance. Being at Clarity is a blessed and precious opportunity to reconnect with my Catholic upbringing and put my faith into action! God has called me to be close to Him and His church and I am confident that He will sustain and nourish my spirit to continue doing His will.

My employment experience includes seven years as an SCDF paramedic after which I joined the Redemptorist Postulancy for six months to discern a priestly vocation. Subsequently, for the last eight years, I served overstressed, under-supported families as a full-time Community Worker at two social service agencies.

I look forward to a fruitful, rewarding and spiritually-uplifting vocation at Clarity serving those in need along their journey towards better mental well-being.

## Carol Sim

### Psychologist-in-Training

I joined Clarity as an Intern Clinical Psychologist and throughout the few months that I have been here, I have gained a lot of valuable knowledge and experiences.

Clarity consists of a team of passionate and like-minded colleagues who are always there to help and support one another. Everyone contributes to the overall goals and mission of the organisation in their individual and unique ways, and share the common understanding that everyone in the team is important. The team at Clarity always strives to provide the best possible services to our clients, and to reach out to those in the community who are in need of mental health services, including going the extra mile to bring our services to the people.

Having been part of the team at Clarity and being able to help the clients there have been a blessing and a privilege. May Clarity continue to grow as an organisation and as a family, and continue their good work in helping those in need.

## Marissa Loo

### Intern

Being a young branch extending from the Catholic social justice arm, Clarity shares in the beautiful vision of the Beatitudes: to bear seeds of hope and healing, and be an instrument of outreach. With hope of making Christ's love manifest, Clarity's mission is more than an airy ideal: it is a humble prayer.

The staff and volunteers' skills, dedication and teamwork form the lifeblood of this organisation. From their hearts flow a common and unassuming will to serve. What struck me the most was the team's sincerity towards everyone they meet and how they handle all situations with grace. It is not always easy, particularly for those on the frontline. We do have fun along the way sometimes (I learnt how to make my first pinata here). Working on the marketing collaterals was fruitful in a supportive environment, and I was given a good balance of creative freedom and many valuable inputs and pointers to work with.

I am grateful to be able to contribute in tiny ways, while also learning about the faith from seasoned Catholics - from an ex-Seminarian (hello Lyn!) to very knowledgeable cradle Catholics.

# IN THE MEDIA





# AUDITOR'S REPORT



# 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	Fiducia LLP
BANKERS	DBS Bank Ltd, 6 Shenton Way, DBS Building Tower One, Singapore 068809
REGISTERED OFFICE	Block 854 #01-3511 Yishun Ring Road Singapore 760854
SERVICE LOCATION	Block 854 #01-3511 Yishun Ring Road Singapore 760854
TELEPHONE	6757 7990 / 9710 3733
WEBSITE	<a href="http://www.clarity-singapore.org">http://www.clarity-singapore.org</a>

