

Upcoming Event – Mark this IMPORTANT DATE :30th AUGUST !

Dear Members,

In conjunction with CMSS AGM & 4th Executive Council election cum celebration of 8th CMSS Anniversary, you are invited to join us for this special event. The CMSS invites you to participate in the nomination of the Office Bearers and eight Executive Council Members for the new term.(2019- 2021)

Nominations for the key office bearers are as follow:

- PRESIDENT
- VICE-PRESIDENT
- SECRETARY
- ASSISTANT SECRETARY
- TREASURER
- ASSISTANT TREASURER
- EXECUTIVE COUNCIL MEMBERS (8 member)

Officer Bearers	Name of Nomine Institution	Name of Proposer Institution	Name of Seconder Institution
President			
Vice-President			
Secretary			
Assistant Secretary			
Treasurer			
Assistant Treasurer			

Only CMSS's members are eligible for voting.

Please nominate your institution member or yourself if any of you is interested to contribute to CMSS society as a council member.

Anniversary gift will be distributed to members to mark our 8th year of celebration.

Also there is an additional mystery gift for attendees of the AGM

If you are interested to be a CMSS member,

please visit the website www.casemanagement.sg for the application form and Nomination Form.

Please email the completed nomination form to: rose_sl_low@nhg.com.sg by 15 August 2019.



Event Announcement **CMSS AGM, Election of 4th CMSS Executive Council & CMSS 8th Anniversary Celebration**



- Venue** - Raffles Room (Level 2) @ The Tanglin Club, 5 Stevens Road S257814
- 1700 hours** - Registration
- 1730 hours** - Welcome address by President, CMSS
- Presentation of Minutes of 7th AGM
- Presentation of Annual Report
- Presentation of Treasure's Report
- 1745 hours** - Election of 4th CMSS Executive Council
- 1800 hours** - Commencement of Dinner
- 1815 hours** - Performance by Elvis Band.

Note: All phones have to be on silent mode upon entering the club and can only be used in the Raffles Room.

Team Recognition Award 2019 – Bronze.



Since its opening in November 2017, the “HUT” has gone from just a Drop-in Centre for IMH patients and caregivers to relax over a cuppa and a snack, to patients enjoying leisure activities at no cost and other healthcare professionals besides the case managers, conducting other therapeutic activities for patients. “The Hut” concept was initiated by Case Managers. Basically its aim is to provide a sanctuary for patients who had given feedback that they wish to have a non clinical setting to foster stronger therapeutic ties with their case managers. Case Managers worked closely with the Corporate Development and Estates department on the initiative and presented it to Senior Management who gave their strong support.

Furnished generously with donations from colleagues and patrons of IMH, “The Hut” aims to bring across the cozy homely feel of a Living Room where patients are able to express their concerns freely, instead of in the typical clinical ward or clinic setting. It is the hope of our dedicated case managers that “The Hut” will serve as a hang-out place for patients to socialize, share stories of recovery and participate in activities together. Assisting the case managers is a Peer Support Specialist and IMH volunteers who come in twice a week to conduct activities. Located just off the main road, “The Hut” welcomes all, public, patients, carers, staff, as our goal is to promote DE stigmatization of mental illness.

Our Slow Stream Rehab patients have also gone to the Hut to cook and serve delicious hot desserts like green bean soup and to bake cookies which they distribute to other patients at the Specialist Outpatient Clinics in the hospital. This activity, fondly named “Spread the Love” is coordinated by VCMB Dr. Alex Su and SNC Aziz bin Ab Hamed.

Other patients have also attended writing workshops by Dr. Patricia Yap, Principal Clinical Psychologist. The Hut is not meant just for patients. Dr. Geoffrey Tan Associate Consultant and Dr. Sharon Lu, Senior Clinical Psychologist, have conducted several Mindfulness sessions for staff, to cultivate resilience. The Hut is manned daily by Case Managers who volunteered their time there.

Contributed by Ms Serlina Eng

BATAM TRIP

On the 13 of April 2019, a total of 23 people together with our family members went on a 1 day trip to Batam. We started the day with a full spa treatment and gathered together for lunch at Nagoya Hill Mall.

After that we went on our own for some shopping. A lot of us enjoyed this 1 day trip, relaxing ourselves and went home fruitfully.

In this trip we got to know and interact with more people from different institution.

Let's look forward to the next social outing together!

Contributed by Ms Lynette Chen



Healthcare Humanity Award – Open Category

Serlina Eng, Principal Case Manager, from IMH was one of the 83 healthcare workers, caregivers and volunteers who received the Healthcare Humanity Award at the recent ceremony held in Orchard Hotel on 25th April 2019.

The annual Healthcare Humanity Awards was inaugurated in 2004 by The Courage Fund to recognize healthcare professionals, caregivers and volunteers who go beyond the call of duty to help those in need.

Serlina Eng was recognized for setting up “The Hut” in IMH in 2017. The “HUT” situated at the entrance of the hospital, provides patients with a safe and conducive environment to relax and socialize.

She has also participated in several fund-raising initiatives such as running ultra-trail marathons, the last one in the Gobi Desert, to raise funds for the disabled athletes of SDSC. *Contributed by Ms Serlina Eng*

