

SYNERGY

Occasional newsletter of Penang Family Health Development Association (FHDA)

June 2017

For internal circulation only



Penang FHDA ANNOUNCEMENT OF AGM 2017

Date: 17 June 2017 (Saturday)

Time: 3.00p.m.

Venue: Penang Family Health Development Association (FHDA)
333 Jalan Perak, 11600 Penang.

Tel.: 04 2813144.

Members are cordially invited to the AGM.

Infertility Seminar: Pregnancy Pit Stop – What Your Mother Never Told You 8 Apr 2017 at Gleneagles Penang



The big hall was so silently attentive when Mr Lee started talking about his experience stepping into Gleneagles Medical Centre after having failed treatment elsewhere. Never had couples who received fertility treatment openly shared their story

with strangers in a seminar panel, moderated excellently by Bar Council Penang member Ms Carolyn Oh. This is a full house attendance of 150 persons. In the audience were people from Perlis, Kedah, Penang, Perak and Selangor.

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FHDA T-SHIRT DESIGN COMPETITION

“Feel the H: Design for Acceptance”

Want to design your own T-shirt? You or your friends like special designs? Join our T-shirt design competition. Malaysian youths, aged 16 to 25 years are invited to submit designs for tee shirts based on the Sexual and Reproductive Health and Rights (SRHR) theme “Feel the H: Design for Acceptance (FHDA)”.

Interested individuals or groups are encouraged to like and follow us on Penang FHDA Facebook page @penangfhda, as we will be posting updates regarding the competition. Competition guidelines and details of the prizes up for grabs are available there.

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MEET THE PROFESSOR

My name is **Colm O' Herlihy** and I have been the Professor of Obstetrics & Gynaecology and Head of the Department at Penang Medical College (PMC) since July 2016. My previous appointment was filling the same position in University College Dublin in Ireland, where I come from.

The Penang Family Health Development Association (FHDA) Clinic in Kampung Kolam has been an integral part of our teaching programme

at Penang Medical College for a number of years now and represents a regular opportunity

for our students to have real contact with the clients attending and to evaluate their complaints in an out-patient setting. I myself conduct the clinic and supervise the student interaction on a continuing basis for what I hope is a mutually satisfactory experience.

The students get excellent experience at surmounting language difficulties, handling instruments and generally managing the women's expectations and they come away from clinic with a good indication of what primary care is in Penang. This prepares them well for their future careers.

I hope that the association between Penang Medical College and FHDA remains a close one for many years to come and continues to serve as a model for close linkage between the College and the community.



WORKSHOP ON REPRODUCTIVE HEALTH FOR PARENTS WITH SPECIAL NEEDS ADOLESCENTS

26-27 NOVEMBER 2016 @ AMBULATORY CARE CENTRE, HOSPITAL PULAU PINANG

by Student Volunteers: Aiman Mukri, Nur Amalina Bt Zolkeflee, Nurul Nabihah Bt Mohd Jalaluddin, Nur Afiqah Athirah Hazami (all from Class of 2017), Sarah Nur Alya Nasaruddin (Class of 2018)

The Penang Medical College and the Paediatrics Department Hospital Pulau Pinang organized a two-day workshop for parents with special needs children, conducted by staff from the Penang Family Health Development Association (FHDA). It was aimed to equip parents with knowledge and skills so that they are able to handle reproductive health issues of their children with special needs.

Throughout both days, a number of activities were carried out during the event. Firstly, the Desensitisation Activity required the parents to draw creatively a smiling vagina and a penis. Next, a session on Recognising Social Behaviour involved a



'Portage Checklist' which contain a child's normal development explained to the parents. Consequently, the Skills Building in Addressing Changes During Puberty session involved a discussion on issues like masturbation, menstruation, and personal hygiene. Then, the Reinforcement / Reward System session saw parents discussing ways to deal with their children's inappropriate behaviour and to reward their children when they behave appropriately. A session on How to Notice The Mood Changes In Your Children

introduced parents to emoticons that can be used by their children who may have difficulties in verbal emotional expression. The parents were also taught tips on choosing teaching materials and different kinds of approaches to attract their children's learning interest. Many participants found this session interesting. At the last session, participants had a role play of handling children in difficult situations. This was followed by a debriefing session.

Most parents were satisfied with this workshop as the knowledge and skills taught were very beneficial and applicable in real life. Some responded that this workshop gave them the opportunity to interact and share their problems with other parents who may have concerns on preparing their developing children. In addition, some commented that the speakers presented the topics clearly and the topics were easily understood. Most hoped more similar programmes would be conducted in the future.



(from Page 1)

Dr Gan Kam Ling, the Organising Chairman, termed this as a landmark initiative, being the first ever seminar by Penang FHDA to support those who desired children to have them and organising a panel on adoption; setting up dedicated website page for online registration; using Paypal merchant ID by FHDA to collect fees; using social media for publicity; providing on-site short personal expert consultation; mobile Legal Aid Centre counter to participants; and sending the video of the talks via email. It was fully self funded through sponsors and participants.



The panel was a hit with the audience who raised many enquiries especially to the Welfare Department representative. In a nutshell, the collaboration with Gleneagles proved to be very successful.

**Infertility Seminar:
Pregnancy Pit Stop – What Your Mother
Never Told You
8 Apr 2017 at Gleneagles Penang**

The speakers were Obstetrician & Gynaecologist Dr Gan, Infectious Diseases Physician Dr Chow Ting Soo, Urologist & Surgeon Dr John Ooi Chong Chien, Child Development Psychologist Ms Sherine Ann Selvarajah, Lawyer Ms Carolyn Oh and CryoCord Chief Technical Officer Dr Then Kong Yong.



Celestica Peer Educators Training

by Joanne Tan

Penang FHDA was recently engaged by Hewlett-Packard (HP) to train 28 female staff of Celestica to be peer educators. The three-day course started from 20th February till 22nd February 2017. It was held at Sunway Hotel Seberang Jaya. The training team consisted of Ms Engie Ng Lai Kin, Ms Christine Low Bee Cheng, Madam Betty Lim, and Puan Jubaidah Nagoor. A baseline questionnaire survey found that most of the women there had inadequate knowledge or were misinformed on sexual reproductive health.



The training began with a sensitisation on the topics of sexual reproductive health. The trainers spoke at length about various topics such as sexuality, health, which affect women from the trainers. Many participants also share their group activities to talks and also activities. An end line the women gained more felt motivated to help other women in their factory.



as hygiene, marriage and relationships, sex, pregnancy, menopause, and diseases while including personal anecdotes This encouraged the participants to stories. The participants were given to break the monotony of listening for the training to be interactive. seemed to enjoy the training and its questionnaire survey found that most of knowledge through the three-day training and

The Wonders of Ageing Project, 2016-2017

The 'Wonders of Ageing' is a 6-month project which provided health screening outreach for those above 60 years old, male and female from the aged community, living at old folks' homes and senior citizens living at the surrounding areas. Two old folks' homes were identified - Silver Jubilee Home at Sg Dua, Penang Island and Rumah Sejahtera Permatang Tinggi, Seberang Perai Tengah.

Penang FHDA appreciates partners for this project, e.g. Klinik Kesihatan Sungai Dua (DTL) and Bukit Minyak (DSPT), Malaysian Nurses Association (MNA), Jawatankuasa Keselamatan dan Kesihatan Kampung (JKKK), the Pharmacy Unit of Hospital Seberang Jaya and the District Health Offices of Daerah Timur Laut and Daerah Seberang Perai Selatan.



We thank The Family Health Foundation Malaysia for co-sponsoring RM5,000.00 through the Federation of Reproductive Health Associations, Malaysia (FRHAM); and our staff and volunteers for their dedication.

On the final campaign day, we took photos of the old folks with Instagram props. Later we visited them to give away the printed photographs.



Site 1 partner Silver Jubilee Home, Sg Dua, George Town, DTL, Penang	Site 2 partner Rumah Sejahtera Permatang Tinggi, Permatang Tinggi, SPT, Penang
13 Jan (Fri), 2.30pm-4.30pm "Wonders of Ageing" SRH campaign	---
17 Feb (Fri), 2.30pm-4.30pm Urinary incontinence and socialization	18 Feb 2017 (Sat), 9.00am-1.00pm "Wonders of Ageing" SRH campaign
17 Mar (Fri), 2.30pm-4.30pm Skin ailments and SRH	18 Mar 2017 (Sat), 9.00am-1.00pm Urinary incontinence and socialization
21 Apr (Fri), 2.30pm-4.30pm "Wonders of Ageing" SRH health camp	22 Apr (Sat), 9.00am-1.00pm Skin ailments and SRH



Please find below the links for more photographs.
<https://www.facebook.com/FRHAMOFFICIAL/posts/1109366632507359>
https://www.facebook.com/pg/FRHAMOFFICIAL/photos/?tab=album&album_id=1108158905961465



RR Cake @ Aromas Café (29 Nov - 4 Dec)



RR Games and exhibition @ Factories JPE & P1, Penang (30 Nov—1 Dec)

RR Exhibition @ Dewan LPPKN, Kepala Batas (1 Dec)



RR party with Community AIDS Service Penang @ Bukit Mertajam (10 Dec)



RR Exhibition @ Tapak Pesta Sungai Nibong (16 Dec)

RR Zumba @ Clinic D' Me & U, Kampung Kolam (17 Dec)



Penang FHDA – Participating in World AIDS Day 2016 Events (Red Ribbon, RR)

Beyond The Horizon: Sex and Sexuality

by Camy Chin and the Disted MPU3412 Team

A few days before the car wash event, students were informed that online pre-booking for car wash could be done via Google Form. Sponge, buckets, car wash shampoo, cloths, and trolleys were prepared before the day of the car wash. During the 11th - 13th October 2016, the group members were divided into four teams, three teams with four student volunteers each handled the car wash while one handled the booth. Each car wash teams were assigned to a specific area for car washing. The booth was located at the Disted Cafeteria as the centre of attraction for customers. Payments of RM5 per car were done at the booth and a car tag was given to the customers to be placed on the car's dashboard for easy spotting. 96 cars were washed within the three days. Three generous customers donated the car wash money as we were unable to wash their cars within the scheduled time, due to the heavy rain that caused a delay in our schedule. Despite the bad weather, the team collected RM495.00 from this event.



On the 18th and 21st October, a food fair was held at the Disted Cafeteria. The menu for the food fair had four sections: namely appetizers (RM5 per serving), main course (RM10 each), dessert (RM3 each), and drinks (RM2 for one cup). Customers might also choose to purchase a set lunch which consisted of one item from each of the four sections at RM15, with an option for an add-on drink of their choice at an additional RM1. All food were cooked and prepared by the group members with the help of their family members. A 'Face & Hand Painting' booth was set up



beside the food fair booth. A variety of simple (priced at RM2), intermediate and custom designs (priced at RM4 respectively) to be painted could be chosen. On 21st October, a booth for the Penang Family Health Development Association (FHDA)



was also set up. Food fair customers were encouraged to explore the FHDA booth as they passed by. Some customers at the 'Face & Hand Painting' booth were given a few pamphlets to read while they were waiting for their paintings to be done. Furthermore, a donation box was displayed at the food fair booth. A net profit of

RM1521.00 was collected at the end of this event. We were happy to have done our bit for the underserved.

FHDA was invited by Disted College to conduct a seminar entitled "Beyond the

Horizon: Sex and Sexuality" on 19th November 2016. The purpose was to raise awareness regarding the LGBT community and practice of safe sex. A total of 20 participants attended the seminar. Before the start of the seminar, small pieces of paper were distributed to the participants. They were asked to write down their expectations and what they think they would learn from the talk. Activities on the topic of sex, sexuality, and gender were conducted. There was a demonstration on the proper way to put on a condom, followed by sharing sessions by case workers on their work with MSM and transgender persons. During the break, light refreshments were served. The seminar ended with a closing speech and presentation of tokens of appreciation to the speakers, together with a donation of RM2016.00 to FHDA. The highlight was the talk given by FHDA member and the president of MAC Mr Bakhtiar Talhah.

I was selected as a representative from Penang FHDA to participate in the **FRHAM Youth Camp 2016** held throughout three days from 16th **September 2016 to 18th September 2016** in the **Permai Rainforest Resort**, a resort reachable from the Kuching city centre by bus within 2-3 hours. The motto of this camp is “Engage. Inspired. Energise.” and I would say that this camp has lived up to its motto.

Firstly, participants in the camp came from a very diverse background, in terms of location of residence, ethnicity, religion, age and other aspects. Many of the participants were local secondary school students, in which some of them were months away from their PT3 examination. However, a move by the organisers to temporarily confiscate our electronic gadgets has encouraged most of us to communicate with each other face-to-face. I was able to enjoy conversations with participants from other places, especially Sarawakians, as we get to understand and appreciate the culture and practices of our respective societies, and share views on a wide range of topics.

Secondly, I have learnt a lot on contraceptive methods, teenage pregnancy and HIV/AIDS. The knowledge was firstly shared amongst group members via brainstorming, before more information was added by the facilitators. Although I had some knowledge on the topics above prior to the camp, I have also been able to verify some unclear information I had and also obtain new information that was interesting. Therefore, with this information, I hope that I will be able to answer some of my peers’ queries regarding sexual and reproductive health. In addition, I was also motivated to seek for more information regarding the said topics to understand sexual and reproductive health in further detail.

Thirdly, as a leadership camp, it has given me the confidence to actually lead a team and also

able to become an effective follower. My group members were wonderful, as they kept providing helpful suggestions and heartening encouragement to each other to not give up easily and be fully committed towards the team. Some participants who are from different groups also attempted to motivate others to persevere under strenuous conditions and challenging situations. Despite the draining of physical energy due to the lengthy travelling across the South China Sea and the packed schedule of the camp, the spirit and concentration of most campers remained high throughout the duration of the camp.

In case you were wondering the rationale of article’s title, it is because we were also stripped off any devices that showed the current time, including wrist watches and alarm clocks. We had no idea of the current time throughout the camp except by looking at the sun’s position in the sky or by asking others. It was challenging to navigate through the activities without those devices, therefore leading most of us to gather for the activities earlier than stipulated. I remembered there was once when nearly all of us were already outside of the activity room, ‘patiently’ waiting for the facilitators to unlock the door to the room. It was amusing to note that most facilitators were in the midst of having dinner then.

In conclusion, I have benefited a lot from the camp. In my opinion, it is important for young people to acquire knowledge via proper, legitimate channels, especially when it comes to issues in sexual and reproductive health. Young people should also be able to voice out for and assist others who are in doubt regarding sexual and reproductive health, which may be a sensitive topic amongst locals. The perceived need to maintain secrecy regarding the topic has not been helpful for the population. It is time for an extensive and constructive discussion on sexual and reproductive health amongst younger Malaysians. With more open discussions, it is hoped that young people will be better equipped to make informed choices.



CONTACT US

Hon. Secretary
info@fhdapenang.org

*We look forward to your feedback
and suggestions.*

Like us on  - [penangfhda](https://www.facebook.com/penangfhda)

Website:
www.fhdapenang.org

KAMPUNG KOLAM FAMILY PLANNING



FHDA PREMISES

TUNKU ISMAIL JAWA CENTRE / FHDA office

333 JALAN PERAK,
11600 PENANG
Tel : 04-281 3144
Fax : 04-281 9380
Open : Tue – Sat :
8.30a.m. –7.00p.m.
Closed : Sun, Mon & Public
Holidays

Community based HIV testing
First and third Friday of each
month : 7.30p.m. – 9.30p.m.

FHDA CLINIC D'Me & U

16 / 18 KAMPUNG KOLAM,
10200 PENANG
Tel / Fax : 04-262 2225
Tel: 04-251 9654
Open : Tue : 8.30a.m.—7.00p.m.
Closed : Sun, Mon & Public
Holidays

Doctor's Session :

Wed : 9.30a.m.—12.00 noon
Thu : 9.30a.m.—12.00 noon
Fri : 9.30a.m.—12.00 noon
Sat : 10.00a.m.—12.30 noon

Blood Screening :

First & third Saturday of
each month :
8.30a.m—10.00a.m.

B.M. FHDA

18F JALAN PEGAWAI,
10400 BUKIT MERTAJAM
Tel/Fax : 04-5391191
Open : Tue – Sat
8.30a.m. –7.00p.m.
Closed : Sun, Mon & Public
Holidays

OUR SERVICES

- ULTRASOUND SCANING
- PAP SMEAR EXAMINATION
- PELVIC EXAMINATION
- BREAST EXAMINATION
- URINE PREGNANCY TEST (UPT)
- ANTENATAL
- INFERTILITY COUNSELLING, TESTING & TREATMENT
- FAMILY PLANNING & CONTRACEPTION
- DIABETES SCREENING
- BLOOD PRESSURE
- HORMONE REPLACEMENT THERAPY (HRT)
- HEPATITIS B VACCINATION
- HPV VACCINATION (CERVICAL CANCER)
- HEPATITIS A VACCINATION
- INFLUENZA VACCINATION
- GENERAL BLOOD TEST SCREENING
- CANCER MARKERS (on request)
- SEXUALLY TRANSMITTED INFECTION
- RAPID TEST FOR HIV
- URINE ANALYSIS



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family planning-D'Me & u

FHDA Membership

A friendly reminder to pay up your FHDA membership fee. It is only **RM10.00 renewal per year** or **RM100.00 for life membership**. Please contact Hon Secretary if your personal contact information changed or if you would like updates on volunteer opportunities / events.

Acknowledgment

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