

BCARE

Bethesda
CARE
溢恩社会服务

BETHESDA COMMUNITY AND RELATIONSHIP ENRICHMENT CENTRE

A bi-annual newsletter • July 2017



Celebrating BCARE'S 20TH Anniversary

**Bethesda CARE
celebrated its 20th
Anniversary on
1 December 2016 with
a thanksgiving dinner
at Peach Garden
Restaurant.**



The 190 guests who attended were mainly our volunteers and sponsors. We walked down memory lane with a video montage of our past events and watched the testimony videos featuring our clients and volunteers.

It was a wonderful night when all enjoyed a sumptuous meal, a fun program, great laughs and good company.

We are indeed glad that we could serve the community through our various programs and services, and we are thankful that we have made a difference in the lives of many people. All these would not have been possible without the cherished partnership of our generous donors and kind volunteers. We look forward to many more fruitful years ahead.

CHILDREN, YOUTH & FAMILY



KIDZ KLUB

Mar 16: Outing to Alive Museum, Suntec City

Exposure to art can help the young ones appreciate the beauty around them and enable them to express their feelings and emotions in a healthy, creative manner.

During the March school holidays, our staff and volunteers brought 20 children to the Alive Museum at Suntec City. The children were amazed by the beautiful works of art. They had fun taking photograph and trying to pose creatively to blend into the artistic 3D illusion backdrops. Witnessing the smiles on their faces brought much joy to our hearts.

When it was time to leave, many of the children were reluctant to. It was truly a great experience for them as most of these children come from low-income families and would not have had such an experience before.



EAGLES YOUTH

Feb 11: Chinese New Year Steamboat Reunion

Eagles Youth celebrated the 14th Day of Chinese New Year with a simple bonding session over Yu Sheng and steamboat.

To make this event more meaningful, the youth were tasked to run the whole event with guidance from the staff in-charge. They had to, firstly, learn about budgeting. We brought them to both the wet market and supermarket so that they could compare prices and make wiser decisions on buying. They were also taught nutritional values so that they could choose healthier ingredients for the steamboat. Next, they learnt about food preparation like washing, cutting and marinating.

The youth enjoyed themselves tremendously as they not only got to enjoy a sumptuous meal, but they also gained much knowledge on food purchase and steamboat preparation. Moreover, for most of them, it was the most lively reunion meal they ever had so far.

FAMFUN

Milk Programme Pilot phase from Mar to Aug 2017

Providing milk, which is essential to the growth and development of a child, can be of a concern to low-income families with young children. Recently, with funding support from Lee Foundation, BCARE has piloted a Milk Powder Assistance Programme meant for low-income families with young children. Through the programme, families that are facing financial difficulty and need help to meet the nutrition needs of their young children are given free milk powder.

We work with the Social Service Office (Sengkang) and Sengkang Family Service Centre who helped us identify eligible families staying in a rental block in Sengkang for the programme. To date, 16 children have benefitted from this programme and we are still interviewing other families in the block.

We look forward to receiving more funding support so that we may continue to reach out to these families to offer timely assistance to them.

ELDERLY

SENIOR CONNECT at BLK 603

Feb 11: Valentine's Day celebration

Love is in the air, but the way 75 seniors celebrated Valentine's Day on 11 Feb 2017 was extraordinary.

Every senior performed an act of love by writing encouraging words on a colorful heart-shaped piece of paper for their family members. For some, it was their first time penning their thoughts out of their heart for their family members. Tears welled up in some of the senior's eyes as they wrote unreservedly. The seniors also chose to forgive anyone who has offended them. Some of the seniors have asked for more heart-shaped papers so that they could bring them back and write to those they love. What a meaningful way to celebrate Valentine's Day!



Many elderly people, including those with physical disabilities live alone in Singapore without any regular domestic help.

As such, they live in an unclean home environment cluttered with all sorts of items, including old unusable things and expired foodstuff, giving rise to safety and health issues. On 23 Mar 2017, 40 volunteers from Yuying Secondary School together with 3 of our staff visited 5 elderly's homes to help clean up their flats. We also sang songs and did art and craft with them. These elderly people were very happy. It was a fulfilling and meaningful day for the volunteers.

ELDERCARE BEFRIENDERS

23 Mar 17: Volunteering with Joy



**SPECIAL
NEEDS**

FAME CLUB at BLK 574 • Apr 17: Outing to Ion Orchard

For many of us, going to Orchard Road is just another ordinary trip. For our FAME Club members, the visit to Ion Orchard was an eye-opening event.

The last time most of them visited Orchard Road was at least 10 years ago and they were surprised to see how the place has changed over the years. Besides being captivated by the impressive exterior of the building, they were also fascinated by the unique design of the individual shops in the mall. After exploring the various shops and restaurants in Ion, they were brought on a tour of the Japanese supermarket in Isetan Scotts. The members were thrilled to see the variety and the aesthetically presented products sold as they found them so different from those found in their neighbourhood supermarket. We ended the trip on a joyous mood with a lunch at the Isetan food court.

HOW CAN YOU HELP US ?

You can give a one-time or monthly donation that would allow us to make our services affordable and accessible to those who need them. You can also join us as a volunteer to work alongside us.

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