



## Bringing **CHEER** in this joyous **SEASON**

### THOSE WERE THE DAYS

Nov 19: Pinetree RC @ Sengkang South

Bethesda CARE was invited to participate in the event "Those Were the Days" organised by Pinetree Resident's Committee to welcome their new residents.

Our group of 17 participants put up an entertaining Line Dance performance for the 50 over residents who were present. The event ended on a high note with the line dancers leading the enthusiastic crowd in a fun time of singing, dancing and reminiscing the good old times.



### CHRISTMAS LOVE

Dec 09: AMK – Hougang Zone 6 RC @ Hougang 1

Upon invitation by the Resident's Committee, our Royal Rangers participated in the 'Christmas Love' event.

It was a bustling scene at Hougang 1 Mall on 9 December. 7 commanders from Outpost 22, all volunteers, ran two game stalls. The games were a hit with both the children and adults as many queued up several times in their attempt to break their previous record. Adding on to the yuletide cheer, 7 rangers, ranging from 5 to 11 years old, performed Christmas carols for the crowd, building up the festive mood among all present.



### THE GIFT OF LOVE CHRISTMAS VILLAGE

Dec 17: Hougang Mall

It's the season for rejoicing as we witnessed the smiles on the faces of the children when they received their gifts and sang along to the Christmas carols.

With sponsorship from DNA Life Pte Ltd, BCARE was invited to identify 15 of our existing clients who come from low-income families to participate in this event. The children were brought to Hougang Mall whereby they were able to select \$80 worth of gifts sold in the Christmas Village. Some children were fast in their choices as they zoomed through the various booths in excitement. Others lingered longer, indecisive of what they should pick as all the snacks, toys and stationery, etc. seemed good to have. Finally, with the shopping all done, they stayed to enjoy the carolling and story-telling put up by various performers. To them, this is truly the most wonderful time of the year.



# CHILDREN, YOUTH & FAMILY



## KIDZ KLUB & EAGLES YOUTH

Jul 20: Creative Art Exposure Exhibition

**In the months of May and June, our children and youth from KK and EY attended art sessions conducted by artists under the People's Association ARTs initiative.**

This collaboration with PA Kovan allowed our children and youth to be exposed to clay art, whereby they could use their creativity to mould the clay into any item of their choice. They also attended a workshop on designing gloves to create special effects. The children and youth enjoyed the lessons tremendously as they witnessed their own creativity being unearthed. Their eyes lit up with a sense of satisfaction and pride as they saw their art pieces being displayed during the Art Exhibition in Hougang Central organised by the People's Association. To many of them, this is perhaps the first time they have been affirmed for any accomplishment.



## FAMFUN OUTING

Nov 25: Outing to Central Fire Station and Civil Defence (CD) Heritage Gallery

**As part of our effort to support the government's initiatives in raising awareness of emergency preparedness in Singapore, BCARE co-organised an outing with Rivervale Arc RC to bring families on an educational journey to the Central Fire Station and the CD Heritage Gallery.**

8 families consisting of 12 adults and 15 children had great fun learning about basic first aid and the different types of vehicles at the fire station. They also got to watch the firefighters demonstrate how to put out a fire. They were also excited to hear the history of Civil Defence in Singapore and how we can all play a part in the event of a real emergency. It was truly a meaningful learning journey for the children and adults alike.



## TUITION PROGRAMME

Dec 23: Year-end Party

**To end off the year on a good note for the students who have worked hard for their studies, a Christmas party was organized for our tuition beneficiaries and their families.**

Besides enjoying the fun games and yummy food, the event also allowed interaction between the students and their parents as they came together to build a snowman using socks and other materials given to them. It was indeed a heart-warming sight to behold as we witnessed the bonding that took place as parent and child exchanged ideas and encouraged each other to complete their craft. Everyone went home feeling satisfied with their achievement and the laughter that they had enjoyed during the whole process.



# ELDERLY



## SENIOR CONNECT at BLK 574

Aug 12: 10th Anniversary Celebration

Senior Connect @574 celebrated its 10th anniversary on 12 August. The excitement of the members can be seen through their active participation and generous contribution.

Some prepared food from home and others planned the activities and performances for the event. Many of these members have joined the programme for many years. They shared on how this programme has benefitted and impacted their life. To many, it is no longer a social gathering on a Saturday morning, but a platform that has contributed to many precious friendship and support formed through the years.



## BCARE SENIOR HOMECARE

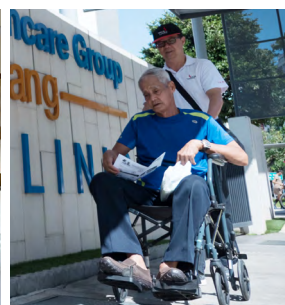
Nov 1: Island-wide

To extend support to the ageing population in Singapore, BCARE launched a new service in providing affordable homecare services to the seniors who need help in their daily activities.

### Services include:

Personal Care (Bathing, Dressing & Grooming);  
Light Housekeeping (Meal preparation, Linen change, Laundry & Ironing);  
Companionship Care & Escort for Medical Appointments.

We believe that a little help can go a long way to make a difference in improving the lives of these precious seniors and their loved ones.







## FAME CLUB @242 • Nov 22: Chinese Brush Painting

To help FAME Club members in their psychomotor skills, we specially arranged for them to attend Chinese Brush Painting Lessons.

They were taught the different brush techniques and strokes involved and the different types of brushes used. In addition, they were also guided on how to control their hand movements so as not to exert unnecessary pressure on the thin rice papers that they drew on. Concentration skill, something which most of them lack due to their mental conditions, was also emphasised during the lessons.

Many of the members were interested to learn more after the 6 sessions. They find it very therapeutic when they were able to relax themselves and express their emotions through each stroke drawn. To many, it was an accomplishment as they admired their own masterpiece after each lesson.

**MENTAL  
HEALTH**

# 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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