

BCARE

BETHESDA COMMUNITY ASSISTANCE & RELATIONSHIP ENRICHMENT CENTRE



A bi-annual newsletter | January 2019

Bethesda CARE Centre was honoured to be one of the Voluntary Welfare Organisations (VWOs) invited to support this project by Tai Peng Neighbourhood Committee this year. This annual event that was held in Kovan Hub helped raise funds and awareness for the less privileged and disadvantaged families in Paya Lebar.

Members from our Friendship And Mind Enrichment (FAME) Club started the day from as early as 7.30am to help our staff set up the display booth. Items for sale include knick knacks, clothes and toys that were donated. The two main attraction though, were the beautiful handmade accessories and delectable cookies freshly baked with love by the FAME Club members. They eagerly greeted and interacted with the community who came to the booth, introducing the items on sale with great joy and pride. Added to their excitement was the opportunity to meet the host, Mr Alex Yeo, Advisor to Aljunied GRC Grassroots Organisation.

We raised about \$400 from the sale, with almost all the items being snapped up. The experience in itself though, is invaluable. Having benefitted from their participation in FAME Club, it is indeed heartening to see these members contributing towards a worthy cause and be in a position to pay it forward in our community.

PROJECT SUNSHINE: 3G CARNIVAL FAME CLUB 242 & 574 PAY IT FORWARD 04 NOV 2018 (SUN)

FAME Club

is a day-activity centre for individuals coping with mental health issues. Our vision is to be a centre where members find hope, enjoy interaction, learn work skills, gain confidence and feel empowered to contribute to society.





FAMFUN & ROYAL RANGERS

FAMILY BONDING THROUGH PHOTOGRAPHY @SAC

4 AUG 2018 (SAT)

With the intent to extend our service to Sengkang area, FamFun & Royal Rangers came together to run a parent-child photography bonding session for families staying around our Senior Activity Centre.

9 children and 9 adults from 7 families attended the photography workshop whereby they were taught the basic skills of photo-taking and photo-editing. In addition, the facilitator also shared some simple yet powerful photography techniques using mobile phones.

A photo-taking competition was held at the end of the programme to encourage the parents and children to put into practice all that they have learnt. It was a heart-warming sight to behold as parents and children walked the estate together, discovering and capturing the beautiful views with their phones. Photographs help capture memorable moments. We hope that this parent-child bonding workshop will also add on to the many wonderful memories for the children in their growing up journey.



CHILDREN & YOUTH DROP-IN CENTRE

CHILDREN AGED 7 TO 12
(TUE & WED @ 2.30PM TO 5.30PM)
YOUTH AGED 13 TO 20
(THU & FRI @ 3.00PM TO 6.00PM)

Rather than having the children and youth loitering at void decks or in shopping malls after school, the Centre aims to provide them with a safe and conducive environment to hang out in instead. The students can choose from a variety of activities like board games, Wii games, karaoke, etc. Those who want to do their homework or



revision can also do so here. In addition, there will be special activities planned on a regular basis to promote healthy living and good character values. In August, we brought the youth to Sentosa for a game of volleyball and to build sandcastles. Team building spirit was emphasised through these 2 activities during the debrief session.

Our staff at the Centre is always ready to provide a listening ear to these young ones. We hope to mentor them during this delicate phase of their life as they journey towards their future of being a responsible adult.

BCARE COFFEE CORNER @ SAC



BCARE Coffee Corner ran its first program for seniors living in Compassvale Cape on 5 May 2018. Its aim is to help seniors grow in the community through participation of socio-recreational activities and life-long learning. About 50 seniors come every Saturday morning to participate in the various activities such as Line Dance, Karaoke, Basic Conversational English Class, Mind-Teasers and Table Games.

SPECIAL ACTIVITIES THAT WERE ORGANISED IN 2018:

- In June, our seniors visited National Gallery Singapore to appreciate the wide collection of Singapore and South East Asian art pieces as well as the beautifully restored City Hall and former Supreme Court.
- In August, our seniors were treated to lunch at Dignity Kitchen and also had hands-on experience in hydrotherapy. In the same month, we conducted a talk on Financial Planning.
- In September, our seniors went on an excursion to the Fire Flies Organic Farm to learn more about organic farming and healthy eating. Following that, they went to the Woodlands Wholesale Market and were delighted to fill up their shopping baskets with many merchandise purchased at cheaper prices.
- In October, 30 participants including 5 who are wheelchair bound were invited to a sumptuous lunch at Harmonies in Sync at Kranji Gallop Resort, courtesy of North-East CDC.
- In November, 47 participants attended a talk on Making of Will & Lasting Power of Attorney by a law professor. Again, in the same month, 42 participants went on a one-day Kulai Hakka Village Tour. This turned out to be a very relaxing and enjoyable overseas outing for all who went.

"We have 4 young children who are all on formula milk. It is a major expense for us. My wife is unable to work, as she has to take care of the 4 kids at home. With a single income from driving a taxi, we were constantly short of money. When BCARE started assisting us with milk powder for the children in May this year, it was a godsend.



In addition, when I had my taxi contract terminated due to arrears in rental, BCARE also helped us with NTUC vouchers to tide us over the difficult period. The Social Worker, Ms Tay's timely follow-up always has an uplifting effect on our family. We are most grateful for the support given by BCARE.

FINANCIAL ASSISTANCE: MILK POWDER ASSISTANCE PROGRAMME

Started officially in March this year, our Milk Powder Assistance Programme is catered to provide milk powder to children aged 1 to 12 years old from low-income families. It has supported 22 children thus far.

**TESTIMONY BY CLIENT
-MR CHUA**

关怀之心 *Hearts that care*
分享之手 *Hands that share*

YOU CAN MAKE A DIFFERENCE

- ☐ ONE TIME DONATION
- ☐ MONTHLY DONATION

PAYMENT MODES:

Cheque: Please make crossed cheque payable to "Bethesda CARE Centre"

Electronic Transfer:

OCBC Bank A/C No: 629042045001

*Donations are tax deductible

For more info: <http://www.bcare.org.sg/donate/>

- ☐ VOLUNTEER

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