

BCARE

BETHESDA COMMUNITY ASSISTANCE & RELATIONSHIP ENRICHMENT CENTRE



A bi-annual newsletter | July 2019



Mr Desmond Choo, Mayor of North East District, officiating at the ribbon-cutting ceremony together with President of BCARE, Mr Lawrence Chua.

BCARE SENIOR ACTIVITY CENTRE (SAC) OFFICIAL OPENING & COMMUNITY FAMILY DAY

COMPASSVALE CAPE,
SENGKANG
9 MARCH 2019

On 9 March, BCARE Senior Activity Centre (SAC) marked its official opening with a celebration participated by the community.

It was such a joy and privilege to have the Guest of Honour, Mr Desmond Choo (Mayor of North East District), grace the occasion and officiate the ribbon-cutting ceremony.

He arrived to a warm welcome by a large group of community people who had eagerly awaited his arrival. All were thrilled to be able to meet and greet him in person. It was a bustling scene with free popcorn, candy floss, kacang puteh, etc. and the flea market stalls run by the seniors who attend the SAC.

In his speech, Mr Desmond Choo reminded all present that the SAC is just a physical building but it has the people who would make a difference. He was heartened to see how much the seniors have achieved since the SAC commenced its operation on 2 April 2018. He noted that the relationship built is something that would usually take years to achieve. He hoped that the seniors would go beyond the Centre, taking whatever knowledge and skills learnt here and the energy they had picked up, to different parts of Sengkang so that others may experience the same transformation and benefit. He added that there would be power of transformation when a community comes together, citing Bethesda CARE's tagline 'Hearts that CARE...Hands that SHARE.' He also commended the youths involved in the event and added that there is beauty in working with people of different generations and races.

Indeed we look forward to extend the values of caring and sharing as we reach the community beyond our SAC doors.



Mr Desmond Choo engaging the seniors at the SAC & Flea Market Stall



Families having fun at the Games Booth

CHILDREN, YOUTH & FAMILY

Bethesda CARE Centre (BCARE) collaborated with the Rivervale Arc RC to organize a family bonding outing for the residents of Rivervale Crescent. Staff and volunteers from BCARE and the RC brought 8 families consisting of 14 children and 10 adults to the Dairy Farm Nature Park and Singapore Quarry for a family fun day outdoors.

One of the key places that we stopped at was the Wallace Education Centre, where the children embarked on a learning journey to find out more about the flora and fauna in the Nature Park. The parents helped their children to complete the educational worksheets created by NParks that piqued their interest in nature.

After viewing the exhibits at the Education Centre, they embarked on a 1.1km hike to the Singapore Quarry. The children stopped several times along the way whenever they spotted dragonflies, colourful birds or monkeys. At the Quarry, the families had a picnic break, and spent valuable family time taking photos and enjoying the breath-taking scene, before hiking another 1.1km out of the Quarry.

It was heartwarming to see the parents encouraging their children to persevere and finish the hike. It was indeed a fun and meaningful day out for the families!

FAMFUN OUTING

DAIRY FARM NATURE PARK & SINGAPORE QUARRY 23 MARCH

FUN FACT

*The Dairy Farm had 24 imported Friesian cows from Holland and Australia in the 1930s, to meet the need of high quality fresh milk in Singapore. Since its closure, only life-sized statues of the cows can be sighted there.
Can you spot the cow?*



Exhibits at Wallace Educational Centre



The group posing at the Singapore Quarry

Hike to the Singapore Quarry

TESTIMONY BY ELDERCARE BEFRIENDER

ELDERCARE BEFRIENDERS

Lonely and isolated seniors often need a listening ear and caring touch. Our joyful Eldercare Befrienders visit them regularly to provide companionship. In a matter of time, a bond of friendship is cultivated, bringing sunshine into the lives of these seniors.



DORITA HO
Eldercare Befriender since 2015

Why did you become a befriender?

As an Occupational Therapist, I have come across many lonely and isolated elderly people who have benefited from such a service. The compassion for the elderly people draws me to befriend them in such a manner.

Share an interesting/memorable encounter as a befriender.

I had the opportunity to accompany one of the elderly whom I was regularly visiting on a monthly basis, to the Hougang swimming pool for some "water walking" as a relief for her knee pains. It was heart-warming to see her really want to be more active and she was brave enough to try the exercise after being "housebound" for a couple of months.

What is your hope for the future of the elderly in Singapore?

I hope that they will be able to lead healthy and active lives and contribute to society in ways they wish to as long as they are able to. It would be great if society could recognize the abilities rather than disabilities of the elderly and give them the opportunity to contribute in some ways, no matter how small, so that they can feel enabled, treasured and useful.

Would you encourage others to become a befriender, if yes.....why/how?

I would like to encourage more people to step out to become a befriender to the elderly people. The friendship an elderly can offer you is different from that you have with your peers. It is humbling to gain the trust and friendship of these people who have lived through a full life and have much wisdom to offer. Being a befriender also offers one the opportunity to be a blessing to others.

BCARE is one of the Preschool Outreach (PSO) Programme service providers appointed by the Early Childhood Development Agency (ECDA) in 2018. This programme aims to reduce the percentage of children from low-income families entering Primary One without any form of pre-school education. The PSO programme raises awareness of the value of pre-school education. It also assists families who need to enrol their children into pre-school and help the children keep regular attendance.

As we interact with these families, we realise that we are able to provide them with other services and support in order to meet their needs and help to improve their quality of life. Mdm Z who has 3 children of pre-school age is one such recipient. While helping her with the enrolment of her child into school, we discovered that the family required some financial assistance. Her family was placed on our Milk Powder Assistance Programme that enables her 3 children to receive a monthly supply of milk powder.

PRESCHOOL OUTREACH (PSO) PROGRAMME

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/>

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

BE A VOLUNTEER!

For more information:

<https://www.bcare.org.sg/volunteer/volunteer/>