

BCARE

BETHESDA COMMUNITY ASSISTANCE & RELATIONSHIP ENRICHMENT CENTRE

A bi-annual newsletter | January 2020

Bethesda
CARE
溢恩社会服务



FAME (Friendship And Mind Enrichment) Club, a programme by Bethesda CARE Centre that is specially catered for persons coping with mental health issues. It is process-based which aims to equip and empower these individuals to regain confidence in themselves & others. In this process, they rediscover their self-esteem, abilities & passion so that they can once again be integrated back to the community and make useful contributions to society.

TESTIMONIES

FAME Club celebrated her 10th Anniversary on 28 September 2019. The event was graced by Mr Alex Yeo, adviser to Aljunied GRC Grassroots Organisation (Paya Lebar). Amongst the almost 200 guests who attended, were the clients and their family members, volunteers and more than 30 community partners. Together, we recollected how everyone present was instrumental in the making of the FAME Club that we see today. It was a fun filled time as we participated in the various activities and games that were planned and rounded it all off with a sumptuous buffet spread.

*We look forward to many
more years of Transforming Lives
and Bridging Gaps!*

First of all congratulations on your 10th anniversary on behalf of the OCTAVE OT team! It has been great working with the team in FAME Club. We have a collaboration that goes a long way back and we surely have seen FAME club develop as a great community service that serves individuals with psychiatric conditions. Thank you very much for being ever so ready, inclusive and patient with our referrals. Let's look forward for more golden years working together!

Jayson Sudhason K,
Lead Occupational Therapist
Institute of Mental Health

We are so blessed to have found FAME Club that has all the things that the doctor has advised – routine, exercise & activities that our daughter likes. She enjoys attending FAME Club and the staff has been fantastic with all of them.

Caregiver



Speech by
Guest of Honour
MR ALEX YEO
Adviser
Aljunied GRC GEO
(Paya Lebar)



TUITION PROGRAMME

The Tuition Programme began in 2015 with the aim to provide academic assistance to students from low income families living in the Hougang, Sengkang and Punggol areas.

The students are taught and assessed based on the latest MOE syllabus so that they are able to catch up with their school curriculum. They are guided by a passionate group of volunteer tutors whose main goal is to see the students succeed. Class sizes are intentionally kept small for the benefit of the students who receive personalized attention from the tutors according to their needs.

A total of five P6 students successfully completed their PSLE examination last year and all of them were promoted to Secondary 1. It is a testament of the effort put in by the students to improve their grades and it has brought much joy and reward to the dedicated team of tutors who have volunteered their time and expertise.



Students receiving personalized coaching from their tutor.

TESTIMONIES

Ever since Natasha joined the Tuition Programme, she has been looking forward to Tuesdays to meet Ms Amelia, her tutor. Ms Amelia had been a great help to Natasha in her school work. Natasha improved in her academic results because of the patience and kindness shown by Ms Amelia. I felt assured and grateful to have Ms Amelia guide Natasha in her studies. Thank you, Bethesda CARE Centre for providing this service.

Natasha's mother (P4 student)

ELIGIBILITY CRITERIA:

Household income < \$2500

Per capita income < \$800

SUBJECTS OFFERED:

English and Mathematics

Level: P1 – P6

PARENTING WORKSHOP

Building Strong Parent-Child Relationship

Ms Jean Chua (Retired School Principal)

17 August 2019

This Workshop was held at JOY Connection Student Care Centre. A concurrent children's programme was conducted by BCARE volunteers to keep the children occupied meaningfully while their parents enjoyed the workshop uninterrupted. The 21 adults and 13 children who attended were from the Student Care Centre & also members of the public.

Participants received many nuggets of wisdom and practical tips from our experienced speaker. The breakout session was also well liked by the participants as they got to share with each other their struggles as well as success stories.



BCARE Volunteers sharing their parenting experiences with the participants

Concurrent Children's Programme in session



Volunteers

are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain love for one another.

Erma Brombeck

Having the faithful support of our volunteers is one of the reasons why Bethesda CARE Centre has come thus far. Coming from all walks of life and backgrounds, these volunteers are our extended hands and feet that help to bring love and care to the community. They include individuals, students and staff from secondary schools and tertiary institutions, as well as corporate companies. A helping hand outstretched, a warm smile or even just a listening ear has made a difference in the lives of our beneficiaries.

TESTIMONIES

During my volunteering stint, I had the opportunity to work closely with some FAME Club members, guiding them in some essential skills like food preparation, cooking and cleaning. I even helped them in some simple gardening work! I realised that most of these are important skills that would help them in their recovery and being able to take better care of themselves. There was a sense of achievement in both the members and in myself when we could accomplish those tasks. I enjoyed myself thoroughly and would definitely love to return to volunteer at the programme again.

~Fiona Teh, Student Volunteer (MDIS)

**You can make
a difference!**



TUTOR	English & Mathematics Pri 1 - Pri 6
COUNSELLORS	Provide professional counselling
PROGRAMME FACILITATORS	Children/Seniors/Mental Health programmes
ELDERCARE BEFRIENDERS	Regular visits to housebound elderly



All excited to spend an evening at Christmas Wonderland at Gardens by the Bay

BCARE SENIOR ACTIVITY CENTRE

Compassvale Cape, Sengkang

This serves as a drop-in centre, providing a warm environment for seniors to gather and interact with their peers. The facilitated socio-recreational programmes and activities is focused on the physical, mental and social well-being of the seniors. It aims to help the seniors improve their quality of life, remain integrated in society and stave off social isolation.

YOU CAN MAKE A DIFFERENCE TOO!!

Come partner with us as we continue to reach out to those in need.....

Bethesda CARE Centre depends on support from well-wishers to fund our programmes and services. Every bit counts. The changed lives of individuals are a testimony of how every contribution, big or small goes a long way in touching lives and impacting individuals.

One example is how one corporate donor has enabled us to love and care for the seniors in our midst....

Their generous donation has reached the seniors living in Compassvale Cape who are the beneficiaries. They have benefitted through the various programmes that were conducted for them in 2019 by BCARE Senior Activity Centre (SAC). Their contribution has brought such joy and life into the lives of these seniors who look forward to participate in the programmes as they socialize and learn new skills while keeping an active body and mind. We appreciate their kind support to a generation that has built the nation.

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

Bethesda CARE is an approved IPC (Institutions of a Public Charter), your donations are tax deductible. DONATE before 31 March 2020 and the Bicentennial Community Fund (BCF) will offer a dollar-for-dollar matching.

DONATIONS CAN BE MADE IN THE FOLLOWING WAYS:

CHEQUE Please make crossed cheque payable to "Bethesda CARE Centre"	BANK TRANSFER OCBC Bank A/C No: 629042045001	PAYNOW UEN S96SS0198KD01	giving.sg the city of good Online Donation
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