

**BETHESDA COMMUNITY ASSISTANCE & RELATIONSHIP ENRICHMENT CENTRE  
(BETHESDA CARE CENTRE)**

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**ANNUAL REPORT FOR THE PERIOD FROM 1<sup>ST</sup> APR 2016 – 31<sup>ST</sup> MAR 2017**

**ABOUT US**

Bethesda Community Assistance and Relationship Enrichment Centre is a Voluntary Welfare Organisation formed with the purpose to express care for the Hougang community through social service and welfare assistance.

<b>Unique Entity Number (UEN):</b>	S96SS0198K
<b>ROS Registration Date:</b>	6 Dec 1996
<b>ROS Registration Number:</b>	248/1996 WEL
<b>Charity Registration Date:</b>	17 May 2002
<b>Charity Registration Number:</b>	01564
<b>Institute of Public Character Number:</b>	IPC000574
<b>Validity:</b>	01 Mar 2016 to 28 Feb 2018
<b>Member of National Council of Social Services:</b>	Registration Date: 12 March 2002 Registration No: V00027
<b>Registered Address:</b>	Blk 247 Hougang Avenue 3 #01-462, Singapore 530247
<b>Mailing Address:</b>	Blk 242 Hougang Street 22 #01-93, Singapore 530242
<b>Bank:</b>	OCBC Bank, Hougang Branch
<b>Auditor:</b>	C.N. Tiew & Co

**OUR MISSION**

To serve the community with commitment and compassion so as to enrich lives, inspire a positive outlook and build resilience in those we serve.

**OBJECTIVES**

- To provide community assistance to the poor and underprivileged; to those who are weak and neglected; and to those who are aged or infirmed.
- To promote and strengthen relationship between parents and children, spouses, teachers and pupils, peers and among inter-generational family members.
- To enrich the lives of individuals through engaging and meaningful activities and volunteerism.

## **OUR CORE VALUES**

Compassion: We value individuals and families and extend our help to them with empathy, concern and care.

Understanding: We listen to our beneficiaries to understand their needs better so that assistance given can create breakthroughs for them, making their lives easier and happier.

Sincerity: We serve with a caring, positive and creative spirit that enables us to plan meaningful programmes that would address specific needs.

## **MANAGEMENT COMMITTEE**

### **Management Committee Members**

<b>S/N</b>	<b>Present Members</b>	<b>Title in Society</b>
1	Chua Tong Yong	President
2	Tan Kwee Choon	Secretary
3	Tay Bee Soot (Susan)	Treasurer
4	Tan Kai Lin Carolin	Assistant Treasurer
5	Lee Pey Woan	Ordinary Committee Member
6	Koh Kah Wei	Ordinary Committee Member
7	Desmond Mao Ren Hao	Ordinary Committee Member
8	Tay Kia Han (Andy)	Ordinary Committee Member
9	Kenneth Chin Henn Khin	Ordinary Committee Member
10	Wong Fook Chye (Chris)	Ordinary Committee Member

The above members were elected into the Management Committee for a term of 4 years starting on 1<sup>st</sup> May 2015 and ending on 30<sup>th</sup> Apr 2019 in accordance with the revised Constitution (6<sup>th</sup> Amendment).

The Board members do not receive remuneration or benefits for their service.

### **Honorary Internal Auditors**

<b>S/N</b>	<b>Present Members</b>	<b>Title in Society</b>
1	Chai Cheen Khian (Richard) (Appointment from 1 <sup>st</sup> Apr 2016 – 31 Dec 2016)	Internal Auditor
2	Kee Siang Chin (Appointment w.e.f from 1 Jan 2017)	Internal Auditor
3	Lam Jau Yea (Vivien)	Internal Auditor

Executive Director: Edwin Ho Woon Leong

## EXECUTIVE DIRECTOR'S MESSAGE

Dear Friends,

Greetings from Bethesda CARE!

2016 has been an exciting year for Bethesda CARE Centre. We celebrated 20 years of blessings in sowing seeds into lives and seeing people being transformed. We want to thank all who have donated generously in support of our cause and programmes. Your donations have enabled us to assist the community in even more ways.

Recently, our internship programme for selected students from the Polytechnics and Universities has been bolstered by a new collaboration with the National Council of Social Services (NCSS). Via this structured internship programme, the interns join us for up to 3 months, to experience the works of the social services sector.

In the coming years, we can look forward to recruiting a larger group of volunteers as we strengthen our Volunteer Development and Management Department. We are also planning to start a new social enterprise centre as a special scheme to cater to and to promote better mental well being of those with mental health issues.

Once again, I thank you for your support of our programmes and I look forward to working closer with you in the months ahead!



## ACTIVITIES & HIGHLIGHTS

1.0	<b>STUDENT CARE CENTRES</b>
1.1	<b>HIS CONNECTION (Ceased operations with effect from 31 Dec 2016)</b>
	<p><b><u>IC:</u></b> Jane Kong</p> <p><b><u>Objectives:</u></b></p> <p>Our Centre creates an environment that is conducive for creative learning and play for every kid with focus on total development. We aim to influence and empower every child to maximise his/ her full potential.</p> <p><b><u>Operating Hours:</u></b></p> <p>Mon to Fri: 1.30pm to 6.30pm</p> <p><b><u>Venue:</u></b></p> <p>Xinghua Primary School 45 Hougang Ave 1 Singapore 538882</p> <p><b><u>Activities:</u></b></p> <ol style="list-style-type: none"><li>1. Supervised Study</li><li>2. Enrichment programme</li><li>3. Art and Craft</li><li>4. Character teaching and activities</li><li>5. Special Holiday Programmes</li></ol> <p><b><u>Target Audience:</u></b></p> <p>Student Care Centre is for primary school children. Priority will be given for low income family.</p> <p><b><u>Outcome:</u></b></p> <p>The children will grow intellectually, emotionally and socially into healthy responsible individual. Our programmes endeavour to nurture the innate talents, creativity and learning potential of every student.</p> <p><b><u>Average Attendance:</u></b></p> <p>Student Enrolment average 68 students per month.</p> <p><b><u>Highlights:</u></b></p> <p><b>08 June 2016: Art Science Museum</b></p> <p><b>17 June 2016: Milo Discovery Tour</b></p> <p><b>21 June 2016: Waterway Point Shaw Theatre – “Finding Dory”</b></p> <p><b>02 December 2016: The Animal Resort</b></p>

	<b>09 December 2016: Christmas Carnival</b>
<b>1.2</b>	<b>JOY CONNECTION</b>
	<p><b><u>IC:</u></b> Jane Kong</p> <p><b><u>Objectives:</u></b></p> <p>Our Centre creates an environment that is conducive for creative learning and play for every kid with focus on total development. We aim to influence and empower every child to maximise his/ her full potential.</p> <p><b><u>Operating Hours:</u></b></p> <p>Mon to Fri: 1.00pm to 7.00pm</p> <p><b><u>Venue:</u></b></p> <p>Blk 957 Hougang St 91 #01-280 Singapore 530957 Blk 958 Hougang St 91 #01-268 Singapore 530958</p> <p><b><u>Activities:</u></b></p> <ol style="list-style-type: none"> <li>1. Supervised Study</li> <li>2. Enrichment programme</li> <li>3. Art and Craft</li> <li>4. Character teaching and activities</li> <li>5. Special Holiday Programmes</li> </ol> <p><b><u>Target Audience:</u></b></p> <p>Student Care Centre is for primary school children. Priority will be given for low income family.</p> <p><b><u>Outcome:</u></b></p> <p>The children will grow intellectually, emotionally and socially into healthy responsible individual. Our programmes endeavour to nurture the innate talents, creativity and learning potential of every student.</p> <p><b><u>Average Attendance:</u></b></p> <p>Student Enrolment average 88 students per month.</p> <p><b><u>Highlights:</u></b></p> <p><b>06 June 2016: Snow City</b></p> <p><b>21 June 2016: Waterway Shaw Theatre – “Finding Dory”</b></p> <p><b>09 December 2016: Christmas Carnival</b></p> <p><b>16 December 2016: Uncle William’s Edu Farmart Tour</b></p>

	<b>17 March 2017: Woodlands Waterfront Park</b>
<b>2.0</b>	<b>CHILDREN AND YOUTHS</b>
<b>2.1</b>	<b>KIDZ KLUB</b>
	<p><b><u>IC:</u></b> Tay Ching Yee</p> <p><b><u>Objectives:</u></b></p> <p>To provide an environment conducive for the positive growth of children via a variety of games, talks, outings and other engaging activities.</p> <p><b><u>Operating Hours:</u></b></p> <p>Wed &amp; Thu: 2.30pm to 5.30pm</p> <p><b><u>Venue:</u></b></p> <p>Blk 603 Hougang Ave 4 #01-221 Singapore 530603</p> <p><b><u>Activities:</u></b></p> <ol style="list-style-type: none"> <li>1. Supervised school work</li> <li>2. Age-group appropriate board games</li> <li>3. Physical sports and games</li> <li>4. Art and craft activities</li> <li>5. Movie and educational video screenings</li> <li>6. Special school holiday programmes</li> <li>7. Outings to various locations in Singapore</li> </ol> <p><b><u>Target Audience:</u></b></p> <p>Primary school children from low-income families.</p> <p><b><u>Outcome:</u></b></p> <p>These children learn to be responsible for the completion of their own schoolwork and also learn to help and assist each other when they have queries. Through the use of engaging board games, the children learn teamwork, strategy, planning and other useful life skills. Sportsmanship as a character trait is also strongly emphasized in Kidz Klub and the children are encouraged to display good character values.</p> <p><b><u>Average Attendance:</u></b></p> <p>Average 18 children per session comprising of Chinese, Malay and Indian children.</p> <p><b><u>Highlights:</u></b></p> <p><b>8 and 9 June 2016: Summer Day-Camp</b> Our staff and intern organized a Summer Camp during the June holidays. 25 children attended the camp and 13 volunteers helped in</p>

	<p>being the group facilitators and station masters. The children took part in various activities like Amazing race at Changi Airport, station games and even enjoyed a DIY barbeque dinner on the second night of the camp. It was truly a meaningful and fun-filled 2 days for the children.</p> <p><b>15 December 2016: Kidz Klub Christmas Party</b> 29 children, 5 volunteers, 2 staff members and 1 intern attended a Christmas party organized specially for children from Kidz Klub and the Tuition Programme, and their friends. The children enjoyed a great time of story-telling on the meaning of Christmas, Christmas lantern craft-making session and a sumptuous dinner. New friendships were formed as the adults and children alike immersed themselves in the Christmas joy and fun.</p> <p><b>16 March 2017: Outing at Alive Museum at Suntec City</b> Our staff, intern and 4 volunteers (including a parent volunteer) brought 20 children to the Alive Museum at Suntec City for an outing during their school holidays. The children enjoyed the time of taking photographs with 3D art pieces and bonding with their friends while taking photographs. It was an eye opening experience for the children and they all enjoyed the outing.</p>
2.2	<b>EAGLES YOUTH @574</b>
	<p><b><u>IC:</u></b> Tracy Ng</p> <p><b><u>Objectives:</u></b></p> <p>To provide a nurturing environment for youths of different race to help them grow intellectually, emotionally and socially into responsible adults.</p> <p><b><u>Operating Hours:</u></b></p> <p>Thu: 2.30pm to 5.30pm</p> <p><b><u>Venue:</u></b></p> <p>Blk 574 Hougang St 51 #01-09 Singapore 530574</p> <p><b><u>Activities:</u></b></p> <ol style="list-style-type: none"> <li>1. Supervised school work,</li> <li>2. Cyber-wellness and character building sessions (Videos on cyber bullying, anti-smoking, overcoming shyness, being honest, helping one another, etc.)</li> <li>3. Special school holiday programme.</li> </ol> <p><b><u>Target Audience:</u></b></p> <p>Youth aged 13 – 20 years from lower-income families.</p> <p><b><u>Outcome:</u></b></p> <p>These youths learn to develop and hold loving, respectful</p>

	<p>relationships, gain sound values, correct information and emotional support to make formal choices. They thrive in a warm, nurturing, supportive, safe yet stimulating environment developing self-esteem, self-control and allowing them to work towards achieving their full potential.</p> <p><b><u>Attendance:</u></b></p> <p>Average 15 youths per session comprising of Chinese, Malay and Indian.</p> <p><b><u>Highlights:</u></b></p> <p><b>April 2016:</b> Team building games with volunteers from OrangeTee</p> <p><b>May 2016:</b> Study month for students preparing for exams term</p> <p><b>August 2016:</b> EY had art therapy at GBB conducted by Ngee Ann Polytechnic students. NDP Celebration at SIS.</p> <p><b>Oct 2016:</b> EY went cycling and blessed the homeless in ECP with food and drinks. Sentosa cable ride and picnic at Siloso beach.</p> <p><b>Dec 2016:</b> Year End Christmas Party. Christmas arts and craft sessions gingerbread, muffins and cookies making lesson. A visit to Art Science museum to learn about designs.</p> <p><b>Jan 2017:</b> CNY steamboat reunion preparation and party.</p> <p><b>Mar 2017:</b> EY spent bonding time playing darts at Mount Faber Safra. Visitation to SCM and watch Beauty and The Beast.</p> <p><b>April 2017:</b> Baking and smoothies making for EY new interest group.</p>
2.3	<b>EAGLES YOUTH @603</b>
	<p><b><u>IC:</u></b> Tracy Ng</p> <p><b><u>Objectives:</u></b></p> <p>To provide a nurturing environment for youths of all races to help them grow intellectually, emotionally and socially into responsible adults.</p> <p><b><u>Operating Hours:</u></b></p> <p>Fri : 2.30 pm to 5.30pm</p> <p><b><u>Venue:</u></b></p> <p>Blk 603 Hougang Ave 4 #01-221 Singapore 530603</p> <p><b><u>Activities:</u></b></p> <ol style="list-style-type: none"> <li>1. Supervised school work and projects.</li> <li>2. Cyber-wellness and character building sessions (Videos on racial harmony, cyber bullying, anti-smoking, overcoming</li> </ol>



- shyness, being honest, helping one another, etc.)
3. Special school holiday outings & programmes.

**Target Audience:**

Youth aged 13 – 20 years from lower-income families.

**Outcome:**

These youths learn to develop and hold loving, respectful relationships, gain sound values, correct information, talks, skills trainings and emotional support to make formal choices. They thrive in a warm, nurturing, supportive, safe yet stimulating environment developing self-esteem, self-control and allowing them to work towards achieving their full potential.

**Attendance:**

Average 15 youths per session comprising of Chinese, Malay and Indian.

**Highlights:**

**April 2016: EY did art and crafts for Easter day.**

**May 2016: Preparation for exam.**

**June 2016: EY went to Escape room for challenge mind game**

**December 2016: EY Year End Party for 2016 closure.**

December Christmas & birthdays' celebration for EY youths. Volunteers organization came to join us in Kovan bowling. They went to GBB to play Running Man.

**January 2017: Youths set up their New Year resolution plans, targets and goals.**

**February 2017: Chinese New Year Steamboat Reunion.**

Youths and staffs went marketing and shopping for ingredients together. Budgeting and plans were carried out by the EY leaders to choose wisely items to buy and healthy choices for Yu Sheng and steamboat. The day was closed with a simple bonding session over Yu Sheng and steamboat celebration.

**March 2017: Frisbee**

A time for youths to have fun and encourage members to pick up a new sport.

2.4	<b>ROYAL RANGERS</b>
	<p><b><u>IC:</u></b> Jasmine Fu</p> <p><b><u>Objectives:</u></b></p> <p>A uniformed group for all children and youths aged 5-18 (“Rangers”) that aims to develop and strengthen the Ranger’s character, and impart useful life skills to him/her.</p> <p><b><u>Operating Hours:</u></b></p> <p>Sat: 1.15pm to 3.30pm</p> <p><b><u>Venue:</u></b></p> <p>BCARE Arts &amp; Culture Learning Centre (ACLC) Block 603, Hougang Avenue 4, #01-221, S(530603)</p> <p><b><u>Activities:</u></b></p> <ol style="list-style-type: none"> <li>1. Life skill programmes such as hiking, bird study, first aid, etc.</li> <li>2. Outdoor activities such as camping and outings.</li> <li>3. Character lessons on various topics such as graciousness, goodness, etc.</li> <li>4. Game sessions to encourage teamwork, cooperation and sportsmanship</li> </ol> <p><b><u>Target Audience:</u></b></p> <p>Aged 5-7 (Ranger Kids – RK) Aged 8-10 (Discovery Rangers – DR) Aged 11-13 (Adventure Rangers – AR) Aged 14-18 (Expedition Rangers – ER)</p> <p><b><u>Outcome:</u></b></p> <p>These Rangers learn useful skills that would benefit them in the long run and they also pick up on good character values that would mold them into fine young people with good social etiquette. The nurturing environment provided in Royal Rangers creates a good platform for emotional growth as they learn to relate better with their peers and leaders. Royal Rangers also provides these Rangers with opportunities to showcase and hone their leadership skills and confidence as we groom them to be leaders of the next generation.</p> <p><b><u>Average Attendance:</u></b></p> <p>Average 70 kids per session.</p> <p><b><u>Highlights:</u></b></p> <p><b>9 April 2016, 7 May 2016, 11-12 June 2016: Hiking Merit for AR</b> As part of the Hiking Merit for the Adventure Rangers, the Rangers participated in a series of three hikes: 5km, 15km and 40km overnight</p>

hike. The rangers showed tenacity and perseverance as they pushed their limits and completed all three hikes with their commanders.

**7 May 2016: Council of Achievement 1**

A biannual tradition to honor and recognize the achievements of the Rangers, the outpost presented the Rangers with the merit badges that they have earned in the past six months. The celebration was done at group level in Hougang Secondary School with each group having their own party.

**21-22 May 2016: Retreat for Royal Ranger Commanders**

The annual retreat is a time of bonding, fellowship and honoring. Nineteen commanders went on an overseas trip to Batam and also had the opportunity to pick up new tips on handling the Rangers from Ps Wei Min.

**28 May 2016: Family Outing**

With a total attendance of 48 rangers and their family members, the entire group headed to Johor Bahru for a time of family bonding and getting to know each other better. The family outing brought the participants to UK Farm where they got to interact with various farm animals. Shopping and good food followed in Aeon Kulai and a Chinese restaurant nearby, before everyone headed back home.

**23 to 25 June 2016: NYAA Service Learning Trip in Batam for ER**

A group of 4 ER rangers gathered to plan and execute a Children's English Enrichment Programme in Batam for the community children living in Kampong Baloi. Together with 4 commanders, the rangers learnt valuable skills such as programme planning and had the opportunity to serve the less fortunate.

**2 July 2016: Zoo Outing for RK**

In collaboration with the NUS Project HAK 15, the commanders brought 16 RK rangers to the Singapore Zoo. The volunteers from NUS brought the Rangers around the Zoo and explained the different exhibits and shared about environmental conservation. It was a good learning journey for the Rangers as they discovered more about wildlife and caring for nature.

**17 July 2016: Royal Rangers Booth at IRCC @ Punggol Periwinkle**

Under the invitation of IRCC, Royal Rangers set up a booth at the street parade to showcase its activities. There was also a bolo-tie making booth for the children while the commanders engaged their parents in sharing more about Royal Rangers.

**2-4 September 2016: NYAA Camping Trip in Ubin for ER**

In fulfilment of their NYAA requirements, 3 ER rangers participated in this 3-day 2-night outing. The first night was held in LSBC premises, while the second and the third days were spent in Pulau Ubin. The rangers learnt camp safety, tent setup and teardown, DIY cooking and other skills relevant to outdoor camping. It was a good opportunity for the rangers, whom many have not camped in Ubin before, to experience nature in a different way.

	<p><b>24 September 2016: Insect Study Field Trip for DR</b> As a requisite for their Insect Study Merit, 30 DR rangers headed out for a field trip to Sentosa's Butterfly Park. Despite the fear of insects for some, the rangers overcame their fears and learnt more about the anatomy, life cycle and behavior of the different butterflies.</p> <p><b>8 October 2016: Children's Day Outing</b> In celebration of Children's Day, 64 rangers and 21 commanders went on an outing to Zoom Park Asia for a time of fun at on trampolines. The rangers enjoyed their time there tremendously. They also had fun at their group level parties, munching on snacks that were also provided.</p> <p><b>19 November 2016: Council of Achievement 2</b> Our second Council of Achievement of the year was held at LSBC, as 69 adults, 75 children and 21 children celebrated their achievements for the past six months. Their parents were invited to present their children with the new merit badges as an act of encouragement. There were also presentations and performances by the rangers, as well as a BBQ dinner for everyone who attended the event.</p> <p><b>17 December 2016: Christmas Choir at Punggol</b> Under the invitation of Punggol North Women's Executive Committee, 6 rangers and 6 commanders caroled at the Christmas party organized at Punggol 21 Community Centre. The rangers practiced hard before the event and their caroling added joy to the party.</p> <p><b>11 February 2017: Chinese New Year Yusheng Party</b> Together with a total of 54 rangers and family members, 19 commanders celebrated the season with a party that involved games, a dumpling-making session and yusheng tossing. Everyone tucked in to a sumptuous lunch and all the participants had fun making and eating their handmade dumplings, as well as getting to know each other better.</p>
2.5	<b>TUITION</b>
	<p><b><u>IC:</u></b> Seth Hwang</p> <p><b><u>Objectives:</u></b></p> <p>To provide students from low-income families living in Hougang, Sengkang and Punggol with access to heavily subsidized quality tuition.</p> <p><b><u>Operating Hours:</u></b></p> <p>Mon: 7:00pm – 9:45pm, @ 957 Wed: 7:00pm – 9:45pm @ 957 Wed: 7:00pm – 9:45pm, @ 242</p> <p><b><u>Venue:</u></b></p> <ul style="list-style-type: none"> <li>▪ Blk 957 Hougang St 91 #01-280 Singapore 530957 (Joy Connection premises)</li> <li>▪ Blk 242 Hougang St 22 #01-93 Singapore 530242</li> </ul>

	<p><b><u>Activities:</u></b></p> <p>Tuition</p> <p><b><u>Target Audience:</u></b></p> <p>Children from low-income families, whose results are poor and need academic assistance. Referrals from various Family Service Centres and BCARE's programmes are also accepted.</p> <p><b><u>Outcome:</u></b></p> <p>These students came in with the desire to learn and improve their studies while their tutors were also very dedicated in wanting to help these children. Through a combination of academic assistance, proper guidance and motivation, these children have been slowly improving in their studies.</p> <p><b><u>Average Attendance:</u></b></p> <p>10 students and 5 tutors in our in-house classes 2 students having classes at Mind Centre for Learning</p> <p><b><u>Future Plans:</u></b></p> <p>We are in the midst of setting up specialised one-to-one classes for extremely weak and special needs students who are struggling with their subjects or have problems focusing during classes. We are also exploring plans to collaborate with ARC RC to expand our tuition programme for Sengkang residents. We are hoping to start classes in April</p>
2.6	<b>SCHOOL SOCIAL WORK</b>
	<p><b><u>Objectives:</u></b></p> <p>To work with schools to help students develop good character, embrace strong values, cultivate healthy habits, and to become responsible and disciplined in maximising their academic potential.</p>
2.6.1	<b>ENHANCED STEP-UP PROGRAMME (A PROGRAMME FUNDED BY MSF TARGETTING STUDENTS WITH SCHOOL ABSENTEEISM ISSUES)</b>
	<p><b><u>IC:</u></b> Stella Tan</p> <p>Worked with students from Xinghwa Primary, Yuying Secondary, Hougang Primary, Hougang Secondary, Xinmin Primary, Montfort Secondary, Serangoon Secondary, Sengkang Primary, Sengkang Secondary, Compassvale Secondary, Pei Hwa Secondary, Edgefield Secondary</p> <p><b><u>Total Cases:</u></b></p> <p>ESU A: 32 Students, ESU B: 41 Students.</p>

2.6.2	<b>LEADERSHIP TRAINING (TRAINING PROGRAMME FOR PREFECTS AND CCA LEADERS)</b>
	<p><b>IC:</b> Stella Tan</p> <p>Worked with Yuying Secondary</p> <p><b><u>Total Number of Students:</u></b></p> <p>200</p>
3.0	<b>ELDERLY</b>
3.1	<b>SENIOR CONNECT @574</b>
	<p><b>IC:</b> Mabel Chan</p> <p><b><u>Objectives:</u></b></p> <p>To promote active aging and continuous learning through meaningful activities, volunteerism and interaction among seniors, thereby leading to friendship and emotional satisfaction.</p> <p><b><u>Operating Hours:</u></b></p> <p>Sat : 8.00am to 12.00noon</p> <p><b><u>Venue:</u></b></p> <p>Blk 574 Hougang St 51 #01-09 Singapore 530574</p> <p><b><u>Activities:</u></b></p> <ol style="list-style-type: none"> <li>1. Activities include exercise, line dance and karaoke</li> <li>2. Rummy-O Game</li> </ol> <p><b><u>Target Audience:</u></b></p> <p>Age above 55.</p> <p><b><u>Outcome:</u></b></p> <p>Seniors become more aware of the aging process and their changing needs. Better appreciation of cultural differences leads to better understanding and acceptance of different race and ethnicity. Participants are emotionally and mentally stimulated and begin to seek out other seniors to form friendship circles e.g.</p> <p><b><u>Ad-hoc Activities:</u></b></p> <p>Festive celebratory occasions, Outings and Day tours.</p> <p><b><u>Average Attendance:</u></b></p> <p>28 per session.</p>

3.2	<b>SENIOR CONNECT @603</b>
	<p><b><u>IC:</u></b> Angeline Quek</p> <p><b><u>Objectives:</u></b></p> <p>Senior Connect is set up specifically to enhance the well-being of the seniors in our community. Fun and meaningful activities and workshops organized are tailored to engage these citizens and help them lead a healthy and enriching life.</p> <p><b><u>Operating Hours:</u></b></p> <p>Tue &amp; Sat : 9.00am to 12.00 noon</p> <p><b><u>Venue:</u></b></p> <p>Blk 603 Hougang Ave 4 #01-221 Singapore 530603</p> <p><b><u>Activities:</u></b></p> <ol style="list-style-type: none"> <li>1. Karaoke</li> <li>2. Rummy-O Game</li> <li>3. Morning Exercise</li> <li>4. Brain-stimulating Games</li> <li>5. Health talk</li> <li>6. Movie and concert video screenings</li> <li>7. Monthly Birthday celebrations</li> <li>8. Outings to various locations in Singapore &amp; Malaysia</li> <li>9. Festival session celebrations (For eg. like Christmas, Easter, Chinese new year, Valentine's Day National day, Mid-autumn and year end thank giving day)</li> <li>10. Sharing on other Race Festival Culture talks (ie: Hari Raya Haji &amp; Deepavali)</li> </ol> <p><b><u>Targeted Audience:</u></b></p> <p>Adults &amp; Seniors</p> <p><b><u>Outcome:</u></b></p> <p>They enjoy bonding over a half-an-hour breakfast. Some will come earlier and participate in the exercise program. Most of them have developed the sense of belonging over time. Some of them have feedback that they feel restless on days when the programme was not on, as they had no other places to go. Rummy-O has become a very popular game among the participants. We also have some wonderful volunteers who will make time to visit those who are sick &amp; not able to come. We desire that through this programme, many will be blessed with joy and peace in their hearts.</p> <p><b><u>Average Attendance:</u></b></p> <p>Average 30 – 40 Adults &amp; Seniors per session comprising of Chinese.</p>

**Highlights:**

**30 April 2016: Physical Exercises at Blk 603**

12 volunteers fr Bedok Reservoir & Punggol Crest RC came to 603 to conduct physical exercise & recreational activities. It was attended by 47 pax.

**10 May 2016: Mothers' & Fathers' Days Celebration Event.**

It was attended by 32 people in total.

**9 July 2016: Recreational Activities for Seniors**

25 Sec3 students & 2 teachers from Maris Stella High School conducted recreational activities for our seniors under Value in action. They brought gifts for the seniors. It was attended by 30 people in total.

**16 July 2016: Socio-recreational activities for the Seniors**

30 BB students, 5 BB officers & a teacher from The Boys' Brigade Company of Yuying Secondary School came to organize socio-recreational activities for the seniors, who enjoyed every part of the programme. It was attended by 28 people in total.

**26 July 2016: Visit to Garden By the Bay.**

Visit to The Gardens By the Bay during the Spore Garden Festival. This outing is sponsored by NPARKS. 37 seniors attended the outing.

**6 August 2016: National Day Theme Celebration.**

We planned games and prepared food centred on the national day theme. Everyone shared 1 item to give thanks to Singapore & our government. Attendance : 54 pax

**10 Dec 2016: Christmas @ Kovan**

Participate in Christmas @ Kovan Group Singing. This was the first time they participated in a public singing event. They spent a lot of time practising for the event, both at the centre as well as at home. On the day of event, they also put in effort to ensure that everything turns out well. Many of their family members came to support them too. They gain confidence & feel proud in front of their children. Attendance: 24 pax.

**17 Dec 2016: Christmas Celebration**

Members & Volunteers show love by contributing food & presents. We sang Christmas carol and played games centred on the Christmas theme. It is such a joy to share & feast together. Attendance: 67 pax.

**11 Feb 2017: Valentine's Day celebration**

The members performed an Act of Love by writing encouraging words on a heart-shape paper for their family members and Senior Connect members. We had a time of reconciliation during the session whereby members choose to forgive anyone who has offended them. Some of them have asked for more heart-shape papers to bring back & write for their children and spouses. Attendance: 75 pax.



3.3	<b>ELDERCARE BEFRIENDERS</b>
	<p><b><u>IC:</u></b> Anthony Goh</p> <p><b><u>Objectives:</u></b></p> <p>To reach out to the elderly in the community who needs a listening ear and a friend.</p> <p><b><u>Activities:</u></b></p> <ol style="list-style-type: none"> <li>1. Visitations by Eldercare Befrienders once a month.</li> <li>2. Referring the elderly to relevant resources. E.g. If elderly shares need for financial aid, eldercare befrienders will update social worker. Social worker will do an assessment and a referral if necessary to the social service office.</li> <li>3. Selected Elderly's houses will be cleaned by ad hoc volunteers. E.g. School students accompanied by teachers.</li> <li>4. There is also engagement with the elderly by ad hoc volunteers.</li> </ol> <p><b><u>Target Audience:</u></b></p> <p>For those elderly living in Hougang, Sengkang and Punggol.</p> <p><b><u>Outcome</u></b></p> <ol style="list-style-type: none"> <li>1. We have an average of 20 visitations a month.</li> <li>2. We have 10 active eldercare volunteers.</li> </ol> <p><b><u>Highlights</u></b></p> <p><b>Mar 2017: Volunteering with Joy Event</b></p> <p>We collaborated with Yuying Secondary in Mar 2017 to visit 5 selected elderly's houses. Activities included cleaning, singing songs to the elderly and arts and crafts. It was a fulfilling time for the elderly. They enjoyed having young people visit their homes and to spend time with them. The students had a better appreciation of the hard work involved in cleaning up a house. The students also learned to engage the elderly. About 40 ad hoc volunteers were involved along with 3 staff.</p>

<b>4.0</b>	<b>SOCIAL SERVICE</b>
<b>4.1</b>	<b>COUNSELLING</b>
	<p><b><u>IC:</u></b> Stella Tan</p> <p><b><u>Objectives:</u></b></p> <p>Providing free counselling services to the community (residents from Hougang, Sengkang &amp; Punggol).</p> <p><b><u>Total Cases attended to for the year:</u></b> 40</p>
<b>4.2</b>	<b>FINANCIAL ASSISTANCE</b>
	<p><b><u>IC:</u></b> Stella Tan</p> <p><b><u>Objectives:</u></b></p> <p>Providing short-term financial assistance to residents from Hougang, Sengkang and Punggol.</p> <p><b><u>Total No of Clients:</u></b> 39</p> <p><b><u>Total Amount Dispensed:</u></b> \$2,256.90</p>
<b>5.0</b>	<b>SPECIAL NEEDS</b>
<b>5.1</b>	<b>FAME CLUB @242</b>
	<p><b><u>ICs:</u></b></p> <p>Supervisor: Stella Tan Manager: Lily Chan.</p> <p><b><u>Funding:</u></b></p> <p>The initial 3-year grant from Tote Board Social Service Fund through NCSS signed in July 2010, covering 50% of supported operating expenses ended on 30 June 2013. 9 months funding period from 1 July 2013 to 31 Mar 2014 aligned to NCSS Financial Year FY13 was renewed. Funding for FY15, 1 Apr 2015 to 31 Mar 2016 was renewed. Funding for FY16, 1 Apr 2016 to 31 Mar 2017 was renewed.</p> <p><b><u>Objectives:</u></b></p> <p>To provide care and support in the community for persons coping with mental health illness.</p> <p><b><u>Operating Hours:</u></b></p> <p>Tue – Fri 9:00am-1:00pm</p> <p><b><u>Venue:</u></b></p> <p>Blk 242 #01-93, Hougang St 22, Singapore 530242</p>

**Activities:**

Our holistic and structured programme engages members meaningfully and provides opportunities for social interaction and the learning of useful skills.

- Morning exercises
- Life skill workshops
- Motivational games
- Karaoke session
- Cooking class
- Gardening
- Outings
- Work skills training

**Target Audience:**

People coping with mental health issues.

**Outcome:**

Through individual training plan, members gain a better quality of life.

**Total No. of Participants:**

104 clients served for FY16.

**Highlights:**

1. March & April 2016

- 4 Sessions of "I'm Senior and Loving It" Social Gerontology Program by Fei Yue Community Services (March 10, 17, 24 & 31) Trainer: Alice Koh, Facilitator: Joyce Lee.
- Fame Club partnered with Fei Yue Community Services in their Practical Social Gerontology Course "I'm Senior & I'm Loving It" for their participants to experience and promote positive attitudes on ageing through their involvement with Fame Club members
- Students from Sterling Campus led games and songs as part of their voluntary community program. Sterling Campus is an institution that provides faith-based higher education program for local and international students.

2. May & June 2016

- Art workshop by PA for PAssionArts Festival 2016, organized by Aljunied Cluster Community Arts and Culture Club to create an art installation. These art pieces were showcased at Kovan Hub from 18 Jun to 3 July 2016.
- Beaded 70 pcs of necklaces for "The Walk to Emmaus 2016 – for Women" organized by The Methodist Church in Singapore.

- Members had hands-on Bak Chang session with RSVP volunteers.

### 3. July & August 2016

- Outing to Gardens by the Bay attended by 43 members, 3 staff, 4 volunteers, 3 caregivers.
- A week of observance and respect to former President Nathan and his contributions to Singapore.

### 4. September & October 2016

- Fame Club members made 300 pcs of mini mooncakes for their families, staff and community neighbours.
- Overview of Singapore and the Breeze of Wind at 50<sup>th</sup> floor of Pinnacle@Duxton, 37 members attended, 4 staff, 2 interns.
- 2 lessons of Pottery by Center Pottery Studio
- Bollywood Veggies Farm, sponsored by Pon Asia Holdings Pte Ltd in partnership with RSVP. 37 members, 4 staff, 1 volunteer attended. RSVP: 10 volunteers, Staff of Pon Asia: 16 volunteers

### 5. November & December 2016

- Trip to Peranakan Museum, sponsored by National Heritage Board. 40 members and 6 staff and volunteers participated.
- Christmas Party at NeWater Plant with RSVP. Total 67 FC members participated, 13 staff, interns and volunteers and 15 RSVP volunteers.
- Members painted 80 canvas Christmas tote bags for all members.

### 6. January 2017

- Amazing Trip to Gardens by the Bay with 30 Volunteers from SIM iCARE who sponsored food and transport, 43 FC participants, 4 staff. Members had a good time of interaction with young volunteers combing through the Flower dome to identify exquisite flowers species.
- Fame Club Steamboat Reunion Lunch for 47 members and 4 staff. It has become a Fame Club cultural tradition for members, particularly for those who are currently working to return to Fame Club for a get-together meal as Fame Family.

### 7. February 2017

- Fame Club Chinese New Year celebration ended on a high note with an auspicious Musical Lo-hei Party. Our most committed and passionate volunteers from RSVP assisted the staff and Fame members to prepare the dish from scratch. All participants, including BCARE Staff were grouped to contest and design their signature dish before they danced to the beat and tossed the Yu-Sheng with the loudest cheers.

Total Participants: 90

	<ul style="list-style-type: none"> <li>- Fame Club Family Day for members and their families. Participants: 50 Fame Club members, 41 family members, 8 staff, 10 volunteers and 14 guests.</li> </ul> <p>8. March 2017</p> <ul style="list-style-type: none"> <li>- Outing to Alive Museum, 39 participants, 4 staff.</li> </ul> <p>9. To promote community awareness, members:</p> <ul style="list-style-type: none"> <li>- Walk and clean the Hougang Avenue 1 Park quarterly.</li> <li>- Wash and clean dining chairs for nearby coffee shop.</li> </ul>
5.2	<b>FAME CLUB @574</b>
	<p><b><u>IC:</u></b> Seth Hwang</p> <p><b><u>Objectives:</u></b></p> <ol style="list-style-type: none"> <li>1. To teach our members work skills such that they are able to find employment.</li> <li>2. To help our members improve and maintain their state of mental wellness through a holistic framework of social, physical and mental activities.</li> </ol> <p><b><u>Operating Hours:</u></b></p> <p>Tue to Fri: 9:00am-1:00pm</p> <p><b><u>Activities:</u></b></p> <p>Activities include Line dancing, bi-weekly talks and art &amp; craft session, journaling and group sharing as well as vocational training such as baking, making of smoothies and cleaning.</p> <p><b><u>Target Audience:</u></b></p> <p>People coping with mental health issues.</p> <p><b><u>Outcome:</u></b></p> <p>As the members went through a consistent routine as well as constant encouragement from staff and volunteers, they began to grow in their competency in carrying out vocational tasks. They have also become more self-confident.</p> <p><b><u>Average Attendance:</u></b> 15 per session.</p> <p><b><u>Highlights:</u></b></p> <p><b>29 Apr 2016: Ease Coast Park Cycling</b> Members took turns to ride a quadricycle along east coast park while enjoying the sea breeze. Participants: 11, 2 Staff and 2 Volunteers</p> <p><b>27 May 2016: National Gallery of Singapore Tour</b></p>

	<p>Participants: 10, 2 Staff and 3 Volunteers</p> <p><b>3 &amp; 10 Jun 2016: PassionArts</b> People's Association organized two art workshops where local artists helped members to express their creativity through art. Participants: 13, 2 Staff and 2 Volunteers</p> <p><b>1 Jul 2016: Outdoor Activities at Surin Neighbourhood Park</b> To promote healthy living, members went to a neighbourhood park at Kovan to have some outdoor activities there. Participants: 9, 2 Staff and 2 Volunteers</p> <p><b>29 Jul 2016: Gardens By the Bay</b> Experienced the sights and wonders of the Flower Dome and Cloud Forest. Participants: 10 Members, 2 Staff and 5 Volunteers</p> <p><b>26 Aug 2016: Esplanade Tour</b> Participants: 12 Members, 2 Staff and 3 Volunteers</p> <p><b>30 Sep 2016: River Safari</b> Saw various types of animals around the world. Participants: 15 Members, 2 Staff and 4 Volunteers</p> <p><b>28 Oct 2016: Cable car ride to Sentosa</b> Many members experienced the cable car ride for their first time. This was followed by a picnic by the beach as well as a time of fun by the sea. Participants: 15 Members, 2 Staff and 4 Volunteers</p> <p><b>4 Dec 2016: FAME Club Christmas Patchwork Sale</b> Members conducted a sale of the patchwork crafts which they hand made over the past few months. They made a total of \$1069 from the sale. Participants: 10 Members, 1 Staff and 3 Volunteers.</p> <p><b>16 Sep 2016 &amp; 13 Dec 2016: JOY Connection Community Work</b> JOY Connection sent 10 students to interact with our members for 2 sessions. They presented an item to our members and also taught them Art &amp; Craft.</p> <p><b>15 Dec 2016: Christmas Party with RSVP Volunteers and 23 Dec 2016: Fame Club 574 Volunteers</b> Participants: 14 Members, 2 Staff and 8 Volunteers</p> <p><b>10 Feb 2017: FAME Club 574 Chinese New Year Steamboat lunch.</b> Participants: 15, 2 Staff and 1 Volunteer.</p>
<b>6.0</b>	<b>ARTS &amp; RECREATION</b>
<b>6.1</b>	<b>LINE DANCE</b>
	<p><u>IC:</u> Joyce Woon</p> <p><u>Objectives:</u></p> <ol style="list-style-type: none"> <li>1. To promote healthy, active lifestyle through light physical activity.</li> <li>2. To promote social bonds through this popular art and cultural form.</li> <li>3. To promote fellowship and sharing among members.</li> </ol>

	<p><b><u>Operating Hours:</u></b></p> <p>Tue &amp; Thu: 8.00pm to 9.30pm</p> <p><b><u>Venue:</u></b></p> <p>Blk 574 Hougang St 51 #01-09 Singapore 530574</p> <p><b><u>Target Audience:</u></b></p> <p>Age 40-60.</p> <p><b><u>Outcome:</u></b></p> <p>Participants exercise and learn the cultural background of line dance. They also invite their peers to join, using it as a platform to reach out to others.</p> <p><b><u>Attendance:</u></b></p> <p>Average 35 per session.</p> <p><b><u>Highlights:</u></b></p> <ol style="list-style-type: none"> <li>1. Chinese New Year / Lo Hei Party.</li> <li>2. Authentic Peranakan dishes specially prepared by instructor was shared with Line Dance students</li> <li>3. Combined Class Pot-Luck Dinner Party. Students from the 2 classes gathered for dinner, interact and practice dance moves they have learnt.</li> </ol>
6.2	<b>FAMILIES (DADS) FOR LIFE PROGRAMME</b>
	<p><b><u>IC:</u></b> Tay Ching Yee</p> <p><b><u>2 main programme components:</u></b></p> <ul style="list-style-type: none"> <li>• Facilitated family bonding activities</li> <li>• Milk powder assistance for low-income families with young children (pilot phase from March 2017 to August 2017)</li> </ul> <p><b><u>1) Facilitated family bonding activities</u></b></p> <p><b><u>Objectives:</u></b></p> <ul style="list-style-type: none"> <li>▪ Promote positive relationships among family members (especially parent-child) to create a strong and stable family unit.</li> <li>▪ To enhance parents' ability to bring up strong and resilient children through education and being a positive role model to the children.</li> <li>▪ To educate parents and children on the importance of family</li> </ul>

relationships and their role in the families.

- For families to identify areas in their family life/relationship that could be worked on to do so as a family.
- For families to learn good/best practices in building a strong family.

**Schedule:**

- Bi-monthly family outings/ facilitated activities at selected outdoor locations
- Dates of past outings/ activities: 25 June 2016, 5 November 2016 and 24 December 2016

**Activities:**

**25 June 2016: Outing to Dairy Farm Nature Park**

- 7 families participated
- Short hike to Singapore Quarry
- Family picnic with a view
- Simple art and craft sessions (origami and colouring) to facilitate parent-child bonding
- Parents played an important role in encouraging their children to complete the short hike

**5 November 2016: Outing to Reflections at Bukit Chandu and Hort Park**

- 14 families participated in an educational trip to Museum at Reflections at Bukit Chandu: parents explained the history of the battle during World War 2 and the importance of total defence
- After that, they took a short hike to Hort Park where families took part in a treasure hunt while learning more about plants and landscaping

**24 December 2016: Christmas lantern-making session**

- 4 families gathered to celebrate Christmas with their children by taking part in a DIY Christmas Diorama lantern-making and decorating session
- Families also shared with one another helpful practices and their own experiences that had helped them to bond as a family

**Target Audience:**

Families: parents and their children (3 to 12 years)

**Outcome:**

Strong families and resilient children



**2) Milk powder assistance for low-income families with young children (pilot phase from March 2017 to August 2017)**

**Objectives:**

To identify and reach out to families with young children who are in financial need/ facing social issues and provide them with support/ resources to help meet the nutritional needs of their children by providing milk powder assistance to these families.

**Eligibility criteria:**

Families with young children (ages 3 to 12) with a per capita gross monthly income not more than \$800 or gross monthly household income not more than \$2500 are eligible to apply for this milk powder assistance. Successful applicants will receive 2 cans of milk powder monthly. We will also be providing them with counseling and support with regards to the caregiving of their children.

**Sources of referral:**

The Social Service Office (Sengkang) and Sengkang Family Service Centre had been contacted to refer cases who meet the eligibility criteria to us. The identified clientele are residents from the rental block 350 Anchorvale Road. Thus far, SSO had referred 8 cases and the SKFSC had referred 2 cases to us.

**Number of recipient families:**

Till date, 6 families have been interviewed and 2 families have received milk powder assistance by the time of writing of this report. Social worker in charge of the programme will continue to conduct the interviews and assessment with the other identified families.

Note: The "Families for Life" programme name will be changed to "FamFun" with effect from April 2017.

7.0	<b>SPORTS &amp; WELLNESS (STARTED IN JANUARY 2015)</b>
7.1	<b>INLINE-SKATING</b>
	<p><b><u>IC:</u></b> Eric Ang</p> <p><b><u>Objectives:</u></b></p> <ol style="list-style-type: none"> <li>1. To promote healthy active living through sports,</li> <li>2. To promote family bonds through participation as a family.</li> </ol> <p><b><u>Operating Hours:</u></b></p> <p>Thu, 7.45pm to 8:30pm.</p> <p><b><u>Venue:</u></b></p> <p>Blk 574 Hougang St 51 #01-09 Singapore 530574</p> <p><b><u>Outcome:</u></b></p> <p>Participants are healthier and mentally more alert as they learn the skill. Team activities which are fun and challenging help the learners to build team spirit and positive attitude. In addition, special programmes are organised during School Holidays n Public holidays to further enhance their skating skills n bonding among the learners. We see learners improve in their general behaviour as we provide positive role model during our coaching sessions.</p> <p><b><u>Average Attendance:</u></b></p> <p>7 children per session</p>
7.2	<b>TRADITIONAL CHINESE MEDICINE (ORTHOPEDICS) SERVICES</b>
	<p><b><u>IC:</u></b> Nelson Ho</p> <p><b><u>Objectives:</u></b></p> <p>To serve the community in a more practical way by offering TCM (Orthopedics) Therapy such as Acupuncture and 'Tui Na' to provide relief to injury and to aid recovery.</p> <p><b><u>Operating Hours:</u></b></p> <p>Mon and Wed, 6.00pm to 9.00pm  Tue and Thu, 2.00pm to 6.00pm  By appointment only  Mobile : 8522 7521</p> <p><b><u>Discounted Rates:</u></b></p> <p>Consultation: Free  Tui Na: \$20 for 30min  Acupuncture: \$15 to \$30 per session</p>

**Venue:**

Blk 574 Hougang St 51 #01-09 Singapore 530574

**Treatments include:**

- frozen shoulders & stiff neck • back & knee pains
- hamstring & ankle sprains • other sprains & sports injury
- golf related injuries & tennis elbow
- muscle ache & muscle tightness • dry eyes & tired eyes

**Target Audience:**

Mainly Community from Hougang and Sengkang

**Outcome:**

Very well received and treated 386 cases since start in Aug 2016.

**Average Attendance:**

Average is 50 treatments per month.