



Budding gardeners & volunteers learning how to make enzymes and germinate seeds at a Workshop held at the SAC.



Gardeners hard at work.



*Photos were taken before it was mandatory to wear masks in public.

A Dream come true at Compassvale Crescent Bethesda Community Garden @ BCARE Senior Activity Centre (SAC) took root on 2nd September 2019.

The garden has brought joy to the seniors in our SAC and created opportunities for them to socialize with one another. It offers them a platform to contribute their time and expertise to grow nutritious food. They have since been enjoying the fruits of their labour.

In all the excitement of the fruitfulness of cultivation from nature, they realized that there has been growth in their levels of patience, graciousness, generosity, observation skills and love for all the creatures that came to make their home in the garden.

In addition to that, gardening has proven to enhance the mental and emotional well-being of the seniors. The stimulating effects created by the scent and sight of the plants have a soothing and calming effect even for those just walking past and admiring them. The joy of gardening has indeed provided nourishment for their spirit, soul and body.

We'd like to see more SAC Members and residents living in the vicinity join us. As such, we are currently focussed on working to improve the appearance and efficiency of our garden.

“Playing a role in gardening and being around nature, nurtures my soul and keeps me happy and grounded. It helps to reduce my stress level too. The touch of nature gives me a wonderful feeling. In the garden, I can truly enjoy all the beautiful living things nature brings. This is why I love the garden. Indeed my dream has come true!!”

Janice – SAC Member

“Having a garden at our Centre interests me as I like to see vegetables and plants in their natural environment. I was so excited that I scattered chilli seeds, turmeric and ginger in my pots at home. When they grew, I brought them to the garden to nurture its growth. Now, I have these as ingredients to cook rendang and other Malay dishes. I learned to contribute the vegetable waste that I have collected to produce compost as a fertilizer for the garden.”

Fatimah – SAC Member

Dear Friends and Partners of BCARE

BCARE stepped into 2021 with a change in leadership. Executive Director, Mr Edwin Ho who had led the team since 2002, has passed the baton over to me. Having worked with him for the last 10 years, I have personally witnessed his dedication to the organisation and the big heart that he has for the community. Under his leadership, the organisation has thrived and grown to where we are today. As he steps into retirement, we want to thank him for his faithful service and wish him all the best in his future endeavours.

Looking back, 2020 was indeed a stressful year for many people across the globe. While some were fearful of contracting the virus, others were concerned about the loss of income brought about by the pandemic. In the course of our work, we realised that another concern faced by many of our clients is the emotional stress of being cooped up at home.

Acknowledging this distress, our team at BCARE made extra effort to reach out to our clients when our programmes were halted. Phone calls were made daily to engage our clients as well as their caregivers. These calls provided a platform for them to express their feelings and frustrations, clarify their reservations and receive updates about government regulations on the pandemic. Programmes may pause, but our care and concern for our clients continue to be of utmost priority. This is the value set since BCARE's inception, which we will continue to embrace.

Moving forward, we have re-positioned ourselves for the new normal in our programmes and services, so as to continue to effectively serve the needs of our clients.

I want to thank everyone who has partnered us in our mission and look forward to having you on board with us as we ride through this challenging transition with those who are in need.



Ms Stella Tan
Executive Director

A Tribute to FAME Club Members and their caregivers

2020 was a challenging year for everyone worldwide. It was especially so for our FAME Club Members who are people coping with mental health conditions. Their lives and that of their caregivers changed overnight when the Circuit Breaker suddenly brought life to a standstill.

As the nation took precautionary measures to keep safe during the pandemic, FAME Club had to close its doors temporarily. The staff swung into action to connect with every Member through weekly telephone calls. We continued to keep the lines of communication open throughout, assuring them along the way. As we spent time listening to them share about their routines at home, concerns, fears, doubts etc., it was apparent that we were getting to know them better. It was also a platform to provide their caregivers a listening ear and equip them with the necessary self-care and caregiving tips. Amidst the trying time, our FAME Club Members and their caregivers proved to be resilient and met the challenges head-on to face each day, not knowing when their lives would return to normal.

With the slow emergence from Circuit Breaker, the members returned to a revamped Programme with the daily group size significantly reduced to a single digit. The usual bonding over meals was a thing of the past in keeping with the new regulations. Nevertheless, they were just as happy to be back and to see familiar faces.

NEW NORMAL 2021

Hope for a.....

New Day

New Beginning

New Joy

SAFETY MEASURES EDUCATION
Daily Screening & Safe Entry,
Handwashing, Wearing of masks,
Social Distancing etc.



CNY 2021
Gong Xi! Gong Xi!

Famfun Online!

COVID-19 restrictions brought our outing plans for families with young children to a halt but it did not deter our team of dedicated volunteers. They immediately stepped up to conduct a series of Parenting Workshops through the online platform.

The topics included building strong relationships with one another, understanding the children's needs, setting boundaries and managing emotions, the 5 Love Languages, etc. Special effort was made to ensure that the course was conducted in an interactive and engaging manner. Many of the participants found the teachings relevant, applicable and impactful and they look forward to more such workshops.

In view of the positive feedback, we will be running another workshop in March 2021. A similar workshop for parents of teenagers will be held in June 2021. Scan the QR Code for registration details!

the parenting teenagers course

For parents or guardians of teenagers aged 11 to 18

The Parenting Teenagers Online Course through ZOOM

Dates: 12 Jun to 10 Jul, 2021
Time: Sat, 10am to 12:30pm

Payment: Paynow to 98347451

For more information, please contact
☎ 63404168 (Ms Tay) ☎ chingyee@bcare.org.sg

\$10
for one course manual

Closing Registration Date: 06 Jun 2021

Organised by: **Bethesda CARE**
We are committed to handling your personal data with care and ensuring your privacy under the personal protection Act 2012 (PDPA)

Scan me to register

“Listening to other parents' sharing is extremely helpful and the videos on real life scenarios and various ways to handle the situations are good references for real life application. Thank you for giving us this opportunity to be better parents.”

Workshop Participant

YOU CAN MAKE A DIFFERENCE

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



Volunteer

TUITION PROGRAMME (Hougang/ Sengkang/ Punggol) • Tutors	Provide English, Math or Science tuition to primary school children
READING PROGRAMME (Hougang/ Sengkang/ Punggol) • Reading Buddies	Provide support to children aged 5 to 7 in their reading and writing skills
SENIOR ACTIVITY CENTRE (Blk 287A Compassvale Crescent) • Gardeners • Befrienders • Teach Board Games	Living in the area to be able to tend to the garden regularly Befriend the seniors & accompany them on outings Engage the seniors by teaching them how to play board games that stimulate their minds

Donate

Bethesda CARE Centre depends on support from well-wishers to fund our programmes and services.

Your valued contribution goes a long way in touching the lives of our beneficiaries and their families.

Bethesda CARE is an approved IPC (Institution of a Public Character). Your donations are tax deductible.

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BANK TRANSFER

OCBC Bank A/C No: 629042045001

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

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