

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

ANNUAL REPORT FOR THE PERIOD FROM 1ST APR 2017 – 31ST MAR 2018

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.

Unique Entity Number (UEN):	S96SS0198K
ROS Registration Date:	6 Dec 1996
ROS Registration Number:	248/1996 WEL
Charity Registration Date:	17 May 2002
Charity Registration Number:	01564
Institute of Public Character Number:	IPC000574
Validity:	05 Mar 2018 to 04 Sep 2019
Member of National Council of Social Services:	Registration Date: 12 March 2002 Registration No: V00027
Registered Address:	Blk 247 Hougang Avenue 3 #01-462, Singapore 530247
Mailing Address:	Blk 242 Hougang Street 22 #01-93, Singapore 530242
Bank:	OCBC Bank, Hougang Branch
Auditor:	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

S/N	Present Members	Title in Society
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	Kok 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 1st May 2015 and ending on 30th Apr 2019 in accordance with the revised Constitution (7th Amendment).

Honorary Internal Auditors

S/N	Present Members	Title in Society
1	Kee Siang Chin (Appointment from 1 st Jan 2017 – 31 st Dec 2020)	Internal Auditor
2	Lam Jau Yea Vivien (Appointment from 1 st May 2015 – 30 th Apr 2019)	Internal Auditor

Executive Director: Edwin Ho Woon Leong

DISCLOSURE REPORT FY 2017/2018

Governance Evaluation Checklist (Enhanced Tier) – 1 April 2017 to 31 March 2018

S/N	DESCRIPTION	CODE ID	COMPLIANCE
BOARD GOVERNANCE			
A	Are there Board members holding staff appointments? Yes		
1	If the governing instrument permits staff to become Board members, they should comprise not more than one-third of the Board	1.1.2	Complied
2	Staff does not chair the Board	1.1.2	Complied
3	There is a maximum limit of four consecutive years for the Treasurer position (or equivalent, e.g. Finance Committee Chairman).	1.1.6	Complied
4	The Board has an audit committee (or designated Board members) with documented terms of reference.	1.2.1	Complied
5	The Board meets regularly with a quorum of at least one-third or at least three members, whichever is greater (or as required by the governing instrument).	1.3.1	Complied
CONFLICT OF INTEREST			
6	There are documented procedures for Board members and staff to declare actual or potential conflicts of interest to the Board.	2.1	Complied
7	Board members do not vote or participate in decision-making on matters where they have a conflict of interest.	2.4	Complied
STRATEGIC PLANNING			
8	The Board reviews and approves the vision and mission of the charity. They are documented and communicated to its members and the public.	3.1.1	Complied
9	The Board approves and reviews a strategic plan for the charity to ensure that the activities are in line with its objectives.	3.2.2	Complied
HUMAN RESOURCE MANAGEMENT			
10	The Board approves documented human resource policies for staff.	5.1	Complied
11	There are systems for regular supervision, appraisal and professional development of staff.	5.6	Complied
FINANCIAL MANAGEMENT AND CONTROLS			
12	The Board ensures internal control systems for financial matters are in place with documented procedures.	6.1.2	Complied
13	The Board ensures reviews on the charity's controls, processes, key programmes and events.	6.1.3	Complied
14	The Board approves an annual budget for the charity's plans and regularly monitors its expenditure.	6.2.1	Complied
15	The charity discloses its reserves policy in the annual report.	6.4.1	Complied
B	Does the charity invest its reserves? Yes		
16	The charity invests its reserves in accordance with an investment policy approved by the Board. It obtains advice from qualified professional advisors, if deemed necessary by the Board.	6.4.3	Complied
FUNDRAISING PRACTICES			
17	Donations collected are properly recorded and promptly deposited by the charity.	7.2.2	Complied
DISCLOSURE AND TRANSPARENCY			

18	The charity makes available to its stakeholders an annual report that includes information on its programmes, activities, audited financial statements, Board members and executive management.	8.1	Complied
C	Are Board members remunerated for their Board services? No		
D	Does the charity employ paid staff? Yes		
19	No staff is involved in setting his or her own remuneration	2.2	Complied
20	The charity discloses in its annual report the annual remuneration of its three highest paid staff who each receives remuneration exceeding \$100,000, in bands of \$100,000. If none of its top three highest paid staff receives more than \$100,000 in annual remuneration each, the charity discloses this fact.	8.3	Complied
PUBLIC IMAGE			
21	The charity accurately portrays its image to its members, donors and the public.	9.1	Complied

DISCLOSURE AND TRANSPARENCY

The Board members of Bethesda CARE Centre ("the Society") is committed to maintaining a high standard of corporate governance in line with the principles set out in the Code of Governance for Charities and IPCs. This establishes and maintains a high standard of legal and ethical mode of operations to preserve the interests of all donors, beneficiaries and stakeholders.

1. A total of 4 board meetings were held in FY17/18 (this excludes the AGM held on 29.08.2017) on the following dates: 04.06.2017, 03.09.2017, 03.12.2017 and 04.03.2018.
2. None of the staff receives more than \$100,000 in annual remuneration.

EXECUTIVE DIRECTOR'S MESSAGE

Dear Friends,

Greetings from Bethesda CARE!

Bethesda CARE Centre (BCARE) is proud to announce that we have been awarded the tender to operate a Senior Activity Centre at Compassvale Cape by MSF/MOH. We have since then started operation and see a regular daily attendance of about 20 seniors at the Centre. The Centre aims to provide a conducive place for the seniors to participate in activities and build relationships with their neighbours, thereby, improving the quality of life and ensuring wellbeing of the vulnerable and socially isolated seniors through daily activities and home visits.

Our Social Enterprise for people with mental health issues, operating at Blk 574 Hougang Street 51, has started to pick up on the sale of cookies and used items for the last few months. It is very encouraging to see these clients picking up new skills and enjoying their work. The Social Enterprise also helps to provide some income for them. This initiative really boosts their self-esteem and helps them gain confidence in life.

BCARE participated in the Inter-Racial and Religious Confidence Circles (IRCCs) Street Parade and Carnival organised by Punggol North. We are glad to be part of this event and to contribute to building racial and religious harmony among and between ethnic groups.

We want to thank our volunteers, sponsors and community partners for their collaboration in the ecosystem. Because of your partnership, we are strengthened and have increased our capacity and capability to reach out to more beneficiaries.

Once again, I thank you for your unwavering support of our community services in Hougang, Sengkang, and Punggol.



ACTIVITIES & HIGHLIGHTS

1.0 SOCIAL SERVICE 1.1 COUNSELLING

IC: Stella Tan

Objectives

Providing free counselling services to the community (residents from Hougang, Sengkang & Punggol).

Total Cases attended to for the year: 36

1.2 FINANCIAL ASSISTANCE

IC: Stella Tan

Objectives

Providing short-term financial assistance to residents from Hougang, Sengkang and Punggol.

Total No of Clients: 48

Total Amount Dispensed: \$5,047.10

2.0 MENTAL HEALTH 2.1 FAME CLUB @242

IC: Lily Chan

Funding

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 was renewed yearly from FY15-16, including FY2017, 1 Apr 2017 to 31 Mar 2018.

Objectives

To provide care and support in the community for persons with mental health issues.

Operating Hours

Tue – Fri: 9:00am-1:00pm

Venue

Blk 242 #01-93, Hougang St 22, Singapore 530242

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

Persons with mental health issues.

Outcome

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

Total No. of Participants

85 clients served for FY17

Highlights

March & April 2017

- FAME Club members came alive at Alive Museum, Singapore! They were immersed and thrilled by the 3D art pieces which were uniquely hand painted and entertained by special sights and sounds effects. Attended by 40 members and 4 staff.
- Members were sponsored by the National Heritage Board to visit the Asian Civilisation Museum along the historic Singapore River to learn and discover our cultural roots as well as cultures from Southeast Asia, China West Asia and Northeast Asia. Attended by 36 members and 4 staff.

May & June 2017

- Pon Asia, a regular sponsor to FAME Club activities and in partnership with RSVP MDOP, (Mentally Disadvantage Outreach Programme), treated FAME members to a movie at Cineleisure Orchard and followed by lunch at 18 Chefs. Attended by 50 members, 5 Staff, RSVP, and Pon Asia volunteers.
- FAME Club members visited Singapore wildlife habitat, the Singapore Zoological Gardens and found their favourite animals; the elephants, giraffe and the exquisite white tigers. Attended by 75 participants comprising members, Staff and Interns.
- Members had hands-on Bak-chang-making session with RSVP MDOP, (Mentally Disadvantage Outreach Programme) volunteers.

July & August 2017

- Trip to 313 Somerset to explore history of the railway bridge built in 1870 that once link between Gateway and 313 Somerset Building. They discovered the cause of how the present sky bridge was

designed and built at an angle. This was followed by a walk towards Istana and Plaza Singapura. Attended by 34 members and 4 Staff.

- Sentosa Corporation granted free admission for FAME Club members to enjoy free monorail rides to its places of interest. Members enjoyed the man-made lagoon with gentle water and also spotted the cruise ship from afar, sailing into the deep seas. Attended by 31 members and 3 Staff.
- Mr Desmond Choo, MP and Mayor of NECDC visited FAME Club to have a better understanding of the services it provided for individuals recovering from mental health issues.

September & October 2017

- During the Mid-Autumn festival, FAME Club members and RSVP volunteers made 300 pcs of mini mooncakes for their families, staff, and community neighbours.

November & December 2017

- FAME members revisited Changi Airport twice, first, in November, to T1 & T2 to have a feel of the newly upgraded facilities, and in December to T4. This allowed members to observe and compare the differences between these airports and their different functions for various passengers travelling and transiting through these airports.
- 6 members had 6 sessions of Chinese Art painting taught by Ms Clare Foo to discover the unique characteristics of the arts. Members, including those of different ethnic groups get to experience the Chinese culture of Calligraphy. One of the paintings was presented to Mr. Desmond Choo, Mayor of NECDC at FAME Club Family Day Chinese New Year event.
- Members guided by RSVP MDOP (Mentally Disadvantage Outreach Programme) designed and completed 100 mugs for members and volunteers as Christmas gifts.
- Christmas Party at NEWater Plant sponsored by RSVP MDOP (Mentally Disadvantage Outreach Programme) for over 110 members, staff, interns and volunteers and RSVP volunteers.
- Christmas Party at Blk 242 with 30 students from Positive Intentions.

January 2018

- Trip to Chinatown for Chinese New Year festive shopping and to enjoy the celebrative atmosphere.
- 8 members learn the techniques of flower bouquet arrangement. These bouquets were given to members at the end of the session. This session was sponsored by Ms. Nicole of Godsone Pte Ltd, a franchisee of Xpress Flowers.com.

February 2018

- FAME Club Chinese New Year celebration begins with a Reunion Steamboat lunch for 50 members and ended on a high note with an auspicious Musical Lo-hei Party for 80 participants. Our most committed and passionate volunteers from RSVP MDOP (Mentally Disadvantage Outreach Programme) assisted the staff and Fame Club 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.

- Fame Club Chinese New Year Family Day lunch for members and their families. Participants: 150 members, families, staff. Mr Desmond Choo, Mayor of NECDC was the Guest of Honour for this event.

March 2018

- To promote community awareness, members:
 - Walk and clean the Hougang Avenue 1 Park quarterly.
 - Wash and clean dining chairs for a nearby coffee shop.

2.2 FAME CLUB @574

IC: Seth Hwang

Objectives

1. To teach our members work skills such that they are able to find employment.
2. To help our members improve and maintain their state of mental wellness through a holistic framework of social, physical, and mental activities.

Operating Hours

Tue to Fri: 9:00am - 1:00pm

Activities

Activities include Line dancing, bi-weekly talks and art & craft session, journaling, and group sharing as well as vocational training such as baking, making smoothies, and cleaning.

Target Audience

Persons with mental health issues.

Outcome

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. Some even managed to find employment outside of Bethesda Care.

Average Attendance: 15 per session.

Highlights

28 Apr 2017: Window Shopping at ION Orchard

Members visited ION Orchard and were amazed to see how much the place has changed over the years. Participants: 11, 2 Staff, and 1 Volunteer.

7 May 2017: Roadshow at Living Sanctuary Brethren Church

Members participated in a roadshow organised by Bethesda CARE to recruit volunteers for their various programmes. At the roadshow, members sold their hand-made beads craft and made a total of \$155

from the sale. Participants: 3 members, 1 Staff, and 2 Volunteers.

30 Jun 2017: Combined Zoo Outing with FAME Club @242

Members enjoyed their complimentary visit to the Singapore Zoo. The visit was sponsored by Wildlife Reserves Singapore. Members enjoyed the educational experience as they learned about the various habitats of the animals. Participants: 11, 2 Staff and 7 Volunteers.

21 Jul 2017: Picnic at Singapore Botanic Gardens

Members had a great experience of eating in the park, breathing in fresh air, and appreciating the beautiful greenery. Participants: 10, 2 Staff, and 4 Volunteers.

25 Aug 2017: Combined Sentosa Outing with FAME Club @242

Members enjoyed visiting the beaches in Sentosa and they had a fun time taking pictures together. Participants: 12 Members, 2 Staff, and 2 Volunteers.

9 Sep 2017: RSVP National Senior Volunteer Month Roadshow

FAME Club was invited by RSVP to set up a booth at their National Senior Volunteer Month roadshow at ITE Central. Apart from showcasing what FAME Club is about, members also sold their beads craft. They managed to make a sales figure of \$259.80 during the roadshow. Participants: 5 Members, 2 Staff and 2 Volunteers.

27 Oct 2017: Visit the Indian Heritage Museum

Members learned about the history of how Indians came to Singapore and how they helped to build the nation during its early years. Participants: 11 Members, 2 Staff, and 4 Volunteers.

9 Dec 2017: Flea Market – A Collaboration with PA

FAME Club Members, together with some Kidz Klub children, sold old unused clothes, glassware as well as their beads craft and made a sales figure of more than \$200. Participants: 8 Members, 2 Staff, and 3 Volunteers.

22 Dec 2017: FAME Club 574 Christmas Celebration

Members enjoyed the Christmas party organised by our intern. The Christmas party included an art and craft session where members finger painted a Christmas card for their family members. There was also a scrumptious Christmas lunch prepared by our volunteers. Participants: 14 Members, 2 Staff, and 4 Volunteers.

26 Jan 2018: Combined Chinatown Outing with FAME Club @ 242

Members took a walk along Chinatown to soak in the festive atmosphere as Chinese New Year was around the corner. Participants: 12, 2 Staff, and 3 Volunteers.

24 Feb 2018: FAME Club Family Day

Our Annual Family Day was a time when FAME Club members and their family members could get together to celebrate Chinese New Year. This year's event saw Mr. Desmond Choo, Mayor of North East Community Development Council NECDC and MP for Tampines GRC as our guest of honour. The event included a sing-along session,

testimony sharing as well as a performance done by our FAME Club members. The whole celebration ended with a wonderful buffet lunch. Participants: 11 members, 9 Family Members, 2 Staff, 5 Volunteers.

3.0 ELDERLY

3.1 SENIOR CONNECT @574

IC: Mabel Chan

Objectives

To promote active aging and continuous learning through meaningful activities, volunteerism and interaction among seniors, thereby leading to friendship and emotional satisfaction.

Operating Hours

Sat: 8.00am to 12.00noon

Venue

Blk 574 Hougang St 51 #01-09 Singapore 530574

Activities

1. Activities include exercise, line dance, and karaoke
2. Rummy-O Game

Target Audience

Age above 55.

Outcome

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.

Ad-hoc Activities

Festive celebratory occasions, Outings and Day tours.

Average Attendance

26 per session.

3.2 SENIOR CONNECT @603

IC: Angeline Quek

Objectives

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.

Operating Hours

Tue & Sat: 9.00am to 12.00 noon

Venue

Blk 603 Hougang Ave 4 #01-221 Singapore 530603

Activities

1. Karaoke
2. Rummy-O Game
3. Morning Exercise
4. Brain-stimulating Games
5. Health talk
6. Movie and concert video screenings
7. Monthly Birthday celebrations
8. Outings to various locations in Singapore & Malaysia
9. Festival session celebrations (For e.g. like Christmas, Easter, Chinese New Year, Valentine's Day National day, Mid-autumn and year-end thank giving day)
10. Sharing on other Race Festival Culture talks (i.e.: Hari Raya Haji & Deepavali)

Targeted Audience

Adults & Seniors

Outcome

They enjoy bonding over a half-an-hour breakfast. Some will come earlier and participate in the exercise program. Most of them have developed a 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 & not able to come. We desire that through this programme, many will be blessed with joy and peace in their hearts.

Average Attendance

Average 30 – 40 Adults & Seniors per session.

Between 60 - 70 participants for special events.

Highlights

Easter Day Celebration on 15 April 2017

Sharing on what is Easter celebration all about. Gave them small egg chocolate.

Get everyone to bring their own eggs to design and they brought the colourful eggs back home after the event.

Mother's Day celebration 13 May 2017

Mother's hand is known to be rough due to the amount of housework they do. Besides presenting the mothers with a gift to honour them, we also conducted a hand spa session whereby they were given a pair of hand mask each. The mothers were thrilled with the experience and the feeling of smooth hands after the spa.

Senior Karaoke Competition 8 July 2017

The seniors were very excited to hear of this event. They started practising their songs months before the competition. On the day of the competition, many turned up with make-up and beautiful dressings. Some of their family members came to give their support too.

Besides having fun, one of the aims of this event is to develop the confidence of these elderly in showcasing their talent. We have indeed achieved our aims as these seniors had a great time performing to their hearts' content.

Pasar Malan Games (Night market 夜市游戏) 18 July 2017

Allowing the seniors to reminisce their good old days through traditional games they use to enjoy during their childhood time.

Celebrate Racial Harmony Day 22 July 2017

Volunteers and participants came dressed in different ethnic costumes. Through our sharing and activities, we created the social awareness of learning to care and share for our neighbours of different races.

National Day celebration 5 August 2017

Celebrated our country's 52nd Birthday. We showed videos of the late Mr. Lee Kuan Yew and shared the legacy he has left behind for Singaporeans. We also celebrated the birthday of all the participants who were born in August.

Autumn Festival Celebration 30 September 2017

Participants had an enjoyable time making snow-skin mooncakes, listening to the story of Chang-er, and playing the 'Guess the riddle' game. Everyone was given 2 mini mooncakes to bring home.

1 day JB outing – Kulai Hakka village 20 October 2017

1 bus load of 40 participants went for an outing to Kulai from 6.30 am to 9pm. We visited the Chinese Local Museum, went shopping in the Hakka Village, tried their Hakka Kueh, and had Hakka food for lunch.

Christmas Celebration on 23 December 2017

Participants were treated to a big feast and presented with a Christmas present each. We also celebrated the birthdays of all who were born in December.

Manicure on 10 February 2018

1 week before Chinese New Year, we got volunteers to do free manicures for the ladies. They were thrilled to see the beautiful designs on their nails.

CNY Lao Yusheng on 24 February 2018

There was a total of 70 participants for this event. The participants bond over a sumptuous feast contributed by some of the seniors. A few of our volunteer workers also contribute prizes for the Lucky draw. We ended with our highlight for the day - Lao yusheng.

3.3 ELDERCARE BEFRIENDERS

IC: Anthony Goh

Objectives

To reach out to the homebound elderly in the community who needs a listening ear and a friend.

Activities

1. Visitations by Eldercare Befrienders once a month.
2. Referring the elderly to relevant resources. E.g. If the elderly shares a need for financial aid, eldercare befrienders will update the social worker. The social worker will do an assessment and a referral if necessary to the social service office.
3. Selected Elderly's houses will be cleaned by ad hoc volunteers. E.g. School students accompanied by teachers.
4. There is also engagement with the elderly by ad hoc volunteers.

Target Audience

For those elderly living in Hougang, Sengkang, and Punggol.

Outcome

1. We have an average of 15 visitations a month.
2. We have 10 active eldercare volunteers.

Highlights

Eldercare Befrienders had a fruitful year. In our attempt to better serve the beneficiaries, we collaborated with NECDC to distribute more resources to the beneficiaries. The most important and fulfilling aspect of Eldercare Befrienders is the relationships established between the befrienders and beneficiaries. The effort taken by the befrienders to know the beneficiaries has opened the hearts of those who are now able to share their heart with the befrienders. Our volunteers are people who look to add a personal touch to the lonely elderly and we welcome more volunteers with such passion.

4.0 CHILDREN, YOUTH & FAMILY

4.1 JOY CONNECTION PLAYGROUP (STARTED IN JULY 2017)

IC: Charon Yap

Objectives

To cater to the learning needs of infants from 6 months to 18 months old. The areas of language, literacy, numeracy, motor development, aesthetics and social awareness will be introduced through a stimulating learning environment.

Operating Hours

PROGRAMME	AGE	DAY	TIME
Joyful Babes I (Caregiver accompanied)	6 to 11 months	Mon & Fri Tue & Thu	10am to 11.30am 1.30pm to 3pm

Joyful Babes II (Caregiver accompanied)	12 to 18 months	Mon & Fri Tue & Thu	1.30pm to 3pm 10am to 11.30am
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Venue

Blk 957 Hougang St 91 #01-280 Singapore 530957

Activities

Using an age-appropriate integrated curriculum combining interesting hands-on activities for learning through discovery, creative art experiences, dramatic play, action songs and rhymes, music, and other fun-filled activities to provide variety in learning experiences.

Target Audience

Infants from 6 months to 18 months old.

Outcome

Toddlers grow in their developmental skills through creative play and learning.

Parents learn to better understand and support their toddlers' development as they accompany them for the sessions.

Average Attendance

Student Enrolment averages 6 students per month.

4.2 JOY CONNECTION STUDENT CARE CENTRES

IC: Jane Kong

Objectives

To create an environment that is conducive to creative learning and play, focusing on total development. We aim to influence and empower every child and maximise his/ her full potential.

Operating Hours

Mon to Fri: 1.00pm to 7.00pm

Venue

Blk 958 Hougang St 91 #01-268 Singapore 530958

Activities

1. Supervised Study
2. Enrichment programme
3. Art and Craft
4. Character teaching and activities
5. Special Holiday Programmes

Target Audience

Student Care Centre is for primary school children. Priority will be given to low-income family.

Outcome

Children to grow intellectually, emotionally, and socially into healthy responsible individuals. Our programmes endeavour to nurture the innate talents, creativity, and learning potential of every student.

Average Attendance

Student Enrolment average 79 students per month.

Highlights

31 May, 7 & 14 June 2017: Ci Yuan Senior Care Centre

12 to 17 students from Primary 3 to Primary 6 organized 3 visits to Ci Yuan Senior Care. On the first visit, the Senior Care Centre organized a bingo game for the elderly and our students played the game with them. The students enjoyed the interaction with the elderly as they helped them pick out the numbers and acted as their "eyes and ears".

On the second visit, the students did a simple heart shape craft with the elderly. The response was good as most of the elderly managed to make at least one origami heart. The students learned how to be patient and communicate with the elderly. Some students even used dialect to speak to them and one was praised by the staff for being intelligent and well-liked by the elderly.

On the third visit, the students sang a classic Chinese oldie for the elderly with piano accompaniment. They also sang an impromptu modern English song. It was quite an accomplishment for them as they sang without any practice. After the singing, the students distributed snacks to the elderly.

02 June 2017: NEWater Visitor Centre

A total of 46 students went on this tour. For most of the students, it was their first time visiting the NEWater Centre. They learned about water conservation and the filtration process of NEWater in Singapore. Some students got the chance to act as water scientists to get first-hand experience on how bacteria and viruses are being removed from the water before it is fit for drinking. At the end of the tour, the students were also taught how to create their very own mini rain garden which the students get to bring home.

09 June 2017: Forest Adventure Bedok

This forest adventure outing was a thrilling one for the 30 students who participated in this adventure. The weather was sunny. All the students enjoyed this trip where they pushed boundaries and tested their limits. They encouraged their friends as they went through the various obstacles. Many a time, as the students faced the obstacle in front, they were too scared to move forward due to the height and the obstacle itself being wobbly. However, the friendly instructors were there to give them proper guidance and encouragement. In the end, most of the students who were scared or fearful still completed the course. It is definitely a personal achievement for them.

16 June 2017: NEX Shaw Theatre – “Despicable Me 3”

42 students went to watch Despicable Me 3 which was just released a few days before. It was a comedy show and the students enjoyed it, hearing the frequent laughter during the movie.

01 December 2017: Yakult Factory Tour

43 students participated in this tour. Students watched a scientific documentary on the benefits of probiotics and an animated video on the role *L. Casei Strain Shirota* plays in the maintenance of the digestive system. Students enjoyed a complimentary bottle of Yakult during the presentation. After the presentation, students viewed their high-tech production process through the glass-walled viewing galley.

4.3 KIDZ KLUB

IC: Tay Ching Yee

Objectives

To provide an environment conducive to the positive growth of children via a variety of games, talks, outings, and other engaging activities.

Operating Hours

Tue & Wed: 2.30pm to 5.30pm

Venue

Blk 603 Hougang Ave 4 #01-221 Singapore 530603

Activities

1. Supervised school work
2. Character development programme
3. Age-appropriate board games
4. Indoor/ outdoor sports and games
5. Art and craft activities
6. Movie and educational video screenings
7. Special school holiday programmes/ outings

Target Audience

Primary school children from low-income families residing in the vicinity.

Outcome

These children learn to take responsibility for the completion of their own schoolwork, and duties such as cleaning up after activities and also learn to help and assist one another. Through indoor and outdoor games, the children also learn teamwork, strategic 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.

Average Attendance

Average 15 participants per session comprising Chinese, Malay and Indian children.

Highlights

21 June 2017: Outing to the Singapore Zoo

During the June school holidays, the staff and volunteers organized an outing to the zoo. The tickets were sponsored by Wildlife Reserves Singapore. The children enjoyed themselves as they learned about the different animals and their habitats. It was a great outing for them as it was both an enriching and fun time with their friends. A total of 1 staff, 3 volunteers, 2 interns, and 17 children attended the outing.

July 2017: Racial Harmony Day activities and PAssionArts Festival

In the month of July, Kidz Klub focused our programme and activities on commemorating Racial Harmony Day. The children were each given material to make their own "5 stones" and learned about other traditional games. On 20 July, Malay kueh-kueh was served for the tea-break, and the staff used the opportunity to introduce the traditional Malay cakes as well as traditional foods of other races. It was a great day of learning for the children.

At the same time, we also involved the children in the PAssionArts Festival as part of a collaboration with the People's Association (PA) in the month of July. Artists commissioned by PA taught our children to do "gloves art" and clay art, and their products were showcased in an exhibition at a public space near Hougang Bus Interchange. The children were elated to see their own artwork at the exhibition.

29 November 2017: Outing to Siloso Beach, Sentosa

During the November holidays, an outing to the beach was organized, for the children to let their hair down and have fun. The day started with the children gathering to make their own sandwiches, doing beach-themed craftwork, and playing some ice-breaker games. At the beach, the children enjoyed activities like sandcastle-building, ball games, Frisbee, and swimming. A total of 1 staff, 3 volunteers, 2 interns, and 15 children attended the outing.

9 December 2017: Flea Market at Hougang 1

7 of our children helped out at a Flea Market organized by the PA on 9 December 2017 at Hougang 1 shopping mall as part of the mall's Christmas celebrations. The children helped to be our salespersons and managed to sell many items (clothes and accessories) and raised funds for BCARE!

14 December 2017: KK Christmas Party

13 children attended our annual Christmas party on 14 December 2017. The children participated in activities such as making a Christmas card for their loved ones, doing Christmas-themed craftwork, hearing a story on the true meaning of Christmas and love and ending with a tea break during which their favourite fried nuggets and fries were served. The activities were conducted by 3 staff and 2 interns.

4.4 EAGLES YOUTH @574 & 603

IC: Tracy Ng

Objectives

To provide a nurturing environment for youths of different races to help them grow intellectually, emotionally, and socially into responsible adults.

Operating Hours

Thu: 3 pm to 6 pm (Blk 574)

Fri: 3 pm to 6 pm (Blk 603)

Venue

Blk 574 Hougang St 51 #01-09 Singapore 530574

Blk 603 Hougang Ave 4 #01-221 Singapore 530603

Activities

1. Supervised school work
2. Board games
3. Sports
4. Cyber-wellness and character-building sessions (Videos on cyber bullying, anti-smoking, overcoming shyness, being honest, helping one another, etc.)
5. Special school holiday programme.

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, 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 Chinese, Malay, and Indian.

Highlights

April 2017: Visit to Ion Art Gallery and view the skyline of Singapore.

June 2017: Participated in PA Art festival - painting on gloves. Went cycling and distributed food and toiletries to the homeless in ECP. Visited the National Gallery to see Yayoi Kusama exhibit.

July 2017: Excursion to the zoo. Attended Guitar lessons conducted by volunteer, Mr. Harry Yap from Orange Tee.

August 2017: Excursion to Siloso Beach in Sentosa to celebrate NDP with Kidz Klub and Fame Club.

September 2017: Hiking in Pulau Ubin to see Singapore's last remaining kampong (village).

Participated in RSVP NSVM at AMK ITE, where we sold our handicrafts. We were featured on Channel NewsAsia.

November 2017: Amazing Race at Changi Airport Terminal 4.

December 2017: Participated in the flea market at Hougang 1 with Kidz Klub and Fame Club @574. It was a great success and youths learned how to sell DIY accessories they made and practice negotiation skills.

Participated in the SOLES4SOULS Shoe Drive charity event SOLES4SOULS Shoe Drive charity event to distribute shoes to the poor at Kallang.

Collaborated with Paya Lebar CC and Artist Calvin Pang to refurbish an old piano displayed in 242, using Piano Stencil.

Christmas & December Birthday celebration for EY youths. Orange Tee sponsored the party food.

Collaboration with teachers and students of Sterling Campus to have a photography competition at Gardens by the Bay.

January 2018: Youths help to clean and do up Block 603 for the preparation of changing it to a drop-in centre.

March 2018: Chinese New Year Steamboat Reunion.

Youths and staff went marketing and shopping for ingredients together. Budgeting and planning were carried out by the EY leaders with an emphasis on economical and healthier choices of food. The day ended with joyful bonding over Yu Sheng and steamboat celebration.

Youths participated in an outing to Gardens by the Bay as volunteers to look after Fame Club members.

4.5 ROYAL RANGERS

IC: Teo Wei Min

Objectives

A uniformed group for 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.

Operating Hours

Sat: 1.15pm to 3.30pm

Venue

Block 603, Hougang Avenue 4, #01-221, S530603

Activities

1. Life skill programmes such as hiking, bird study, first aid, etc.
2. Outdoor activities such as camping and outings.
3. Character lessons on various topics such as graciousness,

goodness, etc.

4. Game sessions to encourage teamwork, cooperation, and sportsmanship

Target Audience

Aged 5-7 (Ranger Kids – RK)

Aged 8-10 (Discovery Rangers – DR)

Aged 11-13 (Adventure Rangers – AR)

Aged 14-18 (Expedition Rangers – ER)

Outcome

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 by 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.

Average Attendance

Average 60 kids per session.

Highlights

14-16 April 2017: Outpost Camp

An annual highlight for the Rangers to bond and learn new skills together during these 3 days 2 nights camp. This year we had 39 Rangers and 23 commanders joining this camp. The Rangers were involved in various team-building activities which include Tag Archery and a night walk. Both rangers and commanders had a great time forming friendships during this camp.

29 April 2017: RK Fire Station Outing

As part of the Fire Safety program feature the Ranger Kids went through this term, the commanders brought a group of 22 Rangers to the Seng Kang Fire station for an excursion. The Rangers had fun getting on the Fire Vehicles and playing with the fire hose. The Firemen were very detailed in sharing with the children tips on fire safety and the daily operations of a fire station.

27 May 2017: Family Outing and COA 1

A biannual tradition to honour 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 Sentosa together with the Rangers and their families. We did a hiking trail and ended off with a great time at Port of Lost Wonder where the children had a fun time playing in the water.

16 July 2017: 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 wind chime-making booth for the children while the commanders engaged their parents in sharing more about Royal Rangers.

12 August 2017: National Day Outing (Jurong Bird Park)

In celebration of National Day, 50 rangers and 17 commanders went on an outing to Jurong Bird Park. The rangers enjoyed their time there tremendously, exploring the wildlife and also enjoying the tram rides and walking trails. They also had fun at their group-level parties, munching on snacks that were also provided.

18-20 August 2017: Retreat for Royal Ranger Commanders

The annual retreat is a time of bonding, fellowship and honouring. 20 commanders went on an overseas trip to JB and also had a good time bonding and also receiving words of encouragement and affirmation from the President of Bethesda CARE.

4 Nov 2017: AR Cycling Outing

The Adventure rangers did a cycling trip as part of their Program Feature. The Rangers met at Kovan Bus Interchange and hiked to Punggol Park where they cycled for about an hour and then headed back to have lunch as a group. The rangers had a good time bonding with each other and some even learnt how to ride a bike for the first time.

11 November 2017: COA 2 and Gift Shop 2

Our second Council of Achievement of the year was held at LSBC, as 62 adults, 72 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. We also had our second gift shop during this time where the children could exchange gifts with the stamps they have earned during the year. A carnival was also set up for the children to win more stamps. The families as well as the commanders had lots of fun together.

9 December 2017: Hougang 1 Christmas Choir + RR Booth

7 Rangers and 7 commanders came together at Hougang One to celebrate Christmas with the community. Everyone had fun singing Christmas Carols and working together to bring Christmas cheer to the public.

25-26 November 2017: ER Batam Trip

To fulfill the Expedition Ranger's NYAA community service requirement, 3 Rangers, a youth, and 8 commanders travelled to Batam island to conduct 2 sessions of English conversational lessons, and a Children games programme and to bless needy families with basic necessities. The rangers planned and conducted most of the English lessons and Children's games sessions which truly allowed them to exercise their leadership qualities. It was definitely an eye-opener for the rangers when they saw the living condition of the needy families to whom they delivered the food package to. A sense of appreciation overwhelms them for the things back in Singapore. A perfect combination of appreciating all we are enjoying and acknowledging we can do more to help.

24 February 2018: Chinese New Year Yusheng Party

Together with a total of 29 rangers and their family members, 19 commanders celebrated the season with a party that involved games, a Kimchi-making session, and Yusheng tossing. Everyone tucked into a sumptuous lunch and all the participants had fun making and eating their handmade dumplings, as well as getting to know each other better.

30 March 2018- 1 April 2018: Outpost Camp

An annual highlight for the Rangers to bond and learn new skills together during these 3 days 2 nights camp. This year we had 28 Rangers and 22 commanders joining this camp. The Rangers were involved in various team-building activities which include water games, night walks, and a commanders' night where all had a great time together. Close friendships among rangers and commanders were forged during this camp.

4.6 TUITION

IC: Seth Hwang

Objectives

To provide academic assistance to students from low-income families living in Hougang, Sengkang, and Punggol through our heavily subsidized tuition.

Operating Hours

Mon: 7:30pm – 9:15pm @ 958

Tue: 7.30 – 8.45pm @ ARC RC

Thu: 7:00pm – 9:45pm @ 958

Sat: 10:00am – 12:30pm @ 242

Sat: 2:30pm – 4:00pm @ 958

Sat: 9:00am – 10:15am @ ARC RC

Venue

- Blk 958 Hougang St 91 #01-268 Singapore 530958 (Joy Connection premises)
- Blk 242 Hougang St 22 #01-93 Singapore 530242
- 180C Rivervale Crescent #01-367 Singapore 543180 (Rivervale Arc RC)

Activities

Tuition (English and Math subjects)

Target Audience

Primary and Secondary students from low-income families who are struggling with poor results require academic assistance. Referrals from various Family Service Centres and BCARE's programmes are also accepted.

Outcome

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.

Average Attendance

22 students and 16 tutors

Future Plans

We are currently looking at how we can optimise the operation of our tuition classes at ARC RC in order to better serve the community in Sengkang. We are also looking to expand our tuition services to Compassvale Crescent in 2018.

4.7 SCHOOL SOCIAL WORK

IC: Stella Tan

Objectives

To work with schools to help students develop good character, embrace strong values, cultivate healthy habits, and become responsible and disciplined in maximising their academic potential.

4.7.1 ENHANCED STEP-UP PROGRAMME (A PROGRAMME FUNDED BY MSF TARGETTING AT STUDENTS WITH SCHOOL ABSENTEEISM ISSUES)

Worked with students from Xinghua Primary, Yuying Secondary, Hougang Secondary, Xinmin Primary, Holy Innocent High, Montfort Primary, Montfort Secondary, Serangoon Secondary, Sengkang Primary, Sengkang Secondary, Compassvale Secondary, Nan Chiau High, Pei Hwa Secondary, Edgefield Secondary.

Total Cases

ESU A: 24 Students, ESU B: 49 Students.

4.7.2 LEADERSHIP TRAINING (TRAINING PROGRAMME FOR PREFECTS AND CCA LEADERS)

Worked with Yuying Secondary.

Total Number of Students:

200

4.8 FAMFUN

IC: Tay Ching Yee

2 main programme components

- Facilitated family bonding activities
- Milk powder assistance for low-income families with young children

(pilot phase from March 2017 to December 2017)

1) Facilitated family bonding activities

Objectives

- Promote positive relationships among family members (especially parent-child) to create a strong and stable family unit.
- To enhance parents' ability to bring up strong and resilient children through education and being a positive role model to the children.
- To educate parents and children on the importance of family 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

- Biannual family outings/ facilitated activities at selected outdoor locations

Target Audience

Families: parents and their children (5 to 12 years)

Outcome

Strong families and resilient children

Activities

10 June 2017: Outing to Reflections at Bukit Chandu (WWII museum) and HORT Park

- Families participated in an educational trip to Reflections at Bukit Chandu: parents explained to the children the history of the battle during World War 2 and educated them about the importance of total defence
- After that, they took a short hike to Hort Park where families took part in some simple bonding games and had some time to explore the park to learn more about plants and landscaping

25 November 2017: Outing to Central Fire Station

8 families (12 adults and 15 children) attended a family outing to the Central Fire Station where they witnessed demonstrations of how the fire-fighting equipment were used, as well as some techniques displayed by the firefighters. The outing ended with a tour at the Heritage Gallery which told of the history and development of the Fire Department in the past till the SCDF today. The families enjoyed their time learning together, especially the children who got to take photos with the "cool" fire-fighting vehicles and be dressed in the fire-fighters' uniform during the tour.

2) Milk powder assistance for low-income families with young children (pilot phase from March 2017 to December 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 1 can of milk powder monthly. We will also be providing them with counselling and support with regards to the caregiving of their children.

Sources of referral and funding

We partnered with the Social Service Office (Sengkang) and Sengkang Family Service Centre on this project. They referred eligible cases to us. The identified clientele are residents from a rental block in Sengkang.

We wrote to a few organisations for sponsorship and Lee Foundation sponsored us an amount of \$4800 for the pilot project.

They have continued to sponsor us a further amount for \$8000 for 2018.

Outcome

Through this programme, BCARE supported a total of 13 families and 17 children, and disbursed a total of 93 tins of milk. As at December 2017, we have completed the disbursement of all the milk powder to the identified families.

A review of the assistance programme was conducted at the end of the pilot phase, and we have launched it officially in the financial year 2018 under the Financial Assistance scheme. It would be open to all eligible residents in our service boundary of Hougang, Sengkang and Punggol. Eligible residents may approach our centre for help for assistance and our caseworkers would assess the cases to provide the necessary assistance.

5.0 SPORTS & RECREATION

5.1 LINE DANCE

IC: Joyce Woon

Objectives

1. To promote healthy, active lifestyle through light physical activity.
2. To promote social bonds through this popular art and cultural form.
3. To promote fellowship and sharing among members.

Operating Hours

Tue & Thu: 8.00pm to 9.30pm

Venue

Blk 574 Hougang St 51 #01-09 Singapore 530574

Target Audience

Age 40-60.

Outcome

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.

Attendance

Average 35 per session.

Highlights

Chinese New Year / Lo Hei Party.

1. Authentic Peranakan dishes specially prepared by the instructor was shared with Line Dance students
2. Combined Class Pot-Luck Dinner Party. Students from the 2 classes gathered for dinner, interact and practice dance moves they have learned.

5.2 INLINE-SKATING

IC: Eric Ang

Objectives

1. To promote healthy active living through sports,
2. To promote family bonds through participation as a family.

Operating Hours

Thu, 7.45pm to 8:30pm.

Venue

Blk 574 Hougang St 51 #01-09 Singapore 530574

Outcome

One of the important achievements is to promote racial harmony as we have children from different races coming for the lessons.

As they practise together, they build relationships and bonding especially when they play Catching and other games on skate together. They become closer after the 10 lessons.

Average Attendance

5 children per session

5.3 TRADITIONAL CHINESE MEDICINE (ORTHOPEDICS) SERVICES

IC: Nelson Ho

Objectives

To serve the community in a more practical way by offering TCM (Orthopaedics) Therapy such as Acupuncture and 'Tui Na' to provide relief to injury and to aid recovery.

Operating Hours

Mon and Wed, 6.00pm to 9.00pm

Tue and Thu, 2.00pm to 6.00pm
By appointment only
Mobile: 8522 7521

Charges

Consultation: Free
Tui Na and Acupuncture at discounted rates

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 762 cases for this fiscal period.

Average Attendance

Average is 63 treatments per month.