

ANGAGE

ANGLICAN SERVICES ENGAGING THE COMMUNITY

Growing His Ministry of Love

As we serve in His Ministry of Love at St. Andrew's Mission Hospital (SAMH) and Singapore Anglican Community Services (SACS), we have witnessed how evident God's providence is as we build and grow His Ministry with His leading. We are constantly reminded of how God can use us to impact the lives of those He entrusted to our care when we offer the time and talent God has blessed us with.

Opened in January 2018, Anglican Senior Centre (Hillview) provides general and enhanced dementia day care, maintenance day care and community rehabilitation for the elderly residents in Choa Chu Kang, Bukit Panjang, Bukit Batok, Upper Bukit Timah and has even served several nonagenarians. One of the nonagenarians, Mr. Chiang Hong Yuen, 93 years old, is a living testimony of how God leads the team at Anglican Senior Centre (Hillview) to serve the needs of the elderly residents in the vicinity.

Anglican Senior Centre (Hillview)



(Top left, clockwise) Mr. Chiang Hong Yuen participated actively in outings for clients; his personalised rehabilitation sessions; sharing sessions with student volunteers; as well as art and craft sessions at Anglican Senior Centre (Hillview).

Due to a back injury and having undergone two surgeries, Mr. Chiang was wheelchair-bound and not hopeful of recovery. Nonetheless, after much persuasion by his son and daughter-in-law, Mr. Chiang decided to undergo rehabilitation at Anglican Senior Centre (Hillview) in March 2018.

Pleased with the rehabilitation programme and impressed by the knowledge and professionalism of the therapy and nursing staff, Mr. Chiang decided to participate in the day care programme with his wife.

Mr. Chiang actively participated in all day care activities and his personalised rehabilitation programme. His zeal in attending day care and rehabilitation services was so evident that even his wife was amazed at his enthusiasm in going to the centre. He also extended his passion in life and friendliness to the staff and volunteers, sharing his life experiences with them.

"I am currently 93 years old. I entered the centre on a wheelchair. Three months later, I walked out of the centre without any walking aid. I am thankful for the effective and holistic treatment I received at the centre," shared Mr. Chiang.



Mr. Keith Chua (left), Vice-President of Singapore Anglican Community Services, shared the concept of Share-A-Pot with Mr. Lawrence Wong (right), Minister for National Development and Second Minister for Finance and Mr. Desmond Choo (center), Mayor of North East Community Development Council and Member of Parliament for Tampines Group Representation Constituency.



Seniors in Tampines Changkat created their crafts such as keychains and brooches.

Anglican Senior Centre (Tampines)

A partnership between Singapore Anglican Community Services (SACS) and All Saints' Church (ASC), Anglican Senior Centre (Tampines) serves the elderly residents in Tampines Changkat. Since the opening of Anglican Senior Centre (Tampines) in April 2018, the centre has been engaging 50 residents every weekday in various activities to help them age-in-place in the community.

Volunteers from ASC befriend the residents and engage them in activities such as physical exercises, ukulele performances, haircut sessions and special programmes. The latter include Share-A-Pot, a collaboration with Khoo Teck Puat Hospital (KTPH) to enhance the physical wellness of residents through physical exercises and social conversations over a bowl of nutritious soup specially selected for elderly residents by KTPH's nutritionists.

Anglican Senior Centre (Tampines) is also the first to partner with Changi General Hospital (CGH) in having a community health post to serve the residents. Community nurses from CGH are stationed at the centre during the second and fourth Monday morning of each month to educate the residents on leading a healthy lifestyle through health talks and consultation sessions.

On 28 April 2018, Mr. Lawrence Wong, Minister for National Development and Second Minister for Finance, visited Anglican Senior Centre (Tampines) during his Tampines Changkat Ministerial Community Visit. Together with Mr. Desmond Choo, Mayor of North East District and Member of Parliament for Tampines Group Representation Constituency, Minister Wong launched the "Let's Get Healthy @ North East" programme, a health initiative to help residents

aged 40 years old and above stay healthy. Services such as Care Line by CGH, Share-A-Pot by KTPH, Enhancement for Active Seniors (EASE) by Housing and Development Board, and Wheels of Love by Tampines Changkat were featured at the centre during Minister Wong's visit.

St. Andrew's Nursing Home (Taman Jurong)

St. Andrew's Nursing Home (SANH) (Taman Jurong), located at 2 Yung Ho Walk, will commence operations on 11 February 2019, at a capacity to provide care for 290 residents. Mr. Philip Wong was appointed as the Executive Director with effect from September 2018. The Temporary Occupancy Permit (TOP) for SANH (Taman Jurong) was granted on 11 October 2018. SANH (Taman Jurong) took over the premise on 15 November 2018 and the first batch of foreign clinical staff arrived in SANH (Taman Jurong) four days later.



The nearly completed SANH (Taman Jurong). Photo taken in November 2018.

St. Andrew's Adult Home (Sengkang)

Construction of St. Andrew's Adult Home (Sengkang) [SAAH (Sengkang)], which is expected to receive residents in April 2019, is on schedule. By November, the building structure was completed, and interior fittings and equipping have commenced. We expect to obtain Temporary Occupancy Permit (TOP) by December 2018.

SAAH (Sengkang) is the first purpose-built disability home in Singapore to provide

autism-friendly home living that is co-developed by Ministry of Social and Family Development and St. Andrew's Autism Centre. To aid transition by the residents, it will include private spaces, transiting to semi-private spaces and public spaces. There will be communal living and dining spaces, each shared by eight to nine residents, as well as an activity space on each level, for up to 19 residents living on that floor.

A Day Activity Centre for up to 50 clients is co-located with the home.



Construction of SAAH (Sengkang) is on schedule and the home is expected to be operational by April 2019.

Integrated Healthcare and Social Care Services at Our Silvercare Hub

CGH. All necessary information and care recommendations for the seniors will also be shared between respective OSH partners with consent from the seniors or their families. This enables seamless transition across the care services and allows OSH partners to have comprehensive understanding of the patients' condition.

The story of Mdm. Laila D/O Kadir bears testament to a successful integration of services within OSH facilities. Formerly a hotel chef, the 72-year-old senior was diagnosed with osteoarthritis in both knees. Her doctor from CGH referred her to SASC (Tampines) and Eastern CHC respectively for day care and physiotherapy services. She felt better and healthier after the sessions and enjoyed interacting with the other seniors. "Before, I had no mood to do anything. At the day care centre, I feel happy meeting and chatting with other seniors," shared Mdm. Laila D/O Kadir.

At the celebration, seniors, staff and volunteers of OSH performed a medley of local folk songs: "Rasa Sayang", "Burung Kakak Tua" and "Singapura, Oh Singapura". As a token of appreciation, Mdm. Laila D/O Kadir presented the Guest-of-Honour, Minister Heng, a handcrafted artpiece of the OSH icon. This artpiece was made up of colourful handprint pieces created by SASC (Tampines) seniors. This artwork is symbolic of the impact OSH leaves on all clients as they support the community. Representing OSH partners, Ministry of Health and the community, the OSH icon is a tangram set - its colourful pieces offer many creative outcomes which symbolises the possibilities, dynamics and partnership among stakeholders in providing healthcare services and encouraging active ageing in the community.



Minister Heng and Mdm. Laila D/O Kadir completed the OSH tangram icon with the last puzzle piece representing the Community.



Minister Heng engaged in balance training exercise conducted in the format of a game during the facilities tour of Eastern Community Health Centre.



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Mdm. Laila D/O Kadir joined other seniors for physiotherapy at Eastern Community Health Centre.



Seniors, staff and volunteers of Our SilverCare Hub performed a medley of local folk songs at the official opening.

Situated at Our Tampines Hub, Our SilverCare Hub (OSH) was officially launched by Mr. Heng Swee Keat, Minister for Finance and Member of Parliament for Tampines Group Representation Constituency, on 22 September 2018. OSH is a partnership between Changi General Hospital (CGH), St. Andrew's Senior Care (SASC) (Tampines), the Eastern Community Health Centre (Eastern CHC) and the Tampines Family Medicine Clinic (TFMC), to meet the healthcare and social needs of senior residents in the east.

The three facilities – SASC (Tampines), Eastern CHC, and TFMC – provide easily accessible services such as physiotherapy, general and dementia day care, community rehabilitation, counselling and primary healthcare for seniors. Seniors who require more complex or specialised care may be referred to

Providing Care Close to Home

PEACE-Connect Cluster Operator (PeCCO) provides holistic care for 2,500 seniors living in the vicinity of Kallang, Rochor, and Novena. PeCCO offers the following programmes to meet the social and psychological needs of these seniors: Cluster Support (CS), Community Resource, Engagement and Support Team (CREST), two Senior Activity Centres (SAC), Senior Group Home (SGH), as well as two newly introduced programmes - Care Close to Home (C2H) and Community Befriender Programme (CBP).

Care Close to Home (C2H)



Tan Tock Seng Hospital Community Health Team conducted a medical review with a senior involved in the C2H programme.

C2H programme aims to promote and facilitate a happy, healthy and active ageing-in-place lifestyle for seniors. With close support from Singapore Anti-Tuberculosis Association (SATA) and Tan Tock Seng Hospital Community Health Team, C2H provides home medical care for the seniors. Subsidised medical care is also offered to assist low-income seniors, aged 60 and above. Additional services under the C2H programme include home help, basic nursing support, monitoring of chronic illnesses and reminders for medicine consumption. C2H aims to prevent frequent hospitalisation among seniors while managing their medication compliance and preventing premature institutionalisation. Homebound seniors are also closely monitored and taken care of by PeCCO's staff and volunteers, who visit them regularly to prevent social isolation and possible mental health issues from arising.

To promote healthy and active lifestyles, PeCCO's SACs also engage the seniors in creative arts, cognitive games, well-being projects and weekly physical exercises. Ms. Denise Phua, Mayor of Central Singapore District and Member of Parliament for Jalan Besar Group Representation Constituency (Kampong Glam), is very supportive of these initiatives and participates in these activities with the seniors.



Ms. Denise Phua, Mayor of Central Singapore District and Member of Parliament for Jalan Besar Group Representation Constituency (Kampong Glam), joined the seniors in stretch band exercises during one of the weekly sessions made possible with the support of Health Promotion Board.

Community Befriender Programme (CBP)



Mdm. Cho (middle) with the CBP befrienders.

Inaugurated in August 2018, PeCCO's CBP serves frail and vulnerable seniors who live alone. Befrienders from this programme conduct regular home visits to develop relationships with these seniors in Kampong Glam, offering social and emotional support. PeCCO also works closely with community partners to provide the best care and support for seniors such as Mr. Tang and Mdm. Cho.

During a CBP befrienders' home visit, they noticed that Mr. Tang was having difficulty moving around. Upon finding out that he had suffered a spine injury after a fall, they arranged for a physiotherapist to assess his condition. Mr. Tang currently attends two physiotherapy sessions per week at St. Andrew's Senior Care (JOY Connect) and is grateful for the help rendered to improve his health condition.

Mdm. Cho is another senior who looks forward to the CBP befrienders' home visits and enjoys preparing snacks and drinks for them.

With the implementation of C2H and CBP, PeCCO aims to provide comprehensive care to the community of seniors it serves.



Beautiful voices of St. Hilda's Primary School Choir students filled the air as they performed two opening pieces, "Sing! Shout! Alleluia!" and "Give Thanks" (with sign language).



Anglican High School Concert Band played a medley of songs from "The Lion King".



St. Andrew's Autism Centre staff and a Day Activity Centre client shared the joy of music with the audience through a performance incorporating various musical instruments.

The Bread Of Life: SAMH-SACS Charity Gala Dinner 2018

Jesus said, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst" (John 6:35). Guided by this wonderful promise of God, St. Andrew's Mission Hospital (SAMH) and Singapore Anglican Community Services (SACS) held our Annual Charity Gala Dinner on 7 September 2018. It was a night of joy as staff, service partners and donors came together to render their support and celebrate the growth of SAMH and SACS as we expand our reach to meet the increasing and differing needs in our society.



Bishop Rennis Ponniah presented the SACS 50th anniversary commemorative book, "Into the Light", to Minister Lawrence Wong.

Mr. Lawrence Wong, Minister for National Development and Second Minister for Finance, graced the event as the Guest-of-Honour, and lauded the contributions of SAMH and SACS in providing a multitude of services, from caring for women and children to geriatric care, autism services, psychiatric care and counselling. Minister Wong highlighted how SAMH and SACS work hand in hand with the government, community partners and volunteers to provide a continuum of care for the welfare of the community.

Lovely music filled the air that night as students of St. Hilda's Primary School Choir and Anglican High School Concert Band students showcased their talents through song and orchestra performances, while our beneficiaries and staff from St. Andrew's Autism Centre (SAAC), St. Andrew's Nursing Home (Queenstown) and St. Andrew's Nursing Home (Buangkok) performed renditions of classics and lively dance numbers. It was a heart-warming moment when Minister Wong, together with Bishop Rennis Ponniah, President of SAMH and SACS, and Dr. Arthur Chern, Group Chief Executive Officer (CEO) of SAMH and SACS, lent their voices and joined in the singing onstage with our staff and residents of St. Andrew's Nursing Home (Queenstown).



From left to right: Mr. Keith Chua, Vice-President of SACS; Mr. Lawrence Wong, Minister for National Development and Second Minister for Finance and Mrs. Wong; Bishop Rennis Ponniah, President of SAMH and SACS; Mr. Andrew Goh, Vice-President of SAMH, and Dr. Arthur Chern, Group CEO of SAMH and SACS.



Song performance by Minister Lawrence Wong (center), Bishop Rennis Ponniah (far right), Dr. Arthur Chern (far left) as well as residents and staff of St. Andrew's Nursing Home (Queenstown).



An energetic dance performance by St. Andrew's Nursing Home (Buangkok).



SAMH and SACS management and staff sang "I am the Bread of Life".

In his welcome address, Bishop Rennis Ponniah shared the biblical story of St. Andrew, who found a little boy willing to share his meal of five loaves of bread and two fish through which Jesus worked his miracle to feed the hungry masses. Affirmed by this encouragement that even "little is much when God is in it", SAMH and SACS will go forth with renewed conviction to give of our best, knowing that He will transform our resources and effort into life-giving works of His hand.

Guided by this faith, SAMH and SACS will be operating St. Andrew's Nursing Home (Taman Jurong) in 2019, as well as St. John's - St. Margaret's Nursing Home, initiated by St. John's - St. Margaret's

Church, at Dover in 2020. In addition, St. Andrew's Autism Centre (SAAC) has been working closely with the Ministry of Social and Family Development to co-develop a Build-Own-Lease disability home, St. Andrew's Adult Home (Sengkang), which will provide long-term residential care for adults with autism. Slated to open in 2019 at Sengkang, the home will fulfill SAAC's vision of providing integrated autism care to support people with autism and their families.

To represent the expanding SAMH-SACS family, 27 pennants bearing the new SAMH logo and SACS logo and each individual service name were displayed in the finale segment during the song "I am the Bread of Life", sang by management and staff of SAMH and SACS. "These pennants are a visual testament to the act of faith that if we take a step of obedience and offer whatever we have, even with only five loaves of bread and two fish, we can reach out to thousands of people in need," as Dr. Arthur Chern encapsulated in his speech.

Concluding the dinner with the anthem "Here I am, Lord", it was an opportunity for all present to renew our faith in answering God's call to be bread and blessing to others, just as Jesus has given us, His people, life by eating of the bread that He Himself offers us. As SAMH and SACS continue our commitment to meet the needs of the sick, the poor and the disadvantaged, may we do so with great compassion and love, to give of ourselves in the spirit of Jesus, our Bread of Life.



Pennants of the 27 services of SAMH and SACS.

Cross-Generational Bonding at a New Community Garden



Ms. Julie Ong, Centre Manager of SASC (Henderson), received the Community In Bloom Silver Award at the Singapore Garden Festival 2018. The biennial award recognises the gardening efforts of local gardening groups.

Thanks to the contribution by Mapletree Logistics Trust Management Ltd as well as the guidance and support from National Parks Board, St. Andrew's Senior Care (SASC) (Henderson) has a community garden for their seniors. Since February 2018, the garden provides a space for seniors to enhance their muscle strength and train their fine motor skills. Tending the garden also brings joy to the seniors and stimulates their senses of touch, taste and smell.

During the initial stage, employees from Mapletree set up planters to grow herbs and vegetables. In May 2018, pre-schoolers from PCF Sparkletots @ Block 44 Telok Blangah Drive, Mapletree Team and the clients of SASC (Henderson) did gardening together.

At the Singapore Garden Festival 2018, SASC (Henderson)'s community garden was awarded the Community In Bloom Silver Award. SASC (Henderson) hopes to recruit more volunteers who can help the seniors in maintaining a beautiful community garden. For more information on volunteering opportunities at SASC (Henderson), please call 6430 8409 or email sasc_henderson@sasc.org.sg.



Three generations bonding as they jointly tend the community garden.

"I enjoy gardening and it is rewarding to see our plants grow and bear fruit," shared Mdm. Tham, a client of SASC (Henderson).

Serving with Love and Dedication

Started in 2010, the Singapore Health Inspirational Patient and Caregiver Awards celebrates inspirational individuals, and encourages other patients and caregivers on their caregiving journey. Ms. Helen Chee Chin Keat and Mdm. Lim Kwee Choon (nominated by the staff of St. Andrew's Community Hospital (SACH)) were among the 16 caregivers award winners in 2018 who showed extraordinary resilience, courage and positivity in taking care of their loved ones.

Ms. Helen Chee Chin Keat

For 11 years, I took care of my late mother, Mdm. Chung Swee Heng. We never spent a day apart until she passed on at the age of 101 in 2017. My mother had a fall in 2007 and became frailer, needing a walking frame. She was also put on long-term warfarin because of her deep vein thrombosis. As my elder sister and I were both working, we hired a domestic helper to take care of our mother. Within a week, she complained that the helper was not taking good care of her and asked us to be her caregivers. Out of love for my mother and knowing that she desired my company, I quit my job as a kindergarten teacher to take care of her.

In October 2017, she was hospitalised with urinary tract infection and lung infection which progressed to pneumonia. Despite the doctor's advice to stay hospitalised, she insisted on going home. She was bed-bound and grew weaker till she passed away on Christmas Eve. From the time she was hospitalised till her passing, I was so worried and busy taking care of her that I fell sick and lost more than 10kg.

Looking back, I was blessed to be able to take care of my mother and thankful for the memories we shared. She inspired me to find a job at the senior care centre near my place so that I can help other seniors.



"She was the bright light in my life, and I remember her fondly," shared Ms. Helen Chee Chin Keat, as she held a photograph of her late mother.

Mdm. Lim Kwee Choon

My mother, Mdm. Chee Sock Lian, 92 years old, suffered a stroke in 2010 which affected her heart and brain. In 2015, she needed a pacemaker and was also diagnosed with vascular dementia in 2015. As the eldest of five siblings, I quit my job to look after my mother.

It was difficult adjusting to the caregiver role for my mother as I did not anticipate changes in her personality. Her sudden mood swings and constant repetitive complaints that nobody cared about her and she was useless, tested my patience. I was so stressed up that my blood pressure rose.

I sought counselling, read up on dementia and learnt more about dementia caregiving from other caregivers. With a better understanding of dementia, I was able to manage my mother's mood and insecurities about her current state. As she used to be very active and independent, we kept her busy with various activities. We know that her condition will continue to worsen but we are thankful that she still remembers us now.



Since last year, Mdm. Lim Kwee Choon's mother (right), attends the Enhanced Dementia Day Care at St. Andrew's Senior Care (JOY Connect) twice a week, where she does group activities and exercises. Mdm. Lim (left) also volunteers at the centre.

Nursing with Love and Humility

Mr. Hoe Oi Min initially pursued his studies in the technical stream and worked as a Quality Control Manager. However, 10 years ago, he took stock of life after his parents passed on and decided to do something he had always wanted to, which was to join the healthcare sector. After completing the Community Healthcare Assistant Course with the Health Management International Institute of Health Sciences, he joined St. Andrew's Community Hospital (SACH) as a Healthcare Assistant and rose through the ranks to become a Senior Enrolled Nurse. Constantly putting the care of his patients as top priority, his servant heart never fails to shine through, inspiring those around him.

In recognition of his outstanding performance and dedication, Mr. Hoe received the Nurses' Merit Award on 18 July 2018 from Mr. Gan Kim Yong, Minister for Health.



Mr. Hoe Oi Min, Senior Enrolled Nurse, received the Nurses' Merit Award from Mr. Gan Kim Yong, Minister for Health. On the left is Ms. Tan Soh Chin, Chief Nursing Officer, Ministry of Health.

Finding Fulfilment in Upholding Excellence

"The most fulfilling part of my job is seeing my patients get better and go home, knowing I played a part in that. It is very rewarding and that is why I always give my best," shared Ms. Lew Sow Peng, Senior Staff Nurse at SACH after being conferred the individual Gold Community Care Excellence Award. Undoubtedly, it was her spirit of excellence and care towards her patients that earned her this award. She also credits her team for the award, in recognition of their team effort in caring for patients.

In all, SACH clinched one Individual Gold Award, 99 Individual Silver Awards, one Team Clinical Quality Improvement Award (Merit), one Team Client Experience Improvement Award (Merit), and three Team Productivity and Innovation Awards (one Winner and two Merits). St. Andrew's Nursing Home (Buangkok) also clinched one Individual Merit Award and one Team Clinical Quality Improvement Award (Merit).



On 19 September 2018, Ms. Lew Sow Peng, Senior Staff Nurse, received the Individual Gold Award (Service Quality) at the Community Care Excellence Award 2018 Ceremony from Dr. Amy Khor, Senior Minister of State for Health and Environment and Water Resources.

Coming Together to Celebrate Our Nation's 53rd Birthday

Carnival at St. Andrew's Nursing Home (Buangkok)

St. Andrew's Nursing Home (SANH) (Buangkok) organised a carnival to celebrate Singapore's 53rd birthday with its residents. The carnival was sponsored by ACES Seniors, Tan Chin Tuan Foundation and SG Cares. Residents delighted in ice cream treats, teh tarik as well as an assortment of local snacks. They also reminisced fond memories during games of yester-years and karaoke of famous oldies. Nurses from SANH (Buangkok) also performed songs and dance for residents, sponsors and volunteers at the carnival. Patriotism arose among the residents as they became emotional reciting the Pledge and singing the National Anthem.



Dance performance by nurses of SANH (Buangkok).



Residents of SANH (Buangkok), sponsors and volunteers celebrated Singapore's birthday at the carnival.

St. Andrew's Nursing Home (Queenstown) Celebrates with Henderson-Dawson Constituency

St. Andrew's Nursing Home (SANH) (Queenstown) joined the Henderson-Dawson community for their National Day celebrations. Ms. Joan Pereira, Member of Parliament for Henderson-Dawson Constituency, was the Guest-of-Honour for two of the celebrations which the staff and residents of SANH (Queenstown) participated in, namely National Day Dinner as well as National Day Observance Ceremony and Community Parade.

SANH (Queenstown) choir performed two songs at the Henderson-Dawson Constituency National Day Dinner on 4 August 2018. Mr. Chan Wah Tiong, Cluster CEO of SANH and Executive Director of SANH (Queenstown), and Pastor Abraham Yap, Associate Chaplain, were also invited to join Ms. Joan Pereira and the community in reciting National Pledge and singing the National Anthem.

On 9 August, National Day, residents of SANH (Queenstown) participated in the Henderson-Dawson National Day Observance Ceremony and Community Parade. One resident represented SANH (Queenstown) in the pledge-taking ceremony as part of the parade.



Mr. Chan Wah Tiong, Cluster CEO of SANH and Executive Director of SANH (Queenstown), Pastor Abraham Yap, Associate Chaplain, and the community recited the National Pledge and sang the National Anthem with Ms. Joan Pereira, Member of Parliament for Henderson-Dawson Constituency, at the National Day Dinner.



SANH (Queenstown) resident (dressed in bright pink shirt) recited the National Pledge with Ms. Joan Pereira at the platform.

Combined Celebration at St. Andrew's Secondary School

St. Andrew's Nursing Home (Buangkok and Queenstown) residents and St. Andrew's Senior Care (Queenstown) clients were invited to join in the National Day Celebration at St. Andrew's Secondary School on 8 August 2018. The residents enjoyed breakfast provided by the school and basked in the medley of popular songs performed by the school band. They also enjoyed participating in fun games and activities organised by the students.



Performance by St. Andrew's Secondary School band.



Residents of St. Andrew's Nursing Home (Buangkok and Queenstown) and St. Andrew's Senior Care (Queenstown) clients sang songs with students of St. Andrew's Secondary School.



St. Andrew's Secondary School students interacted with the residents of SANH (Buangkok).



Happy DAC clients delivered a harvest of nicely packed nai bai to the RedDot Orchard shop in Thomson Plaza.



Freshly picked harvests from the DAC Urban Farm are personally delivered to keen and supportive residents at Villa Marina. Here, we have bak choy, the second batch of harvest shared with the residents.

Colours GREEN - Fresh from Our DAC Urban Farm to the Community

It all began in a humble workshop classroom, not long after St. Andrew's Autism Centre (SAAC) first moved into its purpose-built facility at Elliot Road in 2011. Seeds of hope in the form of simple house plants were placed into pots of soil, each seedling carrying dreams for meaningful engagement for the adults with autism at the centre's Day Activity Centre (DAC).

That year, operational hours at its DAC were extended from four to six hours of service daily during the weekdays. It strategically created the opportunity for the introduction of a new vocational skills training programme, including a pilot project in horticulture initiative, purposed to develop pre-vocational and vocational skills appropriate for DAC's unique client profile of moderate to severe autism.

Horticulture was seen as a potential vocational skill adults with autism can acquire, beginning with basic gardening skills adapted for autism — watering and weeding — followed by more complex skills such as soil mixing, seedlings preparation, transplanting, pruning, soil aeration and more. Training also helped inculcate proper work habits, discipline, a sense of responsibility and safety.

Fast forward a few years and the horticultural programme, which began with just six clients, has matured into a full-fledged programme, with a current total of 29 clients being engaged and trained at various levels. Their repertoire of plants now includes local edible plants such as pandan and herbs such as Thai basil and rosemary.

More excitingly, the DAC Urban Farm initiative, which focuses on vegetable crops is gaining momentum and recognition. From Chinese vegetables such as bak choy, choy sum and nai bai to the local favourite brinjal, harvests of these fresh and natural crops are making their way to homes and the community beyond the centre.

It has come a long way since its very first harvest of kang kong in early 2016. Through community partnerships and collaborations, vegetables harvested from the DAC urban farm are now branded as Colours GREEN, a newly created label under SAAC's Colours Project and are distributed in RedDot Orchard, a green grocer in Thomson, and to the community at Villa Marina condominium, which is located close to the centre. It is also sold periodically at fairs and farmers markets.

More recently in late August this year, a harvest of nai bai made their culinary debut at the Iron Supper Club special fundraising charity dinner for the DAC. These simple distribution arrangements for harvested vegetables



Fresh nai bai harvested by DAC clients working on the urban farm were featured in a couple of dishes by Chef Heman Tan at the Iron Supper Club Special Charity Dinner on Wednesday, 29 August 2018.

provide for structured planning of the full cycle from seeding to harvest, an important learning process especially for adults with autism to visualise, understand and appreciate their efforts.

For organisations and companies who are keen to collaborate with SAAC to raise autism awareness and also that of the DAC Urban Farm and its training objectives, please email corpcomms@saac.org.sg.



The game of dominoes emphasized the importance of teamwork and patience for SACS members and T-Touch volunteers.

T-Touch Community Event with Singapore Anglican Community Services



Mr. Keith Chua (left), Vice President of SACS, presented a painting done by a SACS member to Mr. Lim Boon Heng (right), Chairman of Temasek, as a token of appreciation.

T-Touch, a staff-led volunteer initiative of the investment company Temasek, organised a community event for members of Anglican Care Centre (ACC) (Simei) on 25 June 2018. This fun-filled event received overwhelming response as 100 volunteers gathered at ACC (Simei) to support and raise awareness of mental health issues in Singapore together with 130 Singapore Anglican Community Services (SACS) members and staff.

To kick-start the event, Mr. James Chan, Executive Director of SACS Psychiatric Services, delivered a welcome address and Mr. Keith Chua, Vice-President of SACS, presented a painting designed by a SACS member to Mr. Lim Boon Heng, Chairman of Temasek, as a token of appreciation. Music and energy filled the air as everyone participated in the mass hip hop dance thereafter.



SACS members and T-Touch volunteers were engaged in memory card games.



The T-Touch volunteers were glad to see SACS' new hydroponics system growing well.

All SACS members received a goodie bag comprising a “passport” for them to go through different station games and workshops to complete their journey for the day. Paired with volunteers, they embarked on activities that emphasized the importance of teamwork while improving their memory.

One of the highlights of the programme was the terrarium-making and hydroponics workshops. SACS members created their own terrarium with the help of the volunteers and were taught how to take care of and harvest the plants from the hydroponics system. To promote the mental well-being of SACS members, T-Touch sponsored SACS' new hydroponics system. As part of Sustenir's (hydroponics agriculture company) Corporate Social Responsibility efforts, they provided consultative support to SACS on how to care for the plants over the past few months and also conducted a free workshop for SACS members and staff in July.

This event helped volunteers to gain a deeper understanding of persons with mental health issues and friendships were forged. SACS would like to extend our deepest gratitude to T-Touch for their effort in organising this event and for their generous sponsorship. We look forward to our future partnerships with T-Touch. May God continue to bless them as they serve the community.



Mr. Benjamin Swan (third from the left), co-founder and Chief Executive Officer of the hydroponics agriculture company, Sustenir, shared with Mr. Lim Boon Heng, Chairman of Temasek (second from the left), as well as SACS Board and Management on how the hydroponics system works.

11 Years of Loving and Strengthening Youths



From left to right: Mr. Dennis Ang, CEO of St. Andrew's Autism Centre; Ms. Vivien Chen, CITY Chairperson; Reverend Canon Terry Wong, Vicar of St. Andrew's Cathedral and Mrs. Wong; Mr. Desmond Lee, Minister for Social and Family Development and Second Minister for National Development; Ms. Wong Kok Yee, Honorary Treasurer of SACS; Bishop Rennis Ponniah, President of St. Andrew's Mission Hospital (SAMH) and Singapore Anglican Community Services (SACS); Dr. Arthur Chern, Group CEO of SAMH and SACS; Ms. Sharon Chua; Mr. Keith Chua, Vice President of SACS.

CITY Community Services commemorates its 11th year of dedicated service of developing "Character In The Young" with an inaugural Family Day Carnival and a special dinner: CITY LIFE.

Held on 7 July 2018, the Family Day Carnival was graced by Ms. Denise Phua, Mayor of Central Singapore District and Member of Parliament for Jalan Besar Group Representation Constituency (Kampong Glam), as the Guest-of-Honour. About 600 participants took part in various games and sports that day. The objective was to bring together CITY beneficiaries, their families and CITY staff for a day of fun and bonding.

On 30 October 2018, 250 guests including school leaders, donors and supporters, volunteers, community partners, management and staff of Singapore Anglican Community Services and CITY Community Services, beneficiaries, their families and CITY's Befrienders Alumni (BFA) attended the CITY LIFE Dinner. At the dinner CITY showcased its work -



Families at the Family Day Carnival were delightedly entertained by song and dance performances by students of the Sengkang Primary Befrienders Club.

how they Love, Inspire, Fuel, and Empower (L.I.F.E.) children under their care, so that they may grow up to be responsible adults.

Guest-of-Honour, Mr. Desmond Lee, Minister for Social and Family Development, and Second Minister for National Development, shared passionately about how social service organisations are committed to help the disadvantaged in society and affirmed government's support to jointly uplift those who are underserved. Commending CITY's work, Mr. Lee invited CITY to collaborate with the Ministry of Social and Family Development to make a difference in the lives of children.

Befrienders Club, a core CITY programme, is active in 11 schools. Helmed by graduates of the Befrienders Club, the BFA organised carnival games which encouraged beneficiaries and their families to interact and bond. This initiative also enables the BFA youths to hone their leadership skills. These activities serve as useful platforms for CITY staff members to engage and build rapport with parents of their beneficiaries, to partner them for more effective mentoring of their children.

It was indeed an eventful year for CITY Community Services.



Children from Kids' Loft Student Care graced the stage with impressive performances, bringing much joy to all who were present.



BFA members worked hard together to man the carnival games booth.

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ST. ANDREW'S MISSION HOSPITAL

• St. Andrew's Adult Home (Sengkang) • St. Andrew's Autism Centre • St. Andrew's Community Hospital • St. Andrew's Nursing Homes (Buangkok, Henderson, Queenstown) • St. Andrew's Senior Care (JOY Connect, Henderson, Queenstown, Tampines) • St. Andrew's Mission Hospital Clinics (Simei, Elliot Road, Kampong Glam)

SINGAPORE ANGLICAN COMMUNITY SERVICES

• Anglican Care Centres (Hougang, Simei, Farrer Park, Bukit Batok, Pasir Ris, Yishun) • Integrated Employment Services • Anglican Cluster Operator (Jurong East) • PEACE-Connect Cluster Operator • Anglican Senior Centres (Yishun, Jurong West, Hillview, Tampines, Woodlands) • St. Andrew's Nursing Home (Taman Jurong) • Anglican Family Centre • CITY Community Services • Mission to Seafarers

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