

epworth moments



TAKING STOCK
AND **STEPS**
FORWARD

Pg 3

SMALL
DRAWINGS
GREAT LIVES

Pg 13

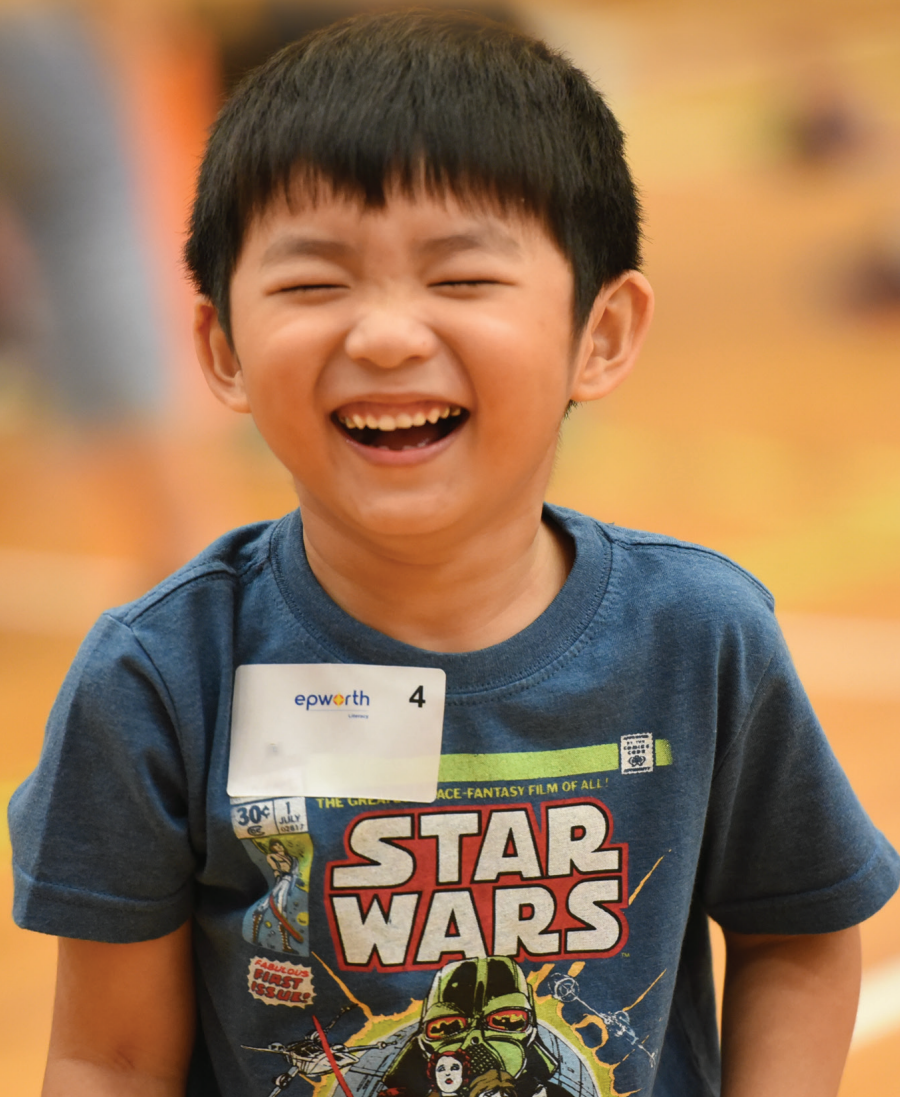


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ABOUT US

Epworth Community Services is a non-profit organisation that helps at-risk children and youths from needy and disadvantaged families. We want to create a better world for them so that they can develop their potential. Our work focuses on promoting the mental well-being of children and youths by building strong families and imparting skills for resilient living.

The Society is a registered charity, a full member of the National Council of Social Service (NCSS) and an Institution of a Public Character.







VISION

Strong Families, Resilient Living, Beautiful Minds.

MISSION

To reach out in Christian love, by providing quality programmes and services to all children, youths, parents and their families, of all language, race and religion, and nurturing each family member in body, mind and spirit.

CONNECT WITH US!

-  admin@epworth.sg
-  6562 2211 / 6569 8038
-  www.epworth.sg
-  www.epworth500.sg
-  [EpworthCommunityServices](https://www.facebook.com/EpworthCommunityServices)
-  Blk 106 Bukit Batok Central #01-217
Singapore 650106

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Design Elements

www.pixabay.com
www.freepik.com

Editor

Tan Khye Suan

Production Editor

Angie Lee

Contributors

Carol Aw
Cheong Jia Qi
Elaine Hoong
Francis Lee
Hannah Wong
Jovian Wong

TAKING STOCK AND MOVING FORWARD

By Tan Khye Suan, Executive Director

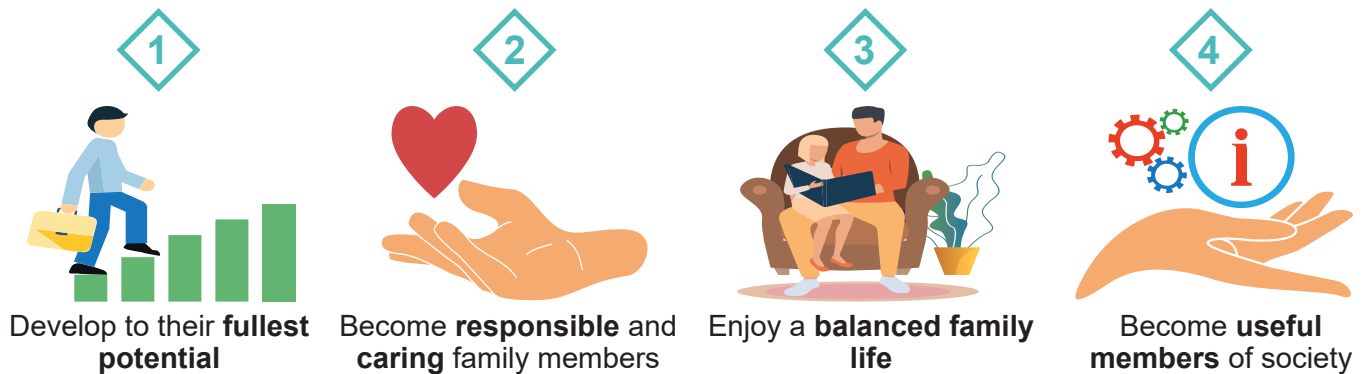
Since March 2019, after we have established our new vision of

“Strong Families, Resilient Living, Beautiful Minds”

Epworth Community Services is now solidifying this vision with more concrete plans.

As mentioned in our earlier newsletter, we will now focus on the mental well-being of children and youths. Our efforts will mainly be on preventive and early intervention, building strong families and providing coping abilities for children and youths so that they will grow up with good mental well-being, or “beautiful minds”. We will also seek to identify and build on the strengths of our clients – children, youths and parents.

We believe that with good mental well-being, children and youths can eventually function better as adults. Thus, we can better achieve our objectives of helping them to:



Taking Stock

We have taken stock of our existing programmes and services to ensure that they are aligned to our new vision.

The Literacy Intervention Programme as well as our STAR Behavioural Modification and Management Programme at **Epworth Literacy** are certainly in line with our vision. These programmes help to lay the foundation of children who may have challenges that prevent them from benefitting from our educational system.

The programmes also help children to learn skills and acquire abilities to cope whilst on their education journey. Our Psychological Services provide advocacy, advice and direction for parents and their children on how to cope and overcome challenges in schools.

Epworth Foster Care helps children and youths to thrive with their foster families. Through our support of the foster families, these children and youths learn the value of strong families and coping abilities. With good mental well-being, they will become equipped to have good and stable families in future.

Epworth HomeSweetHome helps children who have been abused to recover from their trauma. Usually these children also have aggressive behaviour stemming from their past traumatic experiences. With the therapy we provide, these children can recover and restore their mental well-being, thus enabling them to function better in the community.

The programmes and services of **Epworth Family Welfare** not only provide coping skills, but also strengthen relationships between children and youths with their parents as well as other family members. It is recognised that strong familial ties and good relationship with family members contribute significantly to mental well-being.

Steps Forward

Epworth Community Services will push ahead, leveraging on the strengths we already have. As we take steps forward, we will lay our plans before God, seeking his guidance and provision. We will also seek the support of stakeholders as well as the resources needed in order to see the vision and plans come to fruition.

In the next 5 to 7 years, by God's grace, we hope to do the following:



EPWORTH LITERACY

- Our Literacy Intervention Programme and STAR Behavioural Modification and Management Programme has helped many children through their early years in education. Epworth hopes to expand these programmes, possibly with 2 new centres in the East and North-East regions.
- If there are sufficient resources, we will re-open our Mathematics Intervention Programme to help children with difficulties learning mathematical concepts.



EPWORTH STUDENT CARE

- Being an organisation of Methodist origin, Epworth hopes to be the service provider of student care centres for all the Methodist Schools in Singapore.
- Through these student care centres, we will also provide programmes and services that will support the mental well-being of children in these schools.



EPWORTH FAMILY WELFARE

- Epworth Family Welfare will be the main driver of our new vision that focuses on the mental well-being of children and youths. Apart from the current programmes and services, the department will also design new ones for prevention and early intervention. Some possible approaches that we will use include psycho-education through printed materials and social media; roadshows in schools; volunteer-driven programmes and services; groupwork; focus group discussions; support groups; and, counselling.
- The new vision can culminate with one to two counselling centres dedicated to supporting children, youths, parents and family members in preventive and early intervention works for mental well-being.

When we set out on the journey with a new vision, **“Strong Families, Resilient Living, Beautiful Minds”**, we are mindful that God must be the leader and guide of our endeavour. We remember that: “Unless the Lord builds the house, the builders labour in vain. Unless the Lord watches over the city, the guards stand watch in vain” (Psalm 127:1).

We seek the prayers as well as support of all our friends, supporters and stakeholders as we begin to move forward with the new vision. May God be glorified in our endeavour.

BEYOND BUILDING

We are anticipating the opening of a new literacy centre that is scheduled to be opened at the end of August to accommodate the increasing demand of education for children with learning needs. Plenty of time and hard work were poured into this project before reaching where we are at today – from raising funds, to brainstorming the possible new facilities, to the creation of new structures – all of which would not have been possible without our interior designer who churns out creative yet practical designs, our conscientious colleagues who made consistent trips down to the site just to check in on the progress of the project, and most importantly, the diligent workers who worked tirelessly to bring the hand-drawn designs into form.

The designer of our project, Ann Gan, is professional yet humble. By working together with Epworth, not only did it serve as a platform for her to serve God and the community, it was also a place for self-enrichment. It was our partnership that exposed her to the vulnerable and have-nots in our society, thereby helping her see a greater purpose in designing our infrastructures. She realised that

“Epworth provides a safe place for the children to learn.”

- Ann Gan

the underprivileged children are not just in financial need, but they also require more learning opportunities.

Over the years of working together with us, Ann had several chances to interact and learn more about our staff. She mentioned about how the teachers at Epworth Literacy were very committed, and how they had a love for children; doing their best to help them become the best version of themselves. It is an honour for us to be working together with Ann, where she designs our projects with the children's needs in mind, making Epworth a comfortable and constructive place to be in.



Engaging in discussions about the progress of the project.



Progress of the Literacy Centre on 19 July



FOREMAN AH FOOK

Down to earth and reliable, Ah Fook has been involved in many of our developments over the past 8 years. After witnessing the damages that could be done by children who display severe behavioural problems due to their past traumatic experiences, he has learnt to be more meticulous in the construction processes, paying great attention to every detail so as to ensure that safety

will not be compromised. He learnt from past experiences, adapted and applied precautions so as to cater to the needs of the children. To him, the construction of Epworth HomeSweetHome proved to be the most demanding. Yet, he allowed himself to be challenged by doing what he could that was within his capacity so as to help the children. Ah Fook is more than just a serious person who only does work, but he also has a fun side to him, where he shares a close relationship with some of our staff. Although Ah Fook may not be the wealthiest, all that he has contributed will definitely go a long way.



Two working days later on 23 July

OUR PEOPLE. OUR SUCCESS.

Over the past 18 years, Epworth Community Services recognises the collective contribution of our employees to help at-risk children and youths from disadvantaged families. People are, and will always be our greatest asset. Here are three of our valued long-serving staff who have been with us for over a decade. We would like to appreciate you for your continued dedication!



"At Epworth, I get to work with parents and children, which is what I enjoy and find it meaningful. There are many opportunities to learn and develop professionally. The current work I am involved with in working with children who are hurt, neglected, abandoned and abused is important to protect our children as well as teenagers, and to help them to become more resilient.

Touching lives and making positive changes is what Epworth has been doing all these years. I am glad to be part of Epworth which has enable me to focus in building the work and lives of our clients."

Quek Li Koon, Manager of Epworth Foster Care



"Since joining Epworth Community Services in 2006, not only have I been surrounded by a group of motivating and friendly colleagues, but I was also provided with several opportunities for my personal growth and development. My job scope is constantly changing and expanding, where I often get to learn something new.

To be able to witness the changes and growth of the organisation excites me, and this is just one of the many things that kept me engaged over the years. I have seen how our works have effectively fulfilled Epworth's mission, and it gives me a sense of contentment to be able to see our hard work come to fruition."

Mary Ng, Assistant Director (Operations and Admin)

"The word to describe my 13.25 + 1.5 years of service in Epworth is 'sweat'. Besides the physical perspiration that came with running around schools to conduct various lifeskill classes and going from one home visit to another meeting, there was also the cold sweat when I had to meet clients who were unhappy, and when I doubted whether my decision was really for the best interest of the child.

However, what made the difficult more pleasant was definitely my colleagues, whom I have come to regard as good friends. We worked hard together and they were encouraging especially when the going gets tough. I enjoyed my new work but the nature of the work that I did and the kind colleagues that I had in Epworth eventually brought me back.

I am now in a different team but the organisational culture is still the same – to develop and to build the lives of not only our clients, but also that of the staff. That to me is a good place to be in."

Angie Cham, Assistant Manager of Epworth Foster Care



Thank you for everything that you
have done in contributing to make
Epworth such a terrific and successful
workplace!

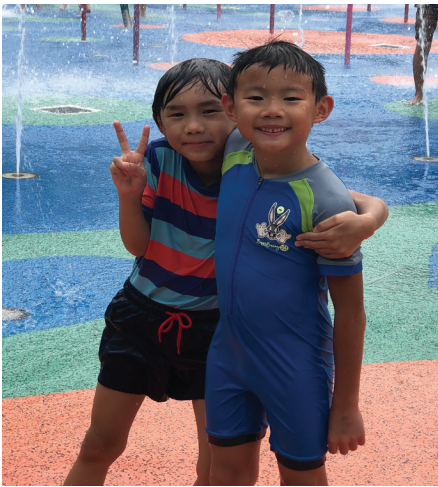


ADVENTURES AROUND OUR SUNNY ISLAND

By Carol Aw, Assistant Supervisor at Epworth Student Care

The June holidays breezed through quickly. The centre was packed and filled with fun and active learning programmes everyday so as to ensure that the children achieved maximum benefits and learning during their school break. Some of these elements include Enrichment Classes, Educational Field and Fun Trips, Interactive Play and Activities, Teambuilding, Sports activities and not forgetting study time to catch up on academics.

Here are some of the highlights of the various outings and programmes that we had!



Gardens By the Bay: Children's Playground cum Chess Competition

There was a slight drizzle in the morning. However, that did not stop the boys from having fun. The day was backed up with chess competition. In conjunction with the festival held by Gardens by the Bay for Toy Story 4, the boys got to be involved in fun-filled games and activities before we broke for lunch at McDonald's.

The boys were able to have fun in the water doing the various obstacle courses and slides. It was a refreshing time indeed! They had a good shower, which was followed by a break for ice-cream before we headed back to the centre.



Beach Volleyball Clinic @ Kallang Wave cum Visit to the Sport Library

We were blessed with a fantastic weather that allowed us to engage in outdoor activities. It's hard not to love beach volleyball with blue skies, sunshine and a sand court conducted in such an environment. A well-qualified coach was engaged to train the boys some basic skills, where he even gave some great tips to play well. It was a good morning exercise to wake up those young

muscles! Some of them played so well that it even led to a tournament between different teams! There were also some others who did not want to challenge and chose to build their own sandcastles, immersing themselves in the company of their friends. The children bonded well together while also fostering creativity. Shortly after lunch, there came the thunderstorm and the boys were sheltered

comfortably in the sports library for the rest of the afternoon.

Tank Playground and Truck Playground @ Choa Chu Kang

We were greeted by a bright and sunny morning that day. The boys' hearts were charged towards the Tank and Truck Playground at Choa Chu Kang once it was in their sight. The teachers gave them specific instructions on safety precautions before they were dismissed to their respective locations to explore the great military fun.

It was a dream come true for most of the boys, where they no longer have to wait till National Day to see such equipments. They were able to climb onto tanks from the outside, and from the inside too. There were nettings and safety measures to enhance the children's exploration and movements around the place.

After which, we had a great lunch at McDonald's - always the children's favourite. It always seems like there is not enough playtime, especially when everyone is having fun. The boys continued to play before the bus arrived to bring us back to the centre.



Having A Great Time Together!



Playtopia Indoor Playground @ Tampines Hub

We kicked off our first outing at Singapore's first indoor playground, which was located in a library! We were welcomed by a group of friendly and helpful staff at the entrance.

The boys were immersed in great fun and laughter with all the colorful and bright playing facilities. It was a great place for the boys to burn off some energy for a couple of hours in a clean and safe environment. After lunch they had a chance to relax in the library and some even went to borrow books of their choice.



KEEP CALM AND READ

Fun with Reading!

At the end of the school term, we held the final competition for the reading campaign. The objectives of the reading campaign were to encourage students to read rather than play computer games, increase their vocabulary, improve their writing skills and to build self-confidence as they speak on stage.

Each class selected three of their best speakers and parents worked hand-in-hand with us to practice the passage with the children. Parents of the finalists were invited to the event to cheer their children on. It was a day filled with fun for the children and it was also heartwarming to see such great support from parents.

The children were all eagerly anticipating with excitement when the judges announced the results for the champions. It was a great experience for all of us, and it taught the young ones to brave through the entire event. It ended well with a prize giving session and also a get-along and interaction high tea session among friends, teachers and parents.



SPREADING THE WORD

By Cheong Jia Qi, Recruitment Officer at Epworth Foster Care

Together with the Ministry of Social and Family Development (MSF) and the other fostering agencies in Singapore, we joined efforts to hold events nationwide in the month of July to raise awareness on the fostering scheme. Epworth Foster Care held a fostering roadshow at Tiong Bahru Plaza from 27 June 2019 to 3 July 2019. Many who came forward to our booth were not aware of the scheme and wanted to find out how they can make a difference in the lives of our vulnerable children.

From this roadshow, we received
46 interest slips
indicating their interest to become a foster parent or to volunteer with us.

Through roadshows and info-sharing sessions, we hope to bring about greater awareness on fostering as well as to encourage the public to open their hearts and homes for these children in need.



Come and Learn More About Us!

3 August 2019 – Home for Good Tea Session

In partnership with Home for Good, a Christian fostering network in Singapore, the tea session will be held in the comfort of the foster parent's home. During the tea session, these foster parents will be recalling their experiences and sharing their fostering journey. Our social worker will also be present to share how interested applicants can apply to become a foster parent and the assessment process.

24 & 25 August 2019 – Vivo City Library Sharing Booth

Epworth Foster Care will be at Vivo City Library (Children's Zone) over the weekend of 24-25 June 2019 to raise awareness and share more about foster care. If you are interested to become a foster parent or volunteer with us, drop by our booth to speak to our friendly staff to find out how you can partner with us!



GET INVOLVED!

For more details, contact us at **6715 3725** or email us at **fostercare@epworth.sg**.



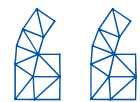
LITTLE SUPERHEROES

By Elaine Hoong, Hannah Wong and Jovian Wong, Literacy Intervention Teachers at Epworth Literacy

During the June holidays, Keppel volunteers organised a day of fun for our students at the Sports and Recreation Centre in Nanyang Technological University. The theme of the event was “SUPER HEROES,” where the sports-related activities taught our children the importance of communication and teamwork.

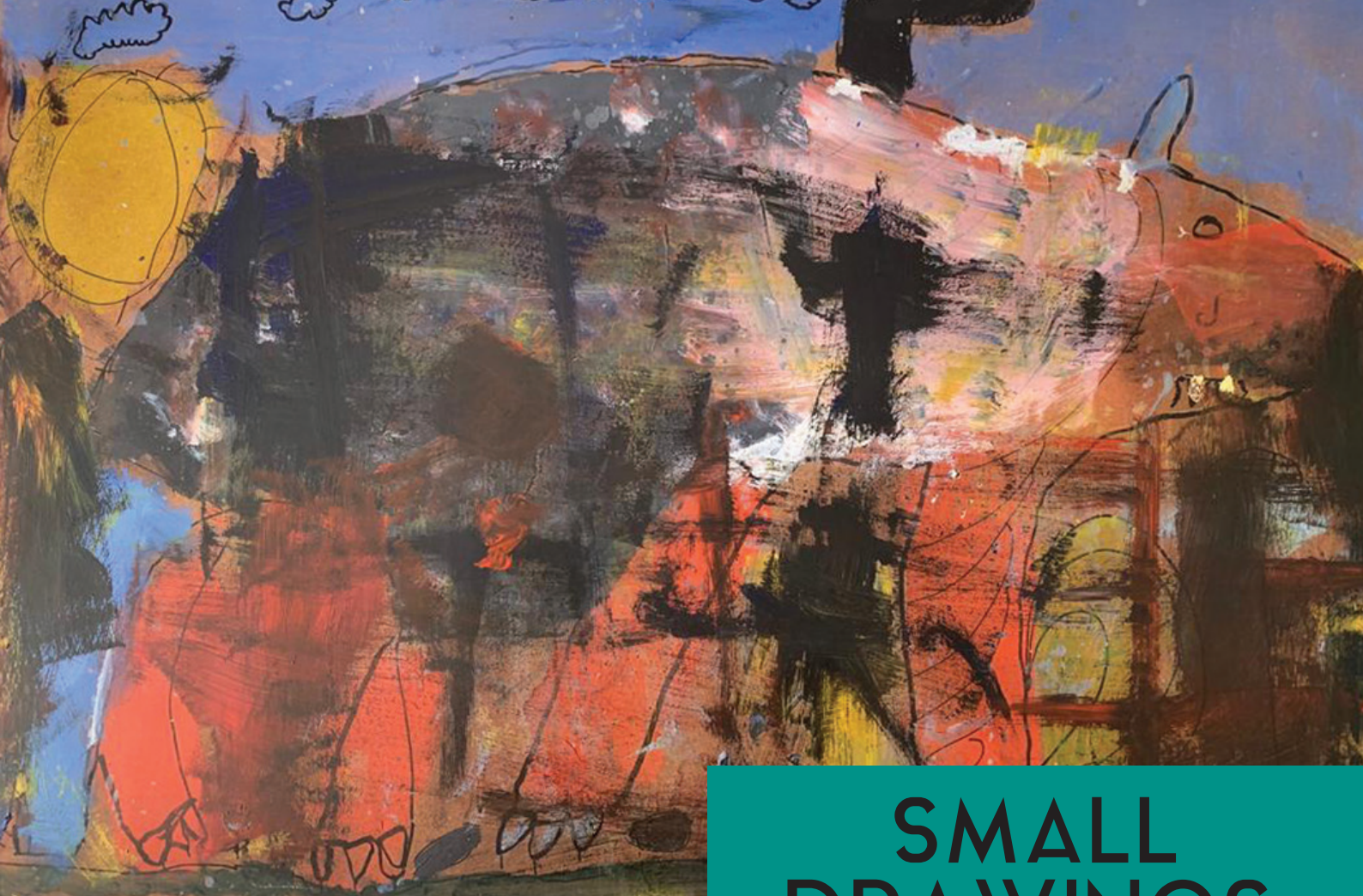
The event was mostly comprised of ten station games and a final relay race which pitted teams against one another. Shrieks of laughter reverberated in the hall as our students raced against time in a bid to secure the top spot for each station. We were moved to see that these volunteers were not only the organizers of an event, but were also role models for our children. They were keen to interact with our students and constantly cheered them on as they were playing the games.

We would like to thank Keppel for making this Sports Day event a success. Because of volunteers like those from Keppel, our children were able to relish in new experiences. It is our sincere wish to see more volunteers giving our students valuable opportunities to learn and grow beyond the walls of their classrooms.



**This is
so fun! I
want to
come
back here
again!**





SMALL DRAWINGS, GREAT LIVES.

*By Francis Lee, Administrative Officer at
HomeSweetHome*

In Epworth HomeSweetHome, our residents have been working on 2 art projects for the past 3 months; works that are held close to their hearts. In the first project, each of them created an artwork based on 2 animals that best describe their character.

In the first few weeks of art session, the residents were encouraged to first draw out their artwork on a piece of drawing paper. Once they have completed their artwork, they moved on to start working on their artwork on a piece of cardboard. Finally, they started to paint the artwork with their delicate hands.



In the second project, the residents, along with the help of the staff, have re-designed the walls in the Calm Room. Our art-therapy trained social worker led the residents to draw different soothing images, such as the Sun, happy face emoji, cartoon figures, and images from the 'Emotion Regulation Drills' that were taught to them during their treatment in the Home. The residents' artworks serve as personal visual reminders for them to practise emotion regulation whenever they are triggered by negative situations.

Our residents enjoyed their time working on their art projects. They looked forward to each art session with great enthusiasm and excitement. After months of hard work, their artworks were finally completed and they had a mini-exhibition showcasing their artwork to their peers and the staff.

EPWORTH HEROES!



This is Anne Chua, Epworth Literacy's Assistant Manager, our silent hero with a spirit of generosity that is unparalleled. She often goes above and beyond her duty to ensure smooth running of our center.

As our assistant manager, Anne delegates work efficiently, is responsible and task-focused. But above and beyond that, Anne is a friend to us. Her passion and gift in teaching is palpable through the thoughtfulness in her lessons, and how she sees the strengths students.

Our silent hero is always quietly managing things and serving the department in ways we might not notice. She is an all-around inspiration and somehow manages to be the most humble person. Anne not only willingly helps us relief teaching, but also maintains the cleanliness of our pantry and even takes on the tumultuous task of pest control!

Anne, we do not know how you do it but we are grateful every day for your presence, support, witty jokes and delicious banana cake. We love her because she is our silent hero!

Let me introduce to you the superhero from Epworth Student Care Center, he is none other than Mr. Stanley Quek!

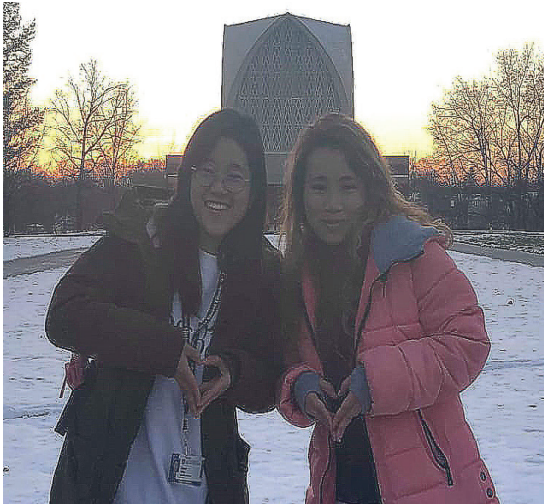
Being an assistant supervisor in the centre can be difficult sometimes but he never fails to display his strength through determination, patience and positive thinking. Not only is he often seen with a smile on his face, he also has a great sense of humor! At work, he is an excellent encourager and motivator to his students and colleagues. At home, he remains a pillar for his aged grandma, wife and baby boy.

During playtime in the centre, we would find him playing soccer with the boys. In fact, he is so patient, we have never seen him raise his voice once at any student even though they can be mischievous!

We hereby wish Stanley all the best in his work and family life. May he always be the shining star and superhero for the boys and colleagues in our centre!



MEET SHIREE



“ I signed up to volunteer with Epworth Community services as I have always felt strongly about adoption and fostering. Through this volunteering experience, I became more aware of the need for foster parents. While I was volunteering at the roadshow, it was heartening to see that there were actually quite a number of people who genuinely wanted to become foster parents. I met a lady who had even specially requested for a half day off work just to come down for the roadshow as it was something that she really wanted to do. Meeting people like her really touched me; to know that there are people out there with such kindness in their hearts that they are willing to open up their homes and lives to children whom they have never met. I would recommend volunteering with Epworth to my friends and families as the work that they do helps children at a crucial stage of their lives where they are easily influenced by their surroundings. A foster family can

potentially provide the love, care, guidance and parental figures that the child may otherwise lack and help shape them into the best that they can be. It is because of these reasons that I find the work that Epworth does so important, and will definitely encourage people around me to volunteer their time. ”

- Shiree, Volunteer at Foster Care Roadshow

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THE HELP THAT YOU GIVE CAN CHANGE LIVES

Together, let us build a better world for our children!

HOW YOU CAN MAKE A DIFFERENCE



Donate

The important work of Epworth Community Services is funded primarily by generous well-wishers who strongly believe in our cause. We invite you to join us in making a difference in the lives of children and youths under Epworth Community Services.



Volunteer

Volunteers play an important role in our programmes and services. Volunteers can choose to be engaged in ad-hoc, short- or long-term programmes and are matched to programmes according to their time and interests.

For donation or volunteering enquiries, visit www.epworth.sg or contact us at community.relations@epworth.sg or call 6562 2211.