



epworth

moments

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The Heart Of Parenting And Attachment // Pg 04

Money Smarts For Kids: Building Financial Literacy! // Pg 06

The Closing of a Chapter: Reflections by Stanley and Julie on their Epworth Student Care Journey // Pg 10

ABOUT US

Epworth Community Services is a Social Service Agency (SSA) 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.

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.

EPWORTH MOMENTS

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CONTENTS

- 03 ED's Message: All I want for Christmas is...
- 04 The Heart Of Parenting And Attachment
- 06 Money Smarts For Kids: Building Financial Literacy!
- 08 Strengthening Resilience: Epworth's 2024 Annual Table Top Exercise
- 09 Teekay Scholars: Building Bright Futures
- 10 The Closing of a Chapter: Reflections by Stanley and Julie on their Epworth Student Care Journey
- 12 Big Smiles At Our Literacy Centre: Children's Day Fun!
- 14 Home Is Where The Fun Is
- 15 Epworth Resilient Champ // 2024 Reflections

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ED MESSAGE

ALL I WANT FOR CHRISTMAS IS...

Many of us will remember a very cute Christmas song sung by a child: "All I want for Christmas is my two front teeth, my two front teeth"

There is saccharin overload when we hear the song. Probably, our minds are transported to images of a loving family that this child, with twinkled eyes, belongs to. He has no lack of material comfort, with toys and delicious food around him as he celebrates Christmas. All that he is lacking is the two front teeth that he lost as he experience tooth shedding; a process of losing his baby teeth and waiting for the new permanent ones to grow out. Nevertheless, he still looks cute and happy.

Is this the reality for all who live in Singapore?

We all know that Singapore is one of the richest countries in the world. But it does not mean that everyone in Singapore is living happily, and in abundance. There are families who are in need of finances because of unemployment. There are those in dire straits because of illnesses. Some homes are in unhappy circumstances because relationships between family members are in tatters. Some are lonely and have no family members to love and care for them.

This Christmas, let us do something that will help someone perk up: donate to charities that are doing good work amongst the needy, disadvantaged and vulnerable in our community; share your abundance with those that do not have enough; do something kind for someone you know or do not know; smile and greet a stranger who may appear sad or down-trodden; and, be kind to animals.

On Christmas, we remember that God sent His only Son into the world so that we can behold His grace and goodness!



The Lord bless you; and, a merry Christmas to all!



THE HEART OF PARENTING AND ATTACHMENT

By Elijah Chin, Senior Counsellor, Epworth Family Welfare

Types of attachment styles have significant impacts on the way we see ourselves and interact with others. It has also been shown to influence mental health, even into adulthood.

Does this mean that if we have an avoidant or anxious attachment style, we are doomed to struggle in our relationships and overall well-being? Are our children and newly-established family destined to inherit the painful reality that we grew up in? Fortunately, there is hope and we will explore them in this article.



Reflect and explore

We may carry emotional baggage and see the world through tinted lenses, but that does not have to stop us from living our best life. By reflecting on our attachment patterns and identifying whether we lean toward anxious or avoidant behaviours, we can take intentional steps toward creating the life we desire and fostering a safe environment within our families.

The purpose of understanding attachment styles is to point out areas where we can strive to overcome, rather than to let it define who we are. Through efforts of enhancing social support, decreasing interpersonal stress, emotional processing of interpersonal experiences, and practise of interpersonal skills, we can all learn to strengthen our relationships and improve our overall wellbeing.

We also play an important role in shaping our children's attachment experiences. By managing our relationships mindfully, being caring, reducing stressful interactions, helping children process their interpersonal experiences, and teaching them healthy social skills, we can guide them toward secure attachment.

Over time, this creates a "safe base" for them to rely on. Active listening and co-regulation with our loved ones can reinforce strong bonds and address attachment challenges.



How can we practise emotional regulation and active listening?

1. Pause and reflect

When a distressing incident occurs, we should take a pause and manage our own emotions before we proceed to listen and manage the experience of our loved ones.

2. clarify and validate

Seek to understand by clarifying information and intentionally validating others' emotions. This fosters emotional support, encouraging open expression and connection.

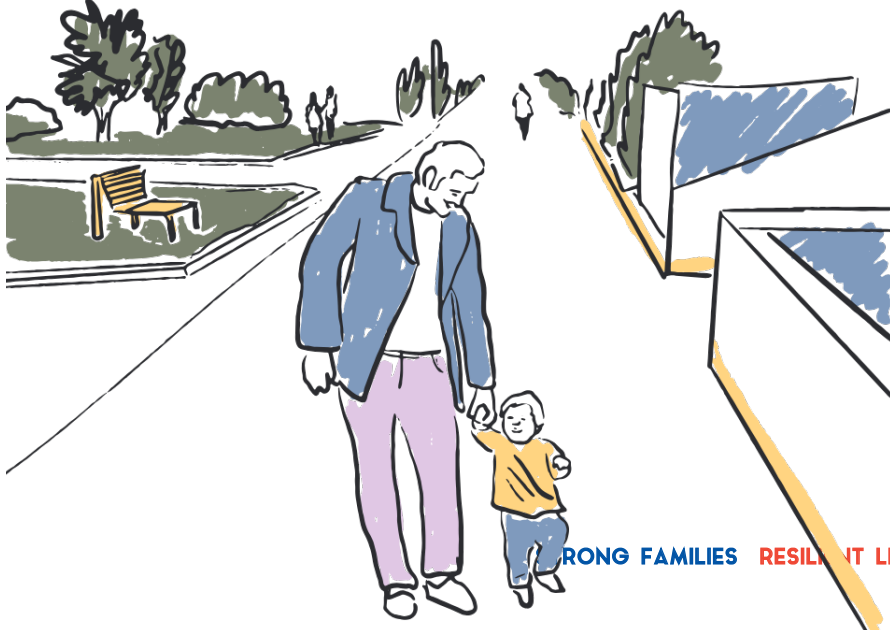


The repression of emotions often leads to difficulties in emotional regulation and help-seeking in adulthood. Learning to address feelings openly is key to breaking this cycle.

Rome was not built in a day

The saying holds true: "Rome wasn't built in a day." The walls of defence that we and our children, have built are the results of years of accumulated hurts and fears. Breaking these old patterns and constructing healthier, thriving relationships takes time, patience, and perseverance. However, once secure attachments are established, they become a strong foundation, resilient against life's inevitable challenges.

Take the time to reflect on the attachment styles and interaction patterns of you and your family members. By working together, you can create a home that serves as a safe base and nurturing haven for everyone.



MONEY SMARTS FOR KIDS: BUILDING FINANCIAL LITERACY!

By Kelvin Wong, Finance Manager

Building financial literacy in your child is a crucial life skill that equips them to manage money responsibly in the future. Here are nine practical steps and strategies to help guide their journey towards financial competence:



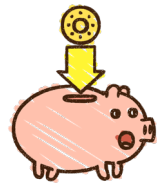
01 Money Identification

Teach your child to identify coins, bills, and their value. This basic knowledge forms the foundation.

02 Introduce Saving with a Piggy Bank or Savings Jar

Piggy Bank/ Savings Jar

This is a great way to introduce savings. Encourage your child to set aside a portion of any money they receive.



Bank Account

When they're old enough, help them open a savings account. Show them how interest works and encourage regular deposits.

03 Differentiate Need vs Wants

Explain the difference between things they need (food, shelter) and things they want (toys, games). This helps with decision-making.

04 Tie allowance to Responsibility

If you give an allowance, tie it to responsibilities or chores. Teach them the value of earning money.



05 Encourage Charitable Giving

Help them set aside a portion of their money for charitable giving. This teaches them empathy and social responsibility.

06 Set Financial Goals



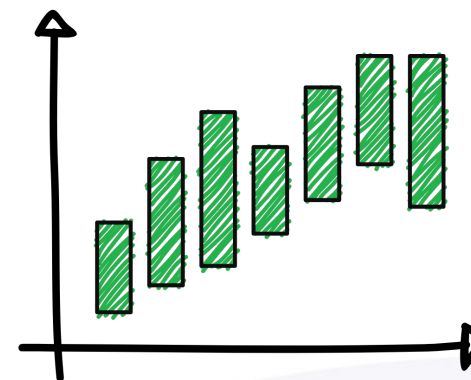
Help them set financial goals like saving for a toy (short-term) or university (long-term). Tracking their progress reinforces the value of saving over time.

07 Introduce Budgeting

Help them set aside a portion of their money for charitable giving. This teaches them empathy and social responsibility.

08 Explain credit and debit

Explain borrowing, interest, and debt. You can do this through simple examples, like lending them money and showing how interest grows if they don't repay quickly.

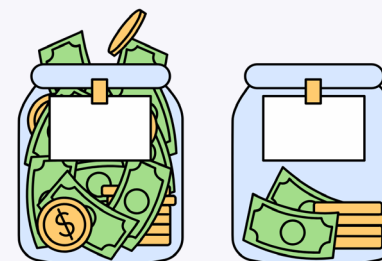


09 Lead by example

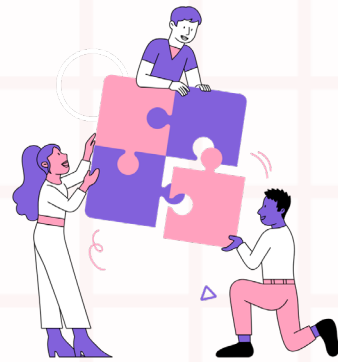
Children learn by watching their parents. Show them how you budget, save, and make thoughtful purchases.



By building these habits early, your child will develop a strong understanding of money and gain the skills needed to make sound financial decisions in adulthood. Financial literacy is a gift that will empower them for life!



STRENGTHENING RESILIENCE: EPWORTH'S 2024 ANNUAL TABLE-TOP EXERCISE



By Deborah Long, Senior Management Executive

Epworth conducted its annual table-top exercise (TTX) on 21 Aug 2024. The TTX serves as a critical part of the organisation's ongoing commitment to readiness and resilience. This includes, helping to enhance staff's situational awareness, hone their crisis response skills, and ensure a shared understanding of roles and responsibilities during an emergency.



35 key staff members and the Business Continuity Steering Committee consisting of 2 Board Members, were in attendance. The exercise provided an opportunity to simulate a specified scenario, testing Epworth's business continuity plan (BCP) and management system.

The involvement of key personnel across different departments also promoted interdepartmental coordination, making sure all were aligned on continuity procedures.

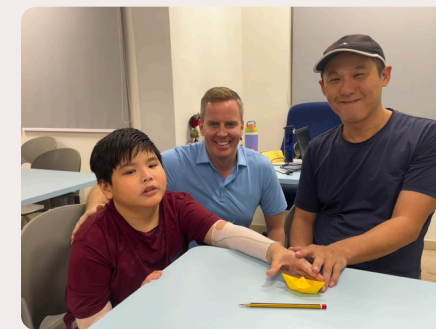
In addition to the TTX, fire drills were conducted across all centres at the beginning of the year. These exercises have contributed to ensuring the organisation is equipped to respond to crises, safeguard clients and staff, and maintain essential services even under emergency situations.



TEEKAY SCHOLARS: BUILDING BRIGHT FUTURES!

By Ruth Tsoi, Community Relations Executive

On the 9th of November, our Literacy Centre at Jurong West celebrated the progress and growth of students under the Teekay Literacy Scholarship. This celebration was made possible thanks to Teekay's incredible support over the past four years.



We were honoured to welcome Teekay's Chief Commercial Officer, Mr Mikkel Seidelin, who shared his personal journey which was riddled with ups and downs. Mikkel's story inspired the students to keep chasing their dreams and stay resilient in the face of adversity.

During the event, our students proudly shared what they had learned in class, including their favourite moments. Teachers also contributed heartfelt messages, highlighting the student's hard work and determination throughout their learning journey.

One of the event's highlights was a collaborative art activity between the Teekay team, our students and their families. They created a special piece of art symbolising the shared journey between Epworth and Teekay over the past three years, supporting students in reaching greater heights.

A heartfelt thank you to Teekay Marine for making a meaningful difference in the lives of our students. You are not only 'Bringing Energy to the World' but also shaping young minds and helping them achieve their hope and dreams!



THE CLOSING OF A CHAPTER: REFLECTIONS BY STANLEY AND JULIE ON THEIR EPWORTH STUDENT CARE JOURNEY

By Julie Chu, Manager, and Stanley Quek, Assistant Manager, Student Care Centre



As I approach the end of my journey at Epworth Student Care at ACS Primary, I want to express my heartfelt gratitude to everyone who has been part of this incredible experience over the past 9.5 years. Together, we have fostered a nurturing environment where students learn and play.

Looking back, I cherish the countless memories, the laughter, and the growth witnessed in our students. Thank you for your unwavering support and encouragement. Though we must close our doors, the impact we have made will resonate within the community in the years to come.

Stanley Quek

It is with mixed emotions that I bid farewell to Epworth Student Care. 14 years of memories shared with SCC staff, Epworth colleagues, students, parents, school personnel, and even our canteen operators and cleaners — it is difficult to express in just a few words. Epworth Student Care (school-based) started in 2009 and will conclude our services on 31 Dec 2024. Over these 14 years, we have served four schools:

1. Anglo-Chinese Scholl (Primary) (2009 to 2024)
2. Hong Kah Primary School (2011 to 2014)
3. Bukit View Primary School (2014 to 2018)
4. Anglo-Chinese School Junior (2020 to 2024)

In total we have served about a thousand primary school students.

I joined Epworth in 2010 as a Senior Programme Coordinator and was later promoted to Manager (Student Care). I would not be where I am today without the guidance and support of our Executive Director, Mr Tan Khye Suan. He believed in us — SCC staff and me — to fulfil our roles effectively, encouraged us with his words, and approved the budgets needed to run our programmes.

My journey has been sustained by committed and responsible SCC staff, past and present, and strong partnerships with schools, parents, vendors, and colleagues. I believe passion is crucial; we must love what we do. My hope and prayer is that the positive impact we've made on the lives of our students, both past and present, will carry them forward in life.

A heartfelt thank you to everyone who has contributed to the success of Epworth Student Care. While it is sad to say goodbye, I am heartened to know that Epworth Community Services is evolving, focusing on clinical and intervention services to support the mental health and well-being of children and youth. May God continue to guide and provide for all the future endeavours of Epworth Community Services.

Julie Chu



STUDENT CARE CENTRE

BIG SMILES AT OUR LITERACY CENTRE: CHILDREN'S DAY FUN!

By Ethan Shew, Social Work Associate, Literacy Centre (Bukit Batok)

Our Children's Day Carnival was a lively and joyful event, attended by 57 children and supported by 22 dedicated volunteers from the NUS Office of Risk Management and Compliance (NUS ORMC), China International Capital Corporation (Singapore) Pte. Limited (CICC), Hogan Lovell, and individual volunteers.

The event was organised by our team of literacy intervention teachers, a social work associate, and an assistant manager. Inspired by the recent release of *Inside Out 2*, the carnival adopted this theme to guide the day's activities. We set up eight exciting stations, including "Joyful Snacks" and the "Express Yourself" photo booth. At the photo booth, the children were asked to express a variety of emotions, capturing each unique moment in a series of fun and engaging photos.

Other activities, such as "Shake Them Off" and "Building Friendship Island," involved energetic exercises where children could physically release negative emotions and stress through playful movements. The "Building Friendship Island" station also promoted teamwork, as children collaborated to stack cups, fostering communication and strengthening friendships.

The children, divided into eight groups of five to nine participants, were guided through the stations by



teachers and volunteers. At each station, they earned a puzzle piece, and once all the pieces were collected, the completed puzzle revealed the message,

"Everyone can feel different emotions, and that is okay!"

This theme was woven throughout the carnival, helping children understand the importance of recognising and managing their emotions in positive ways.



The *Inside Out 2* themed decorations reinforced these lessons.

One of the highlights of the carnival was the generous sponsorship of colourful LEGO sets by LEGO Singapore. Each child received a LEGO set, along with additional gifts from NUSORMC and CICC.

The children had a wonderful time participating in all the activities. Many shared their excitement and newfound awareness of emotions with their families and teachers after the event. It was heartening to see them begin applying healthier ways to express their feelings.

As organisers, witnessing the children's joy made all our efforts worthwhile. The event's success was evident not only in the fun they had but also in the valuable emotional lessons they learned.

A heartfelt thank you to all the donors, volunteers, and colleagues who contributed to making this event so meaningful. The joy and learning it brought made it a truly memorable day for everyone involved!



HOME IS WHERE THE FUN IS

By Abigail Chua, Community Relations Executive

Creating meaningful memories with your children does not always require elaborate outings — there are plenty of simple, fun activities you can enjoy right at home! With the holidays right around the corner, here are some activities you can do at home to bring laughter and warmth to the family.



1. Whisk, mix, bond

There is something truly magical about gathering in the kitchen as a family, rolling up your sleeves, and creating something delicious together. Cooking or baking provides plenty of opportunities for laughter and teamwork. Whether it's baking cookies, making homemade pizzas, or preparing a favourite family recipe, everyone can join in—from measuring ingredients to decorating the final treats. This cozy activity does not just lead to tasty results; it also builds communication and cooperation.

For an extra twist, try hosting a family cooking competition, where everyone gets to play both chef and judge!

Family flicks and fun



With Christmas coming up, this is the perfect opportunity to turn your living room into a cozy theatre for a movie marathon! From classic Disney movies to our beloved Christmas films, get ready for a night of fun. Do not forget to pop some popcorn, grab comfy blankets, and set the mood with soft lighting. It is a simple yet perfect way to enjoy stories and adventures together right from your couch.



3. Game on

There is nothing like a friendly, laughter-filled game night to bring the family together! From classic board games like Monopoly to quick and fun card games like Uno or brain-teasing trivia, game nights are a fantastic way to get everyone involved. These evenings build teamwork, sharpen problem-solving skills, and create inside jokes that stick around long after the games are done.

Try setting up a tournament where the winner chooses next week's game, or add some playful prizes to make it even more exciting!



RESILIENCE STARTS HERE...

At Epworth, we believe that every child and every family, no matter their background, deserves a chance to thrive. We know life can be tough, especially for at-risk children, youths, and their families. That is why we are committed to walking alongside them, providing the tools, support, and care they need to build resilience and overcome adversity.

More than **3,522 persons** have been supported through our services and **20,004 hours** of intervention services have been provided in the past year.

Together, we can uplift lives and create a community where everyone has the opportunity to thrive.

Pledge monthly and champion resilience with us!

Give.asia



Giving.sg

*Note:
Select an amount
and choose pledge



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Bank
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2024 Reflections

What did I accomplish
this year?

What did
I learn
this year?

What are
my goals
next year?

Who are the people I'm
grateful to have in my life?



How can I make a difference?

SUPPORT US

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.

*All donations are eligible for 2.5x of tax exemptions.
If you require a tax exemption receipt, please email your full name, NRIC, and payment record to admin@epworth.sg.*



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VOLUNTEER WITH US

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 volunteering enquiries, visit www.epworth.sg
or contact us at community.relations@epworth.sg.*