

#FORPOSITIVECHANGE

a helping hand in Serangoon



Serangoon Moral Family Service Centre
Operating Hours
Mon, Wed & Fri : 9.00am to 6.00pm
Tue & Thu : 9.00am to 9.00pm
Sat : 9.00am to 6.00pm
Closed for Lunch : 1.00pm to 2.00pm
Closed on Sundays and Public Holidays



SERANGOON MORAL
FAMILY SERVICE CENTRE

ISSUE 2, 2018

MCI (P) 128/11/2018

4. STORY OF HOPE

Overcoming one's adversity through agency's support

5. ARTXPRESSION

Expressing emotions through rhythms

8. MY REFLECTION

A student's experience in engaging the elderly

DIRECTOR'S NOTE

05



Dear Readers,

What do "stories" mean to you and what images come to your mind? Do you think of fairytales with happy endings and superheroes who save the world? Or do you think of heart-warming tales that touch your heart or inspirational stories that motivate you to do something different in your life?

In this issue, I will like to invite you to immerse yourself in our stories of positivity, compassion and generosity. It is my hope that our stories will be the start for you to discover the beauty of your community and redefine what is important and meaningful to you.

We can make our own choices to create our own unique story. How do you want the story of your life to be like? What legacy do you want to live behind? What actions are you willing to take to make your community a better place for all to live in?

Should you want to make a difference or have ideas for a more "Kampong Friends" community, we welcome you to join us #forpositivechange.

If you have any stories to share with us, suggestions, questions or concerns, please address them to the SMFSC Newsletter Editorial Committee at smfsc@singnet.com.sg.

MS ADELINE CHEW
EXECUTIVE DIRECTOR

04



07



10



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How to play:

Guess how many of our Management Committee (MC) members reside within SMFSC's service boundary.

Head to our Facebook page @ <https://www.facebook.com/Serangoonfsc/> to join the contest from 31 December 2018 to 30 March 2019.

Leave a comment with your answer (how many and names of the MC members) in our Facebook post.

At the end of the contest, 3 lucky winners will stand a chance to walk away with a special gift.

Disclaimer: Only replies to the Facebook post will be entertained and multiple answers from the same person will be rejected. Winners will be randomly selected to ensure fairness.

**Left to Right**

1st Row: Mr Philip Seah (2nd Vice-Chairman), Mr Bernard Chiang Kheng Joo PBM, Ms Sim Chay Khing Julie, Ms Winnie Koh (Honorary Secretary)

2nd Row: Er Lim Kwee Guan (Asst. Honorary Secretary), Mdm Leong Chong Hoe (Asst. Honorary Treasurer), Mr Koh Kee Eng

3rd Row: Er Ong Ser Huan (Chairman), Mr Gary Tan King Chai PBM

4th Row: Mr Au Yeong Hoh Wai (1st Vice-Chairman), Er Lum Chong Chuen, Ms Dawn Lim Ruo Xi

5th Row: Mr Foong Foo Kheong, Mr Tay Poey Kiang PBM (3rd Vice-Chairman), Mr Seah Choon Khee Roger (Honorary Treasurer), Mr Chan Hwee Tong

story of hope



Facing adversities through strengths

Mr Aziz* used to think that he is fit, and nothing will happen to him. However, that thought changed when his health took a drastic turn, as he had to undergo a preventive surgery to remove a lump in his spinal cord.

Mr Aziz was confronted with various challenges after his surgery. Adjustments needed to be made ranging from changing his sitting posture to leaving his employment. For Mr Aziz, being unemployed brought along various worries since he was the sole breadwinner for his family of four. The thought of supporting his family was constantly playing in his mind. It was not long before Mr Aziz began to doubt himself.

Mr Aziz came across Serangoon Moral FSC by chance when he was attending a career fair in Sengkang. Realising the need to act, he then took a leap of faith and approached the Centre.

Mr Aziz now finds solace in confiding with his social worker, Ms Dorothy Tan. He describes the experience as uplifting as he is able to express his thoughts freely. It was through Ms Dorothy's encouragement that Mr Aziz was able to start focusing on his life again. Mr Aziz has also benefitted from the available schemes such as monthly food rations and monetary assistance. In Mr Aziz's words, "Ms Dorothy saved my life."

Mr Aziz's positivity and determination has not gone unnoticed by his social worker. When Mr Aziz faced several different challenges in his life, he was still able to convert all the negativity into positivity while embracing each day with open arms.

Ms Dorothy was amazed by this and was thoroughly inspired by his eagerness to continuously learn and upgrade his skill sets. He attended various career fairs, learning new skills and looking out for opportunities to upgrade himself. Journeying with Mr Aziz has taught Ms Dorothy an important lesson that learning never stop and one must constantly upgrade to improve.

Ms Dorothy would also like to share a few words with Mr Aziz: "Thank you for all the effort you have put in so far, I have seen very good progress. There are many good things waiting for you now, there are even more to look for if you keep at it."

Social workers in the Family Service Centres can provide emotional support, tap on various resources in the communities, provide clients with information and connect them to other agencies when necessary.

**Client's name has been changed to protect his identity.*

DO YOU KNOW?

In 2017, the agency received **702** referrals from MSF, Police, Family Courts, SSOs, Other FSCs or VWOs, schools, hospitals, phone-in and walk-in cases.

The agency manages a wide range of issues such as Relationship, Emotional & Mental Health, Family Violence and Financial.



Ms Dorothy Tan engaging a client in session.

Get in touch with us



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PITSTOP

As a social worker, I am often asked by peers, family, and even my own children, why I have chosen to work with children. When faced with this question, my immediate answer is: *Why wouldn't I like to work with children? I love it!*

Adolescence is a time of big social and emotional development for our children. If this is not managed properly, it can have profound consequences on how children view themselves as they transit into their teenage years. Pit Stop is designed to help our children deal with these stressors in a safe learning environment. As a group work facilitator in Pit Stop, I have the privilege of helping children who sometimes lack the necessary support to navigate these uncertainties and challenges. This privilege of being able to help children achieve their full potential and to help them feel happier and better about themselves, brings with it the satisfaction of knowing that our programme has made a difference to them and their families.

Gerard Matthews, Pit Stop Facilitator



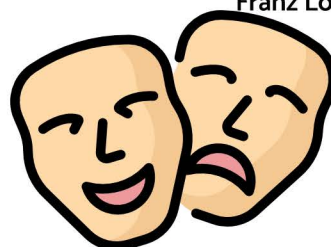
ARTXPRESSION

Translating emotions to rhythms



ArtXpression first started in November 2014. This art-based groupwork benefits children and youths in our community using various art forms, such as 3D pen sculpturing, graffiti and percussion instruments. It is always heartening to welcome the participants to express the various emotions that they experience in their everyday lives, through the art forms as they leave the groupwork session feeling satisfied and positive. What really affirms me in continuing this groupwork is the positive feedback at the end of each session as the participants look forward to coming for the next session. From this year on, our team is looking into collaborating with schools so that we can continue to reach out to more youths and bring a smile to their faces.

Franz Loh, ArtXpression Facilitator



PARENTS SUPPORT GROUP

Through lively discussions and experiential activities, parents acquired useful tips and strengthened their parenting knowledge and skills. Positive relationships and mutual support were also established among the parents. Read what some of the participants have to say of their experience.

"I get to interact with other parents and we exchange ideas on how to manage certain issues we face with our children. I have a better understanding of my children of different age group. Some of us continue to give support to one another through a whatsapp chat group."

Juliana Bte Jode, 53, mother of nine.

"The parents support group has helped me acquire strategies which strengthened my communication with my sons."

Balkisammal D/O Mohamed Salleh, 48, mother of two.

"I have learnt to be a better parent through the many well-facilitated sessions. In addition, being the only male participant, I have gained insights of what and how my other half think and act through the sharing of other female participants."

Goh Nai Chuan, 50, father of three.

"The group members are very warm and welcoming. I feel like I am not alone in my situation anymore. I like the sharing of ideas which helps me look at things from different perspectives."

Cecilia Chua, 70, caregiver of one.

The Parent Next Door



Do you often wonder if you are the **ONLY** one with challenges in communicating with your teenager?

COME & RECEIVE SUPPORT from OTHER PARENTS

HEAR • LEARN • SHARE • TOGETHER



SELF-CARE TIPS FROM OUR SOCIAL WORKERS



DRINK
more water



EAT
a balanced diet



Get a good night
SLEEP



Take a walk, go for a run,
EXERCISE



Form a support group with
FRIENDS



MEDITATE



Go
OFFLINE



Take sufficient
BREAKS



Unwind with
LOVED
ones



LISTEN to your favourite **MUSIC**



READ
a book



CELEBRATE
little achievements



Practice deep
BREATHING



JOURNALISE
your thoughts

HELPING EACH OTHER IS AS SIMPLE AS ABCD

Asset Based Community Development (ABCD) is an approach to sustainable community-driven development. Beyond the mobilisation of a particular community, it is concerned with how to link micro-assets to the macro-environment. ABCD's premise is that communities can drive the development process themselves by identifying and mobilising existing, but often unrecognised assets.

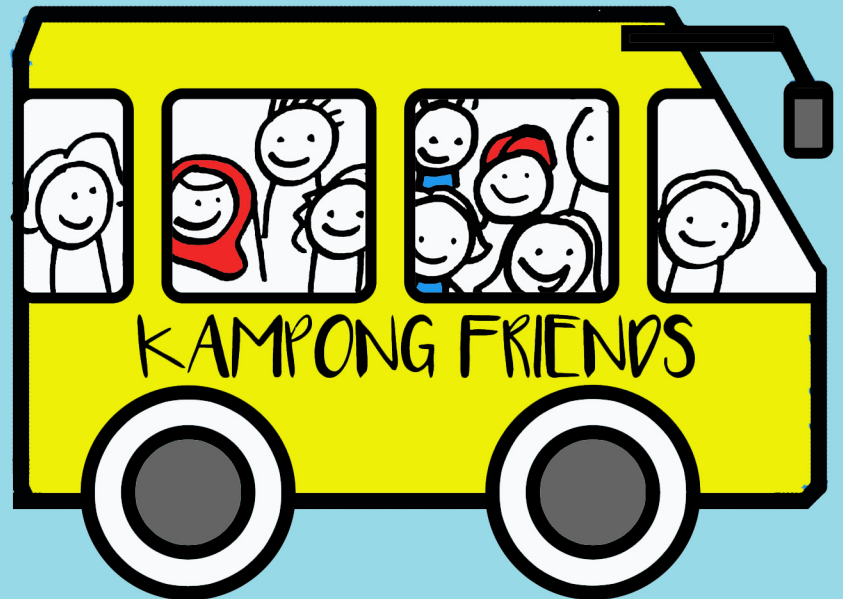
DRIVING TOGETHER

Kampong Friends @ SMFSC are the heartbeat of the community where they support one another in reigniting the kampong spirit.

"Everyone is unique in their own way and we don't have to be rich to help, we can all help! Two heads or more are always better than one. Our community should gather to share ideas on how to contribute.

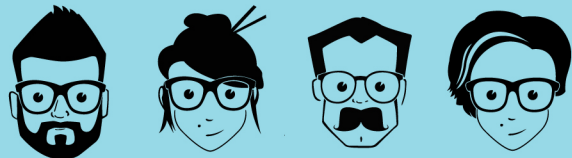
Let's all come together!"

Joyce
Kampong Friend



EVERYONE MATTERS

- Everyone has gifts
- Everyone has something to contribute
- Everyone cares about something and that passion is his or her motivation to act



Are you passionate about our Serangoon community?
Contact us to make a difference!



BE OUR EYES



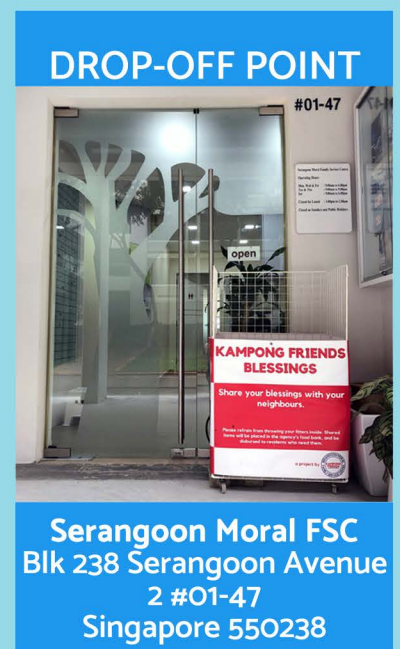
CONNECT WITH US



ACT WITH US

KAMPONG FRIENDS' BLESSINGS

Share your blessings with your neighbours



Kampong Friends' Blessings is the Centre's new initiative, launched with the aim of encouraging the kampong spirit among residents. Residents can donate food items such as rice and canned food, as well as toiletries into the community trolley placed at the entrance of the Centre. These items will be collected daily and be disbursed to the residents who need them.

Since the official launch on 20 February 2018 by President Halimah Yacob, we are heartened to have received more than 1253 donations which have blessed 140 families thus far.

WHAT CAN YOU DONATE?



- ✓ **Canned Food** 罐頭食品
- ✓ **Cooking Sauces** 烹調醬料
- ✓ **Cooking Oil** 食用油
- ✓ **Sugar, Salt** 糖、鹽
- ✓ **Breakfast Cereals, Milo**
早餐麥片、美露
- ✓ **Milk (UHT or Powdered)**
奶製品 (鮮奶、奶粉)
- ✓ **Jam** 果醬
- ✓ **Rice** 米
- ✓ **Instant Noodles** 快熟面
- ✓ **Biscuits, Snacks**
餅乾、零食
- ✓ **Instant Coffee, Tea Bags**
速溶咖啡、茶包
- ✓ **Washing Powder, Dish Detergent**
洗衣粉、洗碗劑
- ✓ **Toothbrush, Toothpaste**
牙刷、牙膏
- ✓ **Diapers (Children, Adult)**
紙尿片 (小孩、成人)

WHAT NOT TO DONATE?



- × **Supplements** 補品、保健品
- × **Souvenirs** 紀念品
- × **Clothes, Shoes** 衣物、鞋子
- × **Toys** 玩具
- × **Furniture, Household Products**
家具、家居用品
- × **Electronics** 電子用品
- × **Make-Up** 化妝品
- × **Books** 書

My Reflection

LIM KOPI

Held at Lorong Lew Lian Communal Hall every Friday from 10am to 12.30pm, the elderly can participate in a series of activities such as Bingo and Rummikub while getting to know their neighbours better.

DO YOU KNOW?

238 elderly have benefitted from the programme.

Elderly are engaged in weekly activities such as workout on week 1, ball games on week 2, birthday/ festive celebration on week 3, and cooking demonstration on week 4.



Dhiren, a student from St Gabriel's Secondary has shared his reflection on his involvement in the weekly Lim Kopi Session.

"When my class first took up this project, we were looking forward to the first session of Lim Kopi. We wanted to learn more about the elderly and learn how to have meaningful interaction with them. We were tasked to play Bingo and interact with them. Even though all we did was just play Bingo and talk with them, I personally feel that we got to connect with the elderly, spend time with them, allowing them to have a meaningful and joyful time. We learnt that the elderly only needed us to spend time with them, and a simple gesture like this makes them happy.

One key take away for all of us is that we got to learn more about the elderly and also put smiles on their faces. This is an experience that we cannot get elsewhere. This is why we found this project enjoyable and interesting because of the experiences that we had with the elderly and the things we learnt."





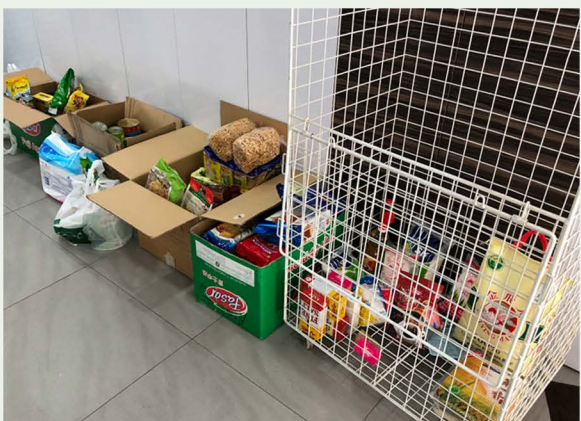
The Swap and Shop event was held on 1 September 2018. Residents are required to bring a minimum of 1 donation to swap for a pair of new or second-hand sports shoes. On the event day, we outreached to 123 residents, and received a variety of donations ranging from food items to household items such as washing powder. During the event, we had conversations with residents to better understand their strengths, as well as how they hope neighbours can help one another. Residents' interests and skills, coupled with their views on improving the community, are now pasted on the 'Share and Give' board outside our Centre. We are grateful that our Kampong Friends had helped to make this event a huge success and we have also started to build connections with the residents in our community.

"There was this elderly man that made two trips just to let his wife try the shoes. I was very touched that he made the effort to bring the shoes to and fro to see whether the shoes fit his wife. He put his wife before him. He was so caring. I would like to see more of this spirit in the community."

Ruby
Kampong Friend

"I saw the residents coming into the centre with small and big bags, some even came with trolleys. Some residents also brought food items and not even wanting to get a pair of shoes in exchange. Their generosity shows their interest and real support for the project. I am sure more people will be aware of the centre's core values when more projects are open to them."

Lily
Kampong Friend



LIM KOPI 2nd YEAR ANNIVERSARY



It has been 2 wonderful years since the start of Lim Kopi. As part of this milestone, we celebrated and created a community mural together.

We look forward to another fulfilling year ahead with our Kopi seniors and friends, as well as close partners from Braddell Heights Zone 'B' RC and St Gabriel's Secondary School.

VISITORS FROM GUANGDONG

Earlier in June, we welcomed guests from the Guangdong Professional Social Workers Association to our Centre.

We had the opportunity to share about the local social service landscape and the services and programmes our Centre offers.



GARDEN PLANTING WITH RESIDENTS



Together with a few residents interested in gardening, we tried our hand at planting a few different plants and have been able to successfully harvest many eggplants and ladyfingers since.

We will be starting up our community garden soon. Do contact us if you are keen to be a part of this.

SOCIAL SERVICE LEADERS AGENCY VISIT

We are glad to have been one of the hosting agencies for the Chinese Women Association Social Service Leaders Exchange Programme 2018.

In June, we welcomed 3 social service leaders from Asia to learn more about FSC work and enjoyed the exchange of ideas regarding the landscape of the social service industry in different countries.



“THANK YOU!”

To the residents,

I would like to thank all that help my family with food rations. It benefits and means alot to us. Thanks to all!

Regards
Latha & Family



Kepada penduduk,

Saya ingin mengucapkan ribuan terima kasih atas sumbangan ikhlas dari anda.

Mohd.

A KAMPONG FRIENDS' INITIATIVE



KAMPONG FRIENDS @ SMFSC



Curious about what kind of activities and events SMFSC has? Like to know your neighbours and Serangoon community better, but you're not sure where to start?

Send "YES" via Whatsapp to 9064 2409 to receive more information!

*By sending us this Whatsapp message, you agree that Serangoon Moral Family Service Centre may collect, use and disclose your personal data, as provided through the message for the following purpose in accordance with the Personal Data Protection Act 2012: (a) To contact you in relation to the aforementioned Whatsapp broadcast list and share information of its purpose.