

UNCOMMON VOICES

ISSUE 01/2022



HOMELESS IN SINGAPORE

OFTEN THE BACKDROP FOR HOLLYWOOD MOVIES, AND FAMOUSLY THE LOCATION FOR 'CRAZY RICH ASIANS' - SINGAPORE HAS A GLOBAL REPUTATION OF BEING A WEALTHY NATION. MANY ARE SURPRISED THAT HOMELESSNESS IS EVEN AN ISSUE IN SINGAPORE; IS IT AN ISOLATED PROBLEM, OR A SYMPTOM OF A BIGGER ISSUE? WE EXPLORE.

EDITOR'S NOTE

We start the new year by bringing you a new look and line up for Uncommon Voices (UV). In addition to featuring social and community issues, you can also find the latest updates on MWS programmes, initiatives and key events.

Last year, we also launched a fully digital version of UV to cater to more readers who prefer to go online for information and news. Please scan the QR code below to view the digital UV.

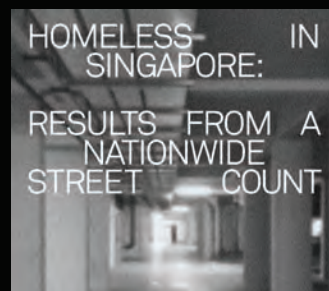
Keep in touch with MWS through UV. Drop us a line at ce@mws.sg if you have any comments. Thank you for your support and interest in MWS as always. On behalf of MWS and our beneficiaries, have a very blessed year ahead!

Leelee



THE SITUATION

In 2019, Associate Professor Ng Kok Hoe of the Lee Kuan Yew School of Public Policy published his report, titled **Homeless in Singapore: Results from a Nationwide Street Count.**



In the absence of any facts or figures within the public discourse about homelessness in Singapore, Prof Ng carried out what was “the first study to determine the scale of homelessness in Singapore.”

Through careful design and organisation, the 2019 study found that there were between 921 and 1,050 street homeless people in Singapore at the time.

Just a year after Prof Ng’s study, the COVID-19 pandemic struck – decimating the median incomes of the lowest earners in society by 69%¹.

The problem of homelessness was forced to the surface of Singapore’s social landscape, mainly because of the measures put in place during the COVID-19 pandemic, e.g. the circuit breaker. Rough sleepers were increasingly struggling to find a place to sleep, and were at higher risk of contracting the virus.

THE INNKEEPER'S PROJECT

Methodist Welfare Services (MWS) had the opportunity to participate in the Innkeeper’s Project, in collaboration with New Hope Community Alliance (HIA), Montfort Care

¹ Beyond Social Services (2021, February). Mind The Chasm: Covid-19 & Deepening Inequalities in Singapore. Retrieved from <https://www.straittimes.com/singapore/household-income-from-work-for-poor-families-fell-69-last-year-due-to-covid-19-study-by>



A homeless man rests in the Central Business District of Singapore. Photo credit: Nuria Ling (TODAY)

and the Singapore Kindness Movement. Our main role was to provide case management, as part of offering 24/7 care for the homeless.

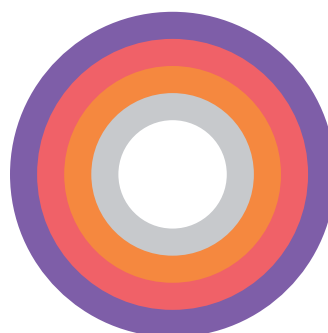
A proposal was written to the Community Foundation of Singapore to utilise the Sayang Sayang Fund for the resources needed by clients. These covered 4 main aspects: a Digital Connectivity Fund to help alleviate isolation, a Special Support Fund to assist in casework, a Home Transition Fund to help clients settle into long-term housing options, and a Research Fund to further understand the nature of homelessness in Singapore.

While MWS had traditionally not specialised in tackling

homelessness as an agency, we learned much from the experience and found that the realities of homelessness resonated deeply with our vision to empower the disadvantaged and distressed to have life to the full.

Homelessness is Multi-dimensional and Non-linear
We found that homelessness, as is the case with most of the work that we do, multi-dimensional and non-linear. Like poverty, it is not as simple as it looks.

The research was conducted with the rough sleepers who received case management services from MWS at Buangkok Crescent Shelter (n=77), and shed some light on the realities of homelessness:



- Individual factors
 - Financial factors
 - Health and other non-financial factors
- Relationships with family and friends
- Access to services
 - Lack of accessible info
 - Reluctance to engage
- Challenges with public housing criteria
- COVID-19 border control measures

As seen in the diagram, the factors contributing to homelessness are varied and many – the thinking that homelessness is rooted in a lack of financial means only tells a small part of the story. Very often, multiple factors ranging from the individual (e.g. financial), interpersonal (e.g. poor relations) and systemic (e.g. COVID-19 border control measures) are deeply intertwined.

For individual factors, a major finding from the research conducted by MWS was that 73% of all interviewees were faced with physical ailments, 29% said that everyday functions were affected by mental health issues, and 68% had 1 or more Adverse Childhood Experiences (ACEs).

FINDINGS ABOUT THE HOMELESS



Most were men and Singaporean Citizens; single, separated, divorced or widowed; and had low education.



Economic, family, housing-related, and health problems were reported as the main reasons for homelessness.



Poor health and nutrition were prevalent; 1 in 4 interviewees had eaten just a meal that day or none at all.



Homelessness posed hardships and was often chronic, lasting 6 years or more for 1 in 3 persons.



Irregular work and low pay were common.



Homeless persons' appearance, possessions, and environment do not fit stereotypes.

Of course, these individual factors bleed into the interpersonal, as mental health issues and ACEs are mostly the result of interpersonal factors such as abusive relationships. Systemic factors also weigh heavily on many of the homeless.

The rough sleepers also experienced some difficulty in accessing resources, finding it difficult to understand various government assistance schemes, application procedures and the reasons for approval or rejection.

In light of findings that more than half of rough sleepers experienced at least 1 adverse childhood experience, the team also saw benefits in adopting a trauma-informed approach to casework. This could be as simple as providing clients with clear timelines, and being transparent with eligibility criteria and procedures for applications to government schemes.

The MWS research team makes the following recommendations, centred around 3 main areas of building a community support network, reviewing existing policy measures, and adopting a trauma-informed lens:

Building a community support network

- Community and social service agencies can screen clients at risk of homelessness
- Look out for and assess clients at crisis points known to lead to homelessness
- Establish clear channels of referrals between community agencies and social workers

Reviewing existing policy measures

- Review income cap of gross household income to keep up with rising costs

- Offer more financial assistance for persons who do not qualify for Joint Singles Schemes (JSS) due to income, but are unable to afford rental in the open market
- Review JSS criteria to address structural causes of homelessness

Adopting trauma-informed lens

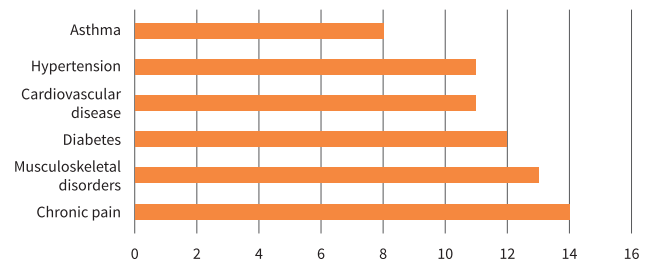
- Ensure privacy when discussing personal and family information
- Provide transparency of timelines, eligibility criterias and procedures
- Provide mediation services for JSS applicants
- Provide information in the 4 main languages of Singapore

Homeless but Not Helpless or Worthless

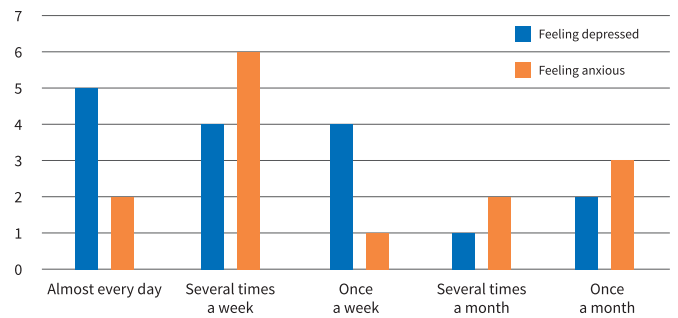
However, as much as the agencies and social workers are working hard to assist the homeless, it is important to recognise that the homeless are not typecast as helpless. Instead, we should recognise the resilience in these individuals, who have been exposed to traumatic experiences, including rough sleeping.

The Shelter Project Team from the MWS Family Service Centres sums it up, “Despite the challenges faced by the clients, we cannot discount the intrinsic strengths and assets clients have been utilising to help them to cope with rough sleeping for extended periods of time. The findings from our study show that many clients had proactively approached formal agencies, such as Housing Development Board and the Social Service Offices, for help before they were admitted to the shelter. Many were also able to activate their own resources, including finding their own employment and temporary shelters, establishing their own unique positions within the community.”

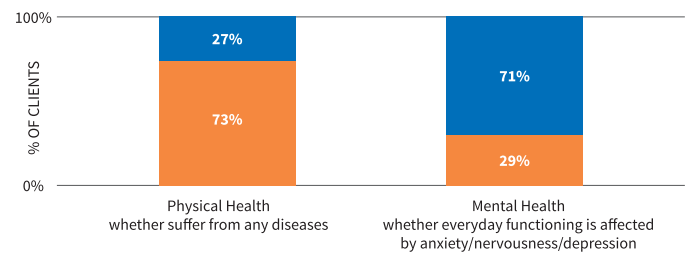
PHYSICAL CONDITIONS EXPERIENCED



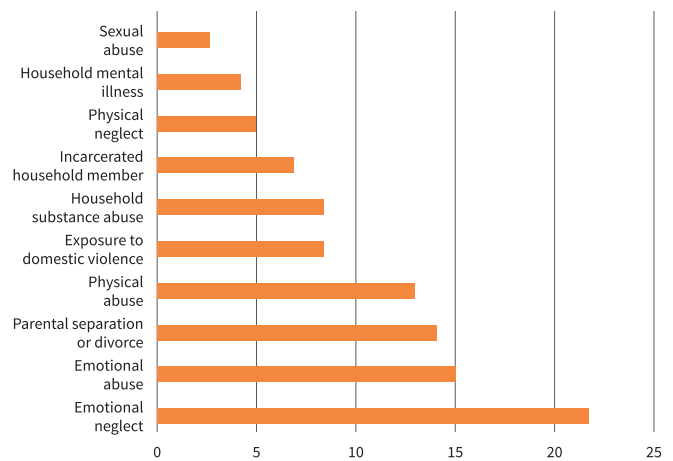
MENTAL HEALTH REPORTS



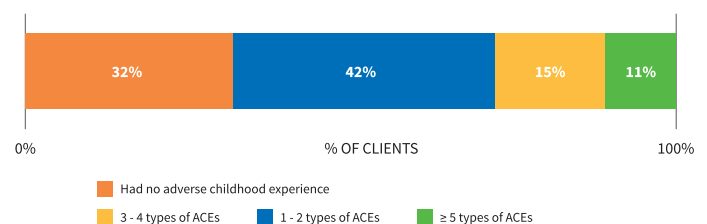
STATE OF PHYSICAL AND MENTAL HEALTH OF INTERVIEWEES



TYPES OF ADVERSE CHILDHOOD EXPERIENCES



NUMBER OF ADVERSE CHILDHOOD EXPERIENCES INTERVIEWEES HAD





Volunteers dropping off a care pack for a homeless man.
Photo credit: Ariffin Jamar (Straits Times)

UNDERSTANDING HOMELESSNESS AS POVERTY

With homelessness at a high due to the worsening economic and geopolitical conditions, how should we understand and approach the topic? It makes sense to approach the understanding of homelessness from the contemporary perspectives of poverty, of which homelessness is a subset.

While the broad definitions of poverty are mostly economical – as in the case of global poverty lines e.g. the World Bank’s \$1.25 a day – they have evolved in contemporary theory. The theory of economic poverty was widely criticised for ignoring other aspects of life, such as social, psychological and political life. The table from Lemanski (2016) shows the evolution of poverty theory in the past 50 years:

Having briefly touched on the multi-dimensionality

POVERTY APPROACH	ERA	SECTORAL EMPHASIS
Economic deficiency	1960s to 1970s	Economic
Basic needs	1970s and 1980s	Physical and material
Multi-dimensionality	1990s to present day	Physical, material, social and political
The poor as experts	1990s to present day	Participation
Capabilities	1990s to present day	Institutional

of homelessness through our experience with The Innkeeper’s Project, we believe as an organisation that it is the same for homelessness as it is for poverty. This experience has highlighted the importance of a wider understanding of poverty in its many forms. Collaboration with other agencies and the community is also key in our journey to alleviate poverty in all its forms in Singapore. While donations are a part of the solution, it is only the beginning of further work that must be done.

As a society, we need to go beyond the physical and material in our respective approaches to helping those who are in poverty. And in this case, to go even beyond the social, political and institutional. We need to maintain our perspective that no single experience of homelessness and poverty can be simplified into a single dimension; each experience and each life bears with it a different road, and a different challenge. Each experience deserves our love and respect.

While these experiences share many commonalities, it is our duty to understand it from each person’s life and perspectives, so that we may better assist them in their respective journeys, and hopefully empower them to have life to the full.

HOW CAN YOU HELP?

1. Understand

Take your time to question your beliefs, and find out more about poverty in its many forms. Understand it well enough to explain it to friends/family.

2. Care

Care in your own way! As a first step, you can donate and/or volunteer. You’ll be surprised at how little it takes to help change a life.

3. Share

Sharing is caring! Get others to understand and care about poverty in its many forms. How about sharing this article as a conversation starter?



WERE YOU AT MWS EMPOWERUN 2021?

20km or 40km, run (or walk), almost 600 participants took part in MWS Empowerun, a virtual run, between 23 Oct and 7 Nov 2021 in support of more than 8,000 MWS beneficiaries. Over 90 fundraising campaigns were set up. In all, more than \$480,000 was raised for MWS. Look out for MWS Empowerun 2022! Hopefully we can do this in person!

Thank you for participating and raising funds to support our beneficiaries! We couldn't have done it without you!



“MWS Empowerun stood out for me because the value of empowering others resonates with me. Just as I am blessed and empowered to live a meaningful life, I want to be part of a movement that empowers those who are less fortunate so that they too can have life to the full.” – Roger Chow, donor and MWS Empowerun participant



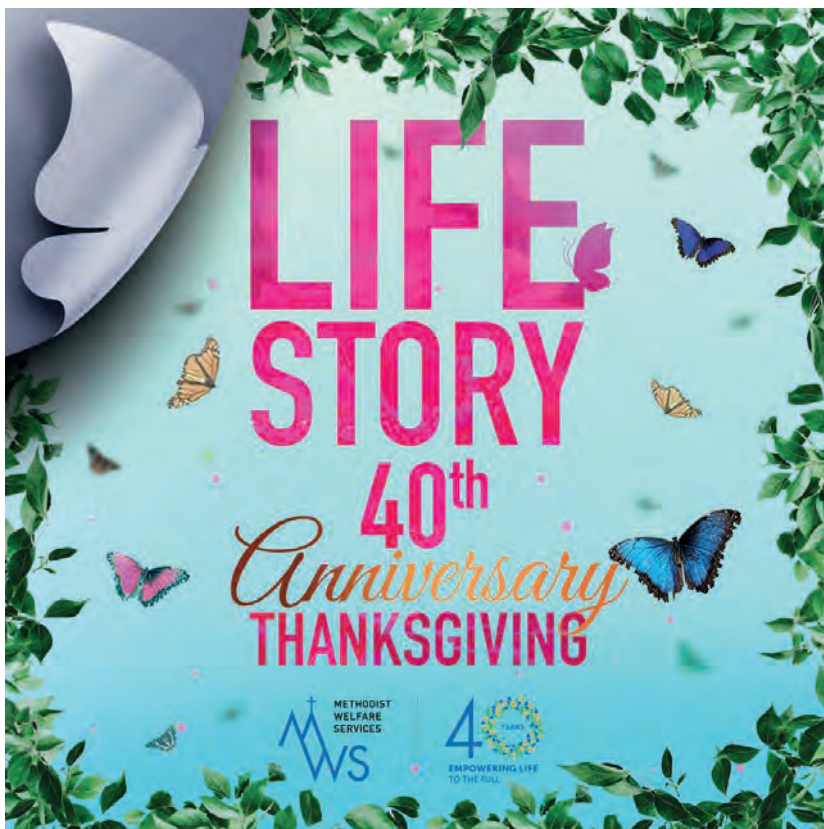
DEDICATION OF MWS CHRISTALITE STUDENT CARE CENTRE

On 23 Dec 2021, a simple ceremony was held to dedicate the Centre, children and staff to God. It was especially momentous as the Centre underwent extensive renovations and now sports a brand new look that is brighter, homely and space-efficient.

The Centre blessing was led by Rev Shaun Chong, Pastor-in-charge of Christalite Methodist Chapel (Christalite MC), partner of the Centre. Members of the Centre Governance Committee and MWS leaders were also present.

To support children from low-income families from the Centre, email fundraising@mws.sg.

01 : From left: Lindsay Chong (Member, CGC), Yeo Rulin (Senior Manager, MWS Human Resources), Rev Shaun Chong (Pastor-in-charge, Christalite MC), Dr Raymond Teo (Ex-Officio, CGC), Junie Foo (MWS CEO), Dr Astrid Yeo (Vice Chairperson, CGC), Steven Goh (Head, MWS Christalite Student Care Centre), Eugene Thiang (Chairperson, CGC), Terence Wee (MWS Board Member), Deborah Chew (Cluster Director, MWS Family Services) **02** : MWS Board Member Terence Wee enjoying a fun moment with the children at the Centre. **03** : The Centre was first brought under MWS' management on 1 July 2020, but officially dedicated on 23 Dec 2021. **04** : Faith Room – low desks fixed around the perimeter of the room and an open space give the younger students more room for free play and learning. **05** : Hope Room – refurbished for use by the Primary 5-6 students, and situated in a quieter part of the Centre for more focused learning.



LIFE STORY: MWS 40TH ANNIVERSARY THANKSGIVING

MWS 40th Anniversary celebrations culminated in an online thanksgiving show on 3 Dec 2021.

Entitled LIFE STORY, it was a celebration of MWS' Life Story of empowering people to have life to the full, and the many stories of positive change, transformation and hope witnessed through the lives of our beneficiaries.

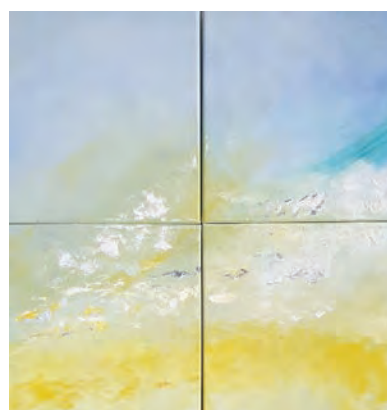
Our audience were treated to classic and new songs from Kit Chan, one of Singapore's most established and beloved artistes and a rare appearance by veteran powerhouse Frances Yip.



A Joyful Night
By MWS Senior Activity Centre - Fernvale Rivergrove

Staff and beneficiaries from 7 MWS centres and programmes also co-created unique art pieces that were put up for auction. In addition, MWS CEO Ms Junie Foo contributed 6 artworks specially created for this event.

Donations were also raised through Thanksgiving Packages that comprise curated culinary delights from the celebrated kitchens of Les Amis Group, gifts from social enterprise partners, and donor acknowledgement.



Quiet Serenity
By Junie Foo, MWS CEO



SIGNING OF MOU WITH BEDOK METHODIST CHURCH

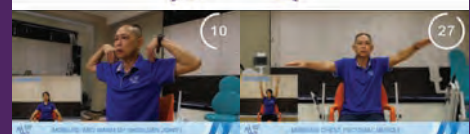
On 20 Sept 2021, Bedok Methodist Church (Bedok MC) signed a Memorandum of Understanding with MWS in support of MWS Senior Care Centre - Eunus.

Bedok MC will be partnering MWS by providing annual financial support as well as recruiting volunteers to support the Centre's programmes. The Centre began operations in Jan 2022 and will further enhance MWS' spectrum of eldercare services that enable seniors to age-in-place.

We look forward to serving the seniors in the community together.

Back row from left: Dr Dennis Chia (Head, MWS Senior Care Centre), Beryl Ng (Cluster Director, MWS Community Eldercare Services), Rev David Gwee (Assoc Pastor, Bedok MC), Sabrina Teo (Lay Leader, Bedok MC), Edward Fang (Chairperson, Christian Outreach & Social Concerns Ministry, Bedok MC), Yap Leelee (Senior Director, MWS Communications & Engagement)

Front row from left: Rev Dr Aaron Tay (Pastor in-charge, Bedok MC), Dr Ho Boon Tiong (LCEC Chairperson, Bedok MC), Mrs Fong Loo Fern, (Chairperson, MWS Board of Governance), Junie Foo (MWS CEO)



KEEP FIT WITH MWS!

As part of our outreach to seniors, MWS produced its first exercise video featuring 10 strengthening exercises. These exercises can also be found in the MWS Befriender's Toolkit, a tool that has been produced to support MWS Befrienders in reaching out to vulnerable and frail seniors in the community.

Simple to do and easy to follow, why not do these exercises yourself to stay fit?

Visit <http://bit.ly/befrienders-toolkit> or tell someone who may benefit from them!

MWS EMPOWERING LIFE AWARDS



MWS LAUNCHED INAUGURAL EMPOWERING LIFE AWARDS TO HONOUR VOLUNTEERS

On 30 July 2021, MWS held the inaugural MWS Empowering Life Awards to recognise volunteers who have made significant contributions in serving and empowering the disadvantaged and distressed. It was specially apt to launch the Awards during the 40th Anniversary of MWS which was itself founded by a group of volunteers.

Over 70 nominations from MWS' network of 20 centres and programmes were received for 12 award categories. More than 200 volunteers also received Long Service Awards, including 5 individuals who were recognised for 40 years of volunteering service. Mr David Wong, former MWS Chairperson (2011-15), was

also honoured with the MWS Empowering Lifetime Award for his years of distinguished service to MWS.

MWS volunteers, staff, partners and invited guests including Mr Gerard Ee, Chairman of The Charity Council; Ms Melissa Kwee, CEO of National Volunteer & Philanthropy Centre; and Mr Tan Kwang Cheak, CEO of Agency for Integrated Care also attended the online event.

Missed the show? Check it out at <https://mws.sg/mws-empowering-life-awards-2021/>

01 : Award-winning soprano soloist Lauren Yeo with her soulful rendition of "The Prayer" **02** : Mr Danny Goh and Mrs Lois Goh, recipients of the MWS Empowering Warmth Award **03** : Mr David Wong, former MWS Chairperson and recipient of MWS Empowering Lifetime Award

JOB OPPORTUNITIES IN MWS!

MWS is fast expanding and we welcome those who share our vision and passion to join us! Check out mws.sg/join-us/ for details.



LOVE YOUR NEIGHBOUR - OUTREACH AND BEFRIENDING OF SENIORS IN THE COMMUNITY

MWS Senior Activity Centres (SAC) are recruiting volunteers to reach out to and befriend isolated seniors living in HDB flats in the vicinity of our Centres. The objectives are to understand the needs of seniors better and identify those who need more and sustained support.

Volunteers will play a critical role in engaging lives and ensuring seniors are seen, heard and appropriately supported.

Interested to play your part? Drop us an email at volunteer@mws.sg





SEEDING SUSTAINABLE CHANGE

Poverty is a complex issue. But with empowerment and support, sustainable change can be attained. 28-year old Alina*, a homemaker and a mother of 6 young children, knows this full well.

“I left my job even though my family was struggling financially because I wanted to take better care of my children. So my husband and I tried to be careful with our spending by prioritising the needs and education of our children,” shared Alina.

It was challenging though, to rely on her husband’s meagre income as a driver. Ben* was known for his sense of responsibility and a positive attitude both at work and at home.

He shared his hopes of upgrading his skills to secure a higher income. However, the opportunity cost of attending courses without a steady income was too high.

“Ben was then diagnosed with a muscular condition which will lead to long-term organ failure. At that point, I felt so lost,



and that’s when I approached MWS,” said Alina.

Framing Interventions through Trauma-informed Lens

While Alina’s situation is not uncommon among the clients who come through our doors, Edna Sim, Assistant Senior Social Worker at MWS Family Service Centre (FSC) - Tampines, did not see her as ‘just another case’.

Applying the principles of trauma-informed care that MWS FSCs have adopted since 2019, Edna empowered Alina by paying close attention to Alina’s unique strengths and needs.

“Poverty is a complex issue. As social workers, our good intentions and desire to see clients’ situation improve rapidly can sometimes lead us to push certain plans without sufficiently considering our

clients’ experience, hopes and strengths,” Edna reflected.

Seeding Sustainable Change

Initially, Alina was highly resistant to receiving community resources and intervention. Edna empathised with Alina’s embarrassment in seeking support and recognised that it was important that Alina felt safe and heard.

Edna therefore explored with Alina her needs, strengths and hopes at a pace that was comfortable for her. This allowed Alina to gradually open up and agree to tap on community resources. Subsequently, community partners jointly supported the family in providing meal deliveries during the circuit breaker and laptops to facilitate her children’s home-based learning.

After recognising the importance of clearing debts and saving up, Alina’s family signed up for MWS Family Development Programme too.

With the person-centred support and resources received from the MWS FSC, Alina was

able to work on improving her skills and employability. She is currently undergoing a course with WSQ certification and is on track to join the early childhood sector upon her graduation.

As a result of the positive changes in her life, Alina now has a renewed outlook on life. Her family has demonstrated resilience despite their multiple adversities, and have grown closer as a family. “Although life still presents difficulties, we feel better equipped to manage the stress more positively and calmly,” said Alina.

As social worker Edna looked back on her journey, “I am greatly inspired by Alina’s resilience and positive attitude. Her ability to take things in her stride is a great virtue. We simply came alongside to bring that out from her.”

You too can seed sustainable change today by donating to MWS Creating Change Campaign! Learn more at mws.sg/product/creating-change-every-day/



EMPOWERING PATIENTS IN THEIR LAST DAYS

As an Assistant Nurse Clinician with MWS Home Care & Home Hospice, Melissa Fong cares for clients ranging from those who are socially isolated to those who are frail and facing the end of life. In all her years in palliative care, she has had her fair share of deeply emotional encounters, difficult conversations about pain and death, and faith-affirming moments.

“One of the most common questions that patients and their families ask is: ‘How long more do I have?’ Sometimes, the patient may not really want to know the answer. More often than not, the patient is acutely aware of his deteriorating health condition, and the truth can be hard to bear. In times like this, I may encourage the patient to ponder over his feelings and come to terms with the end of his life. At other times, a comforting presence or a reassuring pat is all that is needed,” shared Melissa.

Answering the Call

The calling to be a nurse came when Melissa joined St John Ambulance Brigade at her secondary school and

“My family and church community have been great pillars of support whenever I encounter seasons of distress,” said Melissa.

had the opportunity to be attached to a hospital. “I remember shadowing nurses as they went about their ward duties, feeling very intrigued. So I resolved to join the healthcare sector one day... it didn’t matter what role it was!” laughed Melissa. Upon graduating from university, she did a two-and-a-half-year stint at a local hospital but felt she wanted more autonomy in her patients’ clinical care. Following a mission trip to Indonesia, she felt a prompting to go into home care and in 2014, joined MWS

as a home hospice staff nurse. Beyond attending to medical and nursing needs, Melissa often finds herself drawn into the sphere of patients’ private lives. “When I was caring for a patient who had been diagnosed with nose cancer, his initial complaints were about his excruciating pain and giddiness. Yet, he would always resist pain medications. As we continued building rapport with him, he began to open up and we realised he was holding on to a massive amount of guilt towards his family and his past. It soon became apparent that much of his physical pain and the caregiver’s stress stemmed from deep-rooted, unresolved issues within the family. As his condition was rapidly deteriorating, we had to race against time to help him and his caregiver reconcile. With the chaplain’s help, we managed to do so before he passed on peacefully and freely,” Melissa recounted.

Over the years, she has learnt to cope with grief and the loss of patients. “My family and church community have

been great pillars of support whenever I encounter seasons of distress,” said Melissa. Journaling has also been helpful as it forces her to be “utterly honest with myself and God”.

A Glimpse of Patients’ Inner World

Melissa revealed that what keeps her going is remembering the call to care for those in need, and her privileged position to do so because of her professional training. “To be able to journey with the patients and their caregivers, holding their hands when they feel lost and hopeless, right till the end... I’m glad to be given a glimpse of their world. Watching our chaplains minister to the patients’ spiritual needs and how some of them have experienced physical relief as a result has also helped me appreciate the many dimensions of life and what being human really means.”

Find out how you can empower lives at www.mws.sg or email volunteer@mws.sg.

在新一年里,《不同凡响》将以全新风格、阵容和您见面!除了关注社会和社区议题的定期专题报道,我们还为您带来卫理福利服务各项计划、新提案和重要活动的最新情报。希望您能透过上述定期讯息了解最新动态,继续支持卫理福利服务。



特写:新加坡的街头露宿者 2019年,李光耀公共政策学院黄国和副教授发表了一份题为《新加坡的街头露宿者:基于全国性街头统计》的调研报告,指出当时本地的街头露宿者数字介于921和1,050之间。一年后,2019冠状病毒席卷全球,导致社会上最低收入者的中位数收入剧减69%,露宿街头情况恶化。疫情期间采取的诸项抗疫措施,如阻断措施等,使得露宿街头问题浮出水面,成为不可忽视的社会景观。期间,卫理福利服务参与了“希望客栈计划”,提供个案管理服务,与其他合作伙伴携手为露宿街头者提供全天候照顾。我们在过程中了解到,露宿街头的问题根源是多方面的,许多流浪者患有身体疾病,心理健康状况不佳,多达68%曾有儿童期不良经历。此外,系统性因素也对许多露宿街头者造成很大影响。尽管实际情况仍有待深入调查,但卫理福利服务研究小组仍提出了几点建议:一、建立社区支持网络;二、检讨现行政策措施;三、在帮助露宿街头者时采用创伤知情视角。尽管卫理福利服务并非专业处理露宿街头问题的机构,但这一问题却与我们的愿景不谋而合,即为弱势群体和陷入困境者增能赋权,帮助他们活出圆满人生。如果您也想伸出援手,可浏览以下网站了解详情:mws.sg/uncommon-voices-home/homeless-in-singapore/。

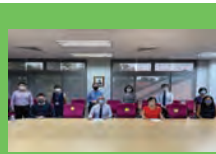


MWS圣光学生托管中心 奉献礼 2021年12月23日,我们在该中心举行了一场简单祝福仪式,将中心、孩童与职员,奉献给上帝。该仪式由卫理福利服务的教会伙伴卫理公会圣光堂主持。

感谢您参与MWS增能赋权义跑! 在2021年10月23日至11月7日期间,将近600名参与者跑/走了20或40公里,为逾8,000名MWS受益者筹集超过\$480,000善款。感谢您的鼎力支持!



“圆满人生”卫理福利服务40周年感恩会 为期一年的卫理福利服务周年庆祝活动,在2021年12月3日举行的线上感恩会演出中达至高潮。该晚会颂扬了许许多多为受益者带来正面改变、赋予希望的故事。线上观众亦有幸观赏陈洁仪、叶丽仪等明星的精彩表演。



与卫理公会勿洛堂签署备忘录 2021年9月20日,卫理福利服务与卫理公会勿洛堂共同签署备忘录,在全新的MWS结合乐龄护理中心-友诺士事务上携手合作。除了财务支持,卫理公会勿洛堂也将派出志愿者,与中心紧密配合。



动起来!和MWS一同保持健康 卫理福利服务制作了一支运动影片,帮助MWS乐龄之友指导社区中的弱势及体虚年长者进行锻炼。影片中的动作简单易学,你何不也跟着一起做,保持健康?点击<http://bit.ly/befrienders-toolkit>,或与亲朋分享,让他们也一同受益吧!



MWS首次颁发增能赋权贡献奖,表彰志愿服务者 2021年7月30日,卫理福利服务举办首届颁奖仪式,以表彰在为弱势与困境群体服务及增能赋权方面做出重大贡献的志愿者。12个奖项一共收到70多项提名,超过200名志愿者获颁长期服务奖。欲知详情,请浏览mws.sg/mws-empowering-life-awards-2021/。



爱人如己—走向社区年长者的亲善和外展活动! MWS乐龄活动中心正招募志愿者,向居住在中心附近组屋区的被社会孤立年长者伸出援手,建立友谊。有意参与志愿工作?立即电邮至volunteer@mws.sg了解详情。



为持久改变播下种子 贫困是一个复杂的问题。但只要增能赋权和其他支持,也能带来持久的改变。现年28岁的Alina(化名)是一名家庭主妇和六个孩子的母亲,她深谙这一道理。虽然家里经济拮据,但她必须留在家中照顾孩子,一家人只能依靠丈夫的收入度日。虽然丈夫想上课提升技能,但参加培训难以兼顾工作,也就无法获取稳定收入养家。他的健康欠佳,更是让家庭困境雪上加霜,Alina只得向卫理福利服务求助。MWS家庭服务中心采取创伤知情护理,陪同Alina了解她的期望,并配合她的优势和需求,帮助她循序渐进改善处境。Alina渐渐敞开心扉,愿意善用社区资源,甚至报名了MWS家庭发展计划,内容包括每月债务偿还与储蓄配对计划。自此之后,Alina还参加了新技能资格认证的课程,有望在毕业之后进入幼儿教育行业就职。同时,她也有了崭新人生观,一家人也在逆境面前变得更坚强、更有凝聚力。



为临终病人增能赋权 方诗云是MWS居家护理与慈怀护理的助理门诊护士,照护人群包括被社会孤立者及体虚临终者等。她在求学时曾加入圣约翰救护队,有机会到医院参与相关工作,打从那时起就萌生成为护士的志愿。从印尼的一次任务之旅回国后,她感到有一股力量推动她参与居家护理,后来便加入卫理福利服务。在陪伴病人的过程中,她经常得以瞥见病人的内心世界。在她看来,能全程陪伴临终病人经历他们的失落和绝望,自己是受眷顾的。能够在这条路上坚持下去,靠的是内心的不断自我提醒,专业的护理训练以及家人和教会社群的支持。

MWS CENTRES & PROGRAMMES

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WHAT POSITIVE IMPACT WOULD YOU LIKE TO MAKE TODAY?



Every dollar counts to people who have few or no resources and weak family support. Whether it is a troubled youth who needs to overcome the trauma of abuse, or a family trapped in the cycle of poverty, or parents who need help in parenting their teenagers, your generous support enables MWS to empower them and bring hope, love and positive change into their lives.

\$50

To provide at-risk youths and children with essential school materials

The youths and children whom our centres reach out to often come from disadvantaged backgrounds. By providing them with the necessary materials ranging from laptops and textbooks to stationery, it allows them to better focus and learn alongside their peers with peace of mind.

\$100

To contribute towards debt clearance and savings matching for a low-income family for 2 weeks

The MWS Family Development Programme aims to improve social mobility of low-income families through holistic integrated intervention, which includes teaching of financial management skills, debt clearance, and asset building.

\$250

To contribute to rehabilitation for at-risk youth

Young offenders often come from family or social environments where they have poor support and sometimes face neglect and abuse. Support our MWS Girls' Residence in providing for their basic needs and give them the trauma-informed therapy they require to get back on their feet and be a contributing part of society.

\$400

To provide financial assistance to 2 low-income families for a month

In these trying times of a struggling economy and a health pandemic, low-income families face an even greater need for financial support. We provide needs-based cash assistance to cover daily living expenses.

\$500

To contribute to 1 low-income resident's stay at a nursing home

Most of the residents at our nursing homes come from low-income backgrounds, and some struggle to afford the minimum payment. Donations are critical to give them the long-term care that they cannot afford.



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