

UNCOMMON VOICES

ISSUE 02/2022



SENIOR VOLUNTEERISM

EDITOR'S NOTE

Singapore's growing senior population offers a considerable, yet largely untapped, resource of talent for volunteer work. Given the health and social benefits of volunteering, MWS is actively introducing initiatives to boost senior volunteering. Through this, we hope to also change the negative narrative around ageing.

In this issue, we also shine the spotlight on how MWS supported a troubled youth to change the course of her life, and how a former volunteer-turned-staff is working with seniors using adaptive sports.

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Michelle



TURNING SILVER YEARS INTO GOLD

Pre-COVID, 84-year-old Danny Goh and his 75-year-old wife Lois would pay fortnightly visits to a senior, Anne, who has been living alone since her mother passed away 3 years ago.

The couple would spend an hour each time chatting with the senior and teaching her to sing.

Their outreach efforts are part of the Community Befriending Service run by Methodist Welfare Services (MWS), where volunteer befrienders are connected with socially isolated seniors.

Both former teachers, Danny and Lois first started volunteering with MWS in 2014.

In the beginning, they conducted exercises for the elderly and befriended seniors

whom they met at MWS Charis ACE - Geylang East, where they serve. Subsequently, the couple joined the Centre's Community Befriending Service, visiting frail home-bound seniors.

"When we first joined the service, we found out that there are people out there who are even lonelier than us because they live alone. So we decided to visit them in their homes every fortnight and encourage them to join the Centre activities," shared Lois.

Danny added, "Some seniors no longer know what happiness is. They experience loneliness and isolation because they have lost their mobility, or because their social circles became smaller over the years. When we meet

these seniors, we see how their faces light up and fill with joy when we chat with them, sing and play our ukulele."

The couple was paired with Anne in 2019. When the COVID-19 pandemic struck and home visits had to stop, they kept in touch with her over the phone and Zoom.

"She is in her 70s, and is recovering from cancer, osteoarthritis and depression. Anne enjoys singing and music. She joined us for vocal lessons even when they were moved online," shared Lois.

"Over time, the pain in her legs disappeared and even her counsellor said her mental well-being has improved! These joyful activities have helped her in her recovery

journey. We simply feel blessed to be able to bring companionship and comfort to seniors like Anne.”

Danny and Lois are part of a growing pool of seniors in Singapore who are stepping forward to give back to the community through various volunteering initiatives. A survey by the National Volunteer & Philanthropy Centre (NVPC) found that the rate of volunteerism among seniors aged 50 and above more than doubled from 13% in 2008 to 29% in 2016.

At MWS, there were 115 new senior volunteers in 2019, more than double that of the 50 in 2018. About 40% of the regular volunteers – or about 500 volunteers – are aged 55 and older.

TAPPING THE POTENTIAL OF SILVER VOLUNTEERISM

From befriending vulnerable and isolated seniors to tutoring disadvantaged children, seniors bring a wealth of talents and experiences to the volunteering table, and are a valuable resource for proactive community outreach. Catalysing ground-up efforts of activating senior volunteers form part of MWS’ strategy to strengthen its volunteer ecosystem and increase community engagement to create a more sustainable support network.

By empowering senior volunteers in preventive care and community activation, MWS taps their gold mine of experience and skills to uplift vulnerable people in their neighbourhoods.

Senior volunteerism is gaining importance in our city-state amid a rapidly greying population. By 2030, one in four Singaporeans will be aged 65 or older, while the number of seniors living alone is projected to double from 41,000 in 2018 to a whopping 92,000.



A senior volunteer teaching English to her peers at MWS Senior Activity Centre - GreenTops@Sims Place

Compared to previous generations, the current generation of seniors are better educated, with valuable skills acquired over their careers that will put them in good stead for giving back through volunteering. With access to more affordable and quality healthcare, many seniors in Singapore are also likely to stay healthy and can do more and remain active.

become Active Ageing Centres (AACs), with more to follow. The new eldercare model has a mandate to reach out to all seniors in their community, regardless of their housing type, frailty and income levels; and provide a suite of services.

These services include active ageing programmes that promote volunteerism as well as befriending of isolated

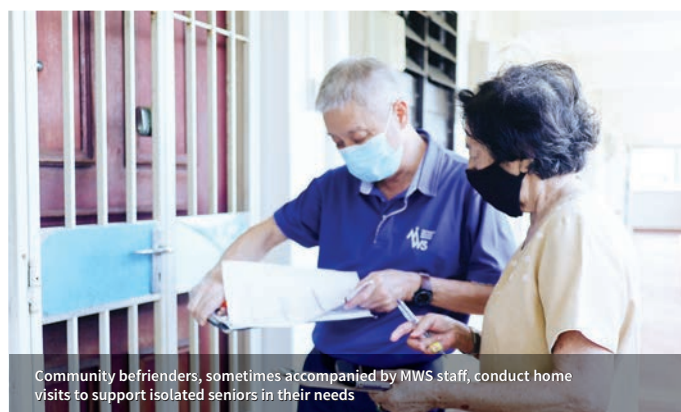
since followed suit, namely, MWS Charis ACE - Geylang East, MWS Wesley SAC - Jalan Berseh and MWS SAC - Golden Lily @ Pasir Ris.

One of the most common volunteer work undertaken by senior volunteers at MWS is to befriend and support vulnerable older adults and keep social isolation at bay. These volunteers also encourage other seniors to participate in centre activities such as line dancing, origami workshops and cooking classes so as to increase social engagement, as well as promote active ageing and a healthy lifestyle.

CHANGING THE NARRATIVE AROUND AGEING

By volunteering, older adults can also help dismantle ageist beliefs and promote a more age-inclusive society.

Ageism directed at older adults affects all age groups. In her research, Bevy Levy, professor of psychology at Yale University, found that people who hold negative stereotypes about older age groups when they were younger internalise them and think the same about themselves as they age. Studies have shown that negative self-perceptions



Community befrienders, sometimes accompanied by MWS staff, conduct home visits to support isolated seniors in their needs

PUTTING THE GOLD IN GOLDEN YEARS

Last year, the government rolled out a new baseline service at eldercare centres to serve all seniors nationwide while supporting ageing in place and building an enabled community.

In line with the initiative, a host of Senior Activity Centres (SACs) have transitioned to

seniors through home visits and phone calls. It also provides a network of care and support for seniors with needs, such as making timely referrals to dedicated partners like hospitals and day care centres.

In May 2021, MWS AAC - Kebun Baru piloted the new Eldercare Centre (EC) service model. Three other MWS SACs have

of ageing can become self-fulfilling prophecies that have a detrimental effect on physical and mental health, including life satisfaction and mood.

Likewise, a 2014 survey titled 'Perception and Attitudes towards Ageing and Seniors' found that external negative perceptions of seniors could result in their internalised low self-esteem. One way of promoting a positive ageing mindset is through senior volunteerism. In fact, the same study found that about 8 out of 10 senior respondents saw voluntary work as a means to find a sense of self-worth, stay socially connected and lead a meaningful life.

Despite that, only 43% of the respondents said they would consider volunteering in the next few years. Thus, the challenge remains: how can society move more seniors to contribute meaningfully to the community while living out their golden years?

BOOSTING VOLUNTEERISM RATES

According to the NVPC's Individual Giving Study (IGS) 2018 – Silver Volunteerism (Silver V) Study, the lack of time and health are the top barriers to seniors volunteering.

To lower the barrier, MWS SACs have tweaked their outreach programmes to appeal to a wider base of potential volunteers. In the case of befriending isolated seniors, MWS may pair 4 befrienders with 1 senior, spreading the volunteer workload of making fortnightly home visits and providing follow-up care.

Strengths-mapping and relationship building are ways to encourage more seniors to volunteer, shares Sng Bee Li, Head, MWS Senior Activity Centres. "We identify the talents and abilities of our senior members and rope them in to volunteer. Also, by involving seniors in our programmes, they feel a sense of belonging to the Centre and become more inclined to pay it forward."

One such member-turned-volunteer is 63-year-old stroke survivor Mr Ang Thiam Kiat. After suffering a stroke in 2016, the former production soundman signed up for a rehabilitation exercise programme at MWS SAC - Teck

Ghee Vista. Over the years, he has made steady progress in his stroke recovery, while getting emotional support from friends at the Centre.

In 2019, an MWS staff learnt that Mr Ang loves to colour and encouraged him to do so at the SAC. The staff noticed his artistic flair and asked if he would like to share his passion with his peers. From there, Mr Ang started leading a colouring interest group and taught senior members to draw. It started with a group of 5 and has since grown to about 20.

MWS SACs have also been empowering seniors to lead various volunteering initiatives, including creating a community garden. That ground-up project at MWS SAC - Fernvale Rivergrove saw many male seniors – who generally are less likely than women to volunteer – putting their carpentry and construction skills to good use.

Be a **Befriender of Seniors**

- ✓ Work in groups of 2-4, per senior
- ✓ Contact 2-3 seniors once a week
- ✓ Alternate weekly contact by phone and in-person

Be a **Buddy to Seniors**

- ✓ Work in groups of 2-4, per senior
- ✓ Contact 2-3 seniors once a month, by phone
- ✓ Visit senior once every 3 months

Studies have shown that negative self-perceptions of ageing can become self-fulfilling prophecies





Gifted artist and MWS beneficiary Mr Ang (standing) leading a colouring interest group at MWS Senior Activity Centre - Teck Chee Vista

VOLUNTEERING AS A MEANS OF ALLEVIATING SOCIAL POVERTY

The nature of poverty, like human needs, is multi-dimensional. But while the hardships relating to material poverty is widely discussed, other forms of poverty are less so.

One example is social poverty, which sociologist Halpern-Meekin (2020) defines as “lacking an adequate number of high-quality, trustworthy relationships to meet one’s socioemotional needs”.

She highlights that “financial and social poverty are not synonymous” and that “one form of deprivation may increase the likelihood of the other, but they need not co-occur”.

Halpern-Meekin added that social poverty “entails social isolation that is more than momentary, and that cannot be addressed through one’s current relational resources”. Studies have shown that chronic social isolation raises the risks of morbidity and mortality in a way that is on par with the consequences of smoking. Conversely, adults with good social connections are healthier and live longer.

Volunteering is one avenue where seniors can meet like-minded peers and build social bonds which strengthen their

sense of belonging in society, and boost their self-esteem and well-being. It also injects a sense of meaning and purpose into their golden years.

The IGS 2018 study found that seniors who volunteer reported better health and life satisfaction than those who do not. Senior volunteers were also 13% more likely to only have minor illnesses or not to fall sick, and 8% more likely to be satisfied with life.

Another study by Carnegie Mellon University found that older adults who volunteer at least 200 hours a year faced a 40% reduced risk of high blood pressure.

In addition, senior volunteers aged 65 and above are able to reach out to twice as many people in times of need, as compared to seniors who do not volunteer, suggesting that volunteering could buffer against loneliness and social isolation.

EMPOWERING SENIORS FOR VOLUNTEERISM

With Singapore’s ageing population, senior volunteers could play a more integral role in beefing up manpower in social service agencies.

At MWS, seniors make up the majority of the 30-strong Volunteer Leaders Support Group, which was formed in 2020 to tap seasoned

volunteers to recruit and lead volunteers.

The group plays an important role in uplifting capabilities by supporting volunteer training at MWS Centres and sharing best volunteer practices and experiences.

One such volunteer leader is Jane Low, who partners MWS staff to plan projects. “We brainstorm ideas for festive celebrations, mobilise manpower and get financial support from partner churches for community projects. We receive on-the-job training to serve the community and lead by example in guiding other volunteers,” said the 65-year-old.

“The seniors are keen to learn new things like origami craft and painting lanterns for Mid-Autumn Festival. They realised that they are capable of accomplishing greater things. When they

complete an artwork, you can see from their smiling faces that they felt fulfilled and accomplished,” she added.

“One senior testified that she was very shy initially and didn’t want to mix around. But after joining the Centre activities, she is more confident about herself. She made more friends and is willing to learn new things like the functions on her smartphone.”

To develop the capacity of volunteers, MWS has rolled out a series of initiatives including launching the MWS Befriender’s Toolkit, which guides volunteers in reaching out to different befriended profiles; as well as hosting thematic webinars.

“Talks like ‘Understanding Dementia’, ‘Diabetes’ and ‘How to be equipped as befrienders’ organised by MWS have benefitted and equipped me in understanding the health conditions of the elderly, and empathising with their situations,” shared Jane.

On what motivates her to volunteer, Jane quoted a Bible verse: “As Jesus said: ‘It’s more blessed to give than receive’. After volunteering, I feel joy and peace in my heart.”

“My greatest accomplishment as a volunteer is to see seniors enjoying our programmes, caring for neighbours, becoming more sociable and living meaningful lives in their Third Age.”



Besides serving as a volunteer leader, Jane Low (in black), a former Chinese tutor, also guides seniors in reading English and Chinese storybooks



01 : MWS CEO Junie Foo and Board of Governance Chairperson Mrs Fong Loo Fern (2nd and 4th from left) with the MWS FAM@FSC team and MWS board members at the Open House **02** : MWS FAM@FSC's two counselling rooms are designed to be cosy and child-centric. Materials such as storybooks, cards and games are curated to help facilitate counselling for families with children.



MWS LAUNCHES NEW PROGRAMME TO STRENGTHEN FAMILIES

COVID-19 has forced families to be together for long hours,

exacerbating tensions that might have lurked beneath the surface. The past 2 years have seen rising numbers of divorce applications and

reports of family violence. In fact, there has been a spike in the number of people in Singapore seeking counselling. By the time clients show up, a small issue may have snowballed into a major crisis. Can counselling be a form of preventive care rather than a last resort?

The newest addition to the MWS family, the Strengthening Families Programme@Family Service Centre at Methodist Welfare Services (MWS FAM@FSC), aims to provide that preventive support.

Launched on 1 Jul 2022, MWS FAM@FSC supports couples facing marital challenges and families showing early signs of stress through marriage/divorce support, and family counselling. The initiative is led by the Ministry of Social and Family Development. Learn more at mws.sg/centre-location/famfsc.

MWS HEALTHCARE HEROES HONoured

The MWS Home Care & Home Hospice (HCHH) team scooped multiple awards at this year's Singapore Health Quality Service Awards in a hybrid ceremony on 8 Feb 2022.

The awards, organised by the SingHealth Duke-NUS Academic Medical Centre, honours outstanding healthcare professionals who have delivered quality care and excellent patient experience.

Themed 'Honouring Our Healthcare Heroes: Emerging Stronger', this year's Awards recognised nearly 9,000 healthcare professionals and partners for persevering through the pandemic, and their outstanding contributions to healthcare.



17 GOLD
5 SILVER

Congratulating the MWS HCHH team on their achievement, MWS CEO Junie Foo underscored the challenges in providing seamless care and service during this pandemic; and commended the team for their dedication and compassion.





LAUNCH OF REFRESHED C3A WEBSITE & APPRECIATION EVENT
24 March 2022

MWS SENIOR ACTIVITY CENTRES' DIGITALISATION EFFORTS RECOGNISED

MWS Senior Activity Centres (SACs)' pivot towards virtual training webinars and volunteering opportunities such as tele-befriending amid the pandemic was acknowledged by Council for Third Age (C3A), the agency that promotes active ageing in Singapore.

Themed 'Active Ageing in the Digital Age', the online appreciation event on 24 Mar 2022 honoured seniors and C3A partners for going digital during the pandemic.



Mr Kwok Wui San
Chairman, Council for Third Age

POSITIVE AGEING ADVOCATORS

Sng Bee Li, Head - MWS Senior Activity Centres (bottom) and other award recipients at the appreciation event organised by Council for Third Age

MWS SENIOR CARE CENTRE - EUNOS BEGINS CLIENT INTAKE

The much-awaited MWS Senior Care Centre (SCC) - Eunos has finally begin operations. Admitting its first client in Jan 2022, the Centre caters to frailer seniors, especially those with dementia, through day care and community rehabilitation programmes designed to support ageing in place. About 70% of the Centre's 60 day care places will be set aside for those with dementia. The addition of a SCC expands MWS' continuum of eldercare in response to the evolving needs of our ageing society.

The Centre is co-located with the new Eunos Polyclinic, operated by SingHealth Polyclinic, and the future Eunos Nursing Home, which will be operated by MWS.



01 : Activities at the Centre include bowling 02 : Seniors working out in gym



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.



JOIN US!

MWS EMPOWERUN²⁰²²

BRING COLOURS TO LIVES

15-28 OCT 21km/42km
Virtual Run

29 OCT 5km/10km
Bishan - Ang Mo Kio Park



MWS cares for almost 9,000 beneficiaries who may face bleak futures and sombre challenges by giving:

HOPE

to disadvantaged children

GRACE

to at-risk youth

STRENGTH

to distressed and low-income families

WARMTH

to socially isolated seniors

CARE

to the chronically ill, frail and destitute

These 5 impact areas are represented by different colours to symbolise the many positive changes that you can create. Together, let's bring colours to lives!



Virtual Run*
21km or 42km
15-28 Oct 2022

*You may choose to complete your last 5km or 10km at Bishan-Ang Mo Kio Park or simply join us for a fun run!



Run/Walk (physical event)
5km or 10km
29 Oct 2022 (Sat)
@ Bishan-Ang Mo Kio Park

RUN OR WALK WITH AND FOR MWS!

Participate virtually or in-person, it's your choice!

Registration Fee: \$40/pax | Student: \$20/pax

Get a run pack when you register!

Help us raise \$600,000 for almost 9,000 MWS beneficiaries.

LEND YOUR VOICE FOR A CAUSE

Choose the MWS impact area/cause closest to your heart!

Learn about the challenges faced by beneficiaries in your impact area of choice, and share with your network! Advocate for your chosen cause.

PERSONAL ENCOUNTERS WITH MWS BENEFICIARIES

Take the chance to meet with MWS beneficiaries and staff from your impact area of choice.

Learn more about MWS and the impact of your giving.

More details to come soon!

Scan the QR code or visit mws.sg/empowerun to learn more!





MOVING BEYOND TRAUMA

Family conflict and divorce can be damaging to children. Studies have shown that children with divorced parents are more likely to engage in risky behaviour like alcohol and drug abuse, and suffer from mental health issues, than their peers from intact families.

In the case of 17-year-old Emma*, growing up in a broken home took a major psychological toll on her. As a child, Emma witnessed domestic violence and was exposed to abuse and neglect, including having her parents burden her with their adult and marital problems. She also often found herself caught in the crossfire between her warring parents, and torn by divided loyalties. Her parents' eventual separation brought her feelings of grief and loss.

By the time Emma was 14, she was diagnosed with major depression and also exhibited symptoms of social anxiety. To cope with her feelings, she resorted to chain smoking, drug use and self-harm. She also played truant due to anxiety, and struggled with negative thought patterns.

A TURNING POINT

In Feb 2021, Emma was referred to MWS Girls' Residence (GR), a rehabilitative haven for troubled and at-risk girls aged between 15 and 21 years old. Through a holistic programme built around Trauma-Informed Care (TIC), MWS GR aims to improve the overall well-being of residents who have all had Adverse Childhood Experiences (ACEs).

Like the other residents, Emma was given an individualised care plan with targeted interventions, overseen by her counsellor Belinda Tan.

With empowerment being one of the 5 guiding principles of TIC – alongside safety, choice, collaboration and trustworthiness – MWS GR put Emma in the driver's seat of her own trauma recovery process.

For instance, Emma was taught to manage trauma symptoms associated with her ACEs to regain control of her life. Expressive therapies like sandplay and art therapy, as well as bodywork sessions which married movement

and mindfulness, helped her to reduce anxiety and stress. Emma also acquired healthy coping skills to manage emotional overwhelm when they occur, as well as strategies to break her negative thought patterns.

EMPOWERED TO DRIVE POSITIVE CHANGE

In addition, narrative therapy was used to help Emma tap into her strengths and resilience to resolve difficulties in her life. This type of therapy encourages one to reframe their life stories in a way that is healing and externalises their problems so they can address them in a more productive way.

By becoming aware of how her life experiences have impacted her, Emma started to set healthy boundaries with her parents and learnt to listen to herself and make her own choices. Gradually, she was also able to heal from the pain of her parents' divorce.

MWS GR also worked with school professionals to facilitate Emma's resumption of studies. Due to her social anxiety, Emma had individual lessons

with teachers until her N-Level exams, which she passed.

Seven months after joining MWS GR, Emma reported that she no longer felt depressed, and discontinued antidepressants and psychotherapy sessions at a medical clinic.

"Emma is now able to regulate her anxiety and low moods such that she can function normally on a daily basis. She can now stand up for herself and is not afraid to express her own needs," shared Belinda.

Today, Emma works as a service crew at an F&B outlet. She is happier, healthier, and faces the future with a newfound resilience. She said, "I feel more confident and better prepared now to overcome challenges in life."

** Not her real name*

Help young trauma survivors like Emma to build a better tomorrow. Donate at mws.sg/give.



Brendon guiding a senior at MWS Senior Activity Centre - Teck Ghee Vista in adaptive darts, where the distance between the dart board and player is adjusted according to his or her ability

BRIDGING THE GAP BETWEEN SENIORS AND SPORTS

Andy*, a resident at MWS Christalite Methodist Home (CMH), who is in the last stages of life, had been in low spirits, feeling bored and aimless.

But his days brightened and spirits lifted with the introduction of adaptive sports at the Home. Now, he has something to look forward to every day – playing balloon badminton and other sports with his peers.

The man behind the initiative is Brendon Yam. As a programme development manager at MWS since Jan 2022, he develops and oversees the implementation of adaptive sports activities for seniors at MWS CMH and MWS Senior Activity Centres (SACs). These activities are aligned with the MWS Allied Health team’s mission to maximise rehabilitation potential and optimise quality of life for our elderly beneficiaries through integrated and holistic programmes.

MAKING SPORTS ACCESSIBLE TO ALL SENIORS

Adaptive sports are sports that have been modified to enable people of differing physical

abilities to participate. In the case of MWS, the activities cater to seniors who are fit, pre-frail and frail including those wheelchair-bound.

“We promote adaptive sports because they are inclusive. Unlike typical sports, they allow seniors of different levels of fitness and frailty to play together,” said Brendon.

Currently, 6 different types of adaptive sports are played in MWS, including archery, darts and badminton.

In the case of badminton, slower-descending balloons replace shuttlecocks, giving seniors more time to react, explained Brendon. For basketball, he created a ‘hoop’ by arranging a cluster of chairs in a wide circle, making it easier for seniors to score.

Currently, Brendon is developing a new line-up of adaptive sports. This includes the self-invented Walking Captain’s Ball. Unlike the original, players walk instead of run and have to maintain a 1m distance from other players, to prevent falls. Other sports in the pipeline

include cheerleading and walking soccer.

“Our aim is to remove barriers to sports participation for seniors. Being able to achieve goals like hitting the winning shot during a basketball game, especially for the frail seniors, improve their self-esteem and mood,” shared Brendon.

A 3-month survey conducted by Brendon and his team found that seniors who participated regularly in adaptive sports activities ran by MWS showed increased socialisation among their peers, and improved mood and energy.

Weekly, some 120 MWS beneficiaries are engaged in adaptive sports activities.

“In the course of my work, I learnt that many seniors used to play sports in their younger days. But they stopped due to work and family commitments,” said Brendon. “Now that these seniors are retired with more time on their hands, adaptive sports are a great way for them to stay active and healthy, and make new friends.”

FINDING JOY IN HELPING SENIORS THRIVE

The 50-year-old started his journey with MWS as a volunteer in Apr 2021, introducing adaptive sports to seniors.

He became a full-time staff 5 months later. “I have always been interested in engaging seniors directly at the ground level. My past work experiences in policy and planning work did not allow for that,” shared Brendon, referring to his senior management stints at a non-profit and an aged care agency.

“Engaging seniors and helping them grow in various areas of wellness through adaptive sports brings me great joy. Seeing their smiles when they overcome the challenges in the activities is what motivates me to keep going.”

* Not his real name

You too can make a positive change in your community. View our job openings at mws.sg/join-us or email volunteer@mws.sg to join our pool of volunteers.

编者注:新加坡持续增长的年长者人数,为志愿服务提供了大量尚未开发的人才资源。有鉴于志愿服务所提供的健康及社会福利,卫理福利服务积极提出倡议,鼓励年长者参与志愿服务,也改变人们对老龄化的负面看法。

本期将重点聚焦在卫理福利服务协助一名陷入困境的少女改变人生轨迹的心路历程,以及一名现为本机构工作人员的前志愿者如何通过改良式运动帮助年长者。欢迎登录 mws.sg/uncommon-voices-home, 在线阅读。



特写:投身乐龄志愿服务 - 银发族享金色年华

在新加坡,有越来越多老年长者投身志愿服务以回馈社会。本地研究发现,50岁及以上年长者参与志愿服务的百分比从2008年的13%增加至2016年的29%,增幅超过一倍。卫理福利服务2019年新乐龄志愿者人数为115,也比2018年的50人多出超过一倍。俗话说:“家有一老,如有一宝。”在进行积极社区外展项目时,无论是为弱势、孤独的同龄人进行亲善活动,或是给弱势儿童补习,年长者所积累的各种能力与宝贵经验皆对志愿服务大有裨益。通过成为志愿者,年长者也能消除社会普遍对老年人的歧视,形成一个更包容的社会。另一项研究显示,年轻时对老年群体持有偏见者,在步入暮年后也会如此看待自己。参加志愿服务可帮助人们找到自我价值感,与社会保持联系并过上有意义的生活。卫理福利服务提供各式志愿服务,让个人、群体和企业参与。有兴趣者请电邮至 volunteer@mws.sg 或浏览 mws.sg/volunteer。



卫理福利服务推出巩固家庭新计划 冠状病毒肆虐,由于出门受限,许多人与家人坐困家中,导致过去两年离婚与家暴事件有所增加,本地寻求心理辅导的人数亦激增。当人们上门求助时,小小的摩擦已经如雪球般滚成了重大的危机。心理辅导能否作为一种预防措施,而非最

后的无奈之举呢?家庭服务中心推出的巩固家庭计划,是卫理福利服务旗下的最新项目,旨在提供预防性支持。该项目于2022年7月1日推出,通过婚姻与家庭辅导,为面临婚姻问题的夫妻与出现失和迹象的家庭提供帮助。详情请参阅 mws.sg/centre-location/famfsc。



MWS医疗保健团队获奖

在2022年2月8日举办的新加坡保健优质服务颁奖典礼中,MWS居家护理与慈怀疗护团队荣获多个奖项。该奖项由新加坡保健服务集团杜克-国大学术医疗中心设立,今年的主题为“表彰医疗保健英雄:克服疫情,越战越勇”,以表彰那些提供优质护理与患者体验的杰出医疗保健专业人士。



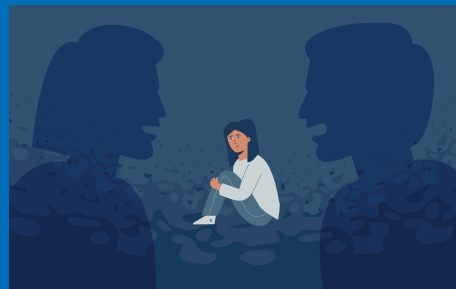
MWS乐龄活动中心数码化工作受到肯定

MWS乐龄活动中心朝网上培训与志愿服务转型的努力,例如疫情期间进行的远程亲善之友活动,获得活跃乐龄理事会(C3A)的肯定。2022年3月24日举办的活动,以“数码时代的活跃乐龄”为主题,旨在表彰那些在疫情期间努力实现数码化的年长者与C3A合作伙伴。



MWS结合乐龄护理中心 - 友诺士开始接收客户

人们期待已久的MWS结合乐龄护理中心 - 友诺士终于开始投入运作,于2022年1月接收首名客户。该中心与新加坡保健服务集团综合诊疗所旗下新开张的友诺士综合诊疗所,以及将由卫理福利服务运营的友诺士疗养院同处一地;通过日间护理与社区复原计划,协助体虚年长者,尤其是痴呆症患者实现原地养老。



走出创伤 家庭出现冲突与离婚会对儿童造成不良影响。现年17岁的艾玛*,因为生长在破碎的家庭里,心灵受到了伤害。年幼时,她亲眼目睹家庭暴力,并遭受虐待和忽视。后来父母离异,使她感到悲伤与失落。14岁时,艾玛被诊断出患有严重的抑郁症,并出现社交焦虑的症状。为了逃避痛苦,她接连吸烟、吸毒、自残、逃学,后来被转到MWS女子之家。MWS女子之家专为15至21岁的问题与边缘少女提供康复庇护。在参与以创伤知情护理为原则的全面性方案后,艾玛学会处理儿童期不良经历导致的心理创伤症状。沙盘游戏和艺术治疗等表达性疗法,以及将运动与正念结合起来的身体操练课程,帮助她减轻了焦虑和压力。此外,MWS女子之家也协助艾玛重返校园。在转入MWS女子之家的7个月后,艾玛不再感到忧郁,也不再需要抗抑郁药和心理治疗。她目前在一家餐厅工作,人也变得更快乐、更健康,重拾韧性,坚强面对未来。*化名



让年长者也能轻松运动 安迪*是MWS基督之光卫理关怀院的院民。处于生命最后阶段的他,情绪一直都很低落。但自从接触到院内的改良式运动后,他变得较为开朗了。提倡这类运动的,是现年50岁的任日明。日明是卫理福利服务的项目发展经理,为MWS基督之光卫理关怀院和三家MWS乐龄活动中心设计了上述的改良式运动,并监督整个项目的推行过程。顾名思义,改良式运动是经过细心调整的运动,让不同体能状态的人都能参与。在卫理福利服务,这些活动专为身体健康、体虚前期与体虚的年长者设计,也包括轮椅使用者。日明表示,“我们希望让年长者都能无障碍参与运动。他们在活动中达到目标,也能改善自尊心 and 心情”。他和团队进行调查后发现,定期参与卫理福利服务安排的改良式运动,能提高院民的社交能力、心情和精力。“很开心能帮助更多年长者参与改良式运动,改善他们身心健康的各个方面。”日明说道,“每当我看到他们克服活动挑战后的笑容,就有了坚持下去的动力。”*化名

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With just
\$1 a day,
you can help someone
out of the cycle of poverty.



“
Never in my life have I
experienced having savings.
When MWS started
journeying with me, I knew
I was about to embark on a
new phase of my life.

” **45-year old Miko Lew, sole
breadwinner for her 3 children
and in-laws**



Scan and watch
the true story of Miko Lew
who found hope and
strength in her struggle
with poverty.

POVERTY IS RARELY AS SIMPLE AS IT LOOKS

Create positive and sustainable change with just **\$1 a day**

The children, youths, families and seniors whom we serve experience poverty in different ways. Some signs of poverty are hidden and hard to see. They may have poor social support, relationships, self-esteem or poor health, or simply lack the resources to escape poverty.

Breaking out of poverty often takes 2-3 generations and needs strong and longer-term support from the community. Join MWS in helping low-income families take small but steady steps out of poverty towards a better future!



\$1
a day,
\$30 a month can:

- \$1** Support a primary school child's educational needs
- \$1** Sponsor rehabilitation for an at-risk youth
- \$1** Help a low-income family clear debts of daily living or build emergency savings
- \$1** Ensure isolated seniors are supported in their health and social needs
- \$1** Provide 24/7 nursing and home care for the frail and elderly



Scan here with your
smartphone to help
families break out of
the cycle of poverty.