



EDITOR'S NOTE

Singapore's rapidly ageing population calls for greater integration of health and social care services to improve care coordination for the elderly and reduce healthcare costs.

In this issue, we outline how Methodist Welfare Services (MWS) has been moving towards an integrated care model by consolidating our various services, including our Community Eldercare cluster.

We also share the stories of how a single mother was gifted with financial peace of mind through MWS' savings matching programme, and how a visually-impaired MWS staff develops programmes with a fresh twist for our beneficiaries.

To catch up on MWS latest news and stories online, log on to mws.sg/uncommon-voices-home.



Michelle

Madam Iris Chan is an 80-year-old widow who lives in Sims Drive alone. Her husband passed away about a decade ago and she is estranged from her daughter. She is battling multiple medical issues which has led to frailty and poor eyesight. As her eyesight deteriorates, she struggles with doing certain household chores and is unable to pack her own medications. She eventually developed heart failure and became largely home-bound.

Gradually, she recovers and undergoes surgery for her eyes.

Although she is no longer home-bound, she has limited mobility and is dependent on a walking frame to get around.

Throughout this time, she feels lonely, afraid of not being able to meet her daily basic needs and that no one would know if anything were to happen to her. She also lives in fear that as she becomes frailer, she may need help visiting the doctor or carrying out daily living activities. With rising healthcare costs, the pressure of financing her care needs also weighs upon her.

The account of Madam Iris, though fictional, is grounded in the real-life experiences of seniors who battle multiple chronic conditions and are left with the daunting task of navigating the healthcare maze on their own. As they often have to see multiple

providers for their various care needs, care becomes fragmented and in many cases, it is the seniors themselves who have to shoulder the responsibility of coordinating their own care needs.

COMMUNITY CARE IN SINGAPORE

It is estimated that by 2030, a quarter of Singapore's population will be aged 65 and above. With this, care burden is expected to increase.

The Ministry of Health (MOH) has been increasing our capacity for eldercare services, bearing in mind that the workforce will only shrink with an ageing population. In response, we need to build up a strong community care system so that our elderly can age in place in a sustainable manner.

MOH's vision of a community-based support system is one that is:

1. proactive in going upstream to support seniors, pre-empting issues of social isolation and ill health more effectively;
2. broad-based in serving seniors, beyond those who are low-income and frail; and
3. integrated in weaving together social and health support to support seniors.

INTEGRATED CARE FOR SEAMLESS SERVICES, BETTER OUTCOMES

The integration of community care services is vital to meet the growing healthcare needs of seniors in a rapidly ageing society. More seniors will require support in the community to meet their evolving and varied needs to age in place successfully. As health challenges typically increase with age, seniors may battle multiple medical issues.

A 2017 study done by Duke-NUS Medical School's Centre for Ageing Research and Education and the MOH found that the proportion of older adults in Singapore aged 60 and above with multiple chronic diseases has surged over the years. Some 37 per cent of survey respondents reported three or more chronic health conditions in 2017, up from 19.8 per cent in a 2009 study.

Seniors often have to see different care providers for their needs, resulting in fragmented care and sometimes, even deterring them from receiving the care they need. Care integration ensures better continuity of care for seniors as their physical and cognitive function changes with age or illness. It also provides a one-stop, multi-disciplinary shop for seniors to meet all their care needs seamlessly.

With the goal of delivering holistic services for better



Integrated care is paramount amid Singapore's rapidly ageing population - the proportion of citizens aged 65 and above grew to 18.4 per cent in 2022

outcomes, Methodist Welfare Services (MWS) moved towards an integrated care model. In 2018, MWS began to consolidate and integrate our services into 3 key clusters: Community Eldercare Services, Residential Services and Family Services.

Our Community Eldercare Services cluster aims to support our seniors to age in place by providing a spectrum of services to meet their evolving needs as their level of frailty changes.

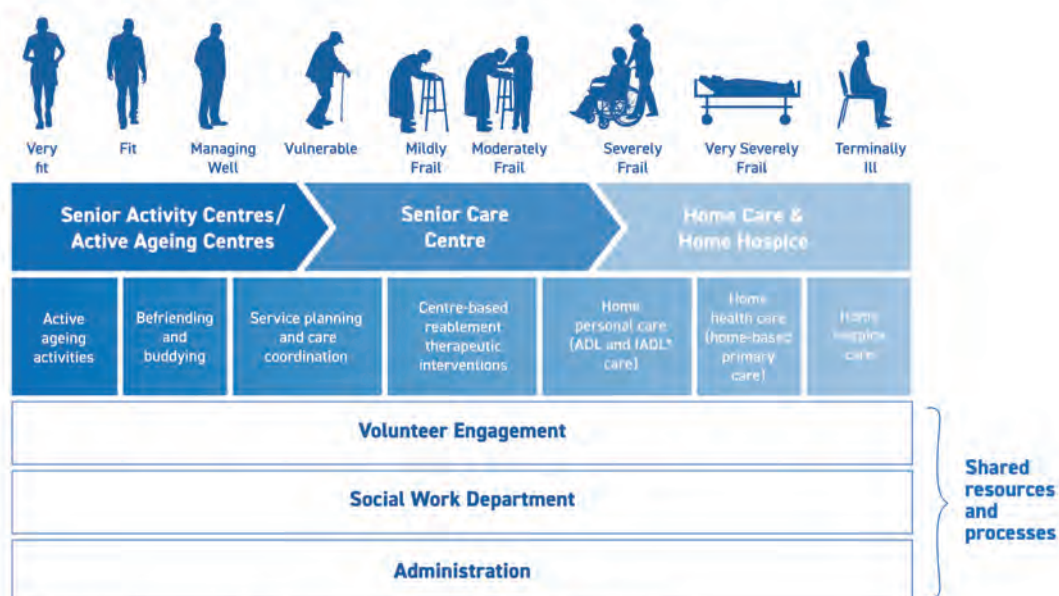
Comprising all our non-residential, community-based eldercare services, the cluster includes our:

- 7 Senior Activity Centres (SACs) and Active Ageing Centres (AACs);
- Senior Care Centre (SCC); and
- Integrated Home Care & Home Hospice (HCHH) service.

The SACs/AACs engage isolated seniors through social, health and wellness activities in the community; the SCC offers day care and community

MWS Community Eldercare

Integrating programmes to support ageing in place



* ADL: Activities of Daily Living include feeding, bathing, toileting, dressing, walking, and transferring (e.g. from bed to chair).
 ** IADL: Instrumental Activities of Daily Living include managing finances, shopping, meal preparation, housekeeping, using the telephone, medication management, and managing transportation.

MWS' Community Eldercare Services is supported by a centralised administration model, increasing the public's accessibility and allowing seamless internal referrals across MWS services

rehabilitation services; while HCHH provides the chronically ill and frail with a suite of home-based services.

This continuum of care for older adults will help prevent unnecessary long-term institutionalisation, and support them to live in the community for as long as possible. As opposed to institutional care, community care allows seniors to maintain their independence and enjoy a higher quality of life.

The connectedness of services within the cluster also allows seniors to enjoy seamless care from different healthcare services under the same familiar trusted brand, and reduces transitions in care.

BRIDGING THE HEALTH-SOCIAL CARE DIVIDE

While meeting the healthcare needs of seniors is crucial, other dimensions of wellness such as social and emotional cannot be neglected. In line with MOH's goals, MWS' support for our senior beneficiaries focuses on integrating social and health services.

Under the Eldercare Centre service model rolled out in May 2021, MWS SACs/AACs



Volunteer befrienders from MWS Active Ageing Centre – Kebun Baru visiting a senior in the neighbourhood to assess her care needs and provide social support for her to age in place

proactively reach out to socially isolated seniors to provide psychosocial support, as well as assess their needs and make relevant care referrals, regardless of their income levels or housing type. This is part of preventive care that reduces the risk of mental ill health and allows for early detection and intervention of physical and mental health issues.

Early intervention lessens the economic burden on the elderly as it enables them to remain in the community, reducing avoidable hospital admissions and minimising

institutional care (Mullvihill, 2011). This, in turn, helps to alleviate the burden on the national healthcare system.

For instance, seniors identified by MWS SACs/AACs to require home-based care like housekeeping and help with errands and daily activities might receive an internal referral to MWS HCHH.

In addition, the MWS Allied Health (AH) team cross-refers clients to services across MWS' community eldercare centres for right-siting and integration of care.

Since 2021, the MWS AH team has begun implementing adaptive sports programmes for preventive care across our community eldercare centres. Adaptive sports are sports which have been modified to allow people including seniors of differing physical abilities to play.

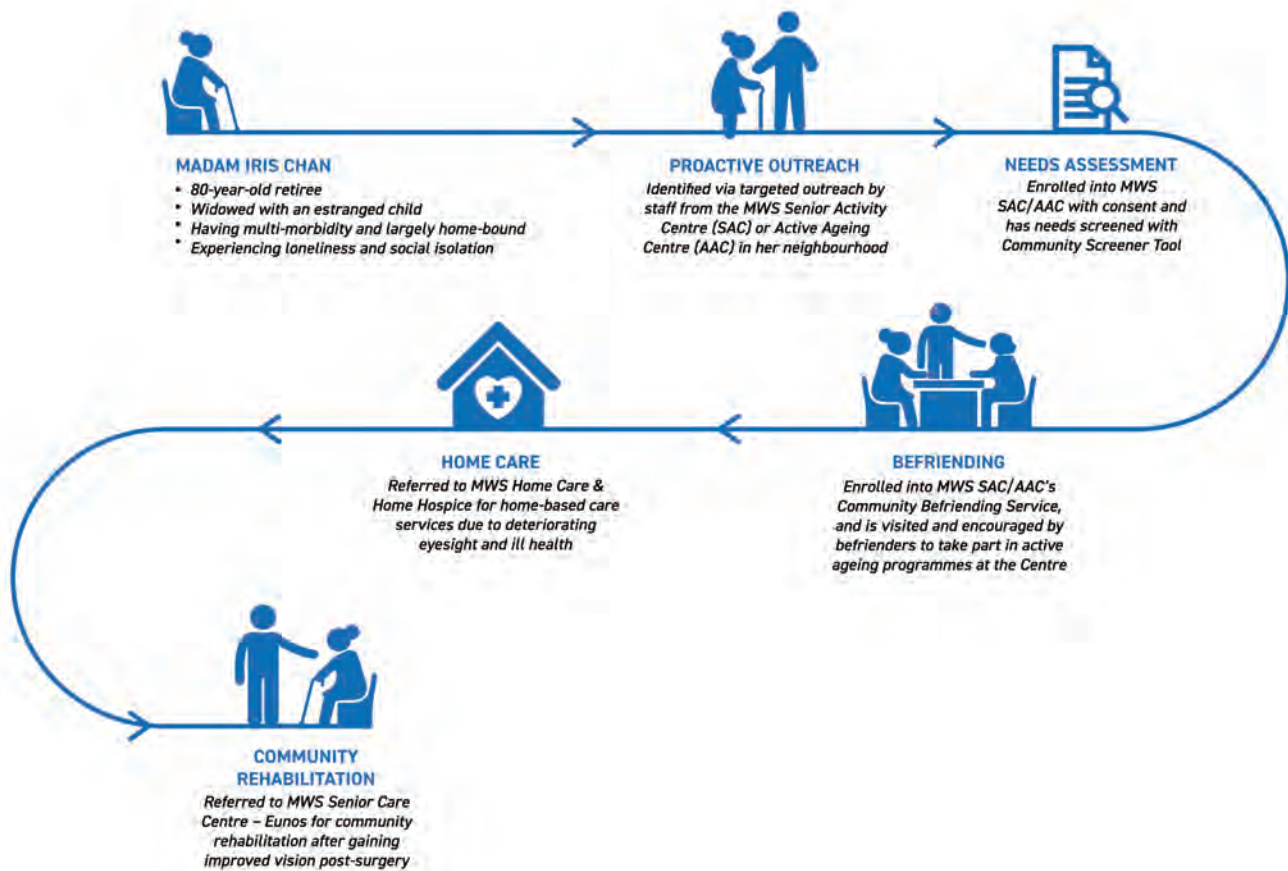
The MWS SCC – Eunost team also plans to collaborate with MWS SAC – GreenTops@ Sims Place to implement the Healthy Ageing Promotion Programme For You (Happy) for seniors at the SCC. The programme helps seniors to maintain their functional ability and lead a good quality of life.

This is in line with the government's "beyond healthcare to health" approach, as part of a multi-pronged strategy to rein in soaring healthcare costs. The approach focuses on upstream interventions by promoting active ageing and healthier lifestyles.

In the case of seniors with multiple care needs as depicted in the fictional account of Madam Iris, the interconnectedness across MWS' Community Eldercare Services results in better patient outcomes.



Wheelchair-bound seniors at MWS Active Ageing Centre – Golden Lily@Pasir Ris playing balloon badminton, one of many adaptive sports catering to seniors at MWS Centres



Madam Iris' journey with MWS' integrated services model

HOW WOULD MWS' INTEGRATED CARE PLAY OUT IN MADAM IRIS' CASE?

While Madam Iris is still relatively mobile without eyesight issues, she continues her appointments with her primary doctor. As she is staying alone, staff and volunteers from the MWS SAC/AAC in her neighbourhood reach out to her to assess her needs and befriend her. Upon the staff's encouragement, Madam Iris starts joining activities at the Centre, like morning exercises, cooking classes and terrarium workshops, which help her stay active and socially engaged.

With the trust built up over time, she starts opening up to MWS befrienders about her

health and financial problems and estrangement from her daughter. As her eyesight deteriorates and she gradually becomes home-bound, the MWS SAC/AAC team refers her to MWS HCHH to help with housekeeping and medication management. Volunteers from the MWS SAC/AAC also visit her to help with daily errands. Madam Iris feels less alone, and assured that there are people to regularly check in on her.

After recovering from heart failure and undergoing eye surgery, although Madam Iris is no longer home-bound, she misses her independence as she is now reliant on a walker and unable to walk long distances. Her case is discussed internally between the various

multi-disciplinary teams in MWS, and she is referred to MWS SCC – Eunós to undergo community rehabilitation services. She is supported by our friendly team and new friends she meets at the Centre. She is glad to be able to continue meeting her care needs in a different care setting with a familiar, trusted service provider.

Throughout her care journey with MWS, Madam Iris' situation and care needs are shared and discussed between the MWS SAC/AAC, SCC and HCHH teams to obtain a holistic view of her circumstance to help her reach her personal goals of care. By consolidating care plans for those with complex

needs, MWS hopes to be able to journey with seniors as their condition changes through life.

An integrated care model improves the seniors' quality of life, and gives them greater accessibility to care services with less hassle that could otherwise cause them to delay or forgo healthcare.

Integrated care comes at a cost, as more resources are put in to streamline the various services, organise case discussions to ensure continuity of care, and more.

At MWS, we invest in this as we believe that a person-centred care approach allows our residents to age in place successfully.



MWS' FIRST SENIOR CARE CENTRE OFFICIALLY OPENED IN EUROS

Nine months after welcoming clients, MWS Senior Care Centre (SCC) – Eunos marked its official opening on 3 Nov 2022 with a ceremony graced by Minister for Culture, Community and Youth Mr Edwin Tong.

Co-located with Eunos Polyclinic, MWS SCC – Eunos offers day care and community rehabilitation services to help frail seniors age in place. About 70 per cent of the SCC's day care slots are catered to those with dementia.

Minister Tong spoke on the timeliness of the SCC's opening in addressing the healthcare needs of a rapidly ageing population.

The SCC gives seniors "a sense of home, and a space to age gracefully with dignity and confidence that they are being cared for," said Mr Tong, who is also Second Minister for Law.

He added that "how we look after the seniors who age in our society is a strong marker for how gracious we are as a society".

CKKSS STUDENTS FUNDED BOOTH AT MWS BETHANY'S CHRISTMAS MARKET 2022

A group of Choa Chu Kang Secondary School (CKKSS) students donated a sum of money to fund a booth at MWS Bethany Nursing Home (BNH) – Choa Chu Kang's Christmas Market 2022. The money was raised through a fundraising drive as part of a school project.

Project leader Hanisah said she chose MWS BNH as the beneficiary organisation as

it reminded her of the times she used to visit her late great, great grandmother at a nursing home.

The students' donation contributed to recreating a Christmas market experience for our residents and brought them some festive joy.

Got ideas for your own fundraiser to raise money for MWS' over 9,000 beneficiaries? Contact us at fundraising@mws.sg.



MWS VOLUNTEERS SHARED ABOUT THE REWARDS OF GIVING BACK

From virtual befriending to conducting adaptive sports for seniors, acts of giving by volunteers help keep MWS going.

To encourage volunteerism, MWS invited 6 of our existing volunteers to talk about their volunteering journey during our inaugural Volunteer Sharing Day held virtually on 30 July 2022.

One of them, Ang Lay Hong, shared that her volunteer work with the marginalised in society has made her less shy and more approachable. Hearing about their plight and challenges also gave her greater compassion for them.

Another volunteer, Nani Mohamad, said volunteering with her fellow colleagues has strengthened their relationships. Giving back also keeps her grounded in gratitude while fostering a sense of fulfillment from making a difference in people's lives.

Keen to join us in empowering the disadvantaged and distressed? Find out how you can volunteer by visiting mws.sg/volunteer or emailing volunteer@mws.sg.

DONATIONS AT MWS CHARITY GALA 2023 TOPPED \$694K

Nearly 500 guests kicked off 2023 with an evening of merry-making and fine dining, all for a good cause, at the MWS Charity Gala on 6 Jan at The Ritz-Carlton, Millennia Singapore.

In between a four-course dinner, guests had the opportunity to bid on live and silent auction items, pick out mystery boxes and bring home fresh blooms from a flower bar.

Live band music and dance performances by ACSian Theatre also kept guests entertained at the event, where Mr Ong Ye Kung, Minister for Health, was the Guest-of-Honour.

Towards the end of the night, MWS CEO Junie Foo was part of a quartet who passed around hats to raise funds.



ACSian Theatre fired up the stage with their energetic dance moves

The fundraiser has so far raised \$694,000 of the \$750,000 goal, with proceeds going towards 22 MWS centres and programmes that support over 9,000 beneficiaries.

The donation drive continues at the MWS Charity Gala 2023 Giving.sg page (bit.ly/mwsgalacol2023) until 28 Feb 2023.



(From left) MWS Board of Governance Chairperson Fong Loo Fern, Mr Ong Ye Kung, Minister for Health, and Mrs Ong, Organising Committee Chairperson Joanne Low, MWS CEO Junie Foo



MWS EMPOWERUN 2022 RAISED \$376K FOR BENEFICIARIES

The 5km/10km physical run of MWS Empowerun took place at Bishan-Ang Mo Kio Park on 29 Oct 2022.

Into its second edition, the charity run saw participants rallying their supporters to raise funds for MWS' over 9,000 beneficiaries. There was also a 21km/42km virtual run option.

Senior Parliamentary Secretary of the Ministry of Culture, Community and Youth & Social and Family Development Mr Eric Chua, who was the Guest-of-Honour at the event, flagged off the runners and also participated in the 5km run.

The event raised more than \$376,000*.

** This figure excludes a government grant that is accounted for separately.*

MWS BAGGED CHARITY TRANSPARENCY AWARD 2022

Methodist Welfare Services (MWS) is proud to be among the recipients of the Charity Transparency Award 2022.

An initiative of the Charity Council, the award aims to promote good transparency and governance in the charity sector by recognising the excellent work of charities, while inspiring others to emulate their best practices.

MWS will continue to be good stewards of the resources entrusted to us in serving our beneficiaries.



MWS Chairperson Fong Loo Fern receiving the Charity Transparency Award from Dr Gerard Ee, Chairman of Charity Council



GOH CHOK TONG ENABLE AWARD GIVEN TO MWS STAFF CLAIRE TEO

MWS Programme Executive Claire Teo was among 15 recipients of the 2022 Goh Chok Tong Enable Awards (GCTEA), which honours the achievements of people with disabilities.

Into its fourth edition, the GCTEA aims to build a more inclusive Singapore where persons with disabilities are enabled to contribute meaningfully to society.

The award ceremony, held on 1 Dec at the Istana, was attended by Emeritus Senior Minister Goh Chok Tong himself as well as Guest-of-Honour President Halimah Yacob.

Claire was awarded the GCTEA (UBS Promise), in recognition of

her potential and commitment to serve the community.

“I am humbled to receive this prestigious award and recognition from the community, and I will do my very best to promote greater inclusivity in our society,” said Claire.

Read more about Claire’s work with MWS on Page 9.



MWS AMONG OUTSTANDING EMPLOYER AWARD WINNERS AT SSI’S GRADUATION AND AWARDS CEREMONY 2022

MWS’ strong commitment to the development of our employees was recognised by Social Service Institute (SSI), a Continuing Education & Training centre that supports the training needs of the social service sector.

During SSI’s Graduation and Awards Ceremony held at The Theatre at Mediacorp on 12 Nov 2022, MWS was 1 of 5 social service agencies awarded the Outstanding Employer Award (Most Supportive Employer) for topping SSI’s training places for the past 3 years.

MWS CEO JUNIE FOO WEIGHED IN ON HEALTHIER SG AT COMMUNITY CARE SPRINT FORUM 2022

MWS CEO Junie Foo participated in a panel discussion at the Community Care SPRINT Forum 2022, organised by the Agency for Integrated Care (AIC) and held from 18 to 21 Oct at the Suntec Convention Centre.

In line with the theme “Reimagining the Future of Community Care with Healthier SG”, the discussion centred on the role the community care sector plays in promoting Healthier SG, a reform of Singapore’s healthcare system



that focuses on preventive care for residents and promoting healthier lifestyles.

Junie called for stronger integration of health and social services to support ageing in place for seniors with multiple morbidities.

At the event, MWS Bethany Nursing Home – Choa Chu Kang also bagged the Community Care Excellence Awards for its pneumonia prevention project to reduce the rates of pneumonia among high-risk residents at the Nursing Home.



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.



BREAKING THE POVERTY CYCLE

Building a nest egg through MWS Family Development Programme has eased Mdm Tan Chiew Leng's financial worries



Mdm Tan Chiew Leng, 52, has been through some rough patches in life. At the age of 3, she was placed in a children's home by her mother, where she stayed till the age of 18. Later in life, her marriage ended in a messy divorce and an accumulation of huge debts by her ex-husband under her name.

After selling her house to pay off the debts, Mdm Tan was left with little savings and had to work 3 jobs to raise her 3 young children. "It was a very tough time," she recalled. "I would buy food for my kids but drink water for my meals because I couldn't afford to eat."

NEW CHALLENGES

While her 3 kids with her ex-husband have since grown up and are leading their own lives, Mdm Tan now has a 16-year-old daughter from another relationship and a minor ward under her care.

To devote more time to her children, Mdm Tan works as a cleaner on a part-time basis. Her work options are limited due to her battles with chronic carpal tunnel

syndrome, a condition causing pain in her hands extending to her back.

As the sole breadwinner of the family, Mdm Tan's concerns about providing for her children's growing needs has been alleviated, thanks to the savings she has accumulated since joining MWS Family Development Programme (FDP) in 2018.

MWS FDP is a debt clearance and savings matching programme, designed to alleviate poverty by helping people get out of debt and into asset building and saving. MWS FDP matches with \$2 every dollar that beneficiaries clear in debt or save up.

Mdm Tan said that being under MWS FDP has motivated her to curb unnecessary spending and save for emergencies, and that the savings have come in handy.

"When I was going through the divorce in my 30s, I borrowed money from my friends to repay my ex-husband's debt. Till today,

they didn't chase me to return the money," she shared.

"But recently, one of them had a family emergency and asked me to pay her back, which I did using a portion of the savings. If not for these savings, I would be stressed out. I think this is a wonderful programme and I have been blessed by it."

NOT JOURNEYING ALONE

As befriending is a key aspect of the programme, with the aim of transforming the beneficiary's behaviour towards their finances, Mdm Tan was paired with MWS befriender Roy Tay.

A volunteer with Hakka Methodist Church, Roy has been journeying with Mdm Tan and her family for the past 2 years.

During his monthly visits to the Tan household, Roy guides and encourages Mdm Tan to save and spend wisely. Under his guidance, Mdm Tan has taken small steps towards effective money management that has

improved life for herself and her family.

"Roy taught me how to save, for example, by advising my kids not to waste water or electricity. I followed his advice and managed to cut my electricity bills in half," shared Mdm Tan.

Today, Mdm Tan is close to reaching her savings goal and is expected to graduate from the programme by early 2023.

"I am very thankful for this MWS programme. I hope to use the money I've saved for my children's education next time. I am less stressed now and proud that I can support my children," shared Mdm Tan.

Empower low-income families like Mdm Tan's to break the poverty cycle by matching their debt clearance or savings payment and give them hope for a better life. Donate at mws.sg/give.



THROUGH A DIFFERENT LENS

At just 23, Claire Teo is breaking barriers and building bridges for a more inclusive society through her work with MWS

and been bullied since young”, she takes the challenges of life in her stride.

“Disabled people always say that organisations don’t give them enough opportunities. While that’s true, I’ve also had my fair share of good opportunities given by people who believe that we can be an inclusive society – that even someone disabled can teach the mainstream, the vulnerable and others with disabilities,” she said.

In her own way, Claire has built bridges for a more inclusive society. “I’m the first visually impaired person to have graduated from the LASALLE College of the Arts’ Diploma in Performance course. And now, I’m the first visually impaired person to return to my alma mater and teach a community engagement module,” she said.

MWS Programme Executive Claire Teo is seated in a sparsely furnished room with a group of female youths. She folds an origami figure, and instructs them to reproduce the origami – with their eyes closed and by feeling her paper folds. Grumbles echo around the room, as the girls’ patience wear thin quickly.

The venue is MWS Girls’ Residence (GR), and the participants in the aforesaid activity are at-risk youths undergoing rehabilitation. But Claire is no ordinary teacher and this is no ordinary activity.

Dubbed Magic Touch, the activity is part of the Sensory Disability Awareness programme that Claire develops and runs at MWS GR, where she highlights the different types of disabilities and plans activities that help the residents get more in tune with their bodies and senses.

As a visually impaired person, the 23-year-old views life through a different lens. “Everything that I do has to have a deeper reason. When I teach the girls how to make origami with their eyes

closed, it’s not just for arts and crafts’ sake. It’s to teach them resilience, focus, patience, and that different people have different learning speeds and they have to be more empathetic towards that.”

Already, Claire’s endeavours have borne fruit. “I saw a change in the girls when they started taking the initiative to describe themselves and their movements for me during the activities, and even adapted some of the games we played so that I could play too. These are changes that keep me going,” she said.

EMPOWERMENT THROUGH ART

As a multi-hyphenate, Claire juggles her work at MWS with a career in the performing arts. She is a versatile actor-singer, director, scriptwriter, and educator who teaches at special needs and mainstream schools, performing arts colleges and community spaces.

At MWS GR, she has poured her experience directing theatre productions into developing and running introductory performance workshops.

“In this programme, I taught the girls basic singing, movement and acting skills to build their confidence. It culminated in them writing, directing and acting in their own show. Even though it wasn’t professional work, it was something that they produced together, and I could tell they were proud of it,” she shared.

“The idea is that we are using performing arts for wellness, therapy, self-actualisation and empowerment, so it goes beyond the performance.”

Claire added that she has always wanted to bring her arts to the vulnerable and marginalised. “Working with them fulfils me in ways working with the mainstream community will never because the latter are spoilt for education choices. And because I’m visually impaired, I feel more for those who haven’t been given opportunities,” she said.

BUILDING A MORE INCLUSIVE SOCIETY

While Claire confessed that she has “faced discrimination, oppression, and judgment,

“And I thought, this could open more doors for other disabled people. Once they see that this is possible, hopefully, more disabled people will step up and fight for opportunities.”

This desire for a more inclusive society is also what drives Claire’s work for another MWS programme – the Strengthening Families Programme@Family Service Centre (MWS FAM@FSC).

At MWS FAM@FSC, Claire creates audiobook versions of children’s picture books on topics like divorce and stress management, to make it more accessible to the blind and learning disabled.

“All these books shouldn’t just be for the mainstream,” she said. “Healing is for everyone, wellness is for everyone.”

Think you have the ability to make a real difference in society? We want you! Check out our job openings at mws.sg/join-us.

编者的话:新加坡人口迅速老龄化,需通过进一步整合医疗与社会关怀服务,以改善针对年长者的护理协调工作,同时降低医疗成本。在本期《不同凡响》中,我们以社区年长者照护服务群组为例,讲述了卫理福利服务如何整合旗下各项服务,向综合护理模式转型的故事。我们也分享一名单亲妈妈如何透过参与MWS储蓄配对计划,解决财务问题,不再为金钱苦恼。其他内容还包括一名视障的卫理福利服务职员,如何为MWS受益者设计出具有新意的项目。欲获取卫理福利服务最新消息和内容,请浏览mws.sg/uncommon-voices-home。



特写:社区年长者照护转型

健康问题通常伴随老化接踵而至,年长者有可能同时患上好几种疾病,需要面对不同的护理者,所受的照护既分散又不成系统。由于年长者的身体状况与认知功能会因为老化和患病而改变,综合护理能确保他们在各个阶段都获得妥善照护。MWS社区年长者照护服务群组协助乐龄人士原居安老,让他们既能保持独立自主,又能享受更高品质生活。



2023年MWS慈善晚会 筹获逾\$69万善款

2023年伊始,近500名嘉宾于1月6日晚间齐聚新加坡丽思卡尔顿美年酒店,在MWS慈善晚会上同享高级餐饮,共度欢乐时光。除了品尝四道精致佳肴,席间与会者

还有机会参与竞标现场和无声拍卖品、抽神秘盲盒,并到花吧选些鲜花。现场还有乐队和舞团助兴,当晚的特邀嘉宾是卫生部长王乙康。晚会共筹得\$694,000善款,离\$750,000目标还有一段距离。筹款活动将延长至2023年2月28日,有意捐款者请浏览2023年MWS慈善晚会网页(bit.ly/mwsgalacol2023)。



卫理福利服务首家结合乐龄护理中心在友诺士正式开幕

2022年11月3日,在文化、社区及青年部长唐振辉的见证下,MWS结合乐龄护理中心—友诺士正式开幕。该中心与友诺士综合诊疗所同处一地,为体虚年长者尤其是失智症患者提供日间护理与社区康复服务,助他们实现原居安老。在开幕仪式上,唐部长提及结合乐龄护理中心的开幕正当其时,可为我国迅速老龄化的人口解决医疗保健需求。



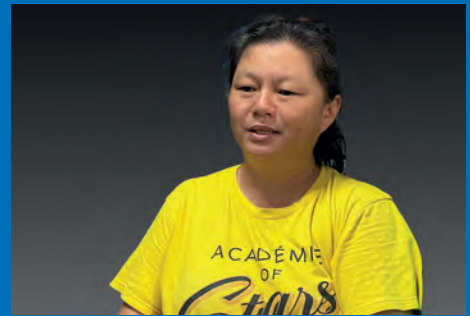
卫理福利服务荣获2022年慈善团体透明度奖

在2022年颁发的慈善团体透明度奖中,卫理福利服务有幸获此殊荣。该奖项由慈善理事会设立,旨在表彰慈善机构的卓越表现,鼓励同业见贤思齐,促进慈善领域的作业透明度与优良管理。



卫理福利服务职员张丽玲获颁吴作栋协立奖

卫理福利服务项目执行员张丽玲与其他14名残障人士,以卓越成就共同获颁2022年的吴作栋协立奖。颁奖典礼于12月1日在总统府举行,出席者包括荣誉国务资政吴作栋和特邀嘉宾哈莉玛总统。丽玲因其为社区服务的辛勤付出与潜质,荣膺吴作栋协立奖(瑞银激励奖)。



摆脱贫困恶性循环 现年52岁的陈秋玲女士,在20年前离婚后,深陷前夫以她之名所欠下的债务泥潭当中。卖屋还债后,陈女士仅靠微薄的储蓄维持生计。尽管处境艰难,她仍咬紧牙关,打三份工养育三名年幼子女。如今孩子们虽然都长大了,她仍育有一名来自另外一段关系的16岁女儿,还得监护一个未成年的孩童。为了花更多时间陪伴孩子,陈女士以兼职清洁女工为业。由于患有慢性腕管综合症,她的双手至后背经常感到疼痛,能从事的工作很有限。身为家中唯一收入来源,她常为养育孩子的事操心。所幸在2018年参加MWS家庭发展计划后,她所储蓄的每一块钱,都能得到卫理福利服务配对的\$2,经济负担减轻不少。如今,陈女士即将达至储蓄目标。“我很感谢这个MWS项目。希望下次能将存下来的钱作为孩子的教育费。”她分享道。



从不同视角观照生命 房里坐着的是卫理福利服务项目执行员张丽玲和一群少女,她正指导她们闭上双眼,透过触摸她所折的纸艺,再仿折出和原型一模一样的作品。地点就在MWS女子之家,参与活动的是正在进行复健的边缘少女。这项活动是丽玲负责研发、执行的感官障碍意识项目之一,旨在强调不同残疾类型以及设计活动,让院生的身体和感官更协调。23岁的她是一名视障人士,懂得从不同视角观照生命。“我教她们闭上眼睛折纸,不单是让她们学习艺术或美工,而是教会她们坚韧、专注和耐心。”她说道。丽玲是一名斜杠青年,同时兼顾表演艺术和卫理福利服务的工作。她将执导戏剧作品的宝贵经验,融入女子之家入门表演工作坊的设计与运作当中,教导少女们演唱、动作与演戏基本功。“我们想将表演艺术运用到健康、治疗、自我实现与增能赋权上。”丽玲说道。

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MWS is a member of NCSS
IPC Status: Renewed until 30 September 2023
IPC Registration No: IPC000360
Charity Registration No: 00166
UEN: S815S0088H
MCI (P) 026/08/2020
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Contributions, advertising enquiries, and postal and email address updates may be addressed to comms@mws.sg. UNCOMMON VOICES is the publication of Methodist Welfare Services, a registered charity that is the social concerns arm of The Methodist Church in Singapore. It is circulated free of charge to donors, volunteers, community partners, friends, as well as Methodist churches, schools and agencies.

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

Support a primary school child's school expenses

Education has been called the tool to alleviate poverty, yet low-income families often have to cut back on their children's education expenses, and even basic necessities such as meals, stationery and books. Give our next generation the chance to work towards a better future.

\$100

Help a low-income family clear debts of daily living or build assets

Clearing mounting debts or saving for a rainy day can seem like an insurmountable task to our beneficiaries. A little encouragement will go a long way in helping them achieve their goals and enable them to be better prepared for times of uncertainty.

\$250

Sponsor counselling and therapy for an 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.

\$350

Run physiotherapy for nursing home residents

Contribute to the physiotherapy our residents receive, to strengthen their limbs and improve their motor skills. Your contribution will help them reduce muscle deterioration and regain much-needed strength.

\$500

Provide nursing home care for the frail and elderly

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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