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caring & sharing



A Newsletter by Leong Hwa Monastery and Viriya Community Services



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Message from our Presidents

Dear All,

We extend our warmest greetings to you and your loved ones.

We will soon bid goodbye to 2014 and welcome 2015. 2015 will be a very significant year for all Singaporeans in which we, regardless of race and religion, will come together as one to celebrate our nation's 50th birthday. In advance of this great celebration, we, in the social service sector, are grateful to the Government for making a special gift to us in 2014. The Government has generously matched every dollar of the donations raised by us this year. With the matching grant, we will invest in building capability and capacity as well as in new or enhanced existing programmes to meet the future needs of Singaporeans.

In year 2014, we embarked on yet another fund raising event, Lantern of Hope, in conjunction with the official opening of Viriya Family Service Centre (VFSC) at Potong Pasir officiated by Prime Minister Lee Hsien Loong along with VFSC's Patron, MP for Potong Pasir, Mr Sitoh Yih Pin. More than 5,000 big and small lanterns were adopted and well illuminated in the evening of the official opening, which also coincided with the Lantern Festival celebration at Potong Pasir. You may recall that this fund raising event is similar to Lilies on the River, which was our flagship fund raising event for four years from 2003 to 2006.

Another worthy achievement in 2014 was the launch of our community song, 'Sing Happy', which is featured on our website, www.viriya.org.sg.

As the year end approaches, when we rejoice in our achievements or reflect on the year's happenings, we must always remember people who are less fortunate than us and renew our commitment to reach out to those in need. Indeed, Viriya Community Services has been blessed with the meeting of so many wonderful people, including our stakeholders, donors, volunteers and staff. Your unwavering support and dedication has inspired us in our works.

We are confident that in the year 2015, you will continue to do your part for the community and bring happiness to others and oneself. Our hope for a better society for all humanity remains.

Venerable Sek Meow Ee

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Jenny Lim

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主席序言

亲爱的读者们，

进觉福利协会在此至上给予您与您的亲人最衷心的问候！

我们即将告别2014年并迎来对新加坡人来说具有意义的2015年。在2015年，我们将不分种族宗教，一同庆祝新加坡的五十大寿。从事社会服务行业的我们特别感谢政府在2014年为预庆这重要的日子而派发的礼物。政府很慷慨的以一元对一元的基金集资方式助我们筹款。我们将充分运用这份配对资助额，投资于建设技能与容量以及创办崭新的或增强现有的节目以满足国人的需求。

在2014年，我们配合位于波东巴西进觉家庭服务中心的开幕式举办了“一盏灯”筹款活动。开幕式幸有邀请总理李显龙和进觉家庭服务中心的赞助人兼波东巴西区基层组织顾问司徒宇斌，一同担任嘉宾。开幕式与波东巴西的中秋庆典同步举行，只见当晚有超过五千盏大大小小已被善心人士认领的灯笼高挂在进觉家庭服务中心外照耀着走廊。细心的读者们或许会察觉“一盏灯”貌似我们2003至2006年将上千朵荷花随着新加坡河漂的旗舰筹款活动“水上漂荷”。

2014年的另一项傲人的成就便是在网站www.viriya.org.sg发布的进觉社区之歌，“Sing Happy”。我们希望通过这首歌为社区带来欢乐，借由音乐拉近社区凝聚力。

当我们回顾一年的成就或回首一年内所发生的事情的同时，我们必须记得那些有需要的人并且重申我们向他们延伸的承诺。进觉福利协会非常庆幸的结合了很多了不起的人，包括我们的利益相关者，捐助者，志工和工作人员。你们坚定不移的支持和奉献一直激励着我们，让我们做得更好。

我们坚信2015年的你们还会不断的为社会尽一份力，将欢乐带给大家。我们仍保留着希望为全人类制造更优越的社会。

Venerable Sek Meow Ee

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Gratitude from Young to Old

WHICC Teachers

On 28 October 2014, a group of elderly from My Centre @ Moulmein (MCM) came over to Whispering Hearts Infant and Child Care Centre (WHICC) for an intergenerational group interaction event.

The elderly joined in the Deepavali celebrations with the children, gamely participating in games with WHICC children aged from two to six years old. Despite the age gap, the elderly communicated well with and enjoyed playing with the children.

Our elderly, especially the pioneer generation has contributed to their

family and community through their hard work over the years, sharing knowledge and experiences. At WHICC, we firmly believe that it is important for our young children to be aware of the contributions from their elderly friends. This special day provided an opportunity for our children to interact with the elderly. It was heartening to see the young ones patiently partner and cooperate with the elderly to accomplish each task in order to complete the games.

Some of the elderly found it difficult to bend with ease, or move fast enough to follow the children around. The children learnt to empathise and slow down to give the elderly a helping hand.

The children also put up a sing-along performance for the elderly and pumped in their full effort to ensure that the elderly had a good time.

For children who come from small families and do not stay with their grandparents, their interaction with the elderly is limited. The event offered both children and elderly a chance to better understand each other and hopefully instill in the children the awareness of showing gratitude, respect and love to the elderly.



Through the hoops!



A little present from me to you.



Height difference is not an issue, teamwork beats everything.



The elderly might not be as agile as the young ones, but the willingness of the young ones to wait makes all the difference!



A fun-filled day for the children and the visiting elderly!



Grateful Children

Wendy Ng

In today's materialistic society, children grow up with plenty of excess. Gratitude is not a given and without proper guidance, children can end up taking things for granted.

It is common to see whiney, pampered children throwing temper tantrums at their parents, grandparents or other adults around them to get the things they want.

At some point along the line, some children come to believe that the good things they receive in life are nothing more than what they deserve, and that they deserve even better than what they have already gotten.

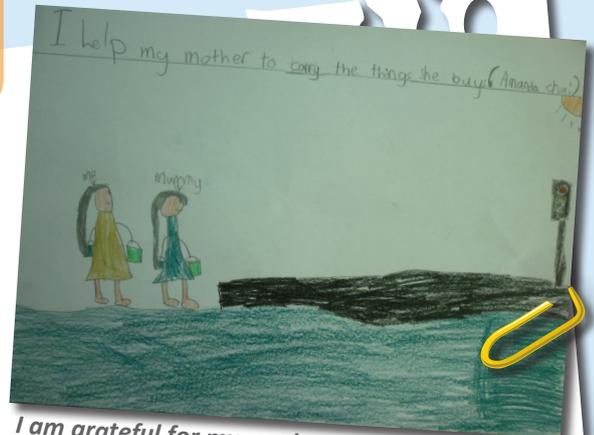
In the process of giving your children the best, are they learning at the same time to be grateful?

The teachers at Whispering Hearts Student Care Centre (WHSCC) dedicated a learning session to remind the children of the importance of gratitude.

The children were asked what they thought gratitude meant and what they were most grateful for.

The following are some of the heartening responses from the children.

We are grateful that although we are from different schools, we are good friends at Whispering Hearts Student Care Centre!



I am grateful for my mother. I help her out when I can.



My parents are always helping me to do things, I am thankful for them.



We are grateful for friends from different countries.



We are grateful for a clean environment. Keeping the environment clean together is a shared responsibility.



We should always be thankful to our parents.



Omnipresent Gratitude

Wendy Ng

At the age of 7, Bryan's Childcare Principal noticed an abnormality in the little boy's gait, observing his increasing preference for walking on tiptoes and suspecting that his constant falling over hinted at something more sinister than a child's clumsiness. He recommended a check-up and in January 2014, Bryan was diagnosed with Duchenne Muscular Dystrophy – an inherited disorder that 'wastes away' muscles which will eventually be replaced by fat and fibrotic tissues

"Eventually he will be wheelchair-bound so I try not to let him rely on his wheelchair too much now. Other caregivers I met have advised me to keep him on his feet for as long as I can to delay the deterioration of his muscles," his mother, Madam Tan Meang Hui, commented with matter-of-fact resignation.

With her husband incarcerated, Madam Tan left her job to become a full-time caregiver, shadowing Bryan daily in his school. In 2015, he will be attending Cerebral Palsy Alliance Singapore School (CPASS), where he will have access to behavioural therapy, counselling and more appropriate academic assistance



Kindergarten graduation photos from Bryan's healthier days adorn the walls of the family's two-room flat.

that the mainstream schools may not be able to provide.

"It is very hard for me to find a job. I have to take care of Bryan in school, and both him and his sister, Jolin, at home. I asked the neighbourhood aunties to help me mind him after school, but no one is able to do it due to lack of experience," shared Madam Tan.

Without an income, Madam Tan has to rely on financial assistance available for full-time caregivers like herself. "I wish to find a job and be self-sufficient, but at the moment that does not seem possible. The assistance I get helps me cope with his medical expenses and our daily necessities."



VCMF caseworker, Sam, with Jolin during the Treasure Hunt segment of VCMF outing to Gardens by the Bay!

Viriya Children's Medical Fund (VCMF) is one of the sources of assistance rendered to Bryan and his family. From VCMF, Bryan's family receives \$1,200 worth of NTUC vouchers in a year.

"We used the vouchers to offset some of his medical expenses as well as buy electronic equipment for the house, food, and other basic necessities," Madam Tan shares. The financial assistance contributes to Madam Tan's ease of mind as she deals with the children's needs and running the household all by herself.



Madam Tan and Bryan at Gardens by the Bay during VCMF outing.

"VCMF brought us on an outing to Gardens by the Bay! It can be quite a challenge bringing Bryan out so during the more physically demanding Treasure Hunt segment, I watched over Bryan while Sam, our caseworker, joined in the games with Jolin. Both my children enjoyed themselves greatly!" Madam Tan recalls with a smile.

Even in the most trying of circumstances, Madam Tan wishes her children to remain grateful. "I remind them constantly to be thankful for what we have, the nice people we meet, and not to be always reliant on financial support. We are grateful for the support received from VCMF and especially thankful to Sam.

While the future seems trying for Madam Tan and her two children, may they journey with hope and happiness. With their gratitude and appreciation, we hope you will be inspired to do more for our VCMF.



Madam Tan Meang Hui and her two adorable children, Bryan Cheong and Jolin Cheong.



VFSC Official Opening Ceremony

Wendy Ng

“Welcome to VFSC, we’re glad that you have come to share your day with us...” the sweet chorus of children’s voices filled the corridor of Block 142, Potong Pasir Avenue 3, on 7 September 2014.

It was the day of Viriya Family Service Centre’s (VFSC) official opening and there was a distinct buzz of excitement in the air. Prime Minister (PM) Lee Hsien Loong was the Guest-of-Honour and residents milled around the area hoping to catch a glimpse of the PM.

Apart from a fresh coat of paint for our newest centre, informative displays were put up to highlight the upcoming programmes in VFSC. A 50-foot long display board covered the side of the corridor from ground to ceiling, proudly displaying a timeline of the milestones and achievements of Viriya Community Services (VCS) since its founding in 2001.

The windows of VFSC were plastered with colourful decals depicting the services that VFSC offers to the residents, while tall standing banners featured information on other centres and programmes run by VCS. Shortlisted entries and results of VFSC’s Spot the Kindness Competition, where residents nominated helpful neighbours in their vicinity, were also revealed and displayed along the walls.

Brightly coloured lanterns hung along the whole length of the corridor’s ceiling. Little cards bearing the wishes of the kind donors of Lantern of Hope dangled from each lantern and illumination from light bulbs cleverly placed within the lanterns bathed the corridor in warm multi-coloured light. It was truly a sight to behold!

Viriya Children’s Medical Fund also held its second disbursement of the year at VFSC that afternoon. Hearteningly, the exposure from the publicity of the event saw residents approaching the centre to offer their help with the event.



Children and adults alike were excited meeting PM Lee in person!

At 7.15pm, PM Lee and Patron of VFSC, Mr Sitoh, arrived to a warm welcome as the children from our programmes lined up on both sides of the corridor and burst into a welcome song with excited smiles on their faces.

Ms Evelyn Lai, Executive Director of VCS, walked the PM, Mr Sitoh, and other guests along the length of the timeline display, introducing VCS and its good work to the esteemed guests.

At the main entrance of VFSC, PM Lee, Mr Sitoh, along with the Founder of VCS, Venerable Sek Meow Ee and President of VCS, Jenny Lim, cut the ceremonial ribbon and declared VFSC opened to the public.

The newly minted Viriya Community Song, 'Sing Happy', composed and written by Mr Derrick Tham, the 2012 COMPASS Young Composer Year recipient, also made its debut at the occasion. A mixed group of beneficiaries and staff ranging from children to elderly who lent their voices to the official recording of the song proudly sang in front of the esteemed guests and residents. Everyone clapped along and the cheery atmosphere was infectious. The performers



Performers of the Viriya Community Song, 'Sing Happy'!



VCS Executive Director, Ms Evelyn Lai, introducing PM Lee and Mr Sitoh to the timeline of VCS.



VCS staff who worked hard behind the scenes to run the successful event!

Brightly coloured lanterns bearing well wishes from kind donors of Lantern of Hope.



Lantern of Hope

In conjunction with the memorable occasion, members of the public adopted lanterns in support of the MediAssist Fund and the Viriya Medical Funds. Aptly named Lantern of Hope, the fundraising effort culminated in a brilliant display of coloured lanterns strung up in rows across the ceiling of the corridor. The small lanterns were adopted at \$10 while the large ones were adopted at a minimum donation of \$5,000 each.

were thrilled when PM Lee whipped out his handphone to take pictures of and video their performance.

As the event fell on the weekend of the Mid-Autumn Festival, Orchard Hotel kindly sponsored a vegetarian reception as well as provided an opportunity for two families to make snow skin mooncakes alongside PM Lee and Mr Sitoh. The chef from Orchard Hotel patiently guided them as they kneaded the dough, carefully wrapped the filling into each ball of dough and lastly shaped the mooncakes using the moulds.

A framed artwork of the Viriya logo, together with the sincere wishes of children beneficiaries of VFSC, was given to PM Lee as a token of appreciation.

As our Guest of Honour took his leave, many took the opportunity to request for photos with him. Youngsters in particular were thrilled as PM Lee sportingly joined them for selfies!



From left to right: Ms Jenny Lim, Mr Sitoh, PM Lee and Venerable Sek Meow Ee.



PM Lee and Mr Sitoh at the making of the snow-skin mooncake.

After the successful opening, VFSC is even more ready to serve and help the residents of Potong Pasir and Joo Seng.

PM Lee and Mr Sitoh signing their inspirational quotes, now displayed at VFSC.



PM Lee and Mr Sitoh signing their inspirational quotes, now displayed at VFSC.



Gratitude

Gratitude / n [U] the quality or feeling of being grateful or thankful

(adapted from Dictionary.com)

The term “Gratitude” carries with it a positive connotation. Some people akin it to “counting your blessings”. For me, it also presents an interesting phenomenon. Why so? Gratitude is analogous to a warm comforter to seek refuge from on a really cold night. Yet, it also seems that warm comforters are appreciated almost only on cold nights, sadly being cast aside otherwise.

Perhaps it is worthwhile for us to sit back and remind ourselves of the times when we truly feel grateful. Can you recall any? I posed this question to a friend sitting across me as I was penning this article. He paused for a good 20 seconds before replying, “Yeah, when I read about Typhoon Vongfong in Japan maybe a month ago...I felt grateful Singapore is not at the mercy of natural disasters.”

He is not alone. As individuals moving across the different domains of life on a daily basis, we often do not register the awareness of feeling grateful, in the literal sense. For most people, it is only in the face of something negative, usually happening to others and not ourselves, that we get a brief taste of gratitude.

Have we turned gratefulness into a selfish recognition we allow ourselves only when others are suffering? How then do we learn to feel grateful for our own lives simply because?

At Viriya Community Services, we predominantly work with individuals and families in need. Faced with challenges in

their lives, I often find it useful to incorporate elements of gratitude in the transient journey we undertake, and I invite you to attempt one such exercise which I am going to share. It looks incredibly easy, but to employ it diligently requires a little more effort than you might imagine.

As you lie on your bed, getting ready to retire for the night, ask yourself a simple question, “What are three good things that happened to me today?”

In the silence and peace of the night, recalling and recounting the good moments in the day gives us a chance to reflect and be grateful for our own lives and experiences.

There are numerous research suggesting that the magic number for habits to be formed typically range between 21 and 254 days. From my own experience, many of my clients have reported significant changes in their lives and attitudes after about 40 days. Of course, I am not going to discuss the changes at this juncture (and that is why you have to try it!). There is no empirical research on this yet, but I do invite you to attempt this for the next 40 days, every night. If you do experience significant change(s), drop me a note and I will be happy to have a conversation on the framework behind this simple exercise!

Meanwhile, stay grateful.

“Acknowledging the good that you already have in your life is the foundation for all abundance.”

- Eckhart Tolle

**Andy Lam
Centre Manager
Whispering Hearts Family Service Centre**





Volunteering Beyond Obligations

Wendy Ng

Apart from being fellow Nanyang Technological University (NTU) graduates, Roy Tan, Wade Wang and Elaine Goh share one other thing in common. They have dedicated their Thursday nights consistently every week in the past few years to the weekly mentoring programme under Teens Action Project (TAP), previously known as Club Fidentia (CF), and have returned to help out even after graduating.

TAP's weekly mentoring programme sees multiple NTU volunteers paired up with youths aged 13 to 18, providing them with academic help, mentoring, and character building. Volunteers generally commit for a year, during which they become friends, confidantes and mentors to the youths they are working with.

A quick question and answer session with these passionate youths shared some of their thoughts on their volunteering experience.

Q. The commitment period for NTU volunteers with TAP is one year, but all three of you have continued past that period. Why?

Roy: I have an emotional bond with the programme, the place and the youths after two years, so I really enjoy coming back.

Elaine: Me too! I am very used to being here every Thursday night by now. All my friends know my Thursday nights are blocked out. Over the years, I made friends with the other volunteers here, and I've gotten to know the youths pretty well. It was never my intention to do a short volunteering stint. I'm glad I get to continue volunteering with TAP even after the one year commitment period.

Wade: This is a stress-free and relaxing time and place for me and I am surrounded by friends and youths whom I have built a bond with. That is why I enjoy coming back here.

Q. Over the years you have been volunteering, have there been any heart-warming or memorable moments?

Elaine: That would definitely be when the youths notice my absence. They come up to me and say things like, "You haven't been here for two weeks. I missed you." To me, it showed that my presence does make a difference for these youths and I felt appreciated. Once, a



Whispering Hearts Year End Concert, where Elaine performed a dance item together with fellow volunteers and youths.

girl I previously mentored made cupcakes in school and kept one cupcake especially for me. I was really touched by her gesture. I have gotten really close with some of the youths and even performed with them for a dance item during Whispering Hearts Year End Concert in 2012!



Wade and fellow volunteers.

Wade: As Elaine mentioned, it is especially heart-warming when the youths remember my absence and ask me "Why weren't you here the other day?" I mentor the boys, and they usually don't show such overt acts of gratitude like giving cupcakes or presents. However they show appreciation in their own subtle ways. I remember how hard it was to get to know some of the mentees at first. The whole experience of watching them mature and interact better with us is very memorable to me.

Roy: That goes for me too. The boys I mentor aren't very expressive, but as we grow closer, I feel that they are showing gratitude to us in their own ways. I find it especially heart-warming when I bump into these youths around the neighbourhood and they greet me, or come up to chat with me. I was the Vice Centre Head previously and had to focus on ensuring communication between mentors and mentees. My main aim was to ensure that the youths are happy. That was a memorable experience to me.

BIOGRAPHY

Name: Roy Tan
Age: 25 years old
Occupation: Engineer
Period of Volunteering with TAP: 2 years

Name: Wade Wang
Age: 24 years old
Occupation: Teacher-to-be
Period of Volunteering with TAP: 2.5 years

Name: Elaine Goh
Age: 23 years old
Occupation: Marketing Executive
Period of Volunteering with TAP: 4 years



From left to right: Roy Tan, Wade Wang and Elaine Goh.

Q. Finally, is there anything you are particularly thankful for through this experience?

Wade: Volunteering in TAP has changed my university experience. I'm thankful because working with these youths inspired me to want to be a teacher so as to help even more youths!

Roy: I am thankful that I was well-accepted as a volunteer of TAP even though I only joined in my third year, considerably later than the others. The experience spurred me on to do more volunteer work and I have since offered my help in other organisations as well.

Elaine: I am thankful for all the volunteers I have met along the way. Having this group of supportive friends with similar interests encouraged me to carry on. I gained friendship, joy and laughter from TAP. Most importantly, I even met my boyfriend through TAP!



Roy and Wade gamely participating in the TAP Dance Interest Group, Dance Shuffles, with the TAP youths.



Life at MCM

Michelle Cheng

My Centre @ Moulmein (MCM) provides a platform for the elderly to enjoy a healthy lifestyle through a series of programmes, workshops and activities carried out on a daily basis. MCM creates an avenue for elderly residents to spend their leisure time meaningfully and promotes active volunteerism to foster better ties in the community.

Many residents come into the centre every day and bring home with them fond memories. We are glad to have the opportunity for two residents to share their thoughts with us.

Madam Tan, 73 years old, stays within walking distance from MCM. She used to just walk past MCM previously, but ever since she took the first step, she began dropping by daily. She shares that the staff, Eddy, makes her feel very welcomed, and she has made lots of friends at the centre.

Highlighting the exercise sessions on Monday and computer classes on Tuesday, Madam Tan proudly shares that she has learnt to send emails and know how to surf the internet now. Learning is a fun and enjoyable experience with friends all around her.

Madam Tan shares, "I am very happy to be here and I have brought friends down to join me as well. They have enjoyed themselves too!"

Madam Subba, 74 years old, joined MCM five years ago. She volunteered for a period helping to raise funds for Viriya - KK Children's Hospital HomeCare programme. Although she took a break from volunteering two years ago due to a medical condition, she returned to help out in 2014 as she enjoyed the multilingual environment in MCM.

An Arts & Crafts teacher in her younger days, Madam Subba enjoys the Arts & Crafts activity sessions conducted at MCM. She also enjoys the bingo and karaoke sessions as they help keep her mind occupied.

She is also a recipient of Viriya Elderly Medical Fund (VEMF) and appreciates the support given to her in coping with her health issues. She has encouraged many friends to join MCM as she feels that the events and outings organised help strengthen their friendships and enlarge their social networks.



Madam Tan enjoys helping at the community garden at MCM.
陈女士在心意中心享受园艺活动。

心意中心的小点滴

Wendy Ng

心意中心通过每日举办的一系列的活动，课程，与节目为乐龄人士们提供一个享受健康生活的平台。在心意中心，乐龄人士们能够有意义的度过休闲时间，也能通过义务活动增强社区内的凝聚力。

心意中心的大门天天迎来数位居民。居民们在一天结束后都会带着满满的回忆离开。我们很庆幸能和两位居民畅谈心声。

73岁的**陈女士**居住在心意中心附近。她自从第一次踏入心意中心便开始天天到访。让她想要经常来到心意中心的理由包括让她感到自在的工作人员，以及在中心里交到的众多朋友。

陈女士特别期待每个星期一的运动班和星期二的电脑课程，更自豪的分享自己学会用电脑上网以及发电邮的成就。有朋友在身旁，学习成了一个有趣及让人享受的过程。

“我很喜欢来这里，也带了很多朋友一起来参与活动。朋友们也都很开心。” 陈女士微笑着分享。

74岁的**苏芭女士**在五年前成为心意中心的义工，为进觉一竹脚儿童医院居家护理计划筹款。虽然两年前她因健康状况暂停了义务活动，她在2014年又回到了心意中心。

年轻时候是个美术老师的苏芭女士特别喜欢心意中心举办的美术课程。她同时喜欢能助于促进脑力的宾果和卡拉OK活动。

通过心意中心，苏芭女士也成为进觉乐龄医疗基金的受益者。她非常感激进觉乐龄医疗基金在她面对健康问题的时候所给予的支持与帮助。至今，苏芭女士已介绍多名朋友参与心意中心的活动。她坚信这能加强朋友之间的友谊。



Madam Subba (first from right) and friends she met at MCM.
苏芭女士与在心意中心结识的朋友。



New Faces at WHFSC

Wendy Ng

Mid-career switches are daunting ideas to most people approaching their 40s. However, with the right amount of courage and passion, mid-career switches can be immensely rewarding.

Chua Chin Leong and Sam Tam both made the courageous decision to join the Place-and-Train Professional Conversion Programme for Social Workers (PCPSW) offered by National Council of Social Service (NCSS), Workforce Development Agency (WDA) and UniSIM.

As Social Work Associates with Viriya Community Services, both Chin Leong and Sam are in the process of acquiring their Graduate Diploma and Accelerated Bachelor of Social Work respectively at UniSIM whilst learning on the job at Whispering Hearts Family Service Centre.

Both gentlemen cited similar reasons in choosing to leave their prior careers and join the social work scene. While their prior careers were financially satisfying, they felt an acute lack of purpose in life and sought fulfilment which no measure of financial means could purchase.

Chin Leong: I was fast approaching 40s and began taking stock of my life and personal achievements. I decided to change my life philosophy and opted for a pared-down lifestyle.

Sam: While I yearned for a purposeful life, there are people whose purpose in life is merely to ensure that their basic needs are met on a daily basis. I knew I wanted to do something about it.

Chin Leong's love of volunteering and Sam's desire to help make a difference to the society led them both down the path of becoming Social Workers.

Today, both Chin Leong and Sam are doing well as they acquire academic knowledge and skills in their modules that they apply daily in their jobs. They have both been selected to be the faces of the PCPSW programme.

Sam was selected by WDA and NCSS to be profiled and featured in the PCPSW advertorial which was featured in The Straits Times on 29 November 2014 as well as Today Newspaper on 3 December 2014.

Chin Leong was similarly shortlisted to share about his journey to becoming a Social Worker at a career preview held by the Social Service Institute on 6 December 2014. He shared his experiences and provided helpful tips and advice to people who were thinking of changing careers and exploring the PCPSW programme.

With their sharing, people who are hesitating to take that leap of faith will hopefully be inspired to join the rewarding sector of social work as well!



Name:
Chua Chin Leong

Age:
41

Currently:
Social Work Associate at
Whispering Hearts Family
Service Centre

Previously:
Spent 11 years in the advertising
industry



Name:
Sam Tam

Age:
38

Currently:
Social Work Associate at
Whispering Hearts Family
Service Centre

Previously:
Consulting Manager in a multi
award-winning recruitment
agency



Spot the Differences!

Spot and circle 5 differences in the pictures on the right. Like us at www.facebook.com/ViriyaCommunityServices. Be the first 3 participants to send us the correct answer with your name through Facebook by 31 January 2015 to win a prize!

The answers will be shared on our Facebook page on 1 February 2015. Winners will also be alerted via private messages.



MediAssist

MediAssist is a proposed collaboration between Potong Pasir Citizens' Consultative Committee and Viriya Community Services (VCS). It aims to support individuals, regardless of age, with medical conditions to live their lives to the fullest while receiving the required care at home.

The fund assists individuals with medical related costs such as medical fees, essential household expenses and other costs required to support the individual's continued functioning in the home environment within the community. Our team of dedicated social workers at Viriya Family Service Centre (VFSC) will also address various issues faced by them and their families, and link them to required resources to maintain psycho-socio-emotional wellbeing.

With the assistance, we hope to provide the support to facilitate their living and functioning within the home and community, and improve their quality of life. If you would like to donate, or to find out more about the scheme, you may contact VFSC at 6285 8033 or email vfsc@viriya.org.sg.