

FY21-22 (2021-2022)

Annual Report
财政年度报告



SOCIETY OF SHENG HONG
WELFARE SERVICES
城隍慈善基金会

Alone, u are strong
Together, we are stronger
Let's excel together

A Beneficiary Showcase



“Always do your best so that next time you have no regret, and you can say – hey, I have done my best and I am proud!”

A water colour painting of Roxy’s (Pseudonym of a 11-year-old beneficiary)

“永远做到最好, 所以下次你就没有遗憾。你可以说—我觉得很自豪因为我知道我已经尽力了。”

Roxy (11岁受益人的化名) 的水彩画

“Always do your best so that next time you have no regret, and you can say—hey, I have done my best and I am proud!”. This is the message artist Roxy (pseudonym), 11 years old, wants to bring across for this picture.

This is a water colour painting of Roxy’s favorite Demon Slayer Anime Character. It is her favourite piece of art because of the nice colour scheme after trying multiple times of using water colours. Indeed, Roxy had displayed a never-give-up spirit!

“永远做到最好, 所以下次你就没有遗憾。你可以说—我觉得很自豪因为我知道我已经尽力了。”这是11岁的艺术家 Roxy (化名) 想要为这张照片传达的信息。

这是Roxy最喜欢的恶魔杀手动漫角色的水彩画。因为在多次使用水彩之后, Roxy觉得这次的配色方案是最好。的确, Roxy表现出了永不放弃的精神!



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About Society of Sheng Hong Welfare Services

关于城隍慈善基金会



The Society of Sheng Hong Welfare Services (SSHWS) was inaugurated as the welfare arm of Lorong Koo Chye Sheng Hong Temple Association in 2000, with the overarching objective of carrying out good work and welfare activities that relieve hardship and benefit society.

SSHWS was registered as a Society (April 2000), gazetted as a Charity (May 2000), accorded status of Institution of Public Character (IPC) since November 2000, and became a full member of the National Council of Social Service (NCSS) in November 2001.

城隍慈善基金会于2000年成立，作为韭菜芭城隍庙联谊会属下的福利机构，其宗旨是透过开展优良的社区工作和福利活动，伸出援手，造福社会。

基金会于2000年4月注册为合法社团，并于2000年5月刊登宪报成为慈善机构。于2001年11月被授予公益机构 (IPC) 资格 及成为国家福利理事会 (NCSS) 的正式会员。

Our Mission 我们的使命

To provide assistance, welfare and relief, financial or otherwise, to all people, without discrimination as to race, language, creed or religion, so as to promote education, foster friendship and community cohesion.

不分种族、语言、信仰和宗教，向所有人提供经济、福利和其他方面的援助和救济，并致力促进教育，培养社区群体的友谊和巩固凝聚力。

Our Vision 我们的愿景

To become a leading Taoist-operated charity
成为领先的道教慈善机构

Our Values 我们的信念

As the nurturing quality of water cited from Dao De Jing, Chapter 8, we strive to conduct ourselves and our services with:

Empathy
Compassion
Integrity
Excellence
Strategic

上善若水。心善渊，与善仁，言善信，事善能，动善时。
取自道德经 第八章

我们在推行服务时，秉承以下信念

尊重同理
关爱同情
诚实正直
追求卓越
精心策略





About Society of Sheng Hong Welfare Services

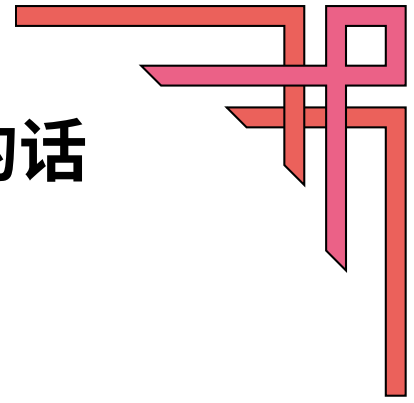
关于城隍慈善基金会

Official address 注册地址:	15 Arumugam Road, Singapore 409960 新加坡阿鲁慕甘路15号 邮编409960
Correspondence address 通讯地址:	237 Hougang Street 21, #01-406, Singapore 530237 新加坡后港21街大牌237座门牌 #01-406邮编530237
Contact Numbers 联络号码:	+65 6289 5022 (Tel 电话), +65 62898242 (Fax 传真)
Email Address 电邮地址:	fsc@shenghong.org.sg
Website 网址:	http://www.shenghong.org.sg
UEN Identification No. 单一机构识别号码:	TOOSS0066C
GST Registration No. 消费税注册号码:	M90373844C
IPC Registration Period 公益机构注册期:	01/01/2022 – 31/12/2023
Bankers 往来银行:	Overseas-Chinese Banking Corporation Limited 华侨银行
	DBS Bank Ltd 星展银行
	Maybank Singapore Limited 马来亚银行
	Hong Leong Finance 丰隆金融
	Bank of China 中国银行
Auditors 审计师:	Teo Liang Chye PAC
	Public Accountants and Chartered Accounts, Singapore





President's Message 主席的话



Dear Members of the Board, staff, donors, sponsors and friends of SSHWS,

FY2021/22 was an important year for the Society. In Aug 2021, Immediate Past President Mr Ling Kin Huat, BBM stepped down as President. I am honoured to pick up the baton from Mr Ling and would like to thank him for his leadership, dedication and contribution over the years.

This year, we set up and welcomed our Human Resource Advisory Committee to refresh our human resource policy. The updated policy aims to keep up with emerging trends and work practices to ensure that we remain relevant and meet the changing needs of the Society and staff. By practising fair employment, we hope to retain current talent and attract potential candidates.

Coupled with the roll-out of a new human resource management (HRM) system and financial accounting system, we want to ensure that our staff's professional needs are better met to improve the efficiency of our work and client experience.

In Oct 2021, the Society embarked on the Serving Leaders journey. This exercise was guided by a consultant, who rallied and inspired our staff to have a deeper understanding of purpose and motivation that is aligned to the vision and mission of the Society. Through the Serving Leaders journey, we are committed to playing to our strengths to accomplish the Society's mission based on Sheng Hong values.

Our staff also had the opportunity to share their aspirations for the Society at our first online town hall meeting in December 2021. This sharing provided the management with a direction to work on various areas including better staff engagement and improvements to staff well-being.

I look forward to your continuous support, thank you.

Mr Adrian Long
President
Society of Sheng Hong Welfare Services

各位理事、同事、捐助人、赞助人和支持城隍慈善基金会的朋友们，

2021/22 财政年度对基金会来说是重要的一年。2021年8月，林金发先生，BBM卸任主席一职。我很荣幸从林先生手上接过接力棒，并感谢他多年来的领导、奉献和贡献。

今年我们设立了人力资源顾问委员会以更新我们的人力资源政策，我们对此表示欢迎。更新后的政策旨在跟上新趋势和工作规范，以确保我们配合并满足社会和同事不断变化的需求。通过实行公平就业，我们希望留住现有的并吸引潜在的人才。

随着新的人力资源管理（HRM）系统和财务会计系统的推出，我们希望确保更好地满足同事的专业需要，以提高我们的工作效率和客户体验。

2021年10月，基金会开启了在职领袖的课程。这项工作由顾问指导，团结并激励我们的同事更深入地了解与基金会的愿景和使命相一致的目标和原动力。通过在职领袖的课程，我们致力于发挥我们的优势，以完成基于城隍价值观的基金会使命。

我们的员工还有机会在2021年12月举行的第一次线上员工大会上分享他们对基金会的期望。这次分享为管理层在各个领域的工作上提供了方向，包括更好的员工参与以及改善员工福祉。

我期待您的持续支持，谢谢大家！

龙仕庚先生
城隍慈善基金会主席



Sheng Hong Temple Honorary Secretary's Message

蕙菜芭城隍庙总务的话



The Society of Sheng Hong Welfare Services was established with the belief of helping the needy within our community. This belief and our values — empathy, compassion, integrity, excellence, strategic — have helped us pull through yet another challenging year.

In FY2021/22, our programmes continue to be affected as Singapore learns to live with COVID-19. Despite constant updates to the safe management measures (SMMs), our staff worked tirelessly to make sure our clients remain our top priority, and that they receive the same care as they did before the pandemic.

I am exceptionally proud of the staff for overcoming these obstacles and becoming more resilient and innovative along the way. I would also like to take this opportunity to thank them for their selflessness, commitment, and hard work in helping our clients.

With COVID-19 now part of our lives, I am certain that there are still many challenges ahead of us. Nevertheless, I strongly believe that when we work together as a team, no difficulty is too hard to overcome.

In the next year, we hope to collaborate more closely with our community partners and to build long-term relationships with our donors, sponsors and volunteers, to better support the needy and disadvantaged in our community.

Thank you.

Mr Tan Thiam Lye, BBM(L)
Honorary Secretary
Society of Sheng Hong Welfare Services

城隍慈善基金会成立的初衷是帮助社区上有需要的人。这种信念和我们的价值观 - 尊重同理、关爱同情、诚实正直、追求卓越、精心策略 - 帮助我们度过了又一个充满挑战的一年。

在 2021/22 财政年度里，随着新加坡学习与新冠疫情共存，我们的活动继续受到影响。尽管安全管理措施 (SMMs) 不断更新，我们的员工仍孜孜不倦地工作，以确保我们的服务对象仍然是我们的第一考虑，并确保他们得到与疫情之前一样的照顾。

我为同事们在克服这些障碍的过程中变得更加创新和弹性而感到非常自豪。我也想借此机会感谢他们无私、承诺和辛勤的工作，致力帮助我们的服务对象。

随着新冠疫情现在成为了我们生活的一部分，我相信我们面前仍会有许多挑战。尽管如此，我坚信，当我们作为一个团队一起工作时，没有什么困难是难以克服的。

在接下来的一年里，我们希望与我们的社区伙伴更紧密地合作，并与我们的捐助人、赞助人和志愿者建立长期的关系，以更好地支援我们社区里的贫困和弱势群体。

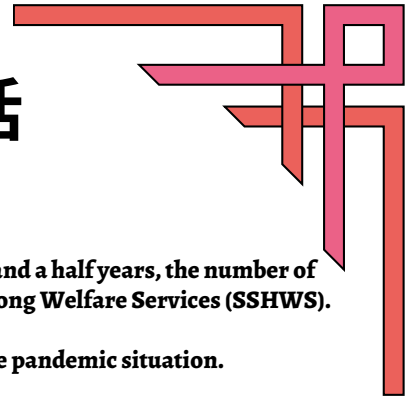
谢谢大家。

陈添来先生, BBM(L)
城隍慈善基金会荣誉秘书





Director's Message 主任的话



Just as we thought 2022 would be a year of recovery, having lived in the COVID-19 pandemic for one and a half years, the number of infected cases showed little signs of slowing down, thus affecting the work at the Society of Sheng Hong Welfare Services (SSHWS).

Yet our staff rose to the challenge to ensure that our beneficiaries were well taken care of, despite the pandemic situation.

At the end of FY2021/22, our social workers at Hougang Sheng Hong Family Service Centre (HSHFSC) provided casework and counselling to about 500 cases and established a family violence support group to support clients recovering from family violence.

The research team at HSHFSC presented the paper, titled "Money Management Behaviours in Children from Low-income Families", at the Singapore Social Work Practice Research, which was well-received by other senior professionals in the field. This paper explored children's behaviours in managing money. Findings revealed that the two main motivations behind why children save were linked to peer modelling and peer discussion about money management behaviours. Although the children acknowledged their parents' role in reinforcing the importance of saving, "parental influence" did not seem to contribute significantly to the children's money management behaviours.

At Life Point, the team continued to provide clients an array of programmes. One such programme was Autobiography Writing for Seniors. The stories penned and collected from our elderly authors culminated into the book Footprints of Life 2, published in Mandarin Chinese, and in Unexpected Journey in English. Life Point also held an online interfaith forum which investigated the quest for life amidst the pandemic in various religious context.

In April 2022, MacPherson Sheng Hong Childcare Centre completed the conversion of their first level into an infant care centre, and we look forward to welcoming our first batch of infants from July 2022.

Our Senior Care Centre under Sheng Hong Acting Ageing Hub @ Sennett continued to maintain fees at an affordable rate for those who have lost their jobs. Many of our low-income, vulnerable seniors are currently paying the minimum rate for daycare services, rehabilitation and two-way transportation.

Moving forward, SSHWS strives to consolidate and finetune our services to meet the ever-changing needs of the clients we serve.

Thank you.

Mr Low Mun Heng
Director
Society of Sheng Hong Welfare Services

正如我们认为 2022 年将是复苏的一年，新冠疫情大流行过了一年半，感染病例的数量几乎没有放缓的迹象，从而影响了城隍慈善基金会 (SSHWS) 的工作。

尽管有疫情，我们的同事仍迎接挑战，以确保我们的受惠对象得到很好的照顾。

在 2021/22 财政年度末，我们在后港城隍家庭服务中心 (HSHFSC) 的社工为了约 500 宗个案提供了个案工作和辅导，并且成立了家庭暴力支援小组，以支持他们从家庭暴力中复原。

后港城隍家庭服务中心 (HSHFSC) 的研究团队在“新加坡社会工作实践研究”里发表了题为“低收入家庭儿童的金钱管理行为”的论文，受到行业其他资深专业人士的好评。本文探讨了儿童管理金钱的行为。调查结果显示，儿童储蓄背后的两个主要动机与同伴塑造和同伴关于资金管理行为的讨论有关。尽管孩子们承认父母在强化储蓄重要性方面的作用，但是“父母的影响”似乎对孩子的理财行为没有显著的贡献。

在生命同行坊，团队继续为服务对象提供一系列活动，其中一个项目是乐龄人士自传写作。由乐龄作者撰写以及向他们收集的故事最终以华文出版《生命足迹2》，以及以英文出版《人生旅途不期而遇》。生命同行坊还举办了线上跨宗教论坛，探讨各个宗教在疫情大流行下对生命的看法。

2022 年 4 月，麦波申城隍托儿中心完成了一楼的改建，成为托婴护理中心，我们期待从 2022 年 7 月开始迎接我们的第一批婴儿。

位于城隍信立乐龄中心里的乐龄护理中心继续提供服务予那些失去工作的人士，并且收取他们可负担的费用。我们也向不少低收入和弱势的乐龄人士收取最低费用，以提供日托服务、康复服务和来回交通等服务。

展望未来，城隍慈善基金会努力整合和优化服务，以满足我们的服务对象不断变化的需求。

谢谢大家。

刘文兴先生
城隍慈善基金会主任





Advisors and Management Committee 顾问及管理委员会

Advisors 顾问

Ms Tina Hung

Senior Consultant, National Council of Social Service (NCSS)
国家福利理事会高级顾问

A/P Dr Lee Cheng

Senior Consultant, Vice Chairman Medical Board, Institute of Mental Health (IMH)
心理卫生学院医疗委员会副主席、高级顾问

Ms Lim Suu Kuan

Former Board Chairman, Advisor to Samaritans of Singapore (SOS)'s Board of Management and Member of Committees
新加坡援人协会前主席、顾问

Mr Alex Yeo

**Advisor to Aljunied GRC
Grassroots Organizations**



Advisors and Management Committee

顾问及管理委员会

Management Committee 理事会 (2021 – 2023)

Name 姓名	Position 职位	Attendance 出席率(%)
Mr Long Say Keng, Adrian 龙仕庚先生	President 主席	100
Mr Soon Cheok Kah 孙祝嘉先生	Vice President 副主席	80
Mr Tan Thiam Lye, BBM(L) 陈添来先生, BBM(L)	Secretary 秘书	100
Mr Tan Ee Tiong BBM 陈维忠BBM先生	Assistant Secretary 助理秘书	100
Mr Tan Eng Wat 陈永发先生	Treasurer 财政	100
Mr Davy Teng Swee Lim 丁瑞霖先生	Assistant Treasurer 助理财政	100
Mr Ong Kuan, BBM 王权BBM先生	Member 理事	80
Ms Ong Aii Ley 王爱丽女士	Member 理事	100
Mr Soong Kok Chee 宋国瑜先生	Member 理事	100
Mr Ang Meng Joo 洪明裕先生	Member 理事	80
Mr Lim Tiam Teng (Raymond), PBM 林添丁先生, PBM	Member 理事	40
Ms Goh Geok Choo, Adeline 吴玉珠女士	Member 理事	80
Mr Benjamin Tan Xianda 陈贤达先生	Member 理事	40
Mr Siew Kian Nam 萧建南先生	Member 理事	40





Advisors and Management Committee 顾问及管理委员会

Trustees 受托人

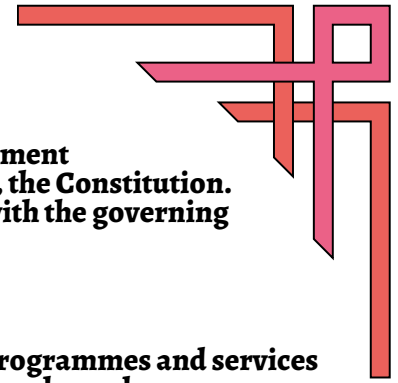
Mr Ling Kin Huat, BBM 林金发先生, BBM	16/08/2005
Mr Tan Thiam Lye, BBM(L) 陈添来先生, BBM(L)	16/08/2005
Mr Tan Tee Sea, PBM 陈志城先生, PBM	16/08/2005 – 13/02/2021
Mr Soon Cheok Kah 孙祝嘉先生	29/10/2020

Honorary Auditors 名誉审计

Mr Tan Chee Weed, Aaron 陈志伟先生	01/09/2021
Mr Ang Kok Seng 洪国成先生	01/09/2021



Governance



The Society of Sheng Hong Welfare Services (SSHWS) is governed by a Management Committee whose members are elected according to the governing instrument, the Constitution. SSHWS was established with clear vision and mission objectives, which align with the governing document, the Constitution, which was last revised in October 2005.

Role of Management Committee as a Governing Board

The Management Committee provides strategic direction and oversight of all programmes and services under SSHWS. It steers the charity towards fulfilling its vision and mission through good governance.

As part of its role, the following matters require the Management Committee's approval:

- Approve budget for the financial year and monitor expenditure against budget;
- Review and approve quarterly financial statements;
- Regularly monitor the progress of SSHWS's programmes.

Term limit of Management Committee

All office-bearers, except the Treasurer and Assistant Treasurer, may be re-elected to the same or related post for a consecutive term of service. The term of office of the Committee is two years. Some of the governing board members have been serving on the board for more than 10 consecutive years due to their dedication and commitment towards the cause of SSHWS.

Any member of the Committee absenting himself from three meetings consecutively without satisfactory explanations shall be deemed to have withdrawn from the Committee and a successor may be co-opted by the Committee to service until the next Annual General Meeting.

Disclosure of Remuneration & Benefits Received by Management Committee Members

All Committee Members of SSHWS serve on a voluntary basis and receive no remuneration in any form in the financial year.

There is also no paid staff who is a close family member of the Executive Head or a governing board member.

Conflict of Interest

The members of the Management Committee strive to act in the best interest of SSHWS. There are clear policies and procedures to declare, prevent and address conflict of interest. All key staff and committee members are required to declare potential conflicts of interest and abstain from decision-making when such situations of conflict arise.

Resource Management

SSHWS has in place documented human resource policies and procedures to manage and reward its employees.

SSHWS has established adequate internal control policy and procedures, including financial, operational and compliance controls, to ensure accountable and legitimate deployment and management of its resources.

Reserve Policy

To ensure long-term financial sustainability and the provision of its core activities, SSHWS has adopted the recommendations from NCSS to retain reserves. SSHWS anticipates that all its Centres and programmes will run at a deficit. From time to time, the Management Committee of SSHWS will seek funding support from its principal sponsor, the Lorong Koo Chye Sheng Hong Temple Association and its affiliates, to have enough cash flow to sustain its operations.

Public Communication

SSHWS maintains its integrity and transparency of serving for public trust and community good. SSHWS provides both financial and non-financial information on regular basis to the public about its mission, structure, programmes, activities, performance and finances through its publicity materials, letters to stakeholders, annual reports, Charity Portal, its corporate website and other online platforms such as Facebook and Instagram.





机构管治

城隍慈善基金会 (SSHWS) 由管理委员会管理，管理委员会成员依据章程选举产生。基金会依据章程成立，具有明确的愿景和使命目标。章程于 2005 年 10 月作最后一次修订。

管理委员会作为治理机构的角色

管理委员会指导和监督基金会旗下的所有项目和服务，并通过良好的管治使基金会作为慈善机构实现其愿景和使命。

作为其职责的一部分，以下事项需要管理委员会的批准：

- 批准财政年度预算并根据预算监督支出；
- 审查和批准季度财务报告；
- 定期监督基金会的项目进度

管理委员会的任期

除了财政和助理财政以外，所有担当职位的成员均可连任同一或相关职位，连续任职。管理委员会的任期为 2 年。一些管理委员会成员基于对基金会事业的奉献和承诺，已连续任职超过 10 年。

任何管理委员会成员连续三次缺席会议而没有合理解释，将被视为退出管理委员会，管理委员会可以增选继任者，其任期将直到下一届年度大会。

管理委员会成员的薪酬福利披露

基金会的所有管理委员会成员都是义务工作，在财政年度内不收取任何形式的报酬。

带薪的工作人员里并没有行政主管或管理委员会成员的亲属。

利益冲突

管理委员会的成员致力以基金会的最佳利益行事。基金会有明确的政策和程序去声明、预防和处理利益冲突的情况。所有主要人员和管理委员会成员都必须声明潜在的利益冲突，并在发生此类冲突时避免参与决策。

资源管理

基金会明文制定了完备的人力资源政策和程序来管理和奖励员工。

基金会建立了符合需要的内部控制政策和程序，包括财务、营运和合规控制，以确保对其资源进行负责任和合理的部署和管理。

储备金政策

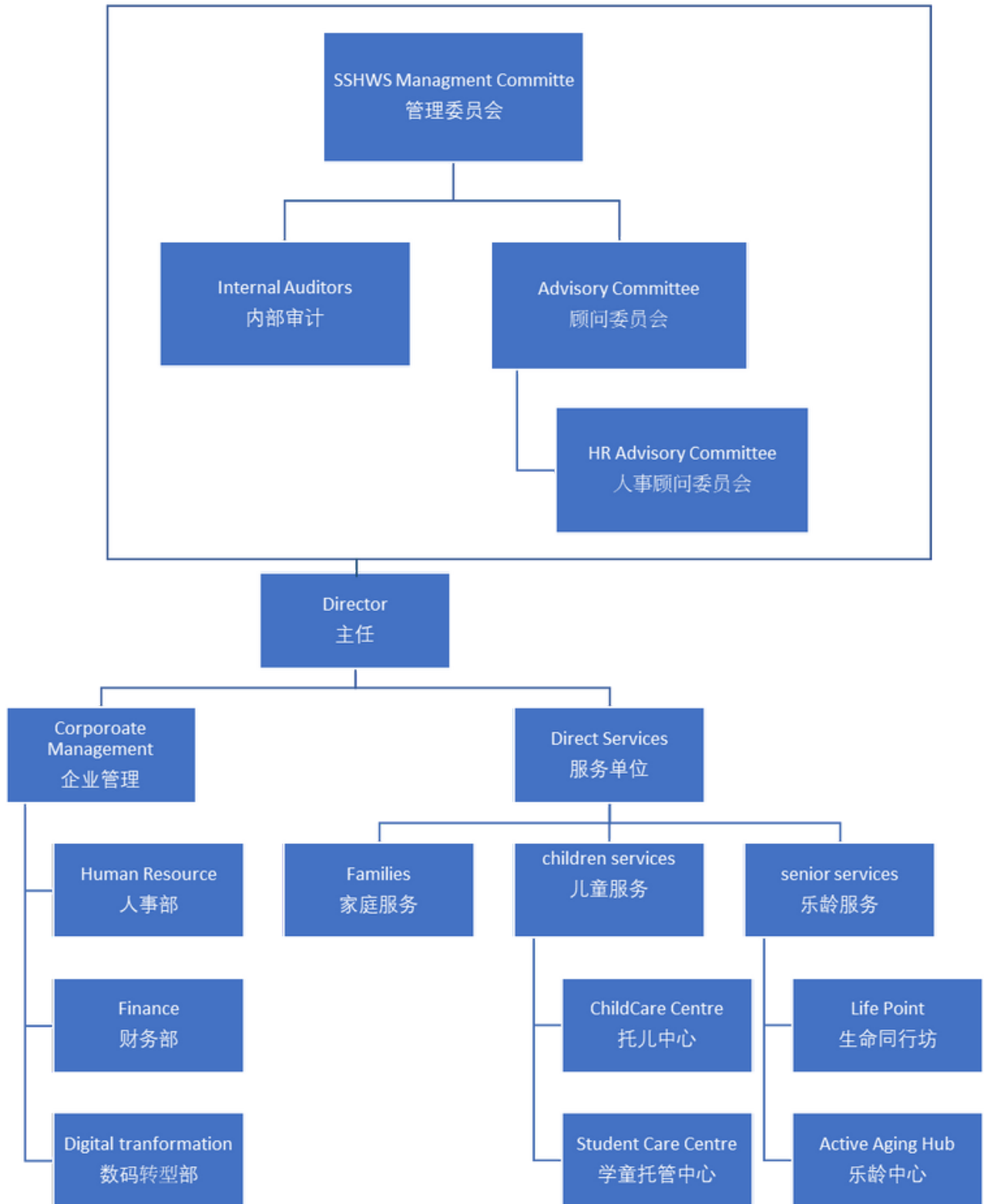
为了确保长期财务的可持续性和核心服务的提供，基金会已采纳国家福利理事会的建议。基金会预计旗下所有中心和项目都将处于财政赤字状态。基金会的管理委员会将不时寻求其主要赞助机构韭菜芭城隍庙联谊会及其附属机构的资金支持，以拥有足够的现金流来维持其营运。

对外联络

基金会始终保持公信度和透明度以得到公众信任，并为社区利益服务。基金会通过其宣传材料、面向各有关方面的信函、年度报告、慈善门户平台 (Charity Portal)、机构网站和其他网上平台，例如面簿和 Instagram，定期向公众提供有关其使命、架构、计划、活动、绩效和财政的财务和非财务讯息。



Organisation Chart 组织架构图



Sheng Hong Services 城隍的服务

Hougang Sheng Hong Family Service Centre 后港城隍家庭服务中心

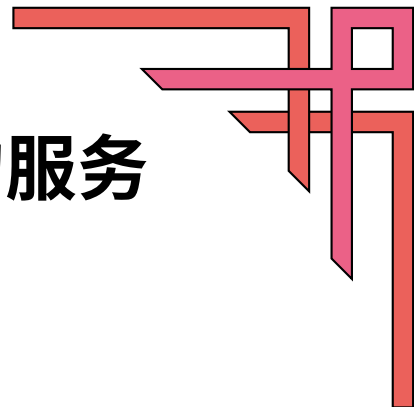
Provides help and support to individuals and families in need, and help them to cope with personal, social and emotional challenges in their lives.

为有需要的个人和家庭提供帮助和支持，帮助他们应对生活中的个人、社会和情绪挑战。

Address 地址:	237 Hougang Street 21, #01-406, Singapore 530237 新加坡后港21街大牌237座门牌 #01-406邮编530237
Telephone 电话:	+65 6289 5022
Fax 传真:	+65 6289 8242
Email 电邮:	fsc@shenghong.org.sg
Opening Hours 开放时间:	Mondays - Fridays 星期一至星期五 (9am - 6pm) Saturdays 星期六 (9am - 1pm)
Extended Opening Hours 延长开放时间:	Tuesdays & Thursdays 星期二及星期四 (6pm - 9pm)



Sheng Hong Services 城隍的服务



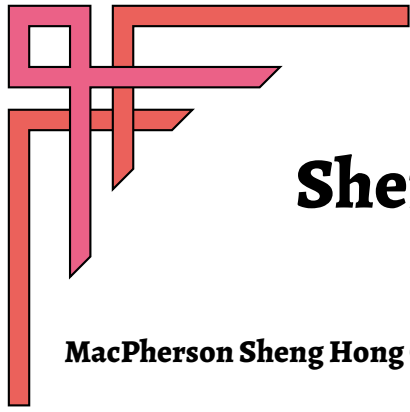
Hougang Sheng Hong Student Care Centre 后港城隍学童托管中心

Provides quality care and enrichment services to support working parents by looking after and supervising their primary school-going children during after-school hours.

提供优质的照护和增益服务，放学后照顾和监督小学学生以支持在职父母。

Address 地址:	238 Hougang Avenue 1, #01-292, Singapore 530238 新加坡后港1道大牌238座门牌#01-292 邮编 530238
Telephone 电话:	+65 6285 2726
Fax 传真:	+65 6285 0461
Email 电邮:	scc@shenghong.org.sg
Opening Hours 开放时间:	Mondays – Fridays 星期一至星期五 (12.30pm – 7.30pm)
Extended Opening Hours during School Holidays and School Closure 学校假期和学校停课日期间延长开放时间:	Mondays – Fridays 星期一至星期五 (7am – 7pm)





Sheng Hong Services 城隍的服务

MacPherson Sheng Hong Childcare Centre 麦波申城隍托儿中心

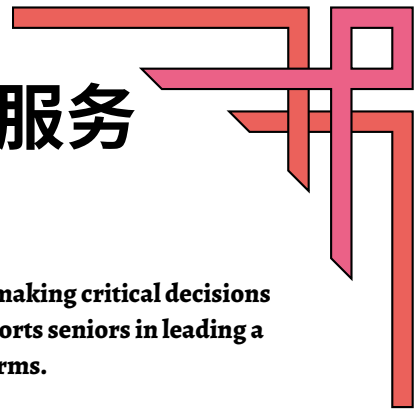
Provides child-centric, play-based and experiential learning approach, so that each child can develop holistically and fully in a fun, caring and secure environment.

提供以孩子为中心、以游戏为基础的体验式学习方法，让每个孩子都能在有趣、受关怀和安全的环境里全面地发展。

Address 地址:	175 MacPherson Road, Singapore 348537 新加坡麦波申路175号 邮编 348537
Telephone 电话:	+65 6858 5862
Fax 传真:	+65 6858 2809
Email 电邮:	childcare@shenghong.org.sg
Opening Hours 开放时间:	Mondays – Fridays 星期一至星期五 (7am – 7pm) Saturdays 星期六 (8am – 1pm)



Sheng Hong Services 城隍的服务



Life Point 生命同行坊

Informs seniors of the benefits in early planning for end-of-life matters, empowers seniors in making critical decisions related to their personal welfare, health and financial matters before and after death, and supports seniors in leading a meaningful life through learning, sharing, participating and contributing to a variety of platforms.

提倡乐龄人士提早善终规划的好处，让乐龄人士掌握自主权，在生前身后为自己做出与其个人福利、健康和财务事宜相关的关键决策，并支持老年人通过各种平台学习、分享、参与和奉献，实现生命的意义。

Centre location 中心地点:	Chinatown 牛车水
Address 地址:	133 New Bridge Road, #04-08, Chinatown Point, Singapore 059413 新加坡新桥路133号唐城坊4楼8号 邮编 059413
Telephone 电话:	+65 6538 9877
Email 电邮:	lifepoint@shenghong.org.sg
Opening Hours 开放时间:	Mondays – Fridays 星期一至星期五 (9am – 6pm) 2nd and 4th Saturdays of each month 每月第二和第四个星期六 (9am – 1pm)

Centre location 中心地点:	Sennett 信立
Address 地址:	175 MacPherson Road, Singapore 348537 (via Jalan Wangi) 新加坡麦波申路175号 邮编 348537 (入口在惹兰万宜)
Telephone 电话:	+65 6239 0936
WhatsApp:	+65 9195 2006
Email 电邮:	lpsennett@shenghong.org.sg
Opening Hours 开放时间:	Mondays – Fridays 星期一至星期五 (9am – 6pm)



Sheng Hong Services 城隍的服务

Sheng Hong Active Ageing Hub @ Sennett 城隍信立乐龄中心

An integrated centre that provides day care and rehabilitation services for seniors who are frail and require special care. Within the Hub, there is an Active Ageing Centre, which organises an array of physical, social and educational activities for another group of seniors who are active and in the community.

一个为体弱和需要特别照顾的乐龄人士提供日托和康复服务的综合中心，并为社区里活跃和健康的乐龄人士组织一系列体育、社交和教育活动。

Address 地址:	175 MacPherson Road, Singapore 348537 (via Jalan Wangi) 新加坡麦波申路175号 邮编 348537 (入口在惹兰万宜)
Telephone 电话:	+65 6239 0933
Fax 传真:	+65 6239 0939
Email 电邮:	aah@shenghong.org.sg
Opening Hours 开放时间:	Mondays – Fridays 星期一至星期五 (7am – 7pm)



Sheng Hong Services 城隍的服务



Advance Care Planning (ACP) Community Node 社区预先护理计划

Promotes ACP awareness and facilitates planning for future health and personal care needs among adults and seniors in the community, together with their loved ones.

提高公众对预先护理计划的认识，并促进社区里的成人和乐龄人士，及其亲人之间去规划未来的健康和个人护理需要。

Address 1 地址一:	237 Hougang Street 21, #01-406, Singapore 530237 新加坡后港21街大牌237座门牌 #01-406 邮编530237
Address 2 地址二:	133 New Bridge Road, #04-08, Chinatown Point, Singapore 059413 新加坡新桥路133号唐城坊4楼8号 邮编 059413
Telephone 电话:	+65 6289 5022 (Hougang后港), +65 6538 9877 (Chinatown牛车水)
Fax 传真:	+65 6289 8242 (Hougang 后港), +65 6538 9878 (Chinatown 牛车水)
Email 电邮:	fsc@shenghong.org.sg, lifepoint@shenghong.org.sg
Opening Hours 开放时间:	Mondays – Fridays 星期一至星期五 (9am – 6pm) Saturdays 星期六 (9am – 1pm)





**FY 2021, Society of Sheng Hong Welfare Services work
towards achieving Service
2021财政年度，城隍慈善基金会致力于提供服务**

**Protecting and safeguarding people from abuse, neglect or harm
- FSC family violence support group**

**保护人们免受虐待、忽视或伤害
- 后港城隍家庭服务中心家庭暴力支援小组**

**Working with people to define and co-produce personal well-being outcomes that
people wish to achieve.**

- life Point

与大家一起定义并共同创造人们希望实现的个人幸福的成果。

- 生命同行坊

**Working with people and partners to protect and promote people's physical and
mental health and emotional well-being**

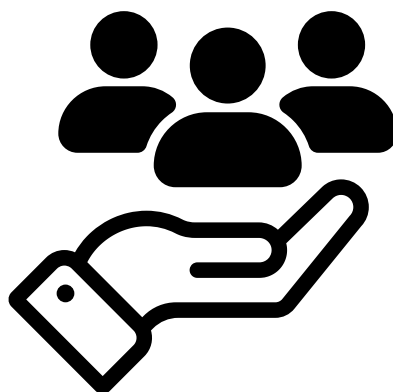
与人们和合作伙伴合作，保护和促进人们的身心健康和情绪健康

Encouraging and supporting people to learn, develop and participate in society

鼓励和支持人们学习、发展和参与社会

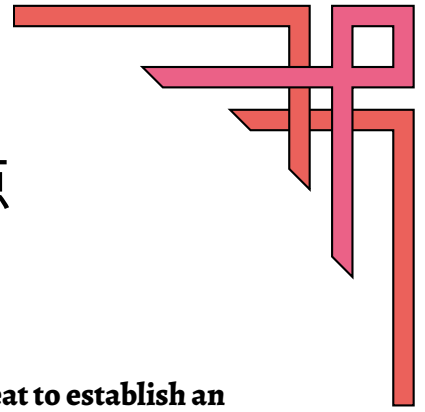
Promoting the well-being of people we serve.

促进我们服务的人们的福祉。



FY2021/22 Highlights

2021至2022财政年度重点



May 2021
2021年5月

To better serve our beneficiaries, the Management organised a workplan retreat to establish an organisational direction for the year. We were fortunate to have with us our Advisor Ms Tina Hung, who provided sound advice and feedback.

为了提供更好的服务，管理层组织了一个工作计划非正式会议，以确立未来一年的组织方向。我们很荣幸邀请到我们的顾问 Tina Hung 女士，她向我们提供了中肯的建议和反馈。

Oct 2021
2021年10月

On October 9 and 16, Life Point held their interfaith forum, themed “In search of life amidst the pandemic” in English and Mandarin Chinese. More than 300 seniors participated in both online events.

在10月9日和16日，生命同行坊举办了以“疫情中探索生命”为主题的中英文跨宗教论坛。超过300名乐龄人士参加了这两项线上活动。

Dec 2021
2021年12月

Keeping up with the times, SSHWS held our first online Town Hall on 10 December. The Management Committee and staff of SSHWS came together for a dialogue, taking the opportunity to share on the Society’s updated HR policies, and celebrating end-of-year together.

为了与时俱进，城隍慈善基金会于12月10日举办了我们的第一次线上员工大会。基金会的管理委员会和同事们齐聚一堂进行对话，我们也借此机会分享基金会最新的人力资源政策，并且共同庆祝新一年的到来。

Jan 2022
2022年1月

On January 8, 2022, Hougang Sheng Hong FSC started their first support group for families experiencing family violence.

In celebration of Chinese New Year, needy clients received red packets, and students from disadvantaged families were awarded bursaries at our annual Angbao Giving Ceremony on January 23.

在2022年1月8日，后港城隍家庭服务中心开始了他们的第一个家庭暴力支援小组。

在庆祝农历新年之际，1月23日举行了一年一度的红包捐赠仪式上，来自贫困家庭的人士收到了红包，贫困家庭的学生也获得了助学金。





Hougang Sheng Hong Family Service Centre (HSHFSC) 后港城隍家庭服务中心

Our family service centre continues to provide core services such as information and referral, care work and counselling to the residents living in the Kovan-Hougang area.

我们的家庭服务中心继续为高文/后港区的居民提供资讯和转介、护理、辅导等核心服务

In FY21/22,

HOUGANG SHENG HONG FSC: 后港城隍家庭服务中心于2021/22财政年度



Assisted a total of 495 families
帮助了495个家庭



Handled 304 enquiries, a 23.1% increase from last FY
处理了247次查询，比去年增涨了23.1%



Took on 145 new cases, and closed 188 cases by the end of the FY
承办207个新个案，并于2021/2022财政年度末结束188个个案



Conducted 2,488 casework and counselling sessions
开展了2,488节见面时段，并进行个案和辅导工作

TOP 3 PRESENTING ISSUES

最普遍的3种需要



Family Violence
家庭暴力



Housing and Shelter
住宿问题

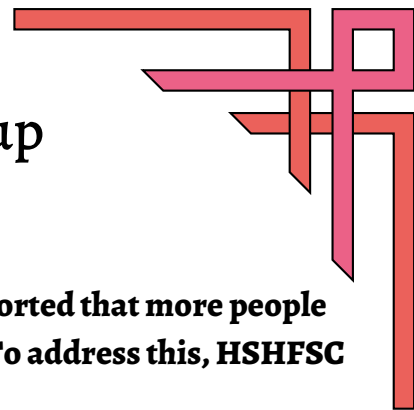


Parenting
育儿问题



Family Violence Support Group

家庭暴力支援小组



As Singapore continues to battle with the COVID-19 pandemic, it was reported that more people staying at home may have contributed to an increase in family violence. To address this, HSHFSC initiated an online group work “Safe Homes, Stay Safe”.

A total of five sessions were held between January 8 to April 8, 2022, with participants recruited from the FSC’s existing clients. Within this safe digital space, participants shared their stories of violence, and supported and encouraged one another during the sessions. Participants also learnt to identify patterns of family violence and made safety plans for themselves.

As the sessions progressed, participants suggested to rename the group to “Saturday Coffee Talk” instead, seeing that the sessions were usually held on Saturdays.

After safety measures eased, the team invited all participants to the centre for the last session, where participants finally got to meet their friends in real life and enjoy coffee together. On reflection, participants shared that not only did the group work teach them strategies to stay safe, but they also found support in the bonds they formed during the session.

随着新加坡继续与抗击新冠疫情，据报道，更多人留在家可能引起家庭暴力增加。为了解决这个问题，后港城隍家庭服务中心发起了一个线上小组“安全家园，保持安全”。

从2022年1月8日到4月8日共进行了五节小组活动，参加者都是从家庭服务中心现有的个案里招募。在这个安全的线上空间中，参加者分享了他们的故事，并在活动期间相互支持和鼓励。参加者还学会了如何识别家庭暴力的模式，并且为自己制定计划保护自己。

随着活动的进行，参加者建议把小组改名为“周六咖啡对话”，因为会议通常在星期六举行。在抗疫安全措施放松后，团队邀请了所有参加者到中心进行最后一节活动，参加者终于可以和朋友们面对面地见面并一起享用咖啡。回想起来，参加者分享说，小组活动不仅教会了他们保持安全的策略，而且他们还从小组里建立的联系中找到了支持。



Children Programme

儿童活动

Following COVID-19 safety measures and guidelines from the Ministry of Social and Family Development (MSF), the Mobile Toy Library programme was suspended during the COVID-19 period.

When some COVID-19 measures were relaxed, the Children Programme team, with the help of volunteers, conducted KidsRead from April to December 2021. Each quarter, the team would review the sessions and manpower allocation according to updates from the COVID-19 Taskforce's recommendations.

To ensure that physical sessions, conducted between April and June 2021, on HSHFSC's premises complied with updated COVID-19 safe management measures, children were split into six group for the Senior group, and three groups for the Junior group.

After COVID-19 measures tightened, physical sessions were converted to online sessions via Zoom from July to December 2021. Groupings were revised into two Senior groups and one Junior group.

根据社会和家庭发展部 (MSF) 的新冠疫情安全措施和指南，流动玩具图书馆在新冠疫情期间暂停。

随着新冠疫情措施放松，儿童活动团队在义工的帮助下，于2021年4月至12月进行了儿童悦读计划 (KidsRead)。在每一季度，团队都会根据抗疫工作小组的建议更新活动内容和人力分配。

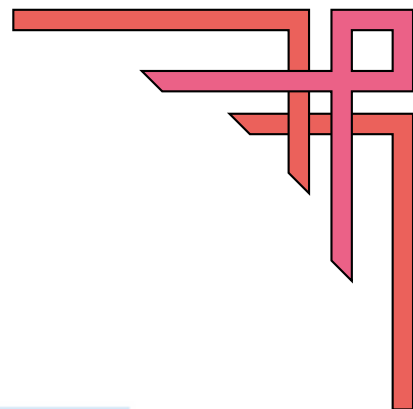
为了确保2021年4月至6月期间在家庭服务中心进行的实体活动符合当时的新冠疫情安全管理措施，儿童被分为六个高级组和三个初级组。

收紧了措施后，从2021年7月至12月，通过 Zoom 将实体课程转换为线上课程。分组也改为两个高级组和一个初级组。



Children Programme

儿童活动



SENIOR GROUP (7-8 YEARS OLD)

高级组 (7-8岁)

Children 儿童	24
Main Volunteers 主要义工	2
Support Volunteers 支援义工	7
Total sessions conducted (1 hour 15 min each) 已进行时段总数 (每节1小时15分钟)	19 physical sessions 实体时段 26 Zoom sessions Zoom线上时段

Main facilitators Mr Jerry and Ms Joie were supported by a group of seven volunteers: Lisa, Shin, Travis, Zi Xuan, Jia Yi, Ruchika and Hoe Sim. These support volunteers would help the children in their craft work after each reading session. There is at least one support volunteer assisting the main facilitators at every KidsRead session.

主要负责人Jerry先生和Joie女士得到了七位志愿者的协助，包括Lisa、Shin、Travis、Zi Xuan、Jia Yi、Ruchika和Hoe Sim。这些志愿者在每节阅读课以后帮助孩子们进行手工制作。在每个儿童悦读计划课程中，至少有一名志愿者协助主要负责人。

JUNIOR GROUP (4-6 YEARS OLD)

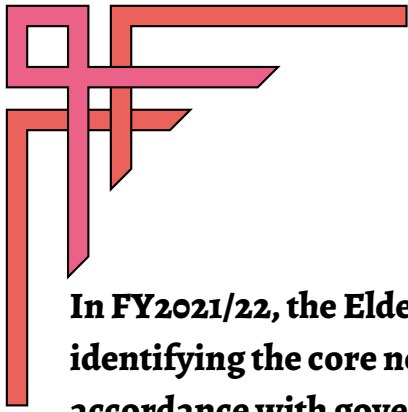
初级组 (4-6岁)

Children 儿童	12
Main Volunteers 主要义工	2
Support Volunteers 支援义工	6
Total sessions conducted (1 hour 15 min each) 已进行时段总数 (每节1小时15分钟)	13 physical sessions 实体时段 24 Zoom sessions Zoom线上时段

Main facilitators Ms Zhilian and Ms Wen Hui were supported by a group of six volunteers: Angela, Swee Peng, Joy, Siyun, Mei En and Winna. These support volunteers the children in their craft work after each reading session. There is at least one support volunteer assisting the main facilitators at every KidsRead session.

主要负责人Zhilian女士和Wen Hui女士得到了六名志愿者的支持：Angela、Swee Peng、Joy、Siyun、Mei En和Winna。这些志愿者在每节阅读课以后帮助孩子们进行手工制作。在每个儿童悦读计划课程中，至少有一名志愿者协助主要负责人。





Elderly Programme 乐龄人士活动

In FY2021/22, the Elderly team reviewed and restructured our programme outlines, after identifying the core needs of our seniors who may have been impacted by the pandemic. In accordance with government measures during COVID-19, all centre-based activities were ceased during the first nine months of 2021.

Currently, JOM@237 continues to maintain a membership of about 60 members. In FY21/22, our team actively engaged JOM members remotely through sharing useful community information and resources, including Life Point's virtual talks and activities, videos from Esplanade – Theatres on the Bay, and exercise and interest group schedules from Mun Futt Tong, via WhatsApp group chat.

在2021至2022财政年度，乐龄活动团队在了解了可能受到疫情影响的乐龄人士的需求后，回顾并重整了我们的计划大纲。根据疫情期间的政府措施，所有在中心举行的活动都在2021年的头九个月停止。

目前，JOM@237继续维持约60名会员。在2021至2022财年，我们的团队通过 WhatsApp 分享有用的社区信息和资源，包括生命同行坊的线上讲座和活动、滨海艺术中心的影片，以及万佛堂的锻炼和兴趣小组时间表，积极与 JOM 成员进行远程交流。



Elderly Programme

乐龄人士活动

Death Café-themed Retreat 生死主题咖啡馆聚会

We also organised an emotional support cum psycho-educational group work for four seniors, as the centre cannot accommodate more than five people at a time during this period of pandemic.

The tailor-made three-day Death Café-themed Retreat was conducted between March and April 2022 to provide our senior members with a platform to have candid conversations on the anxiety and fear of death, and ways to plan for a good death. Topics covered during the retreat included “Meaning of Death in the Religion”, “Good Death” and “Commemoration of Life”.

The four participants found the workshop to be beneficial because they were given the time and space to share their feelings and views about death, and especially treasured the opportunity to be able to do so. They also gleaned learnings from one another’s sharing and life experiences, adding that they were now better prepared and equipped with resources to prepare for a good end of life.

One highlight of the retreat was the commemoration of life, where participants were given time to freely express and affirm the lives that they had lived through art. These art pieces would serve as a reminder to the participants of their strengths during their twilight years.

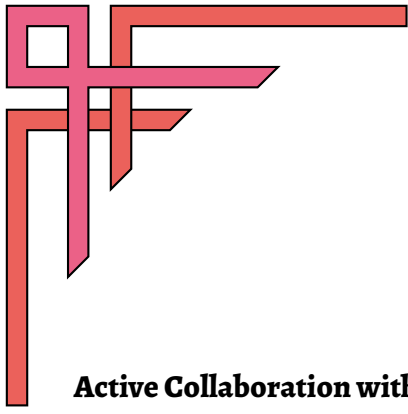
我们还为四位乐龄人士组织了情绪支持和心理教育小组，这是由于在疫情期间中心的活动不能容纳超过五人。

量身订做的生死主题咖啡馆聚会为期三天，于2022年3月至4月进行，为我们的乐龄会员提供一个平台，就死亡的焦虑和恐惧等主题进行坦诚对话，以及讨论如何计划善终。活动的主题包括“宗教里死亡的意义”、“善终”和“生命的纪念”。

这四位参与者觉得这个活动非常有意义，让他们有时间和空间去分享他们对死亡的感受和看法，他们尤其珍惜能够有这样的机会。他们还从彼此的分享和生活经历中汲取教训。他们补充说，他们现在已经做了更好的准备，并且配合了资源来为美好的生命终结做准备。

活动的一大亮点是对生命的纪念，参加者通过艺术，有时间去自由表达和肯定他们的生命。这些艺术作品提醒着参加者他们在老年的力量。





Elderly Programme

乐龄人士活动

Active Collaboration with Community Partners 与社区伙伴积极合作

Apart from group work, we also strove to maintain positive collaboration with stakeholders to run community activities that will benefit the seniors.

For instance, we partnered with Yuying Secondary School students to engage 10 JOM members virtually through interactive games and tours around Singapore on Zoom. Technical support was provided to seniors who are not technologically savvy.

We also worked with Temasek Meridian Junior College to distribute COVID-19 necessities and food supplies to 13 isolated seniors in the Hougang community. The seniors not only benefitted from receiving physical help, but also had the chance to interact with people through this meaningful initiative.

While the FSC strives to narrow service gaps and serve the needy groups in the community, it was a grateful experience to see the growth in our JOM members, where a member feels empowered to contribute back to the community and signs up to be our FSC volunteer.

除了小组活动外，我们还努力与各利益相关者保持积极合作，开展对乐龄人士有益的社区活动。

例如我们与育英中学的学生合作，通过Zoom上的互动游戏和新加坡之旅，让10名JOM会员参与其中。向不懂科技的乐龄人士提供技术支持。

我们还与淡马锡美廉初级学院合作，向后港区的13位孤独老人分发与新冠病毒有关的必需品和食品。这些乐龄人士不仅受益于物质上的帮助，而且有机会通过这一有意义的活动与他人互动。

得知我们的服务有助于减轻社区里弱势群体的一些负担，我们感到欣慰。

家庭服务中心努力改善服务差距并为社区里有需要的群体提供服务，并且看到JOM会员的人数一路增长，其中有会员感到自己有能力回馈社区而登记成为我们的义工。



Hougang Sheng Hong Student Care Centre

后港城隍学童托管中心

At Hougang Sheng Hong Student Care Centre, drama is not only a form of performance arts. It is a fun and engaging method that our teachers use to nurture values and develop character in young children.

Infusing drama into core values give students authentic learning experiences and ignite their imagination through role play. This also allows students the opportunity to explore various situations that put their moral values to the test.

At the end of the activities, the children said they had fun learning in this manner. Our teachers also shared that the activities worked very well because the children understood and internalised the values.

在后港城隍学童托管中心，戏剧不仅仅是一种表演艺术。这是一种有趣且引人入胜的方法，让我们的老师用来培养孩童的价值观和性格发展。

将戏剧融入核心价值观，为学生提供真实的学习体验，并通过角色扮演激发他们的想象力。这也让学生有机会探索各种考验他们的道德价值观的情况。

活动结束后，孩子们表示，他们用这种方式学习很开心。我们的老师还分享说，这些活动非常有效，因为孩子们理解并内化了自己的价值观。



Hougang Sheng Hong Student Care Centre 后港城隍学童托管中心

ENROLMENT FOR FY2021/2022 2021/2022年收生情况



123

TOTAL NUMBER OF
STUDENTS SERVED
服务学生总数



41

TOTAL NUMBER OF
NEW STUDENTS
服务新生总数



83

AVERAGE NUMBER
OF STUDENTS
学生平均总数



57%

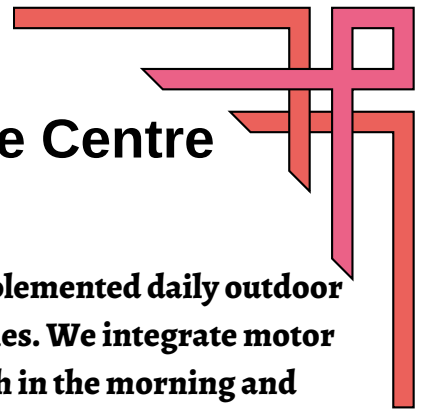
PERCENTAGE OF STUDENTS
WHO RECEIVED SCFA SUBSIDY
接受学生托管费援助计划
(SCFA) 津贴的学生的百分比

We achieved full capacity by fiscal year end.
我们在财政年度末达到满额。



MacPherson Sheng Hong Childcare Centre

麦波申城隍托儿中心



Throughout the years, MacPherson Sheng Hong Childcare Centre has implemented daily outdoor activities for all levels because we value the importance of physical activities. We integrate motor skills in our curriculum and encourage children to play for two hours, both in the morning and afternoon, within school premises such as the playground, gym room and grass patches.

For instance, children in Kindergarten 1 participated in a variety of activities including creating a bird's nest using leaves, twigs and other natural materials, building bird feeders with toilet rolls to feed the birds, and testing how different paper materials affect the flight of paper planes.

Children in Kindergarten 2 also had a chance to be outdoors as they worked on activities such as hunting for chameleons in the grass patch with a magnifying glass, measuring the height of fences using rubber foot prints, and creating their own 'lucky tree' using dried leaves.

Outdoor learning proved to have a number of beneficial outcomes. Our teachers observed that such activities helped to boost the children's confidence, develop their social skills and create a bond between children and teachers. The children also became more observant, focused and livelier.

多年来，麦波申城隍托儿中心每天都为各级学生开展户外活动，因为我们重视体育活动的重要性。我们将运动技能整合到我们的课程中，并鼓励孩子们早上和下午在操场、健身房和草地等地方活动两个小时。

例如，一年级的孩子们参加了各种各样的活动，包括用树叶、树枝和其他天然材料制作鸟巢，用卫生纸制作成喂鸟器来喂鸟，以及测试不同的纸质材料如何影响纸飞机的飞行。

二年级的孩子们也有机会在户外进行活动，例如用放大镜在草地上寻找变色龙，使用胶鞋的脚印测量栅栏的高度，以及使用枯叶制作自己的“幸运树”。

户外学习被证明有许多有益的成果。我们的老师观察到，这些活动有助于增强孩子们的自信心，发展他们的社交技能，并在孩子和老师之间建立联系。孩子们也变得更加敏锐、专注和活泼。



MacPherson Sheng Hong Childcare Centre 麦波申城隍托儿中心

ENROLMENT FOR FY2021/2022 2021/2022年收生情况



100

TOTAL NUMBER OF
CHILDREN SERVED

服务儿童总数



65

TOTAL NUMBER OF
NEW ENROLMENTS

入学人数



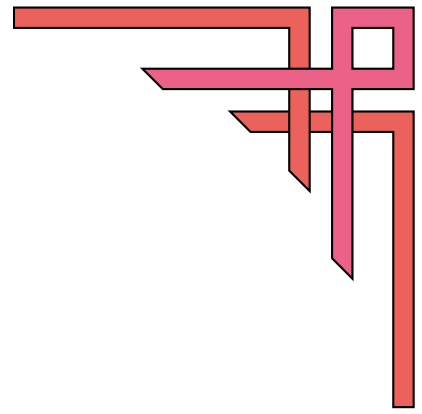
46%

PERCENTAGE OF CHILDREN
ON ADDITIONAL SUBSIDY

接受额外补助的儿童百分比



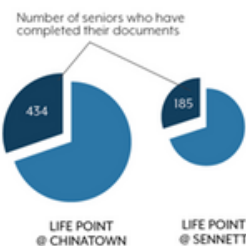
Life Point 生命同行坊



In FY21/22,

LIFE POINT SERVED A TOTAL OF 2,683 SENIORS.

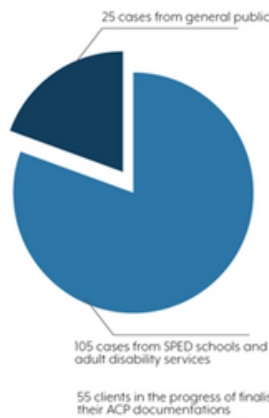
生命同行坊于2021/2022财政年度总共服务了2,683乐龄人士。



END-OF-LIFE PREPARATION

善终规划

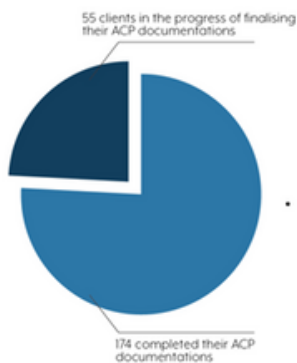
- Assisted a total of 1,497 clients in their End-of-Life preparation
- 共协助了1497位人士作出善终规划



MSF ASSISTED DEPUTYSHIP APPLICATION PROGRAMME

社会及家庭发展部“申请为代理人辅助计划”

- Assisted in 130 deputyship application
- Conducted 9 talks on deputyship application
- 共帮助了105宗属于特别学校以及成人残疾服务的个案申请为代理人，并协助了25宗个案申请为代理人
- 进行了9场讲座，教育公众和有特殊需要儿童的家长申请代理人



AIC ADVANCE CARE PLAN 2.0 PROGRAMME

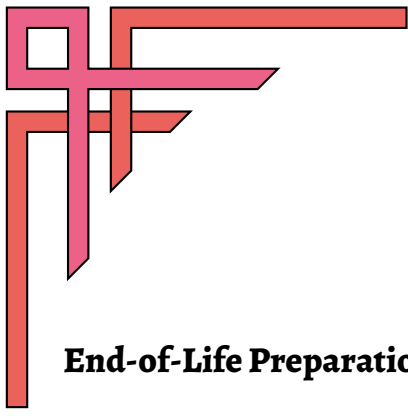
护联中心“预先护理计划2.0”计划

- Facilitated 229 ACP conversations
- 促成了229次ACP面谈

We worked with 14 community partners and our committed volunteers clocked more than 460 volunteering hours.

我们与14个社区伙伴合作，为公众提供优质服务。敬业的义工们也提供了超过460小时的志愿服务。





Life Point 生命同行坊

End-of-Life Preparation 善终规划

In FY2021/22, we assisted a total of 1,497 clients in their End-of-Life preparation.

Funded by NCSS Tote Board Social Service Fund, Life Point@Chinatown Point conducted talks and workshops to 1,046 clients, and, in partnership with lawyers, helped 434 of them complete their documents such as wills and Lasting Power of Attorney (LPA) through a one-stop service.

On the other hand, Life Point@Sennett, funded by the Agency for Integrated Care (AIC)'s Community Silver Trust, served 451 clients, and assisted 185 of them complete their documents.

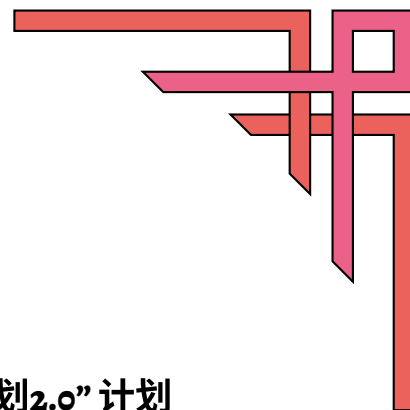
在2021-2022财政年度，我们一共协助了1497位人士作出善终规划。

生命同行坊(牛车水)在国家福利理事会/新加坡赛马博彩管理局社会服务基金的资助下，为1046位人士举办了讲座和学习小组，并与律师合作，透过我们的一站式服务帮助其中434位订立了遗嘱和持久授权书(LPA)等文件。

另一方面，由护联中心(AIC)社区乐龄基金资助的生命同行坊(信立)服务了451位客户，并协助了其中185人订立了文件。



Life Point 生命同行坊



AIC Advance Care Plan 2.0 Programme 护联中心“预先护理计划2.0”计划

As one of five AIC-appointed ACP Community Node, SSHWS raises public awareness on Advance Care Planning (ACP) and facilitates ACP conversations within the community.

In FY2021/22, we facilitated 229 ACP conversations and completed ACP documentations for 174 of them. Another 55 clients are in the progress of finalising their ACP documentations.

作为护联中心 (AIC) 指定的5个社区预先护理计划服务点之一，城隍慈善基金会提高了公众对预先护理计划 (ACP) 的认识，并促进了社区内关于ACP的对话。

在2021/22财年，我们促成了229次ACP面谈，并为其中174次完成了ACP纪录。另有55位人士正在完成他们的ACP文件。



Life Point 生命同行坊

Launch of Footprints of Life 2 and Unexpected Journeys
出版《生命足迹2》和《人生旅途不期而遇》

There is much to learn from the life and experiences of our seniors. As many as 44 seniors benefitted from courses from the National Silver Academy (NSA) this year.

As part of our effort to preserve the memories of our seniors, we collaborated with Mr Yeo Thiang Swee to organise the “Autobiography Writing for Seniors” course, which was funded by NSA under the Council for Third Age (C3A).

Under the tutelage of Mr Yeo, the seniors began to pen their own stories, which culminated into the Mandarin Chinese book Footprints of Life 2. It took close to 10 months from the conceptualisation to the writing, editing, printing and preparation. To celebrate their achievements, we specially organised a virtual book launch for Footprints of Life 2 in December 2021, attracting 164 attendees.

Then In February 2022, we launched the English book Unexpected Journeys to an audience of 270 attendees. The English autobiography class was conducted in FY20/21, but the book launch was postponed due to the COVID-19 situation.

我们可以从乐龄人士的生活和经历中学到很多东西。今年有多达44位乐龄人士从全国乐龄学院 (NSA) 的课程中受益。

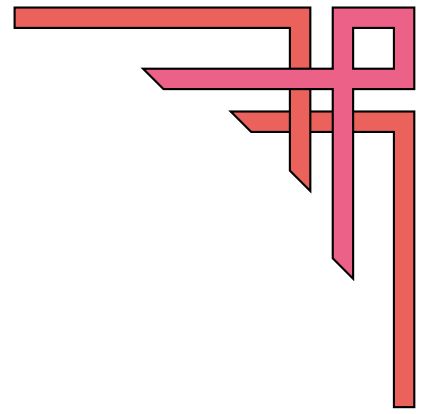
作为我们努力保存乐龄人士记忆的一部分，我们与杨添瑞先生合作举办了“长者如何写自传”课程，该课程由活跃乐龄理事会 (C3A) 属下的NSA资助。

在杨先生的指导下，长者们开始书写自己的故事，最终写出了华文书籍《生命足迹2》。从构思到写作、编辑、印刷和准备，历时近10个月。为庆祝他们的成就，我们特别于2021年12月为《生命足迹2》组织了一场线上新书发布会，吸引了164位人士参与。

然后在2022年2月，我们向270位人士发布了英文书籍《人生旅途不期而遇》。英文自传课程于2020-2021财政年度举行，但由于新冠疫情，图书发行有所推迟。



Life Point 生命同行坊



Interfaith Forum 跨宗教论坛

In October 2021, Life Point conducted our first Interfaith Forum to address the quest for life through a spiritual approach during the pandemic. Five distinguished religious leaders were in attendance to share their views and thoughts on how to cope with the pandemic from a religious perspective.

228 participants attended the Mandarin Chinese forum, and 121 participants attended the English Forum.

2021年10月，生命同行坊举办了我们的第一次信仰间论坛，探讨在疫情期间如何从精神上探求生命。五位杰出的宗教领袖与会，就如何从宗教角度应对疫情分享了他们的看法和想法。

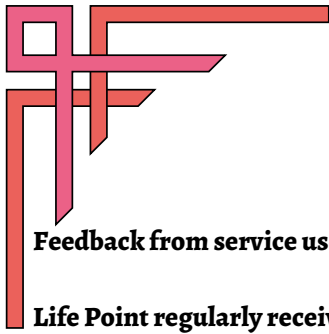
228人参加了华语论坛，121人参加了英语论坛。

Support from Volunteers and Partners 义工和伙伴的支持

Our work at Life Point would not be possible if not for the generous support from our dedicated volunteers, lawyers, doctors and community partners. In the past year, we worked with 14 community partners to deliver quality services to the public. Our committed volunteers also clocked a total of 351 hours at Life Point@Chinatown, and 112.5 hours at Life Point@Sennett.

如果没有各位义工、律师、医生和社区合作伙伴的踊跃支持，我们在生命同行坊将无法开展工作。过去一年，我们与14个社区伙伴合作，为公众提供优质服务。我们敬业的义工还在生命同行坊(牛车水)服务了351个小时，在生命同行坊(信立)服务了112.5小时。





Life Point 生命同行坊

Feedback from service users 服务使用者对生命同行坊的反馈

Life Point regularly receives feedback from service users. Here's what they say:
生命同行坊时常收到来自服务使用者的反馈。这里我们摘录了其中的一些反馈：

The warm and accommodating staff at Life Point provided excellent services in communicating and helping me understand why and how to apply for Lasting Power of Attorney (LPA), Advance Medical Directive (AMD) and Advanced Care Plan (ACP). I also came out of the seminar, which were conducted in a timely manner, well-informed. All in all, Life Point met all my requirements and I'm at ease knowing that what needed to be done was completed. Thank you very much to Life Point and its staff. I hope the organisation continues to be an exemplary institution and contribute to those who require your services.

我想让大家知道我非常感谢生命同行坊提供的优质服务。他们出色的沟通能力和亲切的笑容使人们对于包括持久授权书、预先医疗指示和预先护理计划等文件的申请有更深入的了解，甚至比我预期中的好，这在其他机构是做不到的。职员热情，富有包容心，也很乐意帮助我。总的来说，讲座及时地进行，并提供最新的信息，讲者拥有着广泛的知识。我的期望和要求得到了满足，我所需要的文件都按顺序完成，我也安心了，该办的文件都办好了。我实在衷心感谢生命同行坊以及职员们，并希望你们能进一步发展成为一个模范机构，继续为需要的人提供优质的服务。

— John

A life reviewed is a life renewed.

In January 2022, I attended and completed the Wonderful Life workshop at Life Point@Chinatown. The eight-part workshop helped me connect my past, present and future through life review processes and pre-planned for a good death.

I used to blame my grandmother for being unfair to me when I was young and bore grudges which made me a very unhappy person. However, through the workshop, I gained invaluable insights and realised that my grandmother was the one who made me who I am today.

I also recognised that I've been taking care of other throughout my life, and has yet to live for myself. Luckily, it's never too late to learn to live a life with less regrets. This course has helped me become more accepting of things beyond my control, and I have more confidence to face my present and plan for my future now.

我在2022年1月完成了生命同行坊（牛车水）主办的圆满人生课程。8堂课的学习小组让我通过生命回顾和规划善终的历程串联起自己的昨天，今天与明天。

小时候的我，认为祖母对我不公平而不快乐。在分享人生故事的过程中，我领悟到今天自己的坚强其实是由祖母所造就的，其实是她激励了我的奋斗！于是以前吃的“苦”变成了“补”。这像小时候被老师打只知道痛，长大了就知道痛会让人学到东西。

从前的我只知道工作煮饭，这样过一生。参加这个课程后，我意识到自己照顾别人一辈子，还没有为自己而活，如果我就这样死了，我多对不起我自己！我还领悟到做人最重要就是“问心无愧”，我更确定我已尽了我的本份，从此要为自己而活！

这个课程让我更感恩别人对我的好，更接受我无法改变的事物，让我能更好地面对现在与将来的生活，迈向圆满人生。

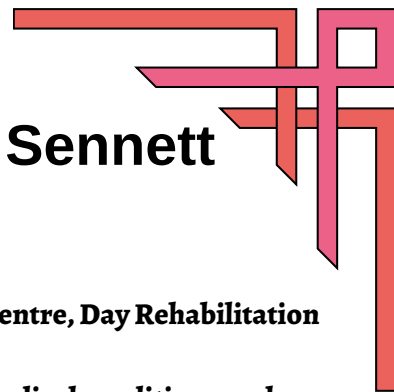
圆满人生学习小组让人通过生命回顾以及规划善终，迈向无憾人生。

— Corina Tham 谈焕玲女士



Sheng Hong Active Ageing Hub @ Sennett

城隍信立乐龄中心



Sheng Hong Active Ageing Hub @ Sennett encompasses three centres – the Daycare Centre, Day Rehabilitation Centre and Active Ageing Centre – to cater to the needs of our seniors.

Our Daycare Centre provides long-term care arrangement to seniors with different medical conditions such as stroke, dementia, cancer, Parkinson's Disease and other chronic illnesses; while physiotherapists and occupational therapists at our Day Rehabilitation Centre help patients and seniors to improve their physical and cognitive functions, and support them on their road to recovery.

Our centres continue to be a reliable caregiver partner to family members who may be experiencing high caregiver stress as they juggle with looking after their loved ones and earning a living to support their families.

As such, our Day Care Centre and Day Rehabilitation Centre maintained a reduced fee during the pandemic period to cater to the different income groups. We also provided financial reliefs to those in the lower income group. For example, beneficiaries in the lowest income group paid less than \$25 a month for their day care fees, which included meals and two-way transportation from their home to the centres.

We are exceptionally thankful to have received generous support and donations from nearby residents, volunteers and donors in the past year.

When COVID-19 restrictions eased, active seniors returned to our Active Ageing Hub to take part in various activities. We also worked closely with our Grassroots Committee and other key community partners to promote volunteerism and develop compassion acts to help the less fortunate.

Moni Great Vows Lodge, one of our generous partners, actively supports our seniors, other care partners and needy residents through the distribution of vegetarian food. Other partners such as the medical, nursing and allied health professionals from the Dementia Shared Care Team (SCT) at Tan Tock Seng Hospital drew up a structured curriculum to upskill our team in dementia care.

Additionally, together with the Computing for Voluntary Welfare Organisations (CVWO) team from the National University of Singapore (NUS), we rolled out a new IT system to better manage our volunteers and members.



Sheng Hong Active Ageing Hub @ Sennett 城隍信立乐龄中心

城隍信立乐龄中心包含了三个中心 - 日托中心、日间康复中心和活跃乐龄中心 - 以满足乐龄人士的需求。

我们的日托中心为患有中风、失智症、癌症、帕金森病和其他慢性病等不同疾病的乐龄人士提供长期护理安排；而日间康复中心的物理治疗师和职业治疗师则帮助患者和老年人改善他们的身体和认知功能，并支持他们的康复之路。

我们的中心继续是家庭成员可靠的看护伙伴，他们照顾亲人和谋生养家糊口时可能承受着巨大的看护压力。

因此，我们的日托中心和日间康复中心在疫情期间保持较低的费用，以满足不同收入群体的需要。我们还为低收入群体提供经济救济。例如，最低收入组别的受益人每月支付的日托费用不到25元，其中包括膳食和来往家里和中心的交通服务。

在过去的一年里，我们特别感谢附近居民、义工和捐助人的慷慨支持和捐款。

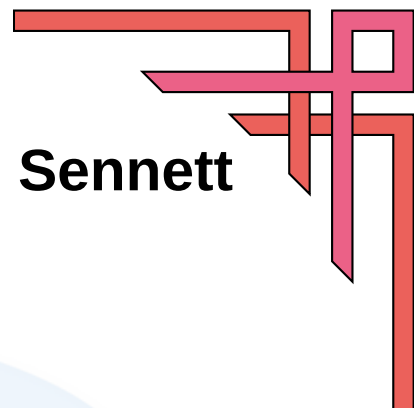
当新冠疫情限制放宽后，活跃的长者返回我们的活跃乐龄中心参加各种活动。我们还与我们的基层委员会和其他主要社区合作伙伴密切合作，以推动义工服务并开展富有同理心行动以帮助不幸的人。

摩尼行愿林是我们慷慨的合作伙伴之一，通过分发素食，积极支持我们的乐龄人士、其他护理伙伴和有需要的居民。其他合作伙伴，例如陈笃生医院失智症共享护理团队 (SCT) 的医护、护理和综合医疗保健人员，制定了结构化课程，以提升我们团队在失智症护理方面的技能。

此外，我们与来自新加坡国立大学的「志愿福利团体计算应用」项目 (CVWO) 团队合作，推出了新的电脑系统，以更好地管理我们的义工和成员。



Sheng Hong Active Ageing Hub @ Sennett 城隍信立乐龄中心



In FY21/22,

SHENG HONG ACTIVE AGEING HUB @ SENNETT SERVED:

城隍信立乐龄中心于2021/2022财政年度
提供了以下服务:

Daycare Centre (Long-term Care) 日托中心 (长期护理)

Dementia Daycare 失智人士日托	23 seniors 乐龄人士
Maintenance Daycare 护养日托	29 seniors 乐龄人士

Day Rehabilitation Centre (Short to Longer-term Care) 日间康复中心 (短期到长期护理)

Active and Maintenance 活跃和保养	38 patients 病人
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Active Ageing Centre 活跃乐龄中心

Seniors in the boundary served 服务范围内的乐龄人士	15
Number of volunteers 义工	28





Sheng Hong Active Ageing Hub @ Sennett 城隍信立乐龄中心

Programmes and Activities 计划与活动

Ah Ma and Ah Gong, We Care for You! “阿公阿嬷，我们关心你!”

‘Ah Ma and Ah Gong, We Care for You!’ is an intergenerational programme, launched on September 17, 2021. Even though our seniors and pre-schoolers from MacPherson Sheng Hong Childcare Centre were not able to meet on the premises, they continued to interact and participate in several virtual activities together over Zoom, thus encouraging cross-generational interaction.

“阿公阿嬷，我们关心你!”是一项跨代的项目，于2021年9月17日启动。虽然我们的乐龄人士未能和麦波申城隍托儿中心的孩子在场内见面，但他们继续通过 Zoom 在线上一同互动和参与多个活动，从而鼓励跨代互动。

Xiang Gong Exercises 香功练习

Despite the challenges in 2021, volunteers from Xiang Gong Association maintained their effort to help seniors suffering from dementia and on wheelchair do Xiang Gong exercises. The seniors often looked forward to these sessions, and especially their meeting with the volunteers.

尽管在2021年面临挑战，香功协会的义工们仍然继续努力帮助患有失智症和坐轮椅的乐龄人士做香功练习。乐龄人士非常期待这类活动，尤其是和义工见面。

SUCCESS STORIES (Write up need to confirm with client for consent):

成功案例（需要当事人确认同意）

Mr Lee was only 53 years old when he suffered a stroke in 2021. Suddenly unable to walk properly and losing his ability to work, he became depressed. His mother, worried that her son might not be able to move on in his life, decided to seek help.

In the same year, Mr Lee was referred to our Daycare Rehabilitation Centre and admitted to the rehabilitation programme. Under the care and assistance of our therapists and staff, Mr Lee gradually regained his confidence in performing activities of daily living. In a few months’ time, he was able to walk steadily again.

Not only did his physical health recovered, Mr Lee’s relationship with his mother also improved tremendously. The mother-son pair were glad that they made the decision to have Sheng Hong Active Ageing Hub accompany them on his recovery journey.

李先生在2021年中风时年仅53岁。他突然无法正常行走，失去工作能力，情绪低落。他的母亲担心儿子可能无法继续生活，决定寻求帮助。

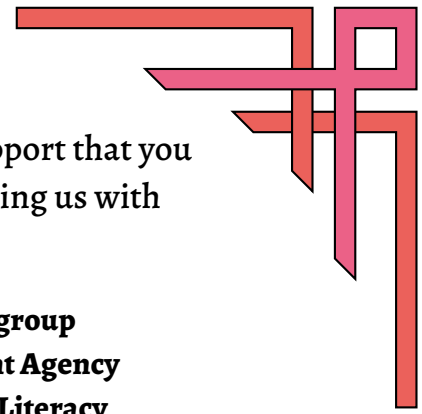
同年，李先生被转介到我们的日间康复中心并参加康复计划。在我们的治疗师和工作人员的关心和帮助下，李先生逐渐恢复了对进行日常生活的活动的信心。几个月后，他又能稳稳地走路了。

不仅身体恢复健康，李先生与母亲的关系也大有改善。这对母子对于自己作出的决定，让城隍信立乐龄中心陪伴他们的康复之旅，感到很高兴。



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We would like to express our gratitude to you for all the support that you gave us in every way possible. Than you so much for trusting us with your partnership.



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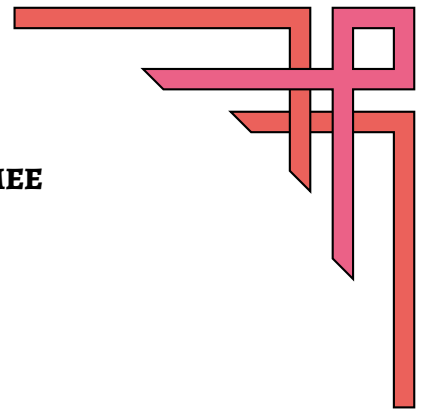
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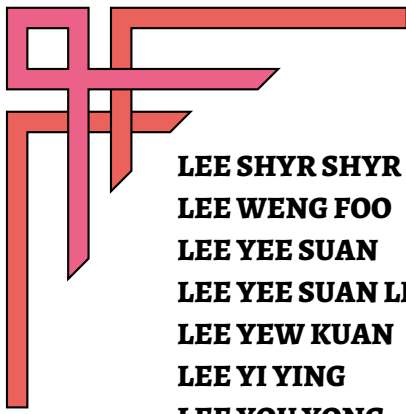


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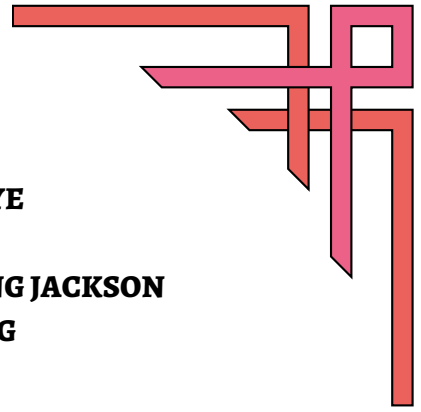


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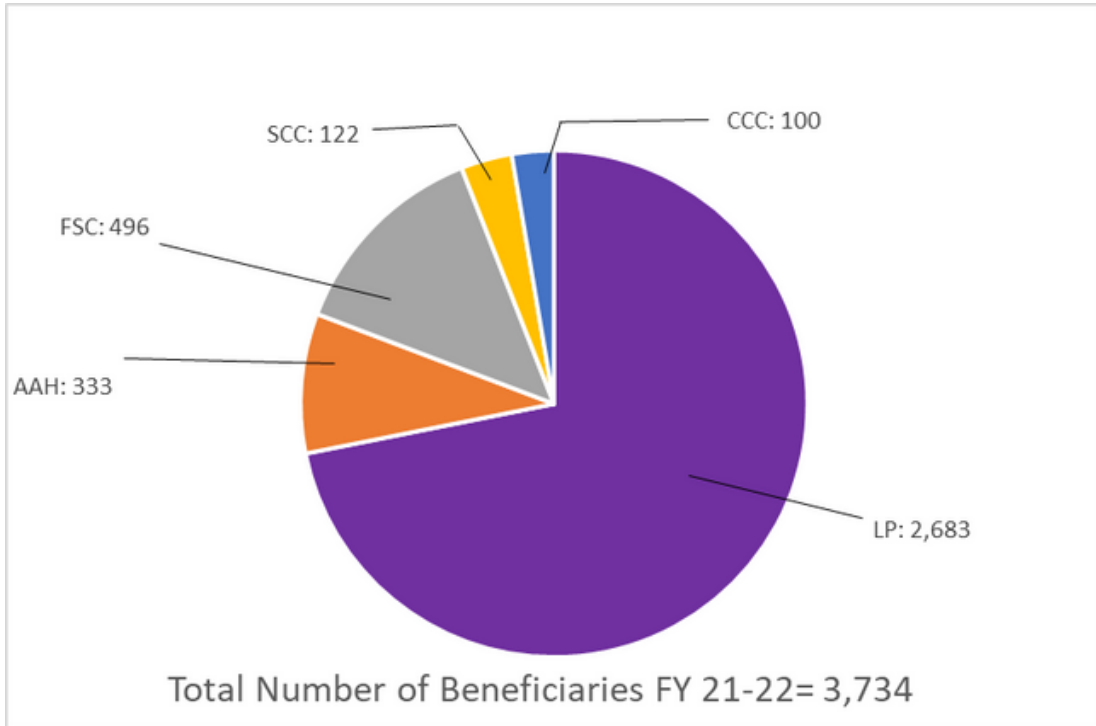
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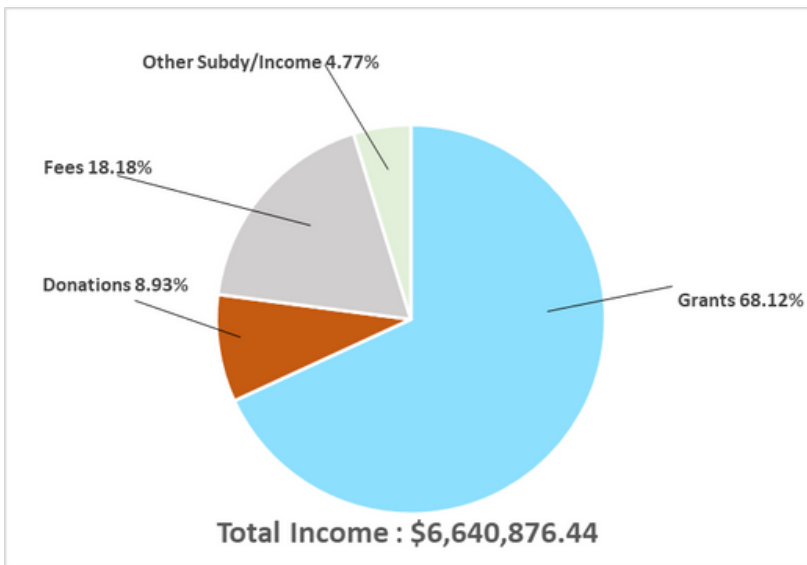
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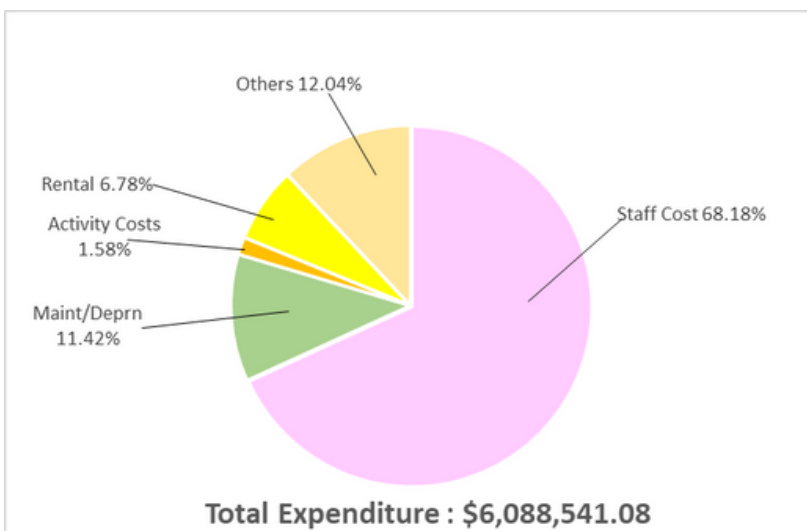
Summary of Beneficiaries



Summary on Financial Performance FY21-22



INCOME	S\$	%
Grants:	4,523,673.89	68.12%
Donations:	592,898.84	8.93%
Fees:	1,207,355.08	18.18%
Other Subsidies/Income:	316,948.63	4.77%
Total Income	6,640,876.44	100.00%



EXPENDITURE	S\$	%
Staff Cost:	4,151,182.30	68.18%
Maint/Deprn:	695,594.17	11.42%
Activity Costs:	96,088.85	1.58%
Rental:	412,837.58	6.78%
Others:	732,838.18	12.04%
Total Expenditure	6,088,541.08	100.00%





SOCIETY OF SHENG HONG WELFARE SERVICES
城隍慈善基金会

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