



Society of Sheng Hong Welfare Services

城隍慈善基金会

FY2022/23 Annual Report
2022/23 财政年度报告

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城隍慈善基金会

Society Of Sheng Hong Welfare Services

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.

城隍慈善基金会成立于2000年，作为菲菜芭城隍庙联谊会属下的福利机构，其宗旨是通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月被列为慈善机构。从2000年11月开始被授予公益机构（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增强凝聚力。

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:

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：

Empathy	尊重同理
Compassion	关爱同情
Integrity	诚实正直
Excellence	追求卓越
Strategic	精心策略



城隍慈善基金会

Society Of Sheng Hong Welfare Services

Official address 注册地址:	15 Arumugam Road, Singapore 409960 新加坡阿鲁姆甘路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:	Tel 电话: +65 6289 5022 Fax 传真: +65 62898242
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:	T00SS0066C
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

MESSAGE FROM PRESIDENT



Dear Members, Donors, Volunteers, and Stakeholders,

We are pleased to present you with this Annual Report reflecting the achievements and progress made by Society of Sheng Hong Welfare Services over the past year.

Year 2022 has been unlike any other, as we faced unprecedented challenges brought about by the global pandemic. Despite the obstacles, we have remained steadfast in our mission to make a positive difference in the lives of those we serve. Our organization's commitment to our cause and the values it upholds has been unwavering, and we are proud to witness the impact of our collective efforts. We have seen tangible results in the lives of those we have reached, and their stories continue to inspire us to strive for even greater impact.

None of this would have been possible without the generosity and support of our donors and partners. Your financial contributions and in-kind support have enabled us to make a meaningful difference in the lives of countless individuals. We extend our deepest appreciation to all those who supported our organization, as your contributions have directly contributed to the success and growth of our initiatives.

We would also like to express our gratitude to our dedicated volunteers who selflessly give their time and energy to support our cause. Your commitment and passion are the driving force behind our organization's continued growth and success. Without your unwavering dedication, our impact would be limited, and we are truly grateful for your hard work and determination.

Looking ahead, we recognize that our work is far from complete. There are still many challenges to address and communities in need of assistance. We are committed to expanding our outreach, improving our programs, and increasing our impact. However, we cannot do this alone, and we humbly request your continued support in the coming year.

In closing, we want to emphasize that none of our achievements would be possible without the combined efforts of our team, supporters, and partners. Together, we have created a strong and vibrant organization that is making a lasting difference in people's lives. We look forward to working together with you towards our shared vision of a better world.

Thank you once again for your support, dedication, and commitment to our cause.

Warm Regards,
Mr Long Say Keng, Adrian
President
Society of Sheng Hong Welfare Services

主席献词



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，

我们很高兴向您提交这份年度报告，反映城隍慈善基金会在过去一年所取得的成就和进步。

2022年是不平凡的一年，我们面临着全球疫情大流行带来的前所未有的挑战。尽管存在阻碍，我们仍然坚定不移地履行我们的使命，为我们所服务的人们生活带来积极的改变。城隍慈善基金会对于自身的承诺及其所秉持的价值观始终坚定不移，基金会全体成员的共同努力对社群产生了积极的影响，我们为此感到骄傲。服务对象的生活得到了切实的改善，他们的故事将继续激励我们努力争取更大的成果。

这一切都是因为有助者和合作伙伴的慷慨和支持。您的经济捐助和实物支持使我们能够为无数人的生活带来有意义的改变。我们向支持城隍慈善基金会的各位表示最深切的感谢，因为你们的贡献，使得我们能够获得成功，并发展慈善事业。

我们还要向我们敬业的志愿者表示感谢，他们无私地奉献自己的时间和精力，支持我们的事业。您的承诺和热情是我们组织持续发展和成功的动力。如果没有你们坚定不移的奉献精神，我们的成果将是有限的，我们衷心感谢你们的辛勤工作和毅力。

展望未来，我们认识到慈善事业任重而道远。我们仍然面对许多挑战，社区也需要援助。我们致力于扩大服务范围、改进计划并提高影响力。然而，我们无法独自做到这一点，我们恳请您在来年继续提供支持。

最后，需要强调的是，如果没有我们的团队、支持者和合作伙伴的共同努力，我们不可能取得任何成就。我们共同创建了一个强大且充满活力的组织，为人们的生活带来持久的改变。我们期待与您共同努力，建设更美好世界。

在此，再次感谢您对我们事业的支持、奉献和承诺。

溫馨的問候,
龙仕庚先生
主席
城隍慈善基金会

MESSAGE FROM SECRETARY



It is with immense pleasure that I share our achievements and extend my heartfelt gratitude to all those who have contributed selflessly towards our cause.

At the heart of our organization lie the core values of empathy, compassion, integrity, excellence and strategic. Throughout the year, we strived to embody these principles as we worked towards making a positive impact on the lives of those in need. Every initiative, every program, and every effort was driven by the desire to uplift and empower vulnerable individuals and communities.

Empathy has been a driving force behind our endeavors. By actively listening to the stories and experiences of those we serve, we have gained a deeper understanding of their challenges and needs. This has allowed us to customize our programs to meet the unique requirements of each individual, fostering a sense of belonging and hope in their hearts.

Compassion has been at the forefront of our interactions with the individuals we serve. We have strived to create a safe and nurturing environment for them, where they feel valued and respected. Our volunteers and staff have consistently demonstrated their dedication, offering unwavering support, and ensuring that no one is left behind.

Integrity is the pillar upon which our organization stands. We have maintained the highest ethical standards throughout all our operations, ensuring transparency, accountability, and responsible management of resources. Our commitment to integrity has earned us the trust and support of our stakeholders, allowing us to forge strong partnerships with other organizations and individuals who share our vision.

We strive towards service excellence, constantly seeking growth and improvement. By employing strategic planning and implementation, we strive towards maximising our impact and made significant strides towards achieving our mission. We continuously evaluate our programs and adapt to changing needs of those we serve.

On behalf of the entire team, I extend my deepest gratitude to our dedicated volunteers, staff, and members. Your unwavering commitment and tireless efforts have made all our achievements possible. I would also like to express our sincere appreciation to our generous donors and supporters who have stood by us, enabling us to carry out our mission even during challenging times.

Our journey towards creating a more compassionate and just society is far from over. As we move forward, we will continue to embrace our core values, knowing that they are the compass that guides us in all our endeavors.

Thank you for your continued belief in our organization and your support in our mission to make a difference in the world.

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

秘书献词



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，

我非常高兴地与大家分享我们取得的成就，并向所有为我们的事业做出无私贡献的人们表示衷心的感谢。

我们组织的信念是同理心、同情心、正直、卓越和战略性。在这一年中，我们努力遵循这些原则，为有需要的民众改善生活。每一项倡议、每一项计划和每一项努力，都源于帮助弱势个人和群体这一根本目标。

同理心一直是我们的驱动力。通过积极倾听服务对象的故事和经历，对他们的困难和需求有了更深入的了解。这使我们能够定制计划，满足每个人的独特需求，在他们心中培养归属感和希望。

同情心一直是我们与服务对象互动的首要因素。我们努力为他们创建一个安全和被呵护的环境，让他们感到受到重视和尊重。我们的志愿者和工作人员始终如一地表现出他们的奉献精神，提供坚定不移的支持，并确保没有一个人掉队。

诚信是我们组织赖以生存的支柱。我们在所有运营过程中都保持最高的道德标准，确保透明度、问责制和负责任的资源管理。我们对诚信的承诺为我们赢得了利益相关者的信任和支持，使我们能够与拥有共同愿景的其他组织和个人建立牢固的合作伙伴关系。

我们致力于提供卓越的服务，不断寻求成长和改进。通过战略规划和实施，我们努力最大限度地发挥影响力，并在履行使命方面取得重大进展。我们不断评估计划，从而适应服务对象不断变化的需求。

我代表整个团队，向我们敬业的志愿者、工作人员和会员致以最深切的谢意。你们坚定不移的毅力和不懈的努力使我们取得了目前的成就。我还要向支持我们的慷慨捐助者和支持者表示诚挚的谢意，他们使我们即使在充满挑战的时期也能完成使命。

我们希望能够创建一个更加富有同情心和公正的社会，这条道路还很漫长。在前进的过程中，我们将继续秉承核心价值观，因为这些价值观将指引我们努力奋斗的方向。

感谢您一直以来对于城隍慈善基金会的信任以及支持。

衷心的问候
陈添来 BBM(L)先生
秘书
城隍慈善基金会

ADVISORS & MANAGEMENT COMMITTEE 顾问与理事会

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

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 Soon Cheok Kah**
孙祝嘉先生
29/10/2020

Honorary Auditors 名誉审计

- **Mr Tan Chee Wee Aaron**
陈志伟先生
01/09/2021
- **Mr Ang Kok Seng**
洪国成先生
01/09/2021

Management Committee

理事会 (2021 – 2023)

President

主席

Mr Long Say Keng, Adrian

龙仕庚先生

Attendance: 100%

1st Vice President

副主席

Mr Soon Cheok Kah

孙祝嘉先生

Attendance: 90%

Vice President

副主席

Ms Goh Geok Choo Adeline

吴玉珠女士

Attendance: 90%

Vice President

副主席

Ms Ong Aii Ley

王爱丽女士

Attendance: 70%

Secretary

秘书

Mr Tan Thiam Lye BBM (L)

陈添来先生 BBM (L)

Attendance: 80%

Assistant Secretary

助理秘书

Mr Tan Ee Tiong BBM

陈维忠BBM先生

Attendance: 100%

Treasurer

财政

Mr Tan Eng Wat

陈永发先生

Attendance: 100%

Assistant Treasurer

助理财政

Mr Teng Swee Lim Davy

丁瑞霖先生

Attendance: 90%

Member

理事

Mr Ong Kuan BBM

王权BBM先生

Attendance: 60%

Member

理事

Mr Soong Kok Chee

宋国瑜先生

Attendance: 80%

Member

理事

Mr Ang Meng Joo

洪明裕先生

Attendance: 90%

Member

理事

Mr Lim Tiam Teng

(Raymond), PBM

林添丁先生, PBM

Attendance: 20%

Member

理事

Mr Tan Xianda Benjamin

陈贤达先生

Attendance: 20%

Member

理事

Mr Siew Kian Nam

萧建南先生

Attendance: 40%

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.

机构管理

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。

管理委员会作为管理机构的角色

管理委员会指导和监督基金会旗下的所有项目和服务，并通过良好的管理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：

- 批准年度财政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。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

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于基金会的最佳利益。基金会有明确的政策和程序去申报、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

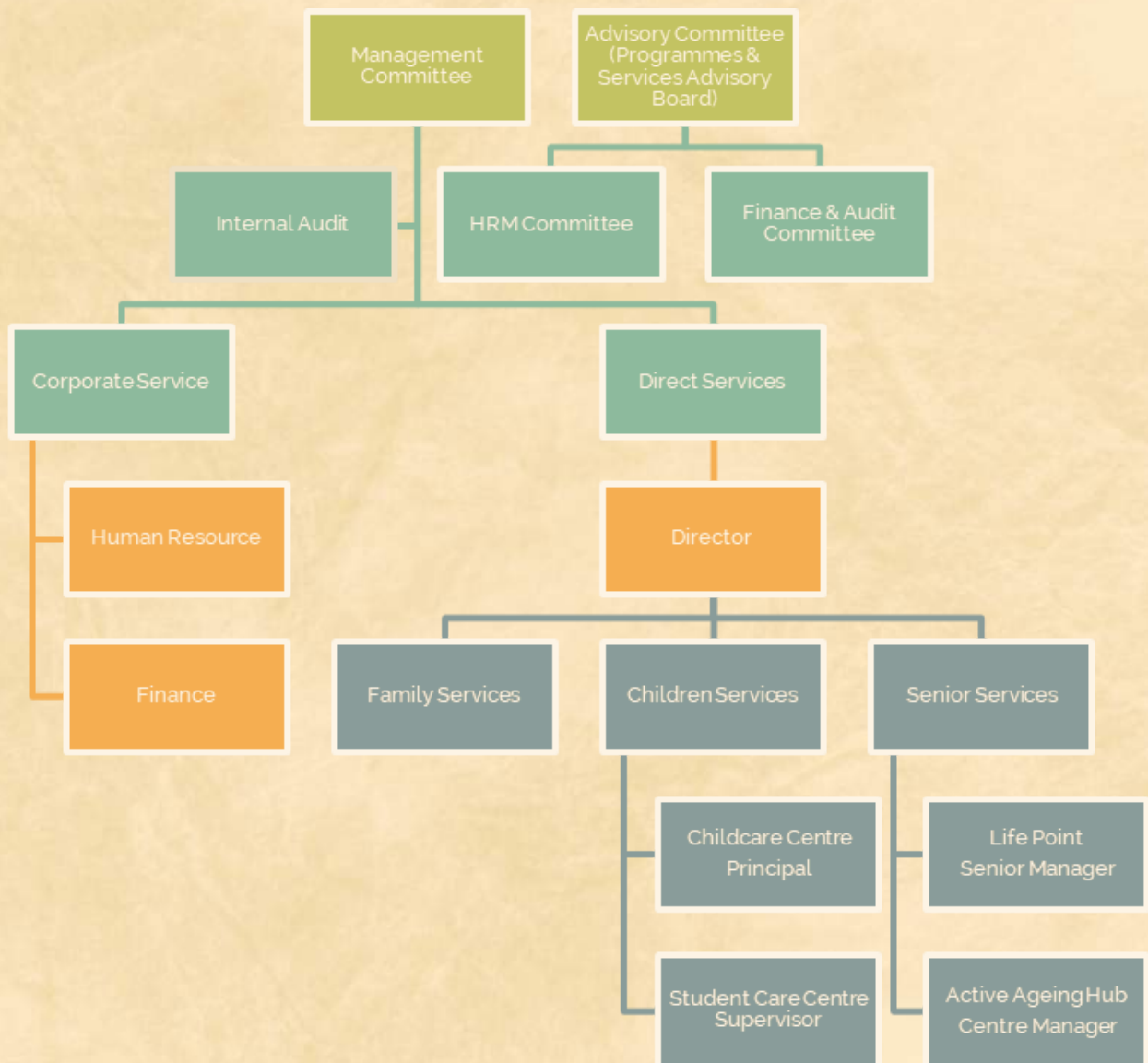
为了确保长期财务的可持续性和核心服务的提供，基金会已采纳国家福利理事会的建议。基金会预计旗下所有中心和项目都将处于财政赤字状态。基金会的管理委员会将不时寻求其主要赞助机构菲菜芭城隍庙联谊会及其附属机构的资金支持，以拥有足够的现金流来维持其营运。

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。

ORGANISATIONAL CHART

组织图表



OUR SERVICES

我们的服务

We provide management & funding support to the following centres

我们为下列机构提供管理和资金支持:

01

Hougang Sheng Hong Family Service Centre

后港城隍家庭服务中心

Blk 237 Hougang St 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

02

Hougang Sheng Hong Student Care Centre

后港城隍学童托管中心

Blk 238 Hougang Ave 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

03

MacPherson Sheng Hong Childcare Centre

麦波申城隍托儿中心

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

04

Life Point

生命同行坊

175 MacPherson Road, Singapore 348537

新加坡麦波申路175号 邮编 348537 (入口在惹兰万宜)

Telephone 电话: +65 6538 9877

Fax 传真: +65 6538 9878

05

Sheng Hong Active Ageing Hub @ Sennett

信立城隍乐龄中心

175 MacPherson Road, Singapore 348537

新加坡麦波申路175号 邮编 348537

Telephone 电话: +65 6239 0933

Fax 传真: +65 6239 0939

FAMILY SERVICE CENTRE

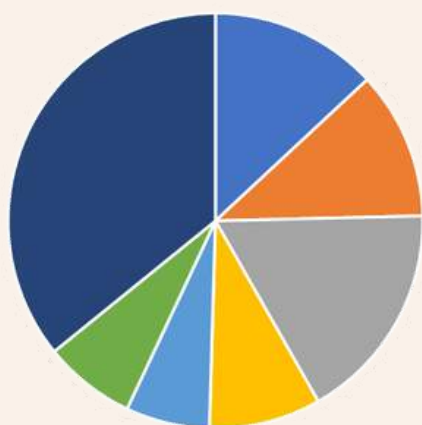
家庭服务中心

Hougang Sheng Hong Family Service Centre is a **one-stop neighbourhood centre** that anyone can turn to for help on any matter relating to family. We are located within the north-east district of Singapore and we serve families regardless of age, race, language or religion. We offer a range of services for individuals and families in need. We provide assistance and support to guide them to cope with **personal, social and emotional challenges** at different life stages. The services we provide include **information and referral, casework & counselling service**, and also **psychoeducational and developmental programmes**. If you require any of our services, please refer to our information below:

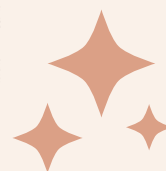
后港城隍家庭服务中心是一个一站式的邻里中心。任何人都可以向我们寻求帮助和支持，解决他们所面对的家庭问题。我们的中心位于东北地区。不论什么年龄，种族，语言，或宗教的人士都可以向我们寻求协助。我们为有需要的人和家庭提供一系列的服务，指导他们，提高他们的能力去应对个人，社交，和情感上的困难。我们提供的服务包括信息提供及转介服务，个案及辅导服务，心理教育及发展性方案。若有任何需要，请看以下资料跟我们联系：

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)
Extended Opening Hours 延长开放时间:	Tuesdays & Thursdays 星期二及星期四 (6pm – 9pm)

Distribution of needs/support 需求/支持的分配



- Accommodation/Shelter Issues 住宿问题
- Emotional Issues 情绪问题
- Family Violence 家庭暴力
- Mental Health Issues 精神问题
- Parenting-Child Management 儿女教育
- Marital Issues 婚姻问题
- Others 其他



Top 3 Needs/Support 三大需求/支持



Housing Issues
住宿问题



Emotional Issues
情绪问题



Family Violence
家庭暴力

The presenting issues faced by our clients ranged from financial issues, housing and shelter issues, parental issues, mental health, and family violence. Of all the presenting problems, the top 3 most common presenting issues were housing and shelter, emotional issues, and family violence.

我们的客户面临的问题包括财务问题、住房和住宿所问题、父母问题、心理健康和家庭暴力。在所有出现的问题中，最常见的三大问题是住宿问题、情绪问题和家庭暴力。

Total no. of sessions 会话总数	Total No. of Enquiries Handled 处理的查询总数	No. of New Cases 新个案例数	No. of Closed Cases 已结案总数
2348	256	148	135

CASE STUDY OF ABEL*

This is a case of a youth, Abel, 21 years old, who was facing **accommodation, financial and employment challenges** and required support from us. He was renting a unit within Hougang Sheng Hong Family Service Centre's service boundary and was referred to us by another Family Service Centre. This was a challenging case for his social worker Dan as **Abel was too young to qualify for the Housing Development Board Public Rental Scheme, had mental health diagnoses and did not have sustainable income or savings**. It was challenging for Dan to support Abel as Abel would use verbal violence to coerce Dan into giving in to his demands. Furthermore, Abel used manipulative behaviors such as recording down conversations with Dan, and made threats to call the police against Dan when his demand for a shelter was not met.

When Dan processed the case further, he realized that these were **attempts made by Abel to secure a permanent accommodation**. He had been shuttling between shelters and open market rentals for the past two years. Due to the lack of permanency in his accommodation status, he was getting very tired and feeling frustrated. Hence, he was unwilling to work on building up a sustainable financial security net and seeking sustainable employment.

Working with formal systems is very important towards supporting Abel in his unfortunate circumstances. **Institute of Mental Health** stepped in to provide temporary shelter and psychotherapy sessions while Dan worked with **Social Service Office** Regional Service Team to advocate to Housing Development Board for a public rental unit. Throughout the journey in supporting Abel, Dan faced barriers in the advocacy work with psychiatric shelters and HDB as well as difficulty inviting Abel's family members to step forward to support. The family members were not ready to receive him back home and were also reluctant to provide him with financial support in terms of paying for the housing rental or temporary hostel stays.

Through the collective efforts of our social worker, Institute of Mental Health, and Social Service Office Regional Service Team **in advocating to Housing Development Board**, Abel was successfully allocated a unit under the Joint Singles Scheme as a Single Stayer after three appeals and one case conference. **Emergency ComCare Funds** were tapped on to support Abel in a temporary hostel stay whilst waiting for the results for shelter applications, as well as paying for the deposit and first month rental bills and service and conservancy charges for the rental unit from Housing Development Board. As the rental unit allocated to Abel is very far away from Hougang Sheng Hong Family Service Centre, the case was closed and referred to the nearest Family Service Centre to continue the providence of support to Abel.

*Name has been changed to protect the identity of the client.

ABEL*的个案

这是一名 21 岁的年轻人 Abel 的案例，他面临着住宿、经济和就业方面的困难，需要我们的支持。他在后港城隍家庭服务中心的服务范围内租用一个单位，并由另一家家庭服务中心转介给我们。这对他的社会工作者Dan来说是一个具有挑战性的案例，因为Abel太年轻，没有资格参加住房发展局公共租赁计划，患有心理健康疾病，并且没有可持续的收入或储蓄。Dan支持Abel是一项挑战，因为Abel会使用言语暴力来迫使Dan屈服于他的要求。此外，Abel还采取了一些试图控制他人的行为，例如记录与Dan的谈话，并威胁称如果未满足他对庇护所的要求，将报警。

当Dan进一步处理此案时，他意识到这些都是Abel为获得永久住所而做出的尝试。过去两年，他时而住在庇护所，时而住在公开市场的出租屋。由于住宿条件不稳定，他感到非常疲倦和沮丧。因此，他不愿意致力于建立可持续的经济安全网和寻求可持续的就业。

对于Abel的不幸遭遇，为了给予支持，与正式机构合作非常重要。心理健康研究所介入提供临时住所和心理治疗课程，而Dan则与社会服务办公室区域服务团队合作，向住房发展委员会建议，租赁公共单位给Abel。在支持Abel的整个过程中，Dan在与精神病院和建屋发展局的沟通工作中遇到了障碍，并且难以说服Abel的家人接纳他。家人还没有准备好接他回家，也不愿意为他提供住房租金或临时宿舍住宿等经济支持。

经过我们社工、心理健康研究所和社会服务办公室区域服务团队的共同努力，向建屋发展局提议，经过三次上诉和一次个案会议，Abel成功以单身住宿者的身份在联合单身计划下分配到了一个单位。紧急 ComCare 基金被用来支持Abel的临时宿舍租金，同时等待庇护所申请结果，以及支付住房发展委员会的押金和第一个月的租金，以及租赁单元的服务和管理费。由于分配给Abel的租住单位距离后港城隍家庭服务中心较远，案件已结案，并转介至最近的家庭服务中心继续为Abel提供支援。

*为了保护客户的身份，名称已更改



Groupwork

Safety Begins with me!

The Ministry of Social and Family Development (MSF) Child Protective Service (CPS) investigates cases involving serious abuse or neglect of children and young persons in accordance with the statutory framework set out under the Children and Young Persons Act (CYPA). Based on their statistics published, **child sexual abuse cases jumped 70 per cent** from 261 cases investigated in 2020 to 443 cases in 2021 - an 11-year high. Sexual abuse refers to any behaviour of a sexual nature that takes place without the consent or understanding of the victim. It can happen to anyone, regardless of age or gender. Sexual abuse can be perpetrated by a stranger or someone known to the victim.

社会和家庭发展部（MSF）儿童保护服务处（CPS）根据《儿童和青少年法》（CYPA）规定的法律框架调查涉及严重虐待或忽视儿童和青少年的案件。根据他们公布的统计数据，儿童性虐待案件从2020年调查的261起案件增加到2021年的443起，增加了70%，创11年来新高。性虐待是指未经受害人同意或理解而发生的任何与性有关的行为。它可能发生在任何人身上，无论年龄或性别。性虐待的实施者可能是陌生人，也可能是受害者认识的人。

Despite the worrying trend of an increase in the number of child abuse cases, there is currently a **lack of programs that specifically target empowering children to protect themselves against sexual abuse in Singapore**. At present, parents can use resources such as the KidzLive booklet developed by Singapore Children's Society (SCS) to teach children about sexual abuse. In addition, the education system is developing a curriculum to address child sexual abuse. However, these measures are far from adequate to prevent and reduce sexual abuse.



SCS's KidzLive Booklet

尽管虐待儿童案件数量增加的趋势令人担忧，但新加坡目前缺乏专门针对赋予儿童权利以保护自己免受性虐待的计划。目前，家长可以利用新加坡儿童协会（SCS）开发的KidzLive小册子等资源来教导孩子有关性虐待的知识。此外，教育系统正在开发解决儿童性虐待问题的课程。然而，这些措施还远远不足以预防和减少性虐待。

Hence, we came up with a group work program to address the identified service gap. Our objective was **to educate female students on body safety skills**, so that they can identify sexual abuse and take steps to protect themselves. We targeted **primary school girls who come from lower income and/or low-functioning families**, as they are more vulnerable and have less resources than their peers. Their parents are occupied with work or multiple stressors and may not have the capacity or knowledge to personally educate their children on protecting themselves, hence being unable to instill proper concept of body safety in children.

因此，我们制定了一个小组工作计划，来填补已确定的服务差距。我们的目标是教育女学生身体安全技能，以便她们能够识别性虐待并采取措施保护自己。我们的目标对象是来自低收入和/或低功能家庭的小学生，因为她们比同龄人更脆弱，资源也更少。她们的父母忙于工作或承受多重压力，可能没有能力或知识亲自教育孩子保护自己，因此无法向孩子灌输正确的身体安全概念。

We recruited **8 female students of ages 7-10 years old from our Student Care Centre**. Our programme goal was to empower children with the body safety tools and knowledge to identify and protect themselves from sexual abuse. The group work programme entitled 'Safety begins with me!' was conducted in Nov 2022 over **4 sessions**. The design of learning activities incorporated the **use of figurines and models, interactive learning games, role-play and quizzes to engage the children**.

我们从学生关怀中心招募了 8 名 7 至 10 岁的女学生。我们的计划目标是为儿童提供身体安全工具和知识，以识别并保护自己免受性虐待。小组工作计划的主题是“安全从我做起！”，于 2022 年 11 月进行了 4 次会议。学习活动的设计结合了小雕像和模型的使用、互动学习游戏、角色扮演和测验来吸引孩子们的参与。

In the first session, we used jigsaw puzzles to introduce **what their private body parts are and how they are meant to be private**. We also had a discussion on how we do not show or allow people to touch them for no good reason, nor can we see or touch other people's private body parts.

在第一节课中，我们用拼图游戏来介绍身体的私密部位是什么，以及如何保护它们的私密性。过程中我们讨论了不能向他人展示或被他人触摸的部位，同样，我们也不能看到和触摸他人的这些部位。

In the second session, the students learnt to differentiate between good and bad touches, and good secrets and bad secrets. A bad touch and a bad secret makes you feel uncomfortable, confused, or scared whereas a good touch (e.g. a hug or kiss from parents) and a good secret (e.g. a surprise birthday gift) makes you feel happy.

在第二节课中，学生们学会了区分好接触和坏接触、好秘密和坏秘密。不好的接触和不好的秘密会让你感到不舒服、困惑或害怕，而好的接触（例如父母的拥抱或亲吻）和好的秘密（例如惊喜的生日礼物）会让你感到快乐。



In the third session, we conducted a blindfold game to introduce the idea of a **safe person**, and asked them questions to reflect on how they would feel with an unsafe person v.s. a safe person.

在第三节课中，我们进行了蒙眼游戏来介绍安全人的概念，并向他们提出问题，以反思他们对不安全的人与不安全的人的感受。

In the fourth session, we assisted students to **identify at least 3 safe adults** they can turn to for support, experience how it is like sharing with their safe adult, and equipped students with skills to navigate obstacles when sharing with their safe adult.

在第四节课中，我们帮助学生确定了至少 3 个可以向他们寻求支持的安全成人，体验了与安全成人分享的感觉，并为学生提供了在与安全成人分享时克服障碍的技能。

At the end of the programme, the children will also understand that sexual abuse is not their fault, and know what to do when they experience sexual abuse. The students were able to articulate key body safety concepts and demonstrated confidence to apply the skills learnt. They also expressed that they look forward to attending similar programme in the future.

课程结束后，孩子们也会明白性虐待不是他们的错，并知道当他们遭受性虐待时该怎么做。学生们能够阐明关键的身体安全概念，并表现出应用所学技能的信心。他们也表示，非常期待以后能够参加类似的活动。



Community Work

Community Work and Group Work are the two main pillars in supporting social workers' journeys and case management for the clients and families. Community Work aims 1) To develop and implement creative **community-based strategies** to enhance and support **casework** and build **strong neighborhoods**, by utilizing a dynamic framework for quality growth and partnership; and 2) To nurture and promote a **vibrant community** in sharing and collaborating with stakeholders in Hougang-Kovan.

The two main objectives for Community Work Team are 1) **strengthen partnerships** with community stakeholders so as to become the focal point for the community that Hougang Sheng Hong Family Service Centre is serving; and 2) **identify gaps and service needs** that existing clients and families require. This provided support to complement and supplement social workers in their journeys in the casework management component.

社区工作和小组工作是支持社会工作者的日常工作以及客户和家庭案件管理的两个主要支柱。社区工作的目标 1) 利用动态框架，实现高质量的发展，建立伙伴关系，制定和实施基于社区的创造性战略，以加强和支持个案工作，并建设强大的社区凝聚力；2) 培育一个充满活力的社区，与后港-高文的利益相关者分享和合作。

小组工作(group work) 的两个主要目标是 1) 加强与社区利益相关者的伙伴关系，成为后港城隍家庭服务中心所服务社区的焦点；2) 确定现有客户和家庭所面临的困难和服务需求。这为社会工作者在个案管理部分的日常工作提供了补充和辅助。



This led to Community Work Team's efforts to bridge the gaps by tapping on available community resources. In 2022/2023, Our Community Work Team re-established connections with various community stakeholders such as Blk170 @ MyFirstSkool, PCF SparkleTots @ Blk 115, Little Green House @ Hougang, Xinghua Primary School, Fei Yue Active Aging Centres (Hougang and Dew Court), Paya Lebar Kovan and Aljunied Community Centres, and Resident Committees.

这使得社区工作团队努力通过可用的社区资源来弥合差距。2022/2023 年，社区工作团队与各个社区利益相关者重新建立了联系，例如第170座@MyFirstSkool、PCF SparkleTots@第115座、小绿屋@后港、兴华小学、飞跃活力乐龄中心（后港和Dew Court），以及巴耶利峇高文和阿裕尼社区中心。

This allowed the team to pilot several initiatives that are meant to support the community at large as well as existing beneficiaries. One example is **Project Transition**. This project aims to **support children with needs who are transiting from Kindergarten Two to Primary One**. This is in collaboration with MyFirstSkool, PCF SparkleTots and Xinghua Primary School. The main objective is to support and connect the children who require intensive support with relevant community partners while Hougang Sheng Hong Family Service Centre steps in to support the family members. This led to a collaboration between Hougang Sheng Hong Family Service Centre and Social Service Office, and ComLink Team.

这使得该团队能够尝试实施多项旨在支持整个社区以及现有受益人的举措。《项目过渡》就是一个例子。该项目旨在支持从幼儿园二年级过渡到小学一年级的有需要的儿童。这是与 MyFirstSkool、PCF SparkleTots 和新华小学合作的。主要目标是为需要大力支持的儿童提供帮助，并将这些孩童与相关的社区合作伙伴联系起来，而后港城隍家庭服务中心在此项目中为家庭成员提供支持。



A **focus group discussion** with **11 families** was conducted to better understand the families' needs and to link them up with ComLink's resources. The **key areas of concern** were: Character development of children, parenting skills & relationships with children, lack of motivation in children to do well in school, physical and mental well-being of children, and academic support. To support families better, we brainstormed

possible **follow-up plans** such as programmes to promote family bonding, academic/mentoring programmes, learning journeys to encourage and inspire children to have dreams and aspirations, and parents' support group.

我们与 11 个家庭进行了焦点小组讨论，以更好地了解这些家庭的需求，并将他们与 ComLink 的资源联系起来。关注的关键领域是：儿童的性格发展、养育技巧和与儿童的关系、儿童缺乏在学校取得好成绩的动力、儿童的身心健康以及学业支持。为了更好地支持家庭，我们集思广益，制定了可能的后续计划，例如促进家庭联系的计划、学业/辅导计划、鼓励和启发孩子实现梦想和抱负的学习之旅以及家长支持小组。



Community Work Team also conducted outreaches to schools, namely Tampines Meridian Junior College, Anderson Serangoon Junior College, Anglo-Chinese Junior College and Yuying Secondary to educate them about Hougang Sheng Hong Family Service Centre' s scope of services and volunteering opportunities. Door-to-door knocking outreaches were also conducted on blocks 220 – 222 with the understanding to raise awareness of Hougang Sheng Hong Family Service Centre' s scope of services.

社区工作队还到淡滨尼子午线初级学院、安德森实龙岗初级学院、英华初级学院和育英中学等学校进行外展活动，让他们了解本中心的服务范围和志愿服务机会。我们还在 220 至 222 座进行了挨家挨户的敲门外展活动，以提高人们对本中心服务范围的认识。

Food from the heart

As part of the FSC's community work, HSHFSC initiated a collaboration with Food From The Heart (FFTH) in August 2022 to complement the current support provided to the FSC's clients. Food From The Heart is an organization that serves and **provides low income families with monthly groceries**. Low income families will need to meet FFTH's eligibility criteria of a **monthly per capita income of \$690 and below** to be eligible for the program. For these families, their main concern is basic necessities such as food. FFTH will serve as a temporary assistance for the clients to improve their financial situation so they can focus on working on their other needs.

作为 FSC 社区工作的一部分，本中心于 2022 年 8 月启动了与 Food From The Heart (FFTH) 的合作，以补充目前向 FSC 客户提供的支持。Food From The Heart 是一个为低收入家庭提供每月食品杂货的组织。低收入家庭需要满足 FFTH 的资格标准，即人均月收入 690 元及以下，才有资格参加该计划。对于这些家庭来说，他们最关心的是食物等基本必需品。



FFTH 有自己的标准食品包，其中包含预先确定的物品。由于我们发现我们的客户饮食不均衡，我们要求提供额外的新鲜农产品。每月的食品杂货中都会补充新鲜的根类蔬菜、水果和鸡蛋，以确保这些家庭获得更健康生活所需的营养。

迄今为止，本中心已通过 FFTH 每月计划为 35 个家庭提供服务，自该计划启动以来，受益家庭已增加 10 个。通过 FFTH 计划，本中心希望使低收入家庭能够实现更大的财务稳定并最终实现经济独立，同时确保满足家庭的基本食品需求。



FFTH has their own standard Food Pack which consist of pre determined items. We requested for the additional fresh produce as we have observed that our clients are not eating balanced diet. The monthly groceries are supplemented with fresh root vegetables, fruits and eggs to ensure that these families receive the nutrients required for healthier living.

To date, HSHFSC has served **35 families** through the FFTH monthly program and has seen a growth of 10 families benefiting from the program since its inception. Through the FFTH program, HSHFSC hopes to enable low income families to move towards **greater financial stability and eventual independence** while ensuring that the families' basic food needs are met.



STUDENT CARE CENTRE

学童托管中心

Hougang Sheng Hong Student Care Centre was started in Jan 2001. Since then, the centre has been providing quality care and enrichment services to support working parents by looking after and supervising their primary school-going children during after-school hours. The children we serve are mainly from Primary 1 to 6, possibly up to age 14. Our aim is to provide these children with a safe and conducive environment to participate in planned activities during their after-school hours so that they will not fall prey to undesirable influence and become latchkey lads.

后港城隍学童托管中心从2001年一月开始提供高质量的照顾和拓展服务，支持在职父母，帮助他们照顾及监督小学生。这些学生来自小一至小六，最大年纪可能到14岁。我们的目的是给予一个安全，有利的环境。学生们放学后我们可以参与我们安排的活动，我们将照顾和监督孩童，避免他们受到不良影响。

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)

Our Curriculum

In our Student Care Centre, we offer a variety of programs that provide numerous benefits to our students. These programs include:

WeCan! Empowerment programme

The objectives of this program are to Empower, Enrich and Encourage our students through football. Participants will have a chance to learn **football** in a fun way, fostering a positive and enjoyable experience. Engaging in physical activity helps them maintain a healthy lifestyle, improve their overall fitness levels and enhance their endurance and strength. Moreover, being part of a team and engaging in sports activities with peers can help them develop **leadership skills, sportsmanship and social and teamwork skills**. Our dedicated coaches will provide guidance, support and motivation to help your child to take advantage of the benefits that football can offer.

Character Building Curriculum

The primary objective is to foster the development of essential character traits in an engaging manner. Students will cultivate **life skills, resilience, and personal growth**. They'll learn **empathy, kindness, and respect, as well as integrity, honesty, and responsibility**. Caregivers provide guidance, support, and motivation, creating a nurturing and inclusive environment. Real-life scenarios and reflective discussions deepen understanding. The curriculum encourages self-reflection, goal setting, and growth. Students **embrace challenges, develop a growth mindset, and persevere**. They become **resilient** individuals making positive choices and contributing to society. The character building curriculum lays a strong foundation for holistic development, equipping students with skills for **personal and professional success**.

Show & Tell

The objectives of show and tell sessions are to **enhance communication skills, build self-confidence, and foster a sense of community and appreciation**. Students develop effective communication by expressing themselves confidently and engaging their peers. They gain self-assurance and pride in sharing their interests, talents, and experiences. Show and tell promotes **mutual respect, active listening, and learning from each other's diverse backgrounds**.

Inspiring Stories

Incorporating inspiring stories into our curriculum serves as a powerful tool to motivate, engage and inspire students. These stories provide **valuable life lessons, teach important values and encourage personal growth**.

Debate

Incorporating debate into our curriculum offers numerous benefits for students, including **critical thinking, communication skills and the ability to consider multiple perspectives**.

我们的课程

在学童托管中心，我们提供各种课程，为学生带来众多好处。这些计划包括：

我们可以！赋能计划

该计划的目标是通过足球赋予学生能力，提升和鼓励他们。参与者将有机会以有趣的方式学习足球，获得积极而愉快的体验。参加体育活动有助于他们保持健康的生活方式，提高整体健康水平并增强耐力和力量。此外，成为团队的一员并与同伴一起参加体育活动可以帮助他们培养领导技能、体育精神以及社交和团队合作技能。我们的专业教练将提供指导、支持和激励，帮助您的孩子充分利用足球带来的好处。

品格建设课程

主要目标是以一种引人入胜的方式促进基本性格特征的发展。学生将培养生活技能、适应力和个人成长。他们将学会同理心、善良和尊重，以及正直、诚实和责任感。护理人员提供指导、支持和激励，创造一个呵护和包容的环境。通过现实生活场景和反思性讨论加深理解。该课程鼓励自我反思、目标设定和成长。学生拥抱挑战，培养成长心态并坚持不懈。使他们成为有韧性的人，做出积极的选择并为社会做出贡献。品格建设课程为学生的全面发展奠定了坚实的基础，为学生提供个人和职业成功的技能。

展示和讲述

展示和讲述会议的目的是增强沟通技巧、建立自信并培养社区意识和欣赏意识。学生通过自信地表达自己并与同伴互动来发展有效的沟通。他们通过分享自己的兴趣、才能和经验而获得自信和自豪。展示和讲述可以促进相互尊重、积极倾听以及从彼此的不同背景中学习。

鼓舞人心的故事

将鼓舞人心的故事融入我们的课程中，可以成为激励、吸引和启发学生的有力工具。这些故事提供了宝贵的人生经验，教导重要的价值观并鼓励个人成长。

辩论

将辩论纳入我们的课程可为学生带来许多好处，包括批判性思维、沟通技巧和考虑多种观点的能力。





According to National Environment Agency (NEA), Singapore's integrated solid waste management system focuses on two key thrusts – waste minimisation and recycling, or simply the 3Rs (Reduce, Reuse, Recycle). The United Nations (UN) emphasised the importance for students to develop "soft skills" as part of their educational process, thus, our Character and Citizenship Education (CCE) inculcates values in our children so that they become **civic-minded and responsible** individuals and citizens.

To help children gain **environmental awareness**, we organised activities such as designing a used toilet paper roll.

The children learnt that each and every one of them is unique as they come up with different ideas on how to design their artwork. They also learnt about how waste can be reduced and how we can use our creativity to reuse something in different ways.

根据新加坡国家环境局(NEA)的说法,新加坡的综合固体废物管理系统专注于两个关键方向 - 废物减量和回收利用,也就是3R原则(减少、重复利用、回收)。

联合国(UN)强调学生在教育过程中培养“软技能”的重要性,因此,我们的品格和公民教育(CCE)向我们的孩子灌输价值观,使他们成为有公民意识和负责的个人和公民。

为了帮助孩子们提高环保意识,我们组织了一些活动,例如设计用过的卫生纸卷。

孩子们了解到他们每个人都是独一无二的,因为他们对如何设计自己的艺术品提出了不同的想法。二次利用卫生纸卷设计艺术品,他们还了解了如何减少浪费以及我们如何利用创造力以不同的方式重复利用某些东西。





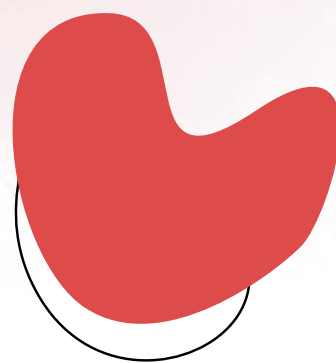
During the school holidays, our children put up a rousing performance in Dec 2022 at our centre and in front of their parents. Performing in front of an audience can help children to **feel more confident and proud of their accomplishments**, and take pride in their work. The children had practiced for more than 10 hours over a period of 14 days to prepare for the performance. In their journey of training for the performance, we inculcate the **value of putting in hard work to achieve success**. They learnt that it takes a lot of effort to produce a good performance. During the practices, the children were also able to **explore their creativity and find new ways to express themselves**. There were brave children who played the guitar alone or sang solo. Other children bravely played the keyboard together, sang as a group, and put up a dance. While those who put up individual

performances developed more confidence, those who put up group performance fostered **teamwork and collaboration**, which can help children to develop **social skills such as communication, cooperation and conflict resolution**. Those who put up dance performances were engaged physically, which helps them to **develop coordination, balance and physical strength**. The process of performing may also help children develop **cognitive skills such as problem-solving, critical thinking and creativity**. Overall, performing arts can be a fun and enriching activity for children that can have a positive impact on their physical, cognitive and social development. Those who were not performing sat on the floor to watch all the performances. These children learnt to show respect for others and **develop an appreciation for others' efforts**.

2022年12月学校放假期间，我们的孩子在他们的父母面前进行了一场激动人心的表演。在观众面前表演可以帮助孩子们树立自信心，对自己的成就更加自豪，并为自己的工作感到骄傲。为了准备演出，他们在14天的时间里练习了10多个小时。在他们的表演训练过程中，我们向他们灌输努力工作才能取得成功的价值观。他们了解到，要取得好的成绩需要付出很大的努力。在实践过程中，孩子们也能够探索自己的创造力，找到新的方式来表达自己。

有勇敢的孩子独自弹吉他或独唱。其他孩子勇敢地一起弹奏键盘，集体唱歌，跳舞。进行个人表演的孩子会变得更加有信心，而进行团体表演的孩子则可以培养团队精神和协作能力，这可以帮助孩子学习沟通、合作和解决冲突等社交技能。有些孩子从事某种形式的体育活动比如跳舞，这有助于他们提升协调性、平衡性和体力。表演的过程还可以帮助孩子发展认知技能，例如解决问题、批判性思维和创造力。

总的来说，表演艺术对儿童来说是一项有趣且丰富的活动，可以对他们的身体、认知和社会发展产生积极影响。没有表演的人坐在地板上观看所有的表演。这些孩子学会尊重他人并欣赏他人的努力。



Excursions

We brought the children to Sembawang Battleship playground on 23 November 2022 where they played with the sand, building sandcastles and even burying themselves in the sand. The children had fun and laughed a lot. Apart from allowing them to enjoy themselves, **sandplay also builds the development of senses, hand-eye coordination, as well as gross and fine motor skills.** They exercised their fine motor skills as they used a shovel to dig up sand, and their gross motor skills as they lift a bucket filled with sand.



filled with unexpected changes. The children **learnt to persevere, not giving up until the end goal has been achieved.** When the children reached the very top of the hill, they were greeted by a scenic view and a butterfly garden featuring plants that attract butterflies. There, they enjoyed the reward from the fruits of their labor.

我们于 2022 年 11 月 23 日带孩子们去了三巴旺战舰游乐场，他们在那里玩沙子、堆沙堡，甚至把自己埋在沙子里。孩子们玩得很开心，也笑得很开心。除了让他们享受乐趣之外，沙盘游戏还可以培养感官、手眼协调能力以及

粗大和精细运动技能。他们用铲子挖沙子锻炼了精细运动技能，举起装满沙子的桶则锻炼了粗大运动技能。

2022 年 11 月 28 日，54 名儿童前往武吉甘柏蝴蝶公园进行实地考察。在武吉甘柏蝴蝶公园，孩子们走上了一条由一系列之字路、楼梯和人行道组成的山路，所有这些都向上通往山丘的山顶。上坡步行是一种很好的心血管锻炼方式，可以增强肌肉，因为它可以提高心率并激活腿部肌肉，刺激小腿、腿筋和臀部的肌肉。旅途充满艰辛，充满了意想不到的变化，但孩子们学会了坚持，不达目的不放弃。当他们到达最高点时，迎接孩子们的是风景和蝴蝶园，里面种有吸引蝴蝶的植物。在那里，他们享受着劳动成果的回报。



On 28 November 2022, 54 children went on an excursion to Bukit Gombak Butterfly Park. At the Bukit Gombak Butterfly Park, the children walked up a hill trek consisting of a series of switchbacks, stairs and footpaths, all leading upwards towards the summit of the knoll. Walking uphill is a great **cardiovascular workout that strengthens the muscles** as it increases the heart rate and activates the leg muscles, stimulating muscles in the calves, hamstrings and glutes. The journey was difficult and



STUDENTS

showering 学生们向老师表达爱意和感激之情

love & gratitude to the TEACHERS



Thank you ms
eve for being a
very kind Prince
BY Ashley

You are such a
Good Teacher,
from Lenya for ms
Eve

from: rayden To: Mr adrian
Thank You for saying to ms Eve
that i fell down it was so funny



To: MISS Sa Xin from:
Keighley
thanx you
for Being a kindful
Volunteers

Thank you for listening and
I had stop this phrase
I love you to the boy
A sec. keep up your good
work

Dear Ms Eve

Ramsey

Dear: Mr ADRIAN

Thank You for being a
Good Teacher.

Thank you for play
to Mr ADRIAN



Ramsey

CHILDCARE CENTRE

托儿中心

MacPherson Sheng Hong Childcare Centre is established by The Society of Sheng Hong Welfare Services (SSHWS) on 11 July 2005. The purpose is to provide financial or other assistance, welfare, and relief, to promote friendship between people and to enhance community cohesion. The centre 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. We have obtained from ECDA the license on a maximum capacity of 27 infants and 151 children.

麦波申城隍托儿中心是城隍慈善基金会在2005年7月11号创办的。目的是在经济上或者是其他方面给予援助，福利，促进人与人之间的友谊，增强社区凝聚力。

麦波申城隍托儿中心提供以孩子为中心、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。麦波申城隍托儿中心获得了幼儿培育署的许可证，最高可接纳27名婴儿及151名儿童。

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)



In line with the revised **Nurturing Early Learners (NEL)** framework, we believe that children are joyful, curious, active and competent learners. Children play, learn and grow with others in a diverse and multicultural community. Hence, we provide ample opportunities for the children in our childcare centre to interact with the community.

We collaborated with Tampines Meridian Junior College and Anderson-Serangoon Junior College for their Values in Action projects. **Values in Action (VIA)** is a Key Student Development Experience (SDE) that aims to nurture socially responsible citizens who contribute meaningfully to the community, through the learning and application of values, knowledge and skills. Some activities conducted include outdoor games, a mini telematch that involved



running at the grass patch, a round robin that required children to listen attentively, **team building** as well as use their **critical thinking** skills. This will allow the beneficiary to not only develop holistically but also, have fun at the same time.

根据修订后的培养早期学习者（NEL）框架，我们相信孩子是快乐的、好奇的、积极的和有能力的学习者。孩子们在多元化和多元文化的社区中与他人一起玩耍、学习和成长。因此，我们为托儿中心的孩子提供充足的机会与社区互动。我们与淡滨尼美廉初级学院和安德森实龙岗初级学院合作开展价值观行动项目。行动价值观（VIA）是一项关键的学生发展体验（SDE），旨在通过学习和应用价值观、知识和技能，培养对社会做出有意义贡献，即有社会责任感的公民。VIA旨在培养学生的主人翁意识和主动性。进行的一些活动包括户外游戏、在草地上跑步的迷你远程比赛、要求孩子们专心聆听的循环赛、团队建设以及运用他们的批判性思维能力。这将使受益人不仅能够全面发展，而且同时享受乐趣。



Community collaboration plays a crucial role in early childhood education. It involves the connections between children, families, care providers, and local organizations. Educational experiences that are active, social, contextual and engaging lead to deeper learning. A good community provides a supportive and inclusive environment that helps children develop their socio-emotional skills and feel a sense of belonging.

Collaboration also helps children to discover each other's strengths, interests and capabilities. Instead of limiting learning from a teacher or an adult, they can learn from one another. As a result, each child can develop their skills and knowledge in a fun and efficient way.

与社区合作在幼儿教育中起着至关重要的作用。它涉及儿童、家庭、护理提供者和当地组织。积极的、社交的、情境化的和引人入胜的教育体验能够带来更加深入的学习。一个良好的社区能提供的环境支持和包容孩子，帮助拓展社交情感技能并感受到归属感。与社区合作可以帮助孩子们发现彼此的优势、兴趣和能力。他们可以互相学习而不是局限于向老师或成人学习。因此，每个孩子都可以以一种有趣而有效的方式提升他们的技能和知识。

Building sandcastles with peers is an enjoyable activity children look forward to. See the wide grins on their faces!



Oops! That was refreshing on a warm sunny morning!

Children love to cycle around freely at our Transport Play Area!



Look at them execute a "Tyre Spider" movement!



Sensory learning aims to stimulate children's senses in multiple ways in order to engage them and support their learning and development. In this activity, a container of water was filled with water beads. The teachers encouraged the toddlers to put their hands into the water to feel the sensation of soft water beads in cold water. Through this tactile activity, they learn the concept of heat loss and the softness of water beads.

感官学习旨在以多种方式刺激儿童的感官，以吸引他并支持他的学习和拓展。在这个活动中，一个装有水的容器装了水球。老师们鼓励幼儿将手伸入水中，感受冷水中柔软的水球的触感。通过这种触感活动，激活他了解了热量损失的概念和水球的柔软度。



Numeracy, which is the ability to understand and work with numbers, is another key stage outcome of pre-school education. In one of the activities organized for our K2



K2 children using cubes to measure the height of animal
幼儿园2年级的孩子使用立方体培养他们对算术技能/概念的理解

children, we gave them Lego cubes to develop their understanding of **numeracy skills or concepts**. They were tasked to draw an animal they like, place lego cubes one by one beside the animal drawn and count the number of cubes used to measure the animal's height. In addition, this activity also helped to hone their fine motor skills as they used color pencils to color the animals.

算术能力，即理解和处理数字的能力，是学前教育的另一个关键阶段成果。在为K2孩子组织的一项活动中，我们给了他们乐高积木，以培养他们对计算技能或概念的理解。他们的任务是画一只自己喜欢的动物，将立方体一个一个地放在画出的动物旁边，并数出用于测量动物身高的立方体的数量。此外，这项活动还有助于磨练他们的精细运动技能，因为他们使用彩色铅笔给动物着色。

We measured the height of our favourite wild animal with Lego cubes. Through this activity, we were able to compare the dimensions

of our drawings and determine which wild animal was the tallest.

我们用乐高积木测量了我们最喜欢的野生动物的高度。通过这次活动，我们能够比较我们画的尺寸，并确定哪种野生动物最高。

Language and literacy is another key stage outcome or pre-school education. . Language development refers to children's emerging abilities to understand and use language. It involves the passing of ideas from one person to another. Literacy is the ability to use and understand written words or other symbols in order to communicate. To improve the children's language and literacy, our children were encouraged to **express and articulate their thoughts and emotions**.

语言和书写能力是学前教育的另一个关键阶段成果。语言发展是指儿童理解和使用语言的新兴能力。它涉及思想从一个人到一个人的转移。书写能力是使用和理解书面文字或其他符号进行交流的能力。为了提高孩子的语言和书写能力，我们鼓励孩子表达他的想法和情感。

Project

A project approach is an in-depth exploration of a topic that may be child or teacher-initiated and involve an individual, a group of children, or the whole class. Children applied their prior knowledge and skills to explore and identify what they already know and still want to learn more.

Exploration - Children are given opportunities to use their prior knowledge of a topic and investigation skills to create a theme based project. They are also encouraged to share their ideas and contributions are valued.

Opportunities were created to investigate their findings and answer their questions

Culmination - In the final phase of a project, the children are encouraged to decide how they want to showcase their masterpiece for example as a PowerPoint, poster, through music and dance or as a 3D object.

The children were tasked to create something that raises awareness of the need to protect wildlife. Through this activity, they have a **deeper learning about the world around them** as they **share their discoveries with their friends through artistic expression**. For instance, they learn that protecting habitat also protects entire communities of animals and plants. Wildlife must have places to find food, shelter, and raise their young. These activities promote **Discovery of the World** as well as **Aesthetics and Creative Expression**, another two key learning outcomes of the NEL framework.

项目方法是对某个主题的深入探索，该主题可能由儿童或教师发起，涉及个人、一群儿童或整个班级。

孩子们运用他们先前的知识和技能来探索和识别他们已经知道并且仍然想了解更多的东西。

探索 - 孩子们有机会利用他们对某个主题的先验知识和调查技能来创建一个基于主题的项目。我们还鼓励他们分享自己的想法，并重视他们的贡献。创造机会来调查他们的发现并回答他们的问题

高潮 - 在项目的最后阶段，我们鼓励孩子们决定如何展示他们的杰作，例如利用 PowerPoint、海报、通过音乐和舞蹈或 3D 对象。

孩子们的任务是制作一张海报，以提高人们对保护野生动物的认识。通过这项活动，他们通过艺术与朋友分享自己的发现，从而更深入地了解周围的世界。例如，他们了解到保护栖息地也可以保护整个动植物群落。野生动物必须有地方寻找食物、住所和抚养幼崽。这些活动促进了对世界的发现以及美学和创意表达，这是 NEL 框架的另外两个关键学习成果。



Let's look at their masterpieces!



Parents' Day Card Making



Parent's day is a day dedicated to parents all over the world to recognise the critical role of parents in our lives. It serves as a reminder to always cherish and be grateful to our parents for all the sacrifices they do throughout their lives to provide their children with the best of everything. The above photos show our children showing their appreciation by making Father's Day and Mother's Day Card. Through this activity, we inculcate the values of filial piety and gratitude .

父母节是献给全世界父母的一天，让他们认识到父母在我们生活中的关键作用。它提醒我们永远珍惜并感谢我们的父母一生中为孩子提供最好的一切而做出的所有牺牲。以上的照片是我们的孩子们通过制作父亲节和母亲节贺卡来表达他们的感激之情。通过这次活动，我们灌输孝道和感恩的价值观。

Orientation cum Open House



Creating awareness for new and existing parents –

MSHCC had an Orientation cum Open House on 18 February 2023. To introduce our newly set up infant care service and highlight the programmes/events we organize for the children throughout the year. Existing parents are also invited to learn and understand how and what their child (ren) are learning in the school.

提高新父母和现有父母的认识 –

麦波申城隍托儿中心于 2023 年 2 月 18 日举办了迎新暨开放日活动。目的是为了介绍我们新设立的婴儿护理服务，并重点介绍我们全年为儿童举办的计划/活动。现有家长也受邀了解他们的孩子在学校的学习方式和内容。

Parents and their children are working on a community helper's hat through coloring and cutting which develop their eye hand coordination and fine motor skills. This activity also teaches our children to give back to the community as they are making something for others, not for themselves. This helps to foster the spirit of giving as they derive happiness from sharing what they have with others. Through this activity, they are sharing their creativity and ideas.



父母和他们的孩子正在通过着色和剪裁制作社区助手的帽子，以培养他们的手眼协调能力和精细运动技能。这项活动还教会我们的孩子在为他人而不是为自己做事时回馈社区。这有助于培养奉献精神，因为他们通过与他人分享自己拥有的东西而获得快乐。通过这项活动，他们正在分享他们的创造力和想法。

Motor Skill Development



Staff Training cum Team Bonding 2023

MSHCC staff had a staff training and team bonding session on 10 March 2023. An external vendor, BearyFun Gym was selected to teach the teachers and staff on how to incorporate gym exercise into their Motor Skill Development (MSD) weekly lesson. Teachers were taught fundamental movement skills such as stability, locomotor and manipulative. They also learned body awareness, space awareness, effort awareness and relationship awareness.

麦波申城隍托儿中心的员工于 2023 年 3 月 10 日进行了员工培训和团队凝聚力活动。外部供应商 BearyFun Gym 被选中教授教师和工作人员如何将健身房锻炼纳入他们每周的运动技能发展 (MSD) 课程。教师们学习了基本的运动技能，如稳定性、运动和操作能力。他们还学习了身体意识、空间意识、努力意识和关系意识。



With these four concepts, the teachers will know what their body can do, where the body can move and how the body can move and with what and who the person can do.

After the session, the staff were able to incorporate better physical activities for the children to achieve another key stage outcome of motor skill development.

It is also the staff first bonding since the Pandemic in 2020. Time was set aside for the staff to revitalize and uplift the staff's spirit.

有了这四个概念，教师就会知道他们的身体可以做什么，身体可以移动到哪里，身体如何移动以及和谁一起做什么。课程结束后，工作人员能够更好地将体育活动融入孩子们的生活中，从而发展他们的运动技能，实现更高的目标。这也是2020年疫情爆发以来的首次员工联谊活动。我们为此抽出时间来振奋和提升员工的精神面貌。

LIFE POINT

生命同行坊

Since 1 February 2013, this community-based specialised service is developed to assist elderly aged 50 and above, especially those with weak or no social and family support. The service aims to help these people make informed decisions for matters relating to the last stages of their lives, so as to ensure the preservation of their self-respect, dignity, and peace of mind, while they approach the end of their life journeys.

生命同行坊是为了协助50岁或以上的乐龄人士，包括缺乏家庭支援的年长者，提早思考并为人生终站的选择作决定，提倡年长者行使自主权，维护生命尊严，从而达到内心的安宁，圆满走完人生道路。

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
Email 电邮:	lpsennett@shenghong.org.sg
Opening Hours 开放时间:	Mondays – Fridays 星期一至星期五 (9am – 6pm)

Centre location 中心地点:	Chinatown (currently under renovation) 牛车水 (目前正在装修中)
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)

End-of-Life Preparation (Leave Well)

In FY22, among all the talks we conducted, Lasting Power of Attorney (LPA) talk is the most popular and attracted a total of 1103 participants. The Entering 4th Age Talk attracted 99 participants. Other talks conducted on End-of-Life Preparation topic include Will, Advance Care Planning, Advance Medical Directive (AMD), Pre-plan Funeral and Brain Bank.

Life Point provides one-stop services to assist clients to get their documents done in collaboration with lawyers and doctors. In FY22, we assisted 396 clients to get their LPAs done, 177 clients to get their Will done, and 54 clients to get their AMD done. Since Life Point first started LPA certification in 2013, we have assisted more than 4000 people get their LPAs done. Life Point did an End-Of-Life survey with 212 seniors in April 2020, below is the summary:

在2022财政年度，“持久授权书”讲座最受欢迎，共吸引了1103位听众。“迈向圆满人生”讲座则吸引了99位听众。其他规划善终相关讲座包括：遗嘱须知，预先护理计划，预先医疗指示，事先规划丧礼以及人生智慧传承等主题。

生命同行坊提供一站式服务，协助客户们在合作律师与医生的帮助下完成重要规划。其中包括396人成功签署了持久授权书，177人完成了遗嘱，54人签署了预先医疗指示。自生命同行坊于2013年首次启动持久授权书认证以来，我们已帮助超过4000人完成了认证。生命同行坊于2020年4月对212名老年人进行了临终调查，摘要如下：

End-Of-Life Planning	Percentage of seniors have not made preparation	Percentage of seniors have made preparation
Advance Care Planning	83%	17%
Advance Medical Directive	76.4%	23.6%
Lasting Power of Attorney	60.4%	39.2%
Will Making	56.7%	43.3%



Grief Talks

We delivered 7 Grief Talks to 69 public members to enhance grief literacy. Bereavement counselling was provided to 16 bereaved clients with 50 sessions of grief counselling to help them acquire better coping skills after losing their loved ones. Below is a story of how grief counselling helped Mr. Lim YT to come to terms with the death of his wife.

生命同行坊通过主办7场“如何面对失落与哀伤”讲座为69位听众加强了哀伤教育，并通过50个面谈为16位丧亲者提供了哀伤辅导服务。以下是哀伤教育如何帮助林先生接受妻子去世的见证。

Mr. Lim YT survived stroke about 10 years ago. He is married with no child and stays at the rental block with his wife. His wife's cancer relapsed and subsequently admitted to palliative ward of St Luke Hospital. Mr. Lim was overwhelmed by the poor prognosis of his wife and had suicidal thought. With referral from healthcare team of St. Luke Hospital, Life Point social worker came in and intervened timely with early bereavement engagement and pro-bono funeral support to his wife. Being able to express gratitude and love to his wife in palliative ward and during the last rites ceremony (cremation followed by sea burial) accompanied by social worker was very comforting to him.

“在我的妻子刚过世的时候，我很伤心。一度不知道前面的路要怎么走。谢谢生命同行坊对我的支持和协助。我很感谢”！-林先生



林有德先生十年前中风，与相依为命的妻子住在租赁租屋。年前妻子癌症复发，最后在圣路加医院接受临终护理。林先生最初知道妻子不久于人世，万念俱灰，一度想要轻生。圣路加医院转介林先生给生命同行坊为其妻安排后事。他接受了生命同行坊社工的协助，在妻子病危时及时向妻子道谢道爱，道歉道别。社工全程陪伴孤独的林先生完成了亡妻简单庄严的告别仪式（火化后进行海葬），让他感到安慰。

When my wife just passed on, I was so overwhelmed with sadness that I felt hopeless and unsure how to move on with my life. I really appreciate Life Point for journeying with me and all the support given. Thank you! " – Mr Lim

Live Well

We organized a total of 34 activities varying from TCM Talk, Scam Alert Talk, Mental Health Talk to movie screening, Rummy-O session. A total of 147 members attended the activities. To date, we have a total of 606 ordinary members and 44 premier members. They enjoy using facilities such as table tennis, darts, and karaoke regularly. They got to know new friends with similar interests and enhanced their social circle and social wellbeing. They also feel a sense of belonging to Life Point with the regular visits. Four members volunteered as activities leaders as they found meaning in helping others in the interest groups.

生命同行坊主办了34项会员活动，其中包括中医讲座，预防诈骗讲座，精神健康讲座，电影欣赏会，拉米数字游戏。147名会员参与了以上活动。

目前为止，我们有606的普通会员以及44名优享会员，享用诸如乒乓，飞标靶，和卡拉ok等设施。藉着参加活动，他们结交了新友并扩大了社交圈子。频密的来访培养起他们对生命同行坊的归属感。其中有四位会员进一步成为带领兴趣小组的义工，在助人过程中寻获更多人生意义。



Table tennis enthusiasts shared that playing table tennis can help to deter/ delay dementia. They expressed gratitude for a place to improve their skills.

Takao Yamasaki (2022) conducted a research on the benefits of table tennis for physical and brain health, and critically examined the usefulness of table tennis for the prevention of cognitive decline and dementia.

The results show that physical activity interventions using table tennis are clinically proven to prevent cognitive decline and dementia in the elderly, and the preventive effect of table tennis is superior to other aerobic exercises.

乒乓球爱好者表示，打乒乓球有助于预防/延缓痴呆症。他们对有一个提高技能的地方表示感谢。

Takao Yamasaki (2022) 针对乒乓球对身体和大脑健康的益处进行了一项研究，并严格检验了乒乓球对于预防认知能力下降和痴呆症的有用性。结果表明，临床证明利用乒乓球进行身体活动干预可以预防老年人认知能力下降和痴呆，且乒乓球的预防效果优于其他有氧运动。

References

Takao Yamasaki (2022) "Benefits of Table Tennis for Brain Health Maintenance and Prevention of Dementia", Encyclopedia 2022, 2, 1577-1589.



National Silver Academy Short Courses

With funding from The Council for Third Age, we conducted 9 National Silver Academy short courses with a total of 95 participants attending the courses:

在全国乐龄学苑基金的赞助下，我们成功举办了以下9项课程，共有95位长者完成了该课程。

Autobiography course (长者如何撰写自传班)	2 runs (2班)
Brain workshop 1 (学心算，玩游戏，让大脑更年轻)	3 runs (3班)
Brain workshop 2 (玩出健康快乐的大脑)	2 runs (2 班)
Hanyu Pinyin (乐龄汉语拼音班)	1 run (1 班)
Nagomi (Japanese Pastel Art) (日本粉彩和谐指绘)	1 run (1 班)
Total (总共)	9 courses (9个课程)



Nine participants from the two Autobiography courses practiced what they had learned in the classroom, penned down their own life stories with the encouragement of the course trainer Mr Yeo Thiang Swee. Life Point helped them compile stories into a book "Footprints of life 3". "Footprints of life 3" was published and launched successfully at National Library on 19 March 2023.

Brain workshop participants: "The lessons are well organized, simple and clear, and the pace is just right."

健脑课程参加者：课程安排得很妥善，导师的指示简单明瞭，不快不慢刚刚好。



撰写自传班的九位长者，学以致用，在课程导师杨添瑞老师的鼓励下，写下了自己的生命故事片段，结集成《那些年……生命足迹3》。

《生命足迹3》在2023年3月19日于国家图书馆成功出版推介。

Life Review Workshop & Towards a Good Death Workshop

生命回顾小组和规划善终小组

In partnership with community partners, we conducted 10 rounds of Life Review Workshop for 68 seniors to enhance their psychological well-being and 10 rounds of Towards A Good Death Workshop for 64 seniors to educate and to promote forward planning on end of life matters.

在与社区伙伴的合作下，我们通过举办10轮的生命回顾小组，让68名长者有机会提升他们的心理健康。10轮的规划善终小组也让64名长者接触如何提前规划善终的生死教育。

Life Review Workshop (LRW) Achievement

1. 68 seniors attended & completed LRW
2. 82% of participants indicated greater acceptance & appreciation about the past
3. 84% of participants indicated an improvement in psychological well-being

Towards a Good Death Workshop (TGDW) Achievement

1. 64 seniors attended and completed the TGDW
2. 73% of participants gained skills in communicating with family and/or friends on death-related matters
3. 83% of participants were more acceptable towards death-related matters

生命回顾小组所达成的课程目标

1. 68名长者出席并完成了课程
2. 82% 的参加者更接纳和欣赏自己的过去
3. 84%的参加者表示更满意现在的自己和生活

规划善终小组所达成的课程目标

1. 64名长者出席并完成了课程
2. 73%的参加者更有信心跟家人沟通关于自己对生死的看法。
3. 83%的参加者对于死亡的态度更接纳与开放

Life Review Workshop consists of 4 weekly sessions attended by senior with age ranging from 61 to 88 years old. Seniors take turn to share their life stories, other participants were encouraged to give affirmation on story teller's positive personality traits, the process was done through conferment of life badge by facilitators and other participants. The rediscovery of the strength and positive traits will enable seniors to face future life challenges in the positive light. The camaraderie between the participants was further nurtured by the group process that emphasized mutual respect and the strengths-based perspective.

年长者轮流分享自己的人生故事，鼓励其他参与者对故事讲述者积极的人格特质给予肯定，过程中由主持人和其他参与者授予生命徽章。重新发现力量和积极特质将使老年人能够以积极的态度面对未来的生活挑战。强调相互尊重和发现对方的优点，进一步培养了参与者之间的友情。

AIC Community Silver Trust

互联中心 社区乐龄基金 (CST)

With funding from AIC Community Silver Trust, LP@Sennett served 841 clients in the area of End-of-life preparation. LP@Sennett partnered with lawyers and doctor to assist 350 clients in getting their documents (e.g. Will, LPA, AMD) done via one-stop services.

在此基金的赞助下，生命同行坊（信立）在规划善终的方面共服务了841名客户。与律师以及医生合作的一站式服务，成功为350名客户完成了他们的文件（例如遗嘱，持久授权书，以及预先医疗指示）。

MSF Assisted Deputyship Application Programme

代理人申请计划

With funding from MSF, we assisted 101 families in their deputyship applications. We also conducted 5 briefings to the centres and schools under this programme.

在此基金的赞助下，我们协助了101个家庭进行代理人申请，并且在有关中心或学校主办了5场相关说明会。

AIC Advance Care Plan 2.0 Programme

预先护理计划2.0

Under Advance Care Plan 2.0 Programme funded by AIC, Sheng Hong facilitated ACP conversations for a total of 269 clients. 199 clients have completed their ACP documentation and 70 clients are in progress of completing their ACPs. For clients who have mobility issues, we provided home visits or tele-ACP services to enable them to complete their plans.

护联中心 “预先护理计划2.0”

在此项基金赞助下，城隍慈善基金会共开启了269个预先护理计划的对话。199名客户已完成他们的预先护理计划；有70位正在计划完成签署。对于行动不便者，我们提供家访或线上预先护理计划的个性化服务。

“Thank you to Life Point for being patient in guiding my family through the application. From explaining the process, helping to prepare documents needed for the application and guiding us through the application system.”

– Mdm Lim

“谢谢生命同行坊引导我的家人进行申请-从解释申请程序，协助准备所需文件，到指引我整个申请的系统。”

-林女士



How our volunteers helped us 义工的参与

Our volunteers' strength grew slightly to 33 volunteers. In FY 2022, we have 18 active volunteers that have helped us in the following services:

我们的义工人数微增至33人。在2022财政年度，我们有18名活跃义工协助了生命同行坊以下的服务：

Activities 活动	Number of hours 时数	%
One stop Services (LPA, Will, ACP) 一站式服务	595.5	62.6
Membership Activities 会员活动	159	16.7
Workshops 学习小组	28.5	3.0
Ad hoc Events/Activities 特别活动	69.5	7.3
Admin Assistance 行政事务协助	92.5	9.7
Transport 交通	6	0.7
Total hours of service 服务总时数	951	100%

With the "Share as One" grant from National Council of Social Service, we produced Volunteer Handbook in English and Chinese as well as other related documents for volunteer management. We were able to hold a few volunteer engagement activities to bond volunteers together.

我们善用国家福利理事会所提供的“Share as One”基金，编制出英中文义工手册以及其他义工管理方面的文件。为了让义工们更好的联系彼此感情，已成功主办了数项联谊活动让义工们参与。





Long-awaited get together and orientation of volunteers at Sennett.
义工们迫不及待出席在生命同行坊（信立）主办的义工聚会。

During the Covid-19 pandemic, volunteers, many restrictive measures were put in place. This was the first Get together and Orientation of Volunteers after Covid -19 pandemic is under control. Staffs bonded with volunteers through games before we ended the session.

在Covid-19大流行期间，志愿者采取了许多限制性措施。这是Covid -19大流行得到控制后的第一次志愿者聚会和迎新活动。在我们结束会议之前，工作人员通过游戏与志愿者建立了联系。

Thank you volunteers!

Grateful to the volunteers for their support and selfless dedication, bringing joy to many senior citizens!

感恩义工朋友们的倾力支持与无私奉献，
给很多乐龄人士带来欢乐！

At the book launch, volunteers helped in the registration, manned book sales counter, provided logistic support on stage, manned the lift, ushered guests, served food after book was formally launched.

新书发布会上，志愿者们帮助登记、售书柜台、台上后勤保障、电梯、迎宾、正式发售后的送餐等。



Book Launch that involved Volunteers @National Library.
义工们前来国家图书馆为智慧传承计划新书推介礼助阵。



What our clients say about us 客户对我们的评价



Cordial. Very professional.
亲切。很有专业知识。

The facilitator is very warm and friendly.
She is very skillful in facilitating the ACP.
协调员很有温情及友善。她很有技巧的协助我完成了预先护理计划。



Very knowledgeable, show lots
of empathy.
有丰富的知识，非常有同理心。

ACTIVE AGEING HUB

乐龄中心

Sheng Hong Active Ageing Hub @ Sennett (SHAAH) comprises of 3 in 1 concept – a Daycare Centre, a Day Rehab Centre and an Active Ageing Centre at one compound.

Our Active Ageing Hub has a **serene, resort-like ambience** complete with **outdoor gardens**. Our seniors will be inspired by one another, staff members, volunteers, and kids from the childcare center next door to participate in delightful activities that improve their **mental health, physical fitness, and social confidence** in a calm and tranquil setting.

Majority of our beneficiaries are either staying alone or belong to a lower income bracket. To participate in our services, they travel from all across Singapore.

Our daycare centre provides elder sitting, assistance with activities of daily living, mobility, personal care, interaction and meals. We also provide **specialised Dementia Daycare (DDC)** featuring a range of **physical and cognitive activities** designed to support individuals in reminiscence and memory.

Our Day Rehab Centre provides Community rehabilitation which includes Active Rehabilitation and Maintenance Exercise. We provide **clinical physiotherapy and occupational therapy** which address a wide range of physical and functional needs of our beneficiaries. Our **registered therapists** met the necessary qualifications and licensing requirements, ensuring that they possess the necessary skills and expertise to deliver high-quality care. Our rehabilitation services extend beyond seniors to encompass young patients recovering from injuries resulting from road accidents.

城隍信立乐龄中心由三合一的概念组成。内有日托中心、康复中心和活动中心。

城隍乐龄中心设计为度假村风格，宁静的氛围和室外花园。在一个平静和快乐的环境中，我们的长者将受到护理人员、志愿者和我们育儿中心儿童的鼓励，参与促进他们的心理、身体健康和提升社会信心的活动。

我们的日托中心为失智人士提供失智人士日托服务 (DDC)，包括身体和认知活动计划。我们的日托工作人员正在为失智人士提供日常生活活动能力、膳食、社交互动和心理健康方面的帮助。

我们的日托中心还提供护养日托服务 (MDC) 服务，并提供老年人看护、日常生活活动 (ADL) 协助、个人护理和互动、膳食和活动。

我们的日间康复中心提供社区康复服务，包括主动康复和维持运动。我们提供临床物理治疗和职业治疗，满足身体和功能的广泛需求。我们的注册治疗师满足必要的资格和许可要求，确保他们拥有提供高质量护理所需的技能和专业知识。我们的康复服务不仅限于老年人，还包括因交通事故受伤

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Telephone 电话 / Whatsapp:	+65 6239 0933 / 8505 4661
Email 电邮:	aah@shenghong.org.sg
Opening Hours 开放时间:	Mon - Fri (8:30am to 5pm)

AAH OPENING CEREMONY



Sheng Hong Active Ageing Hub was officially opened on 9 Nov 2022, by Mr Ong Ye Kung, Minister for Health. Members of Parliament for Potong Pasir, Mr Sitoh Yih Pin and Member of Parliament for MacPherson, Ms Tin Pei Ling also graced the ceremony with more than 200 distinguished guests from various ministries, government agencies and community partners attending the event. The opening was featured in various media platforms. Our volunteers put in time and effort to coordinate the collection and packing of 120 goodie bags. A token of appreciation was presented to Mr Ong Ye Kung from Active Ageing. The token of appreciation is an artwork of 2 koi fishes, which is a symbol of abundance and prosperity.

城隍乐龄中心于 2022 年 11 月 9 日由卫生部长王乙康先生正式开幕。波东巴西国会议员司徒宇斌先生和麦波申国会议员陈佩玲女士也出席了仪式，来自各部委、政府机构和社区合作伙伴的 200 多位贵宾出席了此次活动。各种媒体平台都报道了这次开幕典礼。义工指挥，协调，包装和分发了一百二十份礼品。城隍乐龄中心向王乙康先生赠送纪念品。纪念品为锦鲤2条，寓意富足富贵。





In FY2022/23, Sheng Hong Active Ageing Hub
@ Sennett conducted:
在2022/23财政年度，城隍信立乐龄中心服务了：

		3653	Dementia Day Care Sessions 失智人士日托服务
		3241	Maintenance Day Care Sessions 长者日托服务
		1052	Community Rehabilitation Sessions 社区康复服务

TOTAL:

7946 sessions 护理次数

NUMBER OF BENEFICIARIES (FY22-23) 受益人人数 (2022-23 财年)			
Dementia Day Care 失智人士日托服务	Maintenance Day Care 长者日托服务	Community Rehabilitation 社区康复服务	Total 总人数
27	31	49	72



In 2023, a total of 107 beneficiaries with dementia and different medical conditions benefited from our Senior Care Centre. The involvement of our **dedicated care staff and therapists** in both daycare and community rehabilitation programs showcases a **comprehensive approach** to meeting their needs. They also participated in a wide variety of activities with young and energised students from different schools, our volunteers and community friends.

2023 年，共有 107 名患有痴呆症和多种疾病的老年人从我们的乐龄中心受益。我们所有的受益人都在日托和社区康复计划中得到了我们的护理人员和治疗师的照顾。他们还与来自不同学校、充满活力的年轻学生、我们的志愿者和社区朋友一起参加了各种各样的活动。

Sheng Hong Active Ageing Hub offers a range of exciting programmes and activities to engage seniors of different profiles and interests. We engaged a **Kpoplite dance trainer from Health Promotion Board (HPB)** to teach the seniors simple kpop dance moves.



Our **dedicated volunteers** help to organize and facilitate a wide range of activities, engaging the seniors in stimulating and enjoyable experiences. **Xiang Gong**, also known as Aromatic Qigong, is a traditional Chinese practice that involves integrating physical postures, breathing techniques, and focused intention to promote health and well-being. Besides indoor activities, our centre also organised **outdoor outings** to places of interest like Gardens by The Bay. Seniors and volunteers can also participate in Digital Workshops, cooking classes, educational talks and learn life saving skills for free. It is enriching and gives them an opportunity to gain new skills and expand their social network.

城隍信中敬的志愿者帮助组织和促各种活动，让年长者和患病的受益享受精彩和愉快的体验，其中项活动功，是种传统中国的气功，涉及整合体姿态和呼吸技巧，和集中意念来促健康和福祉。除了室内活外，我们中组织户外郊游，前往滨海湾花园等景点。年长者和志愿者可以免费参加信息技程、烹程、教育讲座并学习救技能。这些活动丰富了他们的知识，让他们有机会获得新技能并扩他的社交网络。

Some of our activities

我们的一些活动



1

Reminiscence dance exercise 回忆舞蹈活动

- To strengthen upper limbs and lower limbs muscles and to gain endurance with old times local music and seated dancing exercise
通过本土怀旧音乐和坐姿舞蹈练习，增强上下肢肌肉并获得耐力

2

Creative workshops 创意工作坊

- To foster imaginative thinking and stimulate creativity, ensuring their continuous engagement.
培养富有想象力的思维并激发创造力，并确保他们持续参与

3

Retro Karaoke 复古卡拉OK

- To improve confidence in and connecting them with music
提高他们对歌唱的信心并利用音乐将他们联系起来

4

Intergenerational Bingo 代际宾戈游戏

- To improve cognitive skills and bonding with youths or children
提高认知能力以及与青少年或儿童的联系

5

Quiz of Sheng Hong 城隍信立乐龄中心问答游戏

- To improve reality orientation and creates bonding with staffs
提高现实导向并建立与员工的联系

6

Kpop Dance 韩国流行音乐舞

- A highly popular exercise activity that seniors love
年长者喜爱的一项非常受欢迎的锻炼活动

7

Cooking with the Community 社区烹饪活动

- Cooking class and learning activity with new friends
与新朋友一起学习烹饪课

8

Health Talks by Doctors 医生健康讲座

- Create awareness on health related issues
提高对健康相关问题的认识



Mdm Chong, 78 years old, has been diagnosed with dementia since 2022. She was having difficulty in attending social activities and interacting with others. When she first joined our dementia daycare program, she attended only once a week and she did not interact with other seniors or participate in any activities. However, our staffs and seniors were very helpful to assist her in her needs and adapting into this new environment. Mdm Chong and their friendships developed and she gradually became a happier person. She also attends daycare more frequently at least 3 times a week to have fun with the rest in their activities.

张女士，78岁，自2022年起被诊断出患有失智症。她在参加社交活动和与他人互动方面有困难。当她第一次加入我们的失智日托时，她每周只参加一次，并且没有与其他人沟通或参加任何活动。然而，我们的工作人员和年长者们都非常乐于满足她的需求并适应这个新环境。张女士和他们的友谊不断发展，她逐渐成为一个更快乐的人。她还更增加来中心的次数，每周至少3次来，与朋友一起参加活动。

Daycare Centre

长者日托

Our daycare centre caters to seniors by offering elder sitting, aid with daily tasks, personal care, and engaging mealtime and activity experiences.

At our centre, seniors engage in supervised exercise sessions led by qualified therapists or trained staff. Seniors who are suitable also helps out in simple household tasks to keep them active. This also creates their independency and they could also help out at home during the weekends. The Centre also holds an annual general meeting with all the seniors and inclusive of those with dementia to address their needs or opinions. The stakeholders in the meeting would discuss how to resolve certain issues and improve on the quality of services. Besides the annual meeting, staffs also encourage the seniors to give regular feedbacks. The Centre believes that involving seniors in decision-making and actively seeking their feedback is an essential aspect of person-centered

care and demonstrates a commitment to providing the best possible services. This also create a platform to voice out any safety or care issues for the more vulnerable seniors.

城隍信立乐龄中心的日托中心提供长者看护、日常活动帮助、膳食和有意义的活动。活动都有看护人员和治疗师指导那些需要帮助的长者们并鼓励他们。

适合的年长者还可以帮忙做一些简单的家务，以保持他们的精神和身体状态。这也创造了他们的独立能力，他们还可以在周末帮忙自己或家人做家务。

中心还与所有年长和患病的受益人（包括失智症患者们）举行年度会员会议，以满足他们的意见或需求。会议中的利益相关者将讨论如何解决某些问题并提高服务质量。除了年会之外，员工们还鼓励长者们定期提供反馈。中心认为，让年长者参与决策并积极寻求他们的反馈是以人为本的护理的一个重要方面，并表明了提供最佳服务的承诺。这也创建了一个平台，给弱势年长者机会提出他们个人的安全或护理问题。



Mr Teo, 79 years old, stays alone in a one room HDB flat. He was diagnosed with unspecified memory loss and barely remembered his day-to-day routine. As Sheng Hong Active Ageing Hub @ Sennett offers one of the lowest fees for low income families in Singapore, his social worker refer Mr Teo to our Daycare Centre. Two months after joining our program, Mr Teo have made significant process in his memory and he has his own circle of close friends. He became more confident to handle his personal finance and able integrate back to the society. Mr Teo attributes his improvement to the centre's supportive staffs and seniors. Mr Teo's story showcases the positive impact that daycare centres can have on the lives of seniors with memory loss and other challenges.

张先生今年 79 岁，独居在一间一房一厅的政府组屋里。他被诊断出患有不明原因的记忆丧失，几乎不记得自己的日常生活。由于城隍信立乐龄中心是新加坡低收入家庭收费最低的中心之一，他的社工将张先生推荐到我们的日托中心。加入我们的中心两个月后，张先生在他的记忆中取得了重大的进步，他有了自己的社交圈。他变得更有信心处理个人财务并能够重新融入社会。张先生将自己的进步归功于中心员工和长者们的支持。张先生的故事展示了日托中心可以对患有记忆丧失和其他疾病的长者的生活产生积极的影响。

Day Rehabilitation Centre 日间康复中心

Our therapists design and implement effective programs tailored to patients who have dementia, stroke, Parkinson's Disease, osteoporosis and other rehabilitative needs.

They are well-versed in evidence-based practices, which means they utilize the most current and scientifically supported approaches to rehabilitation. This ensures that patients receive treatments that have proven effectiveness.

我们的治疗师为患有失智症、中风、帕金森病、骨质疏松症和其他康复需求的患者设计并实施有效的治疗方案。

他们精通循证实践，这意味着他们利用最新且有科学支持的康复方法。这确保患者接受已证明有效的治疗。



Elderly Sister Enrica, 91 years old, was admitted to our active rehabilitation program in March 2022. She was referred to our day rehab due to frailty, decreased muscle strength in her limbs, presented with chronic knee pain and unsteady gait. After 3 months of active rehabilitation, Sister Enrica showed significant improvement on her gait and physical strength. Sister Erica's care advocate, Sister Cecily, shared "Thank you all for what you are doing for Enrica. She is walking so much better now and she enjoys going to your centre. Your staff are excellent, including the drivers.". Sister Enrica's rehabilitation fees are currently supported by a very kind donor who preferred to be anonymous.

来自意大利的年长修女恩里卡, 91岁, 于 2022 年 3 月加入我们的康复中心。由于身体虚弱、四肢力量下降、患有慢性膝盖疼痛和步态不稳, 她被转介到我们的日间康复中心。经过 3 个月的治疗, 修女恩里卡的步态和体力都有显著改善。修女的照顾者, 修女塞西莉分享道: “感谢大家为恩里卡所做的一切。她现在走路好多了, 她很喜欢去你们的中心。你们的员工都很棒, 包括司机。” 恩里卡修女的康复费用目前由一位不愿透露姓名的善良的捐助者资助。

Active Ageing and Community Programmes

活跃乐龄和社区组织活动

Sheng Hong Active Ageing Hub @ Sennett offers a diverse range of activities such as Community Nurse Posts, healthy cooking classes, dancing, and yoga, the hub provides opportunities for seniors and different generations to engage in various physical, social, and mental activities.

Our community partners like People's Association, corporate partners, voluntary groups, hospitals, clinics, schools also organises different events at our premises.

Our centre also outreach to the HDB estates to help seniors who are in need. Some of these seniors are staying alone and comes to our centre for activities.

城隍信立乐龄中心提供社区护士站、健康烹饪课程、舞蹈和瑜伽等丰富多彩的活动，为活跃长者和不同年龄段的人士提供参与各种身体和社交活动的机会。

我们的社区合作伙伴，如人民协会、企业合作伙伴、志愿者团体、医院、诊所、学校也在我们的场所组织了不同的活动。



Music Under The Stars with
Sennett Residents and Member
of Parliament Mr Sitoh



Community Nurse Post with
Tan Tock Seng Hospital



Healthy Plant Based Cooking
by Ms Goh Ling Chih



Outreach to HDB



Yoga for our residents at Sennett



Health Talks by Doctors
from KTPH

How we played a role for 我们如何帮助 Persons In Need 有需要的人士

The majority of the beneficiaries are from low income families and are paying minimum fees here in our Senior Care Centre. In comparison to elsewhere in Singapore, the norm for daycare fee can cost more than \$200 monthly for lowest income group of clients. However at our Senior Care Centre in Sheng Hong Active Ageing Hub @ Sennett, the same group of clients only pays \$32 a month.

At the same time, our maintenance exercise program cost only \$1 per session with HUR machine which is suitable for seniors and helps them in strength training. This affordability of daycare fee and community rehabilitation greatly supports families with minimum income in the midst of global inflation and rising costs of living. Our team strongly believes in our stated mission and will continue to support them through this and various resources from our community.

大多数受益人来自低收入家庭，所以在我们的乐龄中心支持较低费用。在新加坡其他的中心，最低家庭收入年长者的一人日托费用可超过每月200元。然而，在我们城隍信立乐龄中心的费用每月只需支付32元。

同时，中心的长者保健锻炼计划每次只需1元。锻炼计划使用中心的特别健身机器，适合年长者和残疾人士，帮助他们进行康复训练。在全球通货膨胀和生活成本上升的情况下，我们为低收入的家庭减轻日托和康复的经济负担。我们的团队坚信我们既定的使命，并将继续通过这一点以及社区的各种资源来继续支持他们。

Mdm Ng, 73 year-old, attends activities at our Daycare and Rehab Centre. She is staying alone in a 2-room rented flat with no income, family support or savings to rely on for her daily needs. Upon knowing her financial difficulty, the care team at Sheng Hong Active Ageing Hub @ Sennett and Society provided assistance to allow her to continue to have her care needs with the services without having to worry about her owing fees. She is very grateful for the support that she received from the SHAAH Team and our Society.

黄女士，73岁，参加城隍信立乐龄中心的日托和康复中心的活动。她独居在一间两房一厅的政府组屋里，没有收入、靠储蓄来满足日常需求。起初，黄女士想停止参加日托和康复中心减少开支。中心团队成员知道黄女士的经济困难后，请求基金会免除她的费用，并且让她在未付费用的情况下继续得到护理。黄女士也因为如此非常感谢城隍信立乐龄中心团队成员和基金会的协助。



What people say about us

人们如何评价我们？

Staffs are friendly and helpful.
Environment is good and
clean. Feel very spacious.
工作人员很友善，乐于助人。
环境很好很干净。感觉很宽敞。

"
Thank you with
deep appreciation.
Sheng Hong is part of my life."
非常感谢你。
城隍是我生命的一部分。

The class was just amazing.
I loved every second of it.
- Sonia L
这节课真是太棒了。
我喜欢上课的每一秒。
- 索尼娅·L.

Thank you to the team for
taking care of my Dad. This
centre has helped relieved a
lot of stress from daily care."
感谢团队对我爸爸的照顾。
这个中心帮助缓解了很多日常
护理的压力。

Society of Sheng Hong Welfare
Services has 5 departments. I
am working in Active Ageing
Hub (AAH) where the working
environment is very ideal. We
have a boss here who cares
about people here although he
is sometimes very particular
about the care of our seniors.

Sheng Hong staff are friendly
and caring, look after the
seniors well and there is a
well-equipped gym.
- Mr Choo YH
城隍的工作人员很友善和贴心，
照顾老人很好，还有设备齐全
的健身房。
- 朱先生

Very satisfied with
Sheng Hong's service.
对城隍的服务很满意。

Staff are caring and friendly,
look after the oldies well, gym
well equipped.
工作人员很用心，很友好，照顾
年长者很好，健身房设备齐全。

I am very thankful to the
Centre for helping me to gain
confidence in walking.
I am steadier now but I still
need rehab.
我非常感谢中心帮助我获得步行
的信心。我现在已经稳定了，但
仍然需要康复。

城隍基金会有5个部门。我
在城隍信立乐龄中心工作，
那里的工作环境非常理想。
我们这里有一位经理，他很
关心这里的人，尽管他有时
对我们的工作非常挑剔。



Thank
You

Donors 捐助者

We sincerely thank all our funders, donors and sponsors for their financial support and generous gifts which allow us to continue our mission of service.

我衷心感谢所有资助者、捐助者和赞助商的政支持和慷慨的礼物，使我们能够完成使命。

Agnes Lim Keng Tien	Koh Hwee Kheng
Ang Lee Im	Koh Wai Teck
Ang Siew Mui	Kong Lai Tong
Ang Sook Kiew	Koo Chye Ba Sheng Hong Temple San Qing Gong Pte Ltd
Ang Yao Tong Jason	Koo Sai Keong
Ang Yiling	Kwa Chwee Huay
Beh Kin Ee	Kwa Lin Keong
Caesar Goh Hock Guan	Late Soh Siu Chong
Cecilia Chong	Lau Puay Leng
Chan Choy Kheng June	Lau Suet Peng Freda (Liu XuePing)
Chan Wei Huang	Lee Ah Peng
Chen Limin	Lee Gek Choo
Chen Mu Kiah	Lee Li Fang
Chen Zhiyong Dennis	Lee Own Nam
Cheong Eng Chong	Lee Shyr Shyr
Chew Chai Khim	Lee Yee Suan
Chew Yew Li Cindy	Lee Zi Ying
Chia Lye Huat Stephen	Leong Mei Ling
Chong Kwai Moey	Lesley Goonting
Chong Mei Lee	Lilian Quack
Chooi Poh Chan	Lily Han Swee Lim
Chua Chui Inn	Lim Ai Leng
Chua Meng Guan	Lim Cheng Sun
Chua Tze hoong	Lim Cik Yong
Cindy Tan Tiam Hon	Lim Guan seng
Claudine Low Ai Hway	Lim Huey Tyug
Dau Ah Ping	Lim Hwee Ching
Ding Eng Moi	Lim Joo Tiang
Fang Kah Ming	Lim Lee Lee
Foo Sak Fah	Lim Siok Ching
Goh Chun Wey	Lim Tai Ni
Goh Hock Guan	Lim Teck Chai, Danny
Goh Seok Hiong	LIM Thiang Swee
Goh Tian Hwa	Lim Zhi Lun
Heng Tze Wee	Lo Lee Chee
Ho Shen Yuan	Loh Hock Eng
How Kah Leong	Lok Huey Chuen
Indumathi Venkatachalam	Loo Miaw Shin Ingah
Jasmine Ng	Low Hooi Pin
Jeffrey Oon	Low Khai Hiang, Andy
Ji Lang Yu	Low Mun Heng
Jia Jun	Loy Lee Mui
Jin YuKun	Lum Wai Keat
June Chan Choy Kheng (member)	Mak Yee Sun
Ke Kaijie Justin	
Kendrick Teng Tse Min	

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Tan Siew Kim
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Tey Tian Sey
Tiong Kwai Chee
Toh Shang Wei
Toh Ying Seng
Toh Yoke Choong, Clara
Tyau Wei Kit
Wang Lai Tai
Wang Lai Tai
Wee Hang San (on behalf of Mr
Wee Hock Eng, Tweety and Ocean)
Wong Kim Loong Jackson
Wong Sin Cheong
Wong Yit Sow
Yak Yuen San
Yap Jiann Wey
Yap Siew Wai
Yeng Lai Fong
Yeo Ai Teng
Yeo Lar Ling
Yeo Thiang Swee
Yik Yuen Wah
Yip Tip Yee
Yuen Mun
Serene Ang

Community Partners 社区合作伙伴

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

感谢您以各种方式给予我们的支持，感谢您对我们的信任并与我们合作。

Aljunied Community Centre

Aljunied Medical Clinic

Anderson Serangoon JC

BCare (Hougang)

Blk115@PCF SparkleTots

Blk170@MyFirstSkool

Brahm Centre

Cedar Girls Secondary School

Children Museum Singapore

Chinese Opera Ensemble

Tan Tock Seng Hospital:

- Community Health Team
- Dementia Shared Care Team

Family Medicine Clinic Chinatown:

- Dr Jonathan Yeo
- Dr Oh Cher Min

1 Aljunied Medical: Dr Zhang Hao Tian

Esther Active Ageing Centre

FaithActs

Fei Yue Active Aging Centre

- (Hougang & Dew Court)

Fortis Law Corporation

Green Monday

Health Promotion Board

Home Nursing Foundation Wellness @

- Buangkok AAC

Institute of Mental Health

Jing Quee and Chin Choo

Kith & Kin Law Corporation

Kolam Ayer Whampoa South

- Resident Committee (RC)

Kwong Wai Shiu Hospital

Law Society (LawSoc)

Lion Befrienders AAC @ Ghim Moh

Little Green House (Hougang)

McDonald's

MINDS

Ministry of Social and Family Development

Moni Great Vows Lodge

National Crime Prevention Council

National Gallery Singapore

National Heritage Board

National Parks Board (NParks)

National University of Singapore (NUS) Computing

- Voluntary Welfare Organisations Team

NTUC Health Active Ageing Centre (Henderson)

NTUC Health Active Ageing Centre (Telok Blangah)

Office of Public Guardian

P. Tan & Company

Paya Lebar Kovan Community Centre

Pearl Tan Phye Choo (Trainer)

Re Xin Opera Association

REACH Senior Centre @ Jalan Membina (AAC)

Republic Polytechnic

RSVP Singapore The Organisation of Senior Volunteers

Sennett Estate Neighbourhood Committee (SENC)

SG Digital Office

SGEnable

SGO Jalan Besar Satellite Office

Shirley Tan (Trainer)

Silver Generation Office @ KWS Hospital

Singapore Broadway Harmonica Ensemble

Singapore Chung Hwa Medical Institution

Singapore Civil Defence Force

Singapore Hospice Council

Singapore Police Force

Singapore Polytechnic

Singapore Polytechnic (Adventure Club)

SMU

St. John's Home for Elderly Persons

Tampines Meridian JC

Tan Tock Seng Hospital

- Centralised Health Team
- Dementia Shared Care Team (SCT)

The Council for Third Age, C3A

The ETCeteras (Drama Group)

United Overseas Bank

Xinghua Primary School

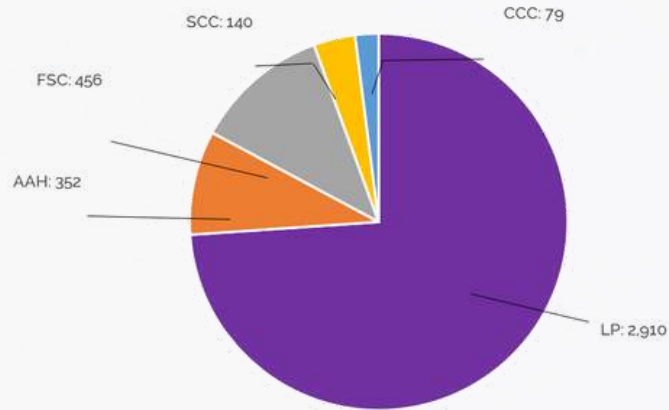
Yeo & Associate LLC

Yeo Thiam Swee (Trainer)

Yong Ser Pin (Trainer)

Yu Ying Secondary School

Number of beneficiaries 受益人人数

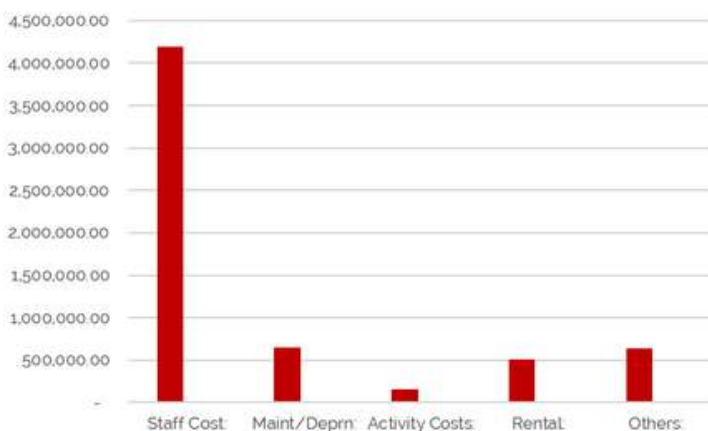
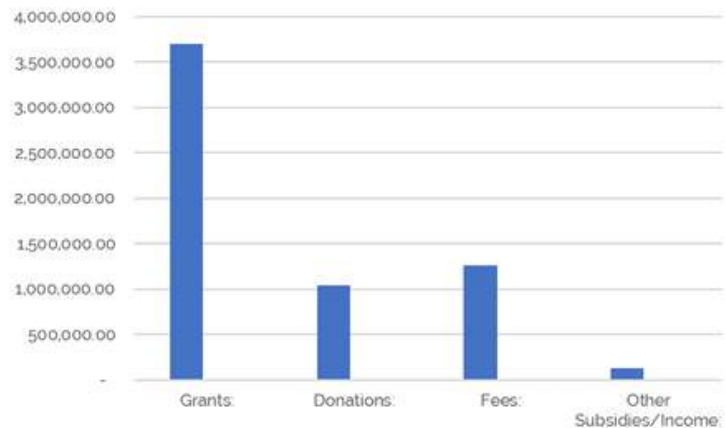


Total Number of Beneficiaries FY 22-23
 财政年22-23受益人总数 = **3,937**

Summary on Financial Performance FY22-23

2022-23 财年财务业绩摘要

Income	S\$
Grants:	3,703,717.88
Donations:	1,043,281.21
Fees:	1,256,927.49
Other subsidies/ Income:	123,377.72
Total Income:	6,127,304.30



Expenditure	S\$
Staff Cost:	4,191,939.06
Maint/Deprn:	646,749.50
Activity Costs:	155,682.86
Rental:	511,755.47
Others:	642,717.59
Total Expenditure:	6,148,844.48



Society of Sheng Hong Welfare Services

城隍慈善基金会

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