



***Look How Far
We Have Come***

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慈光福利协会
METTA WELFARE ASSOCIATION

Caring For Our Communities
关爱我们的社群

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Look How Far We Have Come



As we approach National Day with enthusiasm, we look back at our nation's progress and review our hope and aspirations for the future of our country.

Embracing the Singapore Spirit, strength and resilience, people across all races, religions and languages built the nation where there was none. Metta holds true to this belief and continues to serve all beneficiaries from different ethnicity and with differing abilities.

While the current society is more accepting of people with special needs, it still has not completely embraced them into the community. We hope through all our efforts, we can play a role in shaping a society which everyone can co-exist with one another and view people with disabilities as equally valued members of the community.

Metta could not have done it alone, it takes the whole village to truly build an inclusive and cohesive society. I would like to ask for your continued support for our upcoming major fundraising events and to journey alongside our clients to help them to integrate into the community with ease; be it through schools, workplaces or recreational facilities.

As the hardware of our country constantly gets upgraded, may the "heartware" (values such as mutual respect, care and compassion) also be strengthened, to ensure a seamless continuum of care for those in need in the community. Together, we can come as one and work towards a better future for our country. Majulah Singapura!

Triple Gems Blessings

Venerable Shi Pu En
President
Metta Welfare Association

METTA CHARITY RUN 2018

Saturday, 29 Sep
Angsana Green @ East Coast Park

Come run lah 一起来跑



Start and End Point Angsana Green @ East Coast Park
Date and Time Saturday, 29 Sep 2018
Participants to assemble by 7:30am
8am flag-off for 10km, 8:15am flag-off for 5km
and 8:30am flag-off for Parent & Child 2km Fun Run
Registration www.metta.org.sg/mettarun

Guest-of-Honour
Associate Professor Dr Muhammad Faishal Ibrahim
Senior Parliamentary Secretary, Ministry of Education
and Ministry of Social and Family Development

	Fee
"Steady" 5km	Individual - \$40; Buddy (2 pax) - \$76
"Chiongster" 10km	Individual - \$50; Buddy (2 pax) - \$96
"Double Confirm" 2km Parent & Child Fun Run	Pair - \$60; Group of 4 - \$230 *Additional Adult - \$30; Child -\$35

Limited Edition
"Singaporean"
Themed T-shirts!

Why not support the Metta Charity Run 2018 by buying these "Singapore" themed T-shirts to ZHNG your style! Whilst stocks last so grab yours now!

<https://bit.ly/2twz2wL>



Contact us for more information on Metta Charity Run 2018:

metta.org.sg/mettarun events@metta.org.sg

6580 4688 [fb.com/MettaWelfareAssociation](https://www.facebook.com/MettaWelfareAssociation)

Are You Ready for Metta Charity Run?



Metta Charity Run 2018 is less than two months away. In this issue of Health Wise, John See Toh, our educator from Metta School, also the co-founder of inclusive running club Runninghour shares with us some running tips and his personal running experiences that will come in very useful for yourself, especially if you are accompanying someone with special needs to run.

If this is your first 10km run, please ensure that you do not have any medical condition that may be a concern before you start training. The training for the event will largely depend on your current fitness status and race target.

Progression: Begin with slow runs to build up your aerobic base. The runs can be based on time or distance. For example, you begin each run with a 5-minute walk followed by some stretching, then go into a 30 to 40 minutes run or over a 5km distance at a comfortable pace. Increase your mileage by 10% on a weekly basis. Your runs should not be so hard that the training become unpleasant.

Frequency: It would be wise to include rest days in between your runs but resting for more than 3 consecutive days is not advisable as you will not be building on the aerobic fitness gained in the previous run. Running about 3 to 4 times a week is recommended.

Type of training: You can spice up your runs with some variation such as interval training and tempo runs. Interval training means running a shorter distance at higher intensity e.g. 200m to 400m with regular rest walk or jog interval. Tempo run means varying your pace during the run for example 200m fast, 200m moderate and 200m slow recovery and repeat the cycle. In addition, some cross training like resistance (weight) training or cycling can help break the monotony of runs and build muscle to reduce risk of getting injury.

An Intellectually-Challenged Youth's First 10km

"I would like to take this opportunity to share with you my experience in buddying an intellectually-challenged youth KH in last year's Standard Chartered Singapore Marathon 10km race. KH is 28 years old and goes to a sheltered workshop. He is a regular runner but does not have a consistent pace in combining intervals of walking, running and short sprints. I used the counting method to engage him in the run. We walked for 20 counts then ran for 20 counts throughout the 10km distance and finished with a time of 1 hour 40 minutes comfortably. I could also use distance objects to engage him, e.g. lamp posts counting or building ahead. Generally, persons with intellectual disability are not used to non-stop running. We also took short walks of about 200m at each hydration stations and took pictures at each 1km mark. The medal as a reward at the end of the race or a breakfast treat serves as a great extrinsic motivator for most of them.

All the best for your race! Remember to train hard but race easy!"

Meal for Memories

Huo Yow Cooks' Association-Metta Charity Luncheon 2018
23 June 2018, Metta Building

On 23 June 2018, more than 200 guests and clients gathered at Metta Building to relive their good old days over a luncheon. The event held by Metta Medical Care, saw tireless chefs from Huo Yow Cooks' Association prepare vegetarian food with love, which proved to be a great hit with the guests.

Gracing the event as Guest-of-Honour was Mr Desmond Choo, MP for Tampines GRC and Mayor of North East District. The luncheon kicked off with a blessings ceremony that was presided by Metta's President, Venerable Shi Pu En while Venerable Shi You Guang, First Vice President of Metta Welfare Association, welcomed the guests with an opening speech.

Energetic lion dance and Chinese Orchestra performances by students from Metta School roared the entire hall. Local band Ageless Bridge's rendition of classic songs by Bee Gees got the audience clapping and singing along with fervour, very much to the luncheon's theme of "Back To Good Old Times".

Amidst the hearty meal and mingling, the guests were entertained and inspired by a Chinese song performance brought by Metta's client Mr Low Chin Chye and Metta Day Rehabilitation Centre for the Elderly's Therapy Aide Miss Chu Yee Hoon, along with an endearing performance of "A Beggar's Tale" by the Miao Hui Drama Group.

We would like to take this opportunity to thank our Guest-of-Honour, event partner, sponsors, donors, volunteers and clients for making this event possible. Over \$30,000 raised from this luncheon will go towards providing medical support and various social programmes for our beneficiaries in need.



7th Lunar Month Auction Launch

11 July 2018, Metta Building

The Metta Lunar 7th Month Charity Auction saw a close-knit gathering of guests this year. Being one of the Metta's distinguished fundraising event that has traversed almost two decades, the funds raised from the auction helps our beneficiaries to continue receiving holistic care to improve and uplift their lives.

The launch of the event was officiated by Metta Welfare Association's President, Venerable Shi Pu En. The propitious centerpiece for this year's launch is the ornamental display "Rising Harmony of Strength and Grace", which depicts a spirited rearing horse and lotus carved using *Liu Li* crystal and ceramic. The magnificent steed is a symbolism of energetic pursuit of victory and moving forward towards success in business and studies. While the lotus blossom symbolises purity of heart and compassion.

Due to the uniqueness of the ornament, a higher number were snapped up immediately at the launch. Metta would like to take this opportunity to show sincere gratitude to the 7th Month Organising Committees, Auctioneers, Donors and Volunteers for their unwavering support and contributions to the association throughout the years.



Golfers with Heart of Gold

27 July 2018, Seletar Country Club

The 19th edition of the Metta Charity Golf Tournament ended on a high note, with 112 golfers coming together in support of development and enrichment of our welfare programmes and activities for more than 1,000 needy beneficiaries. Through corporate sponsorships, individual giving and sale of flights, the event raised over \$100,000.

This year was the first time the annual major fundraiser was held at Seletar Country Club. Golfers were greeted with warm and sunny weather as they tee-off at 1pm. Topping off the experience, golfers took delight in the Swensen's ice-cream and fruits provided at the halfway house. Sumptuous Chinese dishes were served during the dinner and Metta School students presented ukulele, music and dance, as well as speech and drama performances that rounded up the eventful day. Top 3 winners of the golf tournament bagged home trophies to commemorate their wins, everyone also got to participate in lucky draw that came with attractive prizes.

Metta would also like to express our heartfelt gratitude to the Metta Charity Golf Committee, Singapore Pools, Tote Board, Aerogaz, Beaute Hub, Mercedes-Benz Singapore, Mitsubishi Electric Asia Private Limited and many others for their strong support. We look forward to a bigger and better Charity Golf Tournament in 2019 and we hope to see you there!



National Day Art Work: Five Stars Arising

National Day is just around the corner. Students at Metta Preschool @Punggol show their love for the nation by coming up with craft pieces that represent Singapore.

Below is a step-by-step guide of making the Singapore flag using a paper plate, which serves as a handheld fan too. Why not talk to your child about the history of Singapore while you're making the fan? You could even set them the task to do some research of their own by asking friends and family.

Materials:

1. Crepe paper (in white and red colour)
2. 1 paper plate
3. 5 pieces of papers cut into shapes of stars
4. 1 piece of paper with crescent shape printed on it
5. 1 wooden ice-cream stick
6. Scissors
7. Stick glue

Step 1:
Cut the crescent.



Step 2:
Put glue on the plate.



Step 3:
Paste the red and white crepe paper on the surface of the plate, covering half in each colour.



Step 4:
Paste the crescent and stars on top of the red crepe paper.



Step 5:
Stick the wooden ice-cream stick behind the plate.



You'll know the job is completed when you've got a happy smiling child, a bit of glue and papers on the table and a beautiful national flag to share with friends and family.

Cantik Batik at KPMG Day

8 June 2018, Raffles Institution

Clients from Metta Day Rehabilitation Centre for the Elderly, Metta Home Day Activity Centre and Metta Alumni were invited to take part in KPMG Day carnival held at Raffles Institution this year. Over 140 staff volunteers from the auditing firm KPMG brought the Metta clients around and guided them to play the games on site, whereby the clients got to bring home the prizes they won. Four voluntary welfare organisations were at the carnival to set up booths to raise awareness of their organisations and Metta Welfare Association was there to showcase the hand-painted batik craft pieces done by Metta Alumni. This drew a crowd as they shopped for the batik printed works such as hand pouches and mugs. Also popular were the pastries, cakes and cookies made by Metta Café. The staff volunteers from KPMG and their family members also completed a 2.4-metre-long batik painting which featured vibrant flowers and butterflies, and the event tagline of "We are TEROFIC!". It was a memorable experience for our clients as they were included in the family-centred activities. Look out for the huge batik masterpiece if you happen to drop by KPMG office.



All We Knead Is Love

9 June 2018, Metta Home for The Disabled

The dining hall of Metta Home for the Disabled was filled with the aroma of butter cookies when the clients had a buoyant baking session with 30 staff volunteers from Lingjack Engineering Works Pte Ltd. Each volunteer was paired up with a client as they meticulously guided the clients through all the steps of baking the Rainbow cookies. As kneading the dough required more efforts, the volunteers and the clients took turns to complete this task and in turn, build up their team spirit. The multi-hued cookies were later cut into cute shapes of rabbits, cats and stars, and decorated using rainbow sprinkles and chocolate chips. As they eagerly awaited for their cookies to be baked, the volunteers served a buffet lunch to the clients. Dessert was the anticipated delicious cookies baked fresh. The volunteers also get to bring home a packet of their handmade products. Thank you Lingjack volunteers.



Looking Back: Other Corporate Social Responsibility Events from The Last 6 Months



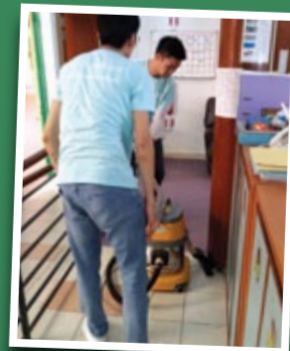
1. Gardening/Karaoke Session and Birthday Celebration with Metta Day Rehabilitation Centre for the Elderly
Date: 12 January 2018
Corporate Partner: UPS Asia Group Pte Ltd
Venue: Metta Day Rehabilitation Centre for the Elderly



2. Terrarium Workshop with Metta Alumni
Date: 19 January 2018
Corporate Partner: SATS Ltd
Venue: Metta Building



3. Chinese New Year Shopping with Metta School Students
Date: 6 February 2018
Corporate Partner: TES-AMM (Singapore) Pte Ltd
Venue: Decathlon - Bedok



4. Batik Painting Workshop with Metta Alumni
Date: 7 March 2018
Corporate Partner: Sage Foundation
Venue: Metta Building

5. Cleaning of Metta Home Day Activity Centre
Date: 6 June 2018
Corporate Partner: AbbVie
Venue: Metta Home Day Activity Centre



6. Hari Raya Celebration at Metta Home for the Disabled
Date: 13 June 2018
Corporate Partner: National University of Singapore Bizad Club
Venue: Metta Home for the Disabled



7. Grooming Workshop at Metta Day Activity Centre for the Intellectually Disabled
Date: 21 June 2018
Corporate Partner: AbbVie
Venue: Metta Day Activity Centre for the Intellectually Disabled



8. Art Therapy Workshop at Metta Day Rehabilitation Centre for the Elderly
Date: 25 June 2018
Corporate Partner: National University of Singapore Bizad Club
Venue: Metta Day Rehabilitation Centre for the Elderly



9. Outing with Metta PreSchool @Punggol
Date: 25 June 2018
Corporate Partner: National University of Singapore Bizad Club
Venue: Jacob Ballas Children's Garden

We Had Seasons in the Sun

18 June 2018, Gardens By The Bay

83 young volunteers from the National University of Singapore Bizad Club brought 50 clients from Metta Home Day Activity Centre and Metta Day Activity Centre for the Intellectually Disabled out for a delightful excursion to Gardens by the Bay. The volunteers befriended the clients and assisted them as they took a leisurely stroll at the outdoor garden. While they were awed by the flourishing display of plants and flowers, they took part in games and activities prepared by the students, it brought joy to both the beneficiaries and the clients. Though a heavy downpour delayed the volunteer effort, many appeared unfazed by the rain. Moving on from the outdoor activity, everyone headed to the nearby fast-food chain for lunch and bonded over a meal of fried chicken, one of the highlights of the day.



Run Your Own Race

20-year old Wei Lun used to be apprehensive when he has to take public transport to go to places he is not familiar with. Born with mild intellectual disability, Wei Lun was not as confident as his fellow peers to go out of his comfort zone. In the past, he used to spend his free time only at his housing estate in Geylang Bahru to play basketball and Metta School for classes. He now travels independently to Bedok Reservoir, Clarke Quay, Toa Payoh Stadium and National Stadium.

Being part of the inclusive running group Runninghour for the past two years, Wei Lun goes to different parts of the island every Saturday and devotes two hours to train. Wei Lun came across Runninghour after his school's Head of Department Mr John See Toh, who is also the co-founder of Runninghour encouraged him to join. Wei Lun felt that a regular running regime will be a good way to train his stamina and speed, as he aspires to lead a basketball team in the future.

Wei Lun usually clocks 10 kilometer every week and has participated in two official races of such distance so far. His personal record for 10 kilometers is now 1 hour 10 minutes. Through Runninghour, Wei Lun gains confidence and improves his social skills as he gets to make many friends outside of his age group and they will eat breakfast after running to mingle. Not only that, he managed to convince his homemaker mother to join him at the running club and his mother is now an avid member of the walking group.

Despite having to wake up early on a weekend, Wei Lun still sticks to the regime as running makes him more energetic, physically strong and perseverant. This is especially helpful as he needs to stand long hours in Metta Café where he is currently undergoing on-the-job training. When Wei Lun first started running, he had a side stitch at one of the training sessions and felt a sharp pain at the abdomen, he decided to press on and cover the whole distance. To him, receiving the medal is not the most important, upholding the "never give up" spirit and completing the race is.

Wei Lun will be running his longest distance, a 12 kilometer race at Run For Inclusion 2018 on 26 August 2018, let's cheer him on!



E 200 - Fuel consumption: 6.3-6.6 l/100 km; VES band: B,
E 250 - Fuel consumption: 6.6 l/100 km; VES band: B,
E 300 - Fuel consumption: 6.9 l/100 km; VES band: B.

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