



Seeing the World Through Their Eyes

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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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Seeing the World Through Their Eyes



Moving into the second quarter of the new year, there is much social impact to new changes and policies in various ministries, among which are from the Ministry of Social and Family Development (MSF). Presently, all children aged six and below with developmental needs are put into a standard programme, where they receive the same model of EIPIC intervention across different ages and needs. With effect from July 2019, caregivers of children with developmental needs aged two and below will soon be able to benefit from a more targeted support and training programme.

The new programme, Early Intervention Programme for Infants and Children (EIPIC) Under-2s will cater to children with moderate to severe developmental needs, such as autism spectrum disorder, global development delay and muscular dystrophy. Under the programme, caregivers and parents will be taught intervention strategies — how to feed and dress their child, and communicate using flashcards or visual cues, among other skills — to help them reach developmental milestones. Besides being better tailored to suit the needs of children aged two and below, the programme will also require the compulsory involvement of caregivers, unlike before. It takes the involvement of the community to work in tandem to create a cohesive society for better inclusion. Similarly, in line with Autism Awareness Week, our students with autism at Metta School never lets their disability define them. They define autism.

It is through our clients that we see a different view of the world – a world filled with possibilities.

Triple Gems Blessings

Venerable Shi Pu En
President
Metta Welfare Association

Building A Community of Inclusiveness

24 March 2019
Metta Building and Metta School

Article by volunteer contributor, Ms Ong Geok Chwee

Metta Charity Carnival is a yearly event that the Metta Welfare Association runs since 1997. In my first time attending the event, I must say that the scale of the carnival is impressive! The carnival was held at the compounds of Metta Welfare Association in Simei, with stalls sprawling across the ground floor, second floor and fourth floor of the building.

The carnival kicked started with an energizing lion dance welcoming the Guest-of-Honor, Ms. Jessica Tan, MP for East Coast GRC. The lion dance was performed by students from Metta School, and the vibrancy of the eight colourful lions energised participants who were waiting to start their 3km charity walk around the Simei estate.

Kudos to the two energetic emcees, the atmosphere of the compound was electrifying, and a warm-up session of Zumba led by students from Metta School got the participants ready for their sunny morning walk ahead! Participants enthusiastically started their 3km charity walk around the estate at the flag-off by Ms. Jessica Tan, Venerable Shi Pu En and Venerable Shi You Guang.

I was bowled over by the show of inclusiveness when we saw the walk participants helping those who were not as mobile to move forward in their wheelchairs and the joy on everyone's face as they joined in the fun walk with their family and friends.

The range of food at the carnival was terrific. Carnival-goers were spoilt for choice with the tantalising smorgasbord of vegetarian fare from laksa, chicken rice, Taiwan *mee sua*, carrot cake to snacks like *tu tu kueh*, baked potato, *tau kwa pau* and more. Food is Singaporean's favorite pastime, and I could see the satisfaction on the faces of many who were hungrily munching away.

Among the food stalls were also a mix of trade stalls. The beautiful merchandise produced by VSA (Very Special Arts) Singapore caught my attention as I shop-hop happily from stall to stall. The carnival had given me an opportunity to be exposed to more avenues that our society provide to empower everyone with the possibility to contribute, regardless of how differently abled we are.

On the second floor, I was greeted with a stage performance where participants who needed a rest from all the shopping and eating could have a seat and be entertained. There were also more stalls on the second floor where kids can try their hand at arts and craft activities, or more shopping can be done at the booths selling goods such as handcrafted jewelry, clothes, handmade soaps, plants and more.

More fun activities await the children at level 4 of Metta School building. In a big air-conditioned hall presents the majestic sight of giant inflatables such as the bouncy castle and candy cane house. The organizer had really thought through and provided different options for different needs. Well done!

Metta Charity Carnival is an event that bonds the community through fun activities, bringing together families and friends, regardless of race and religion. It was a meaningful event as we knew that we were contributing to a good cause as we enjoyed ourselves. The carnival had strong support from various merchants who contributed the proceed of the sales to Metta Welfare Association



while the enthusiasm of the volunteers gave me quiet confidence that the carnival would only get bigger and better, year after year.

About the contributor: Geok Chwee is a proud mother of two young men and enjoys travelling with her family to explore the world. She works in the telecommunication industry and is always intrigued by emerging technologies. She is inspired by many great people around her who have contributed relentlessly to make the world a better place and wishes to follow in their footsteps to do the same.



The Vesak Day Bazaar 2019

Vesak Day Bazaar returns on Sunday, 19 May, at the façade of Buddha Tooth Relic Temple at South Bridge Road.

Join us at the Bazaar to catch great buys for yourselves while supporting Metta. Come down to support us on:

Sunday, 19 May 2019
9am to 4pm
Buddha Tooth Relic Temple
288 South Bridge Road,
Singapore 058840
Under sheltered walkway facing Sago Lane and Sago Street.



METTA CHARITY MOVIE SCREENING

JOIN US ON A ROAD TRIP ADVENTURE WITH OLD AND NEW FRIENDS!

WHEN?
Sunday, 23 Jun
Movie showtime to be confirmed

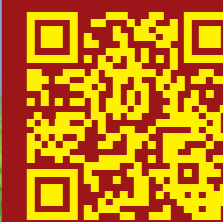
WHERE?
Shaw Theatres Lido



Metta Welfare Association celebrates a fun 3D animated movie with Disney/Pixar's Toy Story 4 at Shaw Theatres Lido. Bring your family down for an afternoon of animated action with Woody and friends.

Proceeds from the Metta Charity Movie will go to Metta Welfare Association which serves some 1,200 beneficiaries under its care. Your donation will fund the various welfare programmes and comprehensive range of services that goes beyond the mere fulfilment of our beneficiaries' requirements.

Scan QR code to view movie trailer



FOR TICKET ENQUIRIES OR FOR MORE INFORMATION!

- 6580 4688
- events@metta.org.sg
- metta.org.sg/MettaMovie
- fb.com/MettaWelfareAssociation

A Hot Pot of Love

26 January 2019
Metta Building

There's just something about having everybody huddled around the hotpot that screams "togetherness" and that is the message that Metta Welfare Association brought across to its stakeholders with the recent annual Lunar New Year "Lou-Hei" luncheon. The luncheon marks the appreciation of Metta's supporters, donors and volunteers in a massive gathering that saw a full turnout of 35 tables filling up the hallway. At the same time, the celebration also took the opportunity to usher in the Lunar New Year. With a blessing ceremony presided by Metta's President, Venerable Shi Pu En, a high-octane lion dance performance by Metta School students followed suit with the indispensable auspicious vegetarian *yu sheng lou-hei*, all of which marks the start of the hotpot feast.

Entertaining the guests during lunch was a traditional Chinese repertoire by the Chinese Orchestra Club with students of Metta School. Throughout the hearty lunch, the lucky draw segment of the programme drew eager anticipation among the guests with prizes sponsored by Vincent Watch and Mr Siah Teck

Loo. The convivial appreciation lunch gathering was very much relished by the guests whose discernible bright smiles and revelry lasted all through the afternoon.



Back To School Shopping Spree

23 January 2019

Over 86 students from Metta School had an awesome Lunar New Year when staff from Tes-Amm Singapore Pte Ltd took them out for a New Year shopping spree at Decathlon at Viva Business Park, Chai Chee Road. The three-hour shopping spree saw the students accompanied by 30 Tes-Amm staff running along the aisles of the store in ecstasy and thrill as they tried on sports gear and footwear. The sheer joy in the eyes of the students who greatly needed the items was a priceless sight at the rare chance of a shopping spree in a sports store. The excitement did not end there as after the purchases were done, everyone headed for a sumptuous lunch of fried chicken at Chic-aboo. The outing made a fulfilling day for the children with happy smiles and stories to take home to their parents.



Team Bonding Over Batik

11 March 2019

As part of its company's team bonding session, Deloitte staff had a go at batik painting with artists with special needs from Arts@Metta as their coach. More than 35 Deloitte staff were patiently coached and guided by resident artists, Chee Meng, Qiao Qi, Fadhil, Jie Wei and Donovan. With exquisite motifs of Peranakan tiles as the batik design, Deloitte staff found the intricate waxing and painting of the bright colours on their canvas a real challenge. With team work and careful guidance, everyone completed their beautiful art pieces at the end of the workshop, worthy of a marvel!



Beyond Race and Religion

During the recent Lunar New Year, 25 Metta Hospice beneficiaries received festive goodies such as pineapple tarts and almond cookies (vegetarian) made with care by Metta Café! These festive goodies were kindly sponsored by the Singapore Jain Religious Society's Make-A-Wish program. Metta Hospice Care hopes that the goodies have brought festive cheer to our beneficiaries in this festive season!

(Left) Metta Hospice's Staff Nurse, Muhammad Azfar Bin Aziz, bringing the festive goodies to Metta Hospice beneficiary, Mr Lum Pat Cheong.



Thank You for Helping Mariam Fulfil Her Christmas Wish

Last December, we created an online fundraising Christmas campaign on Giving.sg for several of our students and clients of Metta Welfare Association.

We are proud to announce that with your kind contribution, we have hit past the fundraising target! Scan the QR code on right or search #mettachristmas2018 on Youtube and watch the excitement in Metta Home for the Disabled client, Mariam's eyes when we surprised her with her long-awaited wish.



Not A Walk in The Park

While the term Autism Spectrum Disorder (ASD) may be widely known to many, few are aware of the challenges it poses for caregivers of people with the disorder. Just ask Mdm Yap Chin Chuin, whose child Jeremy, was diagnosed with ASD.

Jeremy's preschool first flagged concerns about his development when he hadn't started talking and had limited eye contact at the age of three. He was referred to Dr Yeo at KKH who confirmed their suspicions.

"The journey in raising an ASD child is truly demanding, especially when Jeremy is physically active and puts our patience and limits to the test. Most parents also know that although 10% of these kids can be talented, most of them are, sadly, less so. To put things in perspective, the future will be challenging for someone like Jeremy. Positivity is key to caring for my child. I try to enjoy the process of caring for Jeremy which can be challenging most times.

Jeremy finds serenity in the outdoors and seeing him in that peaceful light is especially calming because I can see a "normal" child in him. I am happy that he is able to find his place where he would let his mind wander off and put his edgy self to rest. I instil a strong sense of humour in myself and learn to indulge in his behaviour or speech, which may seem strange to others, that he displays every now and then in our lives."

Bracing an autistic child's meltdowns counts as among the biggest challenges of parents, according to Mdm Yap.

"The biggest challenge when caring for Jeremy was coping with his meltdowns which can happen anytime and anywhere. When Jeremy was little, the reasons for his meltdowns were not always obvious to me. Over time, I observed that it happens when a routine was disrupted. As he grew, meltdowns were also caused by our refusal to buy certain toys that he wanted and a disruption to his life routines.

I have the most vivid memory of an incident that happened during the June school holidays of 2017. I took Jeremy and his younger sister to



Junction 8 mall. Some kiddie rides caught the eye of the children and I allowed them to play on it. Jeremy stubbornly refused to leave when it was time to go. I realised that he was overly stimulated by one of the videos screening in the ride. Much as I tried to get Jeremy to leave, he threw a fit and even laid flat in the middle of the busy mall corridor, yelling at the top of his voice. His meltdown did not end there as he continued his screaming fit when we finally left the mall. Jeremy only calmed down for a little in the evening before our nightmare continued hours later. At 5am, Jeremy got into hysterical screaming fits and tears. Fragments of the events that happened the day before still stayed fresh on his mind. Finally, I made the right decision to drive Jeremy to an outdoor park to calm him down. The magnitude of Jeremy's meltdown was by far the worse we had ever experienced. Coupled with challenges in speech, these added to Jeremy's frequent melt downs and communication breakdown issues.

Over the years, Jeremy's condition has indeed become better managed with age and supported by consistent efforts from Metta School. As of now, we educate Jeremy to equip him with communication and literacy skills. We must be patient, consistent and encourage them to work harder and not limit themselves because of their condition. It is a fine line to tread. But I will always make sure he has tried his best before providing him with assistance.



I want Jeremy to be independent in his daily living and be able to work and contribute whatever he can to society. Knowing their condition, much assistance would have to be given in order for that to happen. I would be happy if I could see that my child can consistently contribute to society like most people."



(Top) A mother's love knows no bounds: Mdm Yap Chin Chuin and her child, Jeremy Chong

In observance of Autism Awareness Week, we uncover two inspirational stories of Metta School students who never let autism define them.

"Success comes from determination and perseverance."

These are the words from Kervyn who was diagnosed with mild intellectual disability and autism as a child. That led his family to send him for early intervention with professional allied educators who would coach the young man into finding his dream and talent.

Kervyn faced daily challenges as a child, often keeping to a routine which is a symptom commonly associated with autism. This behaviour made him different from his peers. However, at Metta School, Kervyn realises that his classmates are as unique as him. Encouragement and support from his educators made him realise his hidden talent in the vocational skill of baking. Through hard work and determination, Kervyn overcame his challenges and went on to pursue various vocational ITE skills certificates.



At 20, Kervyn attained the ITE Skill Certificate in Baking upon completion of the two-year course. Two years later, he went on to attain ITE Skill Certificate in Baking Practices. The courses equipped Kervyn with the requisite skills and knowledge in basic baking techniques and practices. Upon graduation from Metta School and with the assistance of job coach, Ms Eleanor Kuah, Kervyn found employment at Tip Top (All Best Foods Pte Ltd) as a baker. He is well-liked by his colleagues and his senior, kitchen chef Daniel Chew, who have nothing but good words for the young man.

"Kervyn shows good work performance at his job. He always maintain good grooming standards, keeps the place clean and ensure that the entire process from start to end is well met."

Daniel Chew (Chef @ Central)

When probed about his future dreams, all that Kervyn hopes for is to be independent and help support his close-knit family. It is a dream that Kervyn has met and continues to be his life-inspiring force to lead a fulfilling life.



(Top) Sayed Adam together with his senior, school attendant Madam Toh Siew Wan.

Madam Juliyah never thought that her son would be able to find a job to gain independence when her child was diagnosed with mild intellectual disability and autism at age 3. 24 years later, he proved her wrong. Sayed Adam joined Metta School in 2004. With his disability, mainstream education and even simple tasks such as household chores are a big challenge for him. During his education at Metta School, he took up the Housekeeping vocational course that taught him the knowledge and skills to perform tasks such as cleaning a hotel room and its bathroom, vacuuming the carpet and the proper technique of wiping glass and mirrored surfaces. Sayed Adam's sense of self achievement comes in completing the tasks well and it gives him immense pride in seeing the spick and span condition of his hard work. The 2-year ITE Skills Certificate in Housekeeping landed Sayed Adam a job with Metta School as a school attendant, much to the delight of Madam Juliyah. His diligence of keeping the spacious school compound clean, making sure that every fine detail such as clean corridors, courtyard, stairways and even the premises' foliage landscape are well taken care of. Happy at his job, Sayed Adam's satisfaction can be seen in his smiling cheery personality to visitors at the School, indicating his sense of pride.

Happy Parent's Day

感恩双亲节



\$29 each
(appx 500gm)

Notes:

- Pre-order is required. A lead time of 3 working days (except Sat & Sun) required for processing of order.
- Pictures shown are for illustration purposes only and cake designs are subject to slight variations.

Available cake flavours: Strawberry / Mango / Durian / Chocolate Truffle / Lychee / Mocha / Blackforest.
Please indicate your choice of flavour upon order.

For orders or enquiries, please call **6580 4622/ 4624/ 4646** or
email us at **mettacafe@metta.org.sg**



facebook.com/cafemetta/

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