

# METTA



## *The Pride of Singapore and Metta School*

### CONTENTS

1. President's Message
1. Recent Happenings
2. Upcoming Events
3. Having a "Lepak" Good Time
3. The Impact of Sports on Children with Special Needs
4. The Pride of Singapore and Metta School
5. Making Others Happy Becomes Her Joy
6. Creating Waves with Deloitte's IMPACT
7. 20 Years of Lunar 7<sup>th</sup> Month Charity Auctions



慈光福利协会  
METTA WELFARE ASSOCIATION

*Caring For Our Communities*  
关爱我们的社群

**Vol 23 issue 4**  
Jul - Aug 2019

A Publication of Metta Welfare Association

# The Zest for Life



The youths are our future as many would say. This adage holds true as we celebrate the vitality of youth in this era on the impact that they have contributed to the society. Young people are the driving force of change and the next generation to carry on the nation's legacy and to lead society.

It is heartening to see many youths of today playing a helpful part in the community through their efforts such as volunteerism, reaching out to the community at large and stepping up to be heard.

It is also with pride that we have several students from Metta School representing Singapore in the national sports arena such as the Special Olympics. Despite their challenges, their sheer determination and go-getter spirit embody the strong-willed tenacious qualities that any successful person should possess. These students prove that in spite of their shortcomings, but with determined effort, they can participate and perform well.

We strongly encourage the youth in their willingness to serve others, putting this attitude into everyday practice. The country's future lies with our youths and as such, we need to nurture a good and strong foundation for them to be good leaders in strengthening of our society. We should continue on this mission to engage, mentor and involve the young so that they can contribute purposefully to the nation and serve as an inspiration for others.

Triple Gems Blessings

Venerable Shi Pu En  
President  
Metta Welfare Association

# A Matinee Story

23 Jun 2019  
Shaw Theatres Lido

Every Ending is a New Beginning indeed holds true for movie-goers and supporters of the Metta Charity Movie 2019! With approximately 650 seats taking up three halls for the charity screening, the turnout saw families, donors and Metta's beneficiaries gathered for the animated fourth matinee sequel to Toy Story. Our team of volunteer cosplayers in Toy Story characters also created much hype for everyone prior to the screening. This family-bonding warm-hearted movie event aims to foster new relations between our stakeholders and families.



If you've missed our charity movie screening of Toy Story 4, fret not as you can join us again for the next Metta Charity Movie Screening II of Frozen 2 on 23 November 2019! Watch out for this space as we update more details at [www.metta.org.sg/mettamovie](http://www.metta.org.sg/mettamovie).

# Golf for A Cause

11 July 2019  
The Singapore Island Country Club

Metta Welfare Association held its 20<sup>th</sup> edition of the Metta Charity Golf Tournament at the Singapore Island Country Club to support the programmes and services of Metta's beneficiaries from its nine welfare centres. The fundraising event saw the golfers gathered for an afternoon round of golf in the name of charity.



Unrelenting to the sweltering heat, the game ended on a good note as golfers were treated to an intercontinental fusion dinner buffet spread and an entertaining performance from students of Metta School.

Top 3 winners of the golf tournament bagged home prizes to commemorate their wins while everyone else also got to participate in a lucky draw that came with attractive prizes.

To commemorate the sterling support and contributions of the previous Metta Charity Golf Chairman, Mr KK Teoh, a Challenge Shield was inaugurated. "The KK Teoh Memorial Challenge Shield" will display the names of the winning golfers starting from this year.

# METTA CHARITY X RUN 2019

Venue : Angsana Green @ East Coast Park  
Date : Saturday, 28 Sep 2019  
Time : 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 Fee
X-traordinary 5km	Individual - <b>\$40</b>
	Buddy (2 pax) - <b>\$76</b>
X-treme 10km	Individual - <b>\$50</b>
	Buddy (2 pax) - <b>\$96</b>
X-ceptional 2km Parent & Child Fun Run	Pair - <b>\$60</b>
	Family (2 pairs) - <b>\$115</b>
	*Additional Adult - \$30 Additional Child - \$35



[www.metta.org.sg/mettarun](http://www.metta.org.sg/mettarun)

Thank you for running with us for the past 9 years, ready for neXt? Scan QR code above or contact us for more information.

[metta.org.sg/mettarun](http://metta.org.sg/mettarun) [events@metta.org.sg](mailto:events@metta.org.sg)

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

F.L.A.M.E VIRTUAL RACE 2.0  
Fight to improve Lives, Be an Advocate for Metta's Extraordinaires

Can't make it to Metta Charity X Run but still want to run for Metta? Join F.L.A.M.E VIRTUAL RACE 2.0!

Scan QR code below for more information.



## Having a “Lepak” Good Time

11 June 2019

Metta Day Rehabilitation Centre for the Elderly

Our senior clients at the Metta Day Rehabilitation for the Elderly had a “lepak” Tuesday afternoon with a Hari Raya celebration at the Centre with traditional Malay fare. It was an afternoon of bingo games and prizes, together with screenings of Hari Raya themed short videos, a karaoke and “joget” session with clients and staff all dressed in traditional Malay costumes, a cake-cutting ceremony for clients born in the month of June and most of all, a best-dressed competition among our clients, some of who came dressed specially for the celebration. Bright cheery smiles registered on our clients’ faces as they had hours of good fun and entertainment that afternoon.



## The Impact of Sports on Children with Special Needs

Article contributed by Metta School teacher, John See Toh

There are many online research reports that share how physical activities, especially in the outdoors, can enhance one’s physical and mental health. One of the many studies conducted in the United Kingdom found that regular exercise in a natural environment contributes to improvements in mood and self-worth. It is a great way to walk off your anxiety and feel happy in our garden city where parks are in abundance.

*“Persons who are intellectually challenged or have autism generally find social interaction and playing team sports rather difficult. Persons With Special Needs (PWSN) are most suited to participate in individual sports which also allow for group participation such as walking, running, rock-climbing, bowling, and swimming. These activities can be performed at their own pace and abilities. In addition, such activities can be performed with minimal equipment and at low or no cost. These activities also do not involve high level of technical skills and cognition.”*

John See Toh,  
Metta School teacher

Singaporeans are now living longer, but unfortunately, not better in the later years due to loss of mobility and function. Therefore, it is very important for everyone to keep healthy and active in order to ward off the detrimental consequences of a sedentary lifestyle. It is more so for PWSN who are not engaged in full-time

work and therefore, nurturing a healthy lifestyle will enhance their quality of life and reduce possible medical costs incurred as a result of poor health.

John adds on, “Many of these individual sports activities with group participation helps to promote integration into society. Take for example, Ryan Martadinata, an apprentice at Metta Alumni, who had just graduated from Metta School last year. Ryan has autism and he do not communicate very much verbally. He is a regular member of a running club and he runs with other members twice weekly and participate in mass run events. Ryan is now a well-trained runner who has recently completed a half-marathon in 2 hrs 20 mins. He finds great joy in collecting race medals and his Facebook posts are all about running and his running buddies.”

It’s truly amazing how sports can have a marked impact on a PWSN who would otherwise be isolated from the mainstream of society.

*“Not all PWSNs can be as fit as Ryan but all of them can benefit from adopting an active or sporting lifestyle. They should focus on a good experience of exercising instead of looking to achieve results. For persons with autism, the exercise routine can be therapeutic for them.”* advises John.



(Top) Ryan and Metta’s Deputy Executive Director, Ms Felicia Wee, at the Metta Charity Run 2017.  
(Above and left) Ryan with guides from Runninghour Co-operative at his first Half Marathon Race.

More links:

<https://www.imh.com.sg/wellness/page.aspx?id=1541>

<https://www.todayonline.com/singapore/singaporeans-living-longer-spending-greater-proportion-time-ill-health-study>

# The Pride of Singapore and Metta School

## The Prodigious Flying Fish

***"Battle your own challenges before you take on others"***

Those are the determined words from triple gold medallist and Metta School student, Danielle Moi. However, not many are aware that the young lady is the pride of Metta School. Danielle has garnered Gold in the Women's category at the SPH National Inclusive Swimming Championship in 2018 and 2017 ASEAN Para Games in Kuala Lumpur, as well as the 2015 Special Olympics in Los Angeles, among many other competitions. She is presently coached by former national swimmer, Ang Peng Siong at the Aquatic Performance Swim Club.

This teenager started her swimming journey at the tender age of 6 and have found her passion in the waters through the encouragement of her father. Growing up was not entirely a smooth path for Danielle who faced

learning difficulties academically. While her peers could effortlessly complete a composition essay, Danielle struggled with it in school. Thankfully for Danielle, her family was understanding, and she received special education to cope with her challenges.

Apart from her daily swimming routine, Danielle presently spends most of her days at Metta Café under its vocational attachment programme for graduates of Metta School. At the Café, Danielle learns how to serve customers at the counter and perform other duties in a F&B setting. This helps to further build her confidence especially when it comes to gaining communication skills.

With the additional boost of good interpersonal and natation skills, Danielle dreams to be a swimming coach like her mentor one day.



Photo credit: Straits Times



(Top) Danielle presently undergoing her vocational attachment with Metta Cafe.  
(Left) Swimming Champion.

## A Kingpin in Her Own Right

18-year old Assekkin Binti Mohamed Anuar is a shy and introverted young girl who was diagnosed with mild intellectual disability. That's why it came as a surprise to her friends and family that she would one day make it to the Special Olympics Singapore as a national bowler. Assekkin came to love bowling when she was introduced to it at age 12 by her previous coach from APSN (Katong). Bowling not only trains Assekkin in her balance and gait, but it also works on her gross motor skills through the motion of throwing a straight ball for a full strike without getting it into the gutter. Getting Gold for her participation in the National Games in 2017 only serves to boost Assekkin's self-confidence further. She went on to join the World Games in Abu Dhabi in 2019 and attain Bronze in the Doubles category. Assekkin is not without her fair share of challenges as she struggled with bowling correctly in its early days. Even up till today, "getting the right balance" as Assekkin puts it, is still among one of the most difficult technique of the sport. Yet, her never-say-die attitude is what Assekkin credits to her success today.

***"Never believe in giving up and put in your best in your dreams!"***



(Left) Gold medalist in the National Games.  
(Below) Assekkin is currently undergoing vocational attachment with Metta Cafe.



## A True Champion

Nurul Asyikhin Bte Ismail was suspected to be dyslexic by her teachers in her primary school and subsequently referred to KKH for further checks. It was then that she was diagnosed with mild intellectual disability which impedes her learning capability. Despite the diagnosis, that did not stop the ambitious girl from beating the odds and becoming a well-liked model student in Metta School with her sheer persistence and determination over the years.

### The Journey

Metta School piloted the ITE Skills Certificate (ISC) Vocational Training Programme in 2008. The vocational education curriculum provides students with industry skills training and prepare them for work and be gainfully employed at the same time. The ISC is also recognized by industries for admitting students with relevant qualifications into the workforce.

Nurul was among the pioneer batch of students from Metta School to embark on the ITE Skills Certificate (ISC) Vocational Training Programme when it piloted. She took up ISC in



(Left) 2019 – Champion in Life.  
(Right) 2007 – Champion in Bowling.

Housekeeping Operations (Accommodation) and did her On-Job-Training (OJT) at Park Avenue Suites in 2009.

Her job coach, Mr Raymond Low, guided Nurul through to her first employment and made sure that the potential workplace is safe and yet fulfil the task requirements of the ISC. Raymond went on to coach and prepare Nurul's supervisors and co-workers on the expectations of working with a person with special needs. Thereafter, they went through work orientation and signing of Letter of Agreement (LOA) together with the job coach.

Prior to her OJT, Mr Low taught Nurul and her peers on how to travel between home and Park Avenue Suites; familiarization of the area to find lunch and a convenience store to buy sundries; and problem solving to get around the roadblocks during Thaipusam.

Nurul was a fast learner going through the ropes of housekeeping. With her job coach working alongside, she managed to grasp all the steps required to clean a serviced apartment within the first two weeks. Nurul received remarkable comments about her work attitude, speed and ability to multi-task.

Job opportunities were hard to come by then for this pioneer batch of ISC graduates. The job coach worked tirelessly to increase the pool of industrial partners. Upon graduation in end 2009, Nurul was offered the position of Housekeeping Linen Attendant by Crowne Plaza Changi Airport. Through the years, Nurul stayed in contact with Mr Raymond when the latter visited the hotel while supporting new batches of trainees. Nurul continued to consult job coach on matters at work. This close rapport between Nurul and job coach has enabled her to sustain employment all these years. In turn, Nurul became a mentor to all the trainees from her Alma Mater.

# Making Others Happy Becomes Her Joy

A young volunteer with Youth Corps shares with us her passion and challenges of being in the community of volunteering for the better good.

*“No act of kindness, no matter how small, is ever wasted,”* is a quote by Aesop which Lim Shu Ying Joey, a regular volunteer at Metta Home for the Disabled, stands by.

The 23-year-old undergraduate at the National University of Singapore, who majors in linguistics and business management has been volunteering since the age of 16.

Joey started out as a volunteer officer with St John’s Brigade and focused mainly on developing youth leadership and attending to community first aid needs.

*“We also conducted yearly humanitarian aid to Cambodia, providing them medical support and helping them build more durable infrastructure. When I left St John’s Brigade, I joined Youth Corps Singapore instead and worked with underprivileged children in the community.”*

The seeds of compassion and love sown at a young age flourished even as she entered adulthood.

The young lady stumbled her way to volunteering as she had “tonnes of time on her hand and wanted to spend it in a good way”. Joey now helps out at Metta Home for the Disabled as part of the Youth Corps Leaders Programme, a 6-month programme for volunteer leaders-in-training.

The group named Team Cosmos is made up of volunteer-leaders to be, and they would plan bi-weekly volunteering sessions at Metta Home for the Disabled.

*“Seeing the beneficiaries smile and go back happy makes all the time spent planning worth it. That’s the special thing about volunteering - you start out thinking that you’re doing this great thing, that you’re helping someone, and at the end, you realise that the person you’ve helped the most is yourself,”* shared Joey.

The team started this project as they would like to learn more about people with special needs.

*“Working with Team Cosmos has been a really humbling experience for me. I feel incredibly blessed to have such a*



*supporting team and amazing mentors with whom I can experience the highs and lows of our programme with.”*

But the now-seasoned volunteer used to face a challenge in interacting with beneficiaries, especially with groups she never interacted with before. *“When I first came to Metta Home, I felt really unsure of myself - I did not know what language to speak, what to say, what to do.”*

The feeling of uncertainty gradually disappeared as Joey began to empathise with the beneficiaries and threw away some pre-conceived stereotypes.

*“We all share the same spectrum of emotions - we feel happy, we feel sad,”* Joey had learnt that by being in a position of privilege, it creates blind spots to experiences of people from different backgrounds. Ultimately, volunteers should not feel that they are “superior” to the beneficiaries and should not plan things according to what they think the beneficiaries need.

*“The Youth Corps Leaders Programme is great in correcting this mindset in a way that they taught us how to conduct a community needs analysis, where the focus is shifted to what the community needs instead of what we think they need.”*

On top of bringing joy to the beneficiaries, Joey said the social aspect of volunteering is what keeps her going. The social interactions with like-minded, passionate individuals who have the common goal of wanting to do good allows people to socialise and work together easily.

Debunking the myth that volunteering takes up much time, Joey would encourage new volunteers to experience volunteering, starting at one-off events.

*“There are so many benefits to volunteering that I don’t think I can list them all. Everyone experiences the lessons of volunteering differently, and they will just have to try it out to know!”*

# Creating Waves with Deloitte's IMPACT

**2 August 2019**  
**Our Tampines Hub**

Over 270 staff volunteers from Deloitte Singapore made an impactful day on the lives of Metta's beneficiaries on Deloitte's annual IMPACT Day, a corporate social responsibility initiative. Approximately 260 beneficiaries from Metta Welfare Association's various welfare centres got involved in a myriad of morning activities with Deloitte's staff volunteers at Our Tampines Hub (OTH) – a one-stop recreational hub. Beneficiaries from Metta School tried their hands at rock climbing at The Rock School, Clip & Climb (an indoor wall climbing sport), clay modelling at Clay Works with Metta Alumni clients and tote bag painting with elderly clients from Metta's Medical Care and Metta School. The little tots from Preschool @Punggol had an exuberant morning at Playtopia, a massive indoor playground within the premises of Tampines Regional Library which consists of spiral slides, trampoline jumps, amongst others all within a giant ball pit. Clients from Metta's Disability Care sector flexed their bowling skills at the Orchid Bowl. The volunteers got to know our beneficiaries better as they engaged and helped them in the activities and sports. It was a morning of fun-filled activities for the young and young at heart.

We would like to thank Deloitte Singapore for the meaningful and heart-warming CSR activity that definitely made an IMPACT to our clients.



# 20 Years of Lunar 7<sup>th</sup> Month Charity Auctions

Metta's earliest participation in the Lunar 7<sup>th</sup> Month Charity Auctions can be traced back to 1999 during the early years of Metta Welfare Association. It was the first fundraising event conducted by Metta. 20 years later on 29 Jun 2019, Metta's President, Venerable Shi Pu En officiated the 20th Anniversary of Metta Lunar 7<sup>th</sup> Month Charity Auction.

The propitious centerpiece for this auspicious event is the ornamental display "Treasure Vessel of Blessings", which epitomises a consolidation of wealth and prosperity for generations to come. Carved from top-grade *Liu Li* crystal, the crystal vessel is sculpted in warmly glowing amber in the shape of a pumpkin which is a symbolism of prosperity, abundance, great fortune and luck for descendants. To the Chinese, the pumpkin also symbolises fertility that represent numerous offspring to carry on the genealogical heritage.

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 7<sup>th</sup> Month Organising Committees, Auctioneers, Donors and Volunteers for their unwavering support and contributions to the association throughout the years.



## Treasure Vessel of Blessings



For further enquiries or to purchase this unique *Liu Li* ornament, please contact Ms Jolyene Kor.

Tel: 6580 4616 / 9683 9269

Fax: 6580 4699

Email: [jolyene@metta.org.sg](mailto:jolyene@metta.org.sg)



手工月餅  
濃情中秋

Mid-Autumn Delicacies 2019

Freshly baked by Metta School Alumni Youths with Special Needs. Free from preservatives.  
For orders or enquiries, please call 6580 4622 / 4624 / 4646 or email us at [mettacafe@metta.org.sg](mailto:mettacafe@metta.org.sg)

