

METTA



慈光心缘



Gifts Happiness

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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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Gifting Happiness



The end of the year always provides an opportunity for reflection. It gives us a chance to look back on our accomplishments and challenges and provides us an opportunity to look ahead in the coming year. As we gather for the festivities of the year end, I am glad to observe that the spirit of gifting and spreading joy into the lives of the less privileged.

With my three-year retreat for self-reflection and prayerful meditation coming to an end soon, I reflected on how best to help the clients of Metta in this fast changing world and resolved to further establish a firmer foundation and support as I continue in my tenure as President of the Association.

It is also the same motivation for Metta Welfare Association when she had been recently awarded the Charity Transparency Awards (CTA) by the Charity Council for her good governance and disclosure. Transparency is key to building trust in an organisation. Inwardly, trust can help a team cope with adversity and work together for the greater good. Transparent behaviours provide clarity about our intentions and clearly communicate those objectives.

With 2019 drawing to a close, I would like to convey my deepest gratitude for the support of our committee members, donors, volunteers and staff who have worked tirelessly to continue the work in my absence of retreat. Thank you for your collaboration and impassioned work in 2019 as we surge ahead to a better New Year.

Triple Gems Blessings

Venerable Chao Khun Fa Zhao ^{BBM}
President
Metta Welfare Association



Christmas is For Everyone

In Singapore's multi-racial culture, not everyone celebrates the year-end festive holiday. However, many appreciate the heartwarming gifting that they receive as part of the holiday's tradition. As the adage goes, people will not remember what you do or say. But they will remember how you make them feel.

This Christmas set aside a special place in your heart to create a moment of warmth in the lives of the less fortunate. With your generosity, your donation goes into the funding of Metta's welfare centres' training and therapy programmes, as well as supplying basic necessities, medical supplies, groceries and meals to our beneficiaries from low-income families.



Santa May Not Exist But Good People Do.

Champion quality living for folks like Mdm Fauziah. Search #GiftNow on www.giving.sg or GIVE.asia to support her.

Giving.sg: <https://www.giving.sg/metta-welfare-association/giftnow>

GIVE.asia: <https://give.asia/campaign/christmas-is-for-everyone-giftnow-2976#/>

METTA CHARITY MOVIE SCREENING II

23 & 24 November 2019
The Cathay Cineplex

It was a huge turnout at the recently ended Metta Charity Movie Screening II which spanned over the weekends of 23 and 24 November. With approximately over a thousand seats taken up over two days for the charity screening, the turnout saw families, donors, corporates like SMJ Furnishings (S) Pte Ltd, Hua Siah Construction Pte Ltd, Lingjack Engineering, Singapore Pools and Metta's beneficiaries gathered for Frozen II, the sequel to Disney's 2013 hit wonder. Our pair of pretty cosplayers dressing up as Queen Elsa and Princess Anna also created much hype for everyone prior to the screening as many queued up to have their pictures taken with the characters.

Metta Charity Movie Screening II is organised by Metta Welfare Association which serves some 1,150 beneficiaries under its care.

We would like to thank our sponsors for sharing in our mission to provide welfare services to meet the needs of the community at Metta centres islandwide.



Jolly Candy Cane Milk Cookies

'Tis' the season to be jolly! With courtesy of Metta Café, indulge in an easy, simple sweet treat that is just ideal for the year end festive holidays. Try your hand at creating candy cane milk cookies with your family for a good bonding and joyful moment.

Yields: 8 portions

Ingredients:

- 90g plain flour
- 50g butter (softened)
- 10g almond powder
- 40g icing powder
- 10g milk
- Red food colouring

Method:

1. Sift the flour, icing sugar and almond powder together.
2. Add in the softened butter into the dry mixture and knead to form a dough.
3. Separate the dough into half.
4. Using red food colouring, drop a few drops into one half of the dough to create a bright hue (as pictured).
5. Knead the colouring evenly into the dough.
6. Portion a thumb-size dough from each of the uncoloured and coloured dough.
7. Roll each dough into a thin strip with thickness that of a regular pen.
8. Twirl the red and white strips of dough together to resemble a twist before shaping it at one end to form a candy cane.
9. Place the cookies on a greased tray and bake in a preheated oven at 160 degrees for 10 to 15 minutes.



Recipe courtesy of Ms Chye Hui Fun

Hui Fun is a resident baker at Metta Café since 2014. With over 5 years of baking experience in the commercial industry, Hui Fun found her calling to serve in a non-profit institution as a trainer baker to train young apprentice graduates with special needs fresh from Metta School.



Hui Fun has many prides in her course of work as a baker at Metta Café, amongst which are the compliments given by customers on the pastries made by her trainees with special needs whom she diligently coaches to perfection.

The Day They've Been Waiting For

18 November 2019
Metta Building

It was a day of tears of joy as 31 students from Metta Preschool @Punggol graduated from the Preschool to head on to their next milestone in life. Close to half of the graduands will move on to mainstream primary schools with the rest heading on to SPED schools. Many parents took the moment to snap pictures of their child's graduation on stage with the certificate handed out by Metta's First Vice President, Venerable Shi You Guang. The graduation ceremony also took the opportunity to honour the Preschool's regular stalwart volunteers, among whom are from Kim Mui Huey Kuan (Women Section). It was a happy occasion for all as the memorable moment represents a new beginning for everyone.



ANOTHER METTA MILESTONE ACHIEVED!

We are proud to announce that Metta Welfare Association is among the charities to be awarded the Charity Transparency Awards (CTA) 2019.

Into its fourth year, the Award recognises charities with good disclosure practices that the Charity Transparency Framework (CTF) recommends to encourage charities to be more transparent and to recognise them for their disclosure efforts. Eligible charities are assessed by an independent group of assessors based on the following criteria:

- Be a registered charity and/or an Institution of a Public Character (IPC) which has been in operation in Singapore for at least three years;
- Have submitted their annual reports, financial statements and GECs for the two immediate preceding financial years; with the later year's submission being an on time submission (i.e. 6 months from the end of the charity's financial year)
- Have gross annual receipts of not less than \$50,000 in the immediate preceding financial year.

There will be three main sources of information to determine the organisations' extent of disclosure in public domains. The sources are:

- Annual Reports, Financial Statements and Governance Evaluation Checklists (GECs) on the Charity Portal;
- Charities' official websites; and
- Facebook page (if the charity does not have an official website, and to get updates on fundraising activities and programmes).

"It is Metta's great honour to be recognised for the Transparency Award for our disclosure, as transparency is an area that's going to be increasingly important moving forward. It demonstrates our commitment to our stakeholders, including donors, caregivers, staffs and volunteers to uphold the work we do to support the community we serve."

Felicia Wee

Deputy Executive Director of Metta Welfare Association

The Award will have a strong bearing on Metta's effectiveness to respond quickly to emerging risks when delivering its programmes and services as strong governance and transparency are more important than ever in these challenging times. In doing so, Metta is able to build greater trust with its stakeholders in achieving its mission.

Ms Felicia Wee added, "Good governance should be transparent and open, encouraging trust within, and of an organisation, providing a comprehensive picture of our achievements and future plans."



A Disability That Became His Ability



One of the hallmarks of a good musician is the sharp sense of hearing. Joshua is blessed with that and can play by ear. Perhaps his instinct tells him that he will make a good musician.

Much as he possesses musical talent, his social behavior became a challenge as it impacts his social behaviours and interactions with people.

Like anyone else, he should not be defined by his problems and having to carry a label for the rest of his life. This perhaps calls for greater awareness of ASD and the complexities of assimilating those diagnosed into mainstream society.

Joshua lives with his grandparents, his main caregivers, who are both retired.

Praise and encouragement work wonders for everyone. We must engender an environment of empowerment and enablement for Joshua and his peers to pursue their dreams.

If you had attended the recent Metta Charity Dinner on 15 November 2019, then you might have spotted this talented 23 year old pianist/keyboardist.

Joshua Allen Rui Xiong German, a budding musician, is a graduate of Metta School where

he received speech and occupational therapy. He is now with Metta Alumni to acquire industry relevant skills. The association also provides a platform where he can be gainfully employed, and earn a living just like the rest of us through his music.

Diagnosed with Autism Spectrum Disorder (ASD) since birth, Joshua faces issues and rejection from society because of his condition. Though he may not be able to express himself verbally, he has perfect pitch.

Small Acts, Big Hearts

In the festive season of giving, we often purchase gifts for our loved ones and friends as we think about them and want to bring them happiness. However, not every client in Metta receives Christmas gifts. Given their financial challenges, some of our clients are not even able to purchase basic necessities for themselves. At Metta, we take it upon ourselves to provide these necessities to them.

Below is a list of items that Metta's welfare centres require. We seek your kind donations to help us enrich the lives of the needy and less privileged because through giving, we can engender a caring community.

Disability Care

(Metta Home for the Disabled & Day Activity Centre and Metta Day Activity Centre for the Intellectually Disabled)

- Adult Diapers
- Sanitary Pads
- Ensure Milk Powder
- Health Supplements (e.g. Glucosamine, Calcium with Vitamin D and Multi Vitamins)
- Toothbrushes/toothpaste
- Art Materials / Stationery Items for Occupational Therapy sessions
- Milo and Anlene milk powder

Contact person:
Ms Ada Teo (adateo@metta.org.sg)



Medical Care

(Metta Day Rehabilitation Centre for the Elderly, Metta HomeCare and Metta Hospice)

- Oxygen concentrators - 6 sets
- Blood pressure monitor - 6 sets
- Glucometer - 6 sets
- Thermometer - 6 sets

Contact person:
Ms Sa'adiah (hhospice@metta.org.sg)



Children Care

(Metta Preschool @Punggol)

- Touch & Feel books (large size books)
- Puzzles for 6 years old and above
- Arts and craft supplies (for Occupational Therapy sessions)
- Lego Duplo (in themes of Transportation, Occupation and Farm Animals) – 1 set in each theme
- Infrared Handheld Non-Contact Forehead Thermometer Gun – 2 sets

Contact person:
Ms Hoon Shu Kim (shukim@metta.org.sg)



A Rhododendron Autumn

11 October 2019
Gardens By The Bay

Close to 50 clients from Metta Home Day Activity Centre (HDAC) and Metta Day Activity Centre for the Intellectually Disabled (IDAC) was in for a surprise outing to Gardens by the Bay for their Rhododendron Radiance Floral Display in the Flower Dome. Accompanied by staff from ITE College East, the staff volunteers were paired up with a client each as they bonded while admiring the awesome splendissness of the colourful blooms together.

Showcased for the first time, rhododendrons are among the flamboyant flowering shrubs admired for their big, beautiful and bright blooms. Amidst this lush and vibrant landscape filled with over 80 varieties of rhododendrons in

bright radiant hues and the Gardens' adorable bear mascots soaking up the great outdoors, the eye-catching floral display gave excitement to many clients and their volunteers for it was a good experience being in the outdoors to relish in the smell, sights and sounds of nature.



Every Snowflake is Different

11 November 2019
Metta Day Activity Centre
for the Intellectually Disabled

Staff from Tru-Marine Pte Ltd had a fun afternoon of interacting and painting with clients from Metta Day Activity Centre for the Intellectually Disabled. The theme of winter snowflake had the clients and volunteers exerting their creativity and artistic skills in creating hand-

painted snowflakes onto plain canvas tote bags. It was a bonding moment between the clients and volunteers as they experimented with gradient hues of blues, silver and other colours to create a wide array of snowflake designs. Tru-Marine also handed out souvenirs of Tru-Marine tumblers to the clients during the high-tea session that the company sponsored for the clients. The afternoon fun ended with dancing and afternoon high tea for all.



CALENDAR OF EVENTS 2020



Metta
Charity Carnival
22 Mar



Vesak Day
Bazaar
7 May



Metta Charity
Movie Screening I
May



Lunar 7th Month
Charity Auctions
**19 Aug -
16 Sep**



Metta
Charity Golf
Jul



Metta
Charity Run
26 Sep



Metta Charity
Movie Screening II
Nov

For more information, please call 6580 4688 or email to events@metta.org.sg




Happy New Year 喜·迎·新·春 2020

新春礼饼 Chinese New Year Cookies

For orders, please call 6580 4622/624/646 or email us at mettacafe@metta.org.sg

Metta Café, Metta Building, 32 Simei St 1, Singapore 529950

 [facebook.com/cafemetta](https://www.facebook.com/cafemetta) |  www.metta.org.sg |  [mettacafe1](https://www.instagram.com/mettacafe1)

Cakes and cookies are handmade by Metta School Alumni Youths with Special Needs

