



# Stronger Together for a Better Future

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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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# Stronger Together for a Better Future

The recent crisis has clearly shown the challenges we are facing as a global outbreak has taken hold. Much as our nation has moved into Phase 2 of the circuit breaker with many restrictions lifted, there is however no room for complacency. The charity sector is no exception. In the face of affected fundraising income, the impact of the pandemic means that many charities are facing increased demand for their services from vulnerable communities in need of unparalleled levels of support.



No one can predict what will happen for our future generations. But one thing we need to be aware is that there will always be the less fortunate in our society who falls through the cracks. As the rate of \*children with special needs rises, we need to capitalise our strengths, better equip our young people with special needs with the necessary skill sets, as well as lifelong learning attitude to respond to this ever-changing world. We have a commitment to provide opportunities for lifelong learning for all our children.

In the vision of Metta, we are gearing up to extend early intervention and special education to more children with special needs with a new school located in the east. The new school will bring about a wider and broader senior secondary curriculum for our students, aiming at promoting an independent development and lifelong learning capabilities amongst them.

We shall also not forget the other less fortunate in our society even as the world hits a gloomy phase. Metta is active on the digital scene to raise funds for the continuous programmes and services of our clients in our various 10 centres islandwide, capitalising on the technology for continuous donations in place of physical fundraisers. For one thing, economies around the world have a mountain to climb to return to the levels of growth we enjoyed just a couple of years ago. The current pandemic crisis has highlighted the challenges of our interconnected world. To maximise our potential in the 21<sup>st</sup> century, we will all have to work "hand in hand" to achieve things never done before.

Triple Gems Blessings

Venerable Chao Khun Fa Zhao BBM  
President of Metta Welfare Association

## 吉祥聚宝盆 Treasure Trove of Abundance



**Date: 9 July 2020**  
**Location: Metta School/Metta Building**

Metta Welfare Association introduces the "Treasure Trove of Abundance" (吉祥聚宝盆), a majestic ornamental display carved on *Liu Li* crystal for the launch of Metta's 7<sup>th</sup> Month Lunar Charity Auction. Blessed by Venerable Chao Khun Fa Zhao BBM, the treasure vessel magnifies

a stronger spirit of cohesion, unity and kindness to its beholder.

The auspicious features of a deep vessel symbolizes a collection of good fortune and prosperity. The "Treasure Trove of Abundance" is adorned to its brim with ornamental wealth-bearing gems. From crystal, copper coins, corals, pearls to ingots among a multitude of treasures. The "Treasure Trove of Abundance" brings with it blessings of abundance, a smooth life with an endless stream of prosperity.

Every ornamental piece of the "Treasure Trove of Abundance" is individually and delicately crafted through melting and moulding then fired in a furnace for nine days. Brightly hued pigments are injected into the liquid crystal to accentuate the structure's luminosity and reflective molecule particles.

As such, no one piece is alike. Each ornament is uniquely distinctive from the other. For every donation of \$888 and above, you may adopt the "Treasure Trove of Abundance" (吉祥聚宝盆) for good blessings.

Donations are eligible for 250% tax deduction. Please email Ms Jolyene Kor at [jolyene@metta.org.sg](mailto:jolyene@metta.org.sg) for more information.



Scan the QR code to watch the blessing & launch of the auspicious "Treasure Trove of Abundance" by Venerable Chao Khun Fa Zhao BBM.



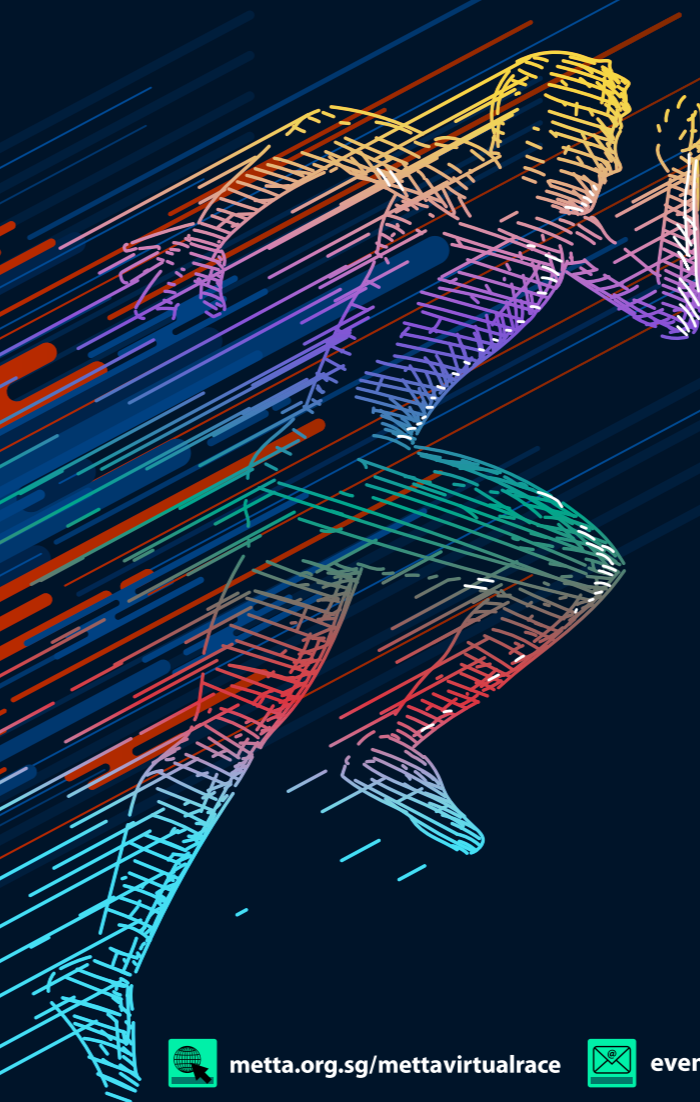
Donation made easy. Scan the QR code to donate and adopt a "Treasure Trove of Abundance" (吉祥聚宝盆) home today!



For more information, please call 6580 4615, or email [events@metta.org.sg](mailto:events@metta.org.sg).



# Metta Virtual Race 2020 Reach for the Rainbow



#Race2GiveHope  
#Race4theRainbow



### Race Categories

- Individual – 20km\*
  - Team – 200km\* (2 pax minimum, 5 pax maximum)
- \* Distance is calculated as the total distance accumulated over 30 days.

### Registration Period

26 Sep - 26 Oct

### Race Period

28 Sep - 31 Oct

### Registration Cost

- Individual – \$25 per pax
- Team – \$22 per pax

### Race Entitlements

Race jersey and finisher e-certificate

### Register at

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



[metta.org.sg/mettavirtualrace](http://metta.org.sg/mettavirtualrace)



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



6580 4688

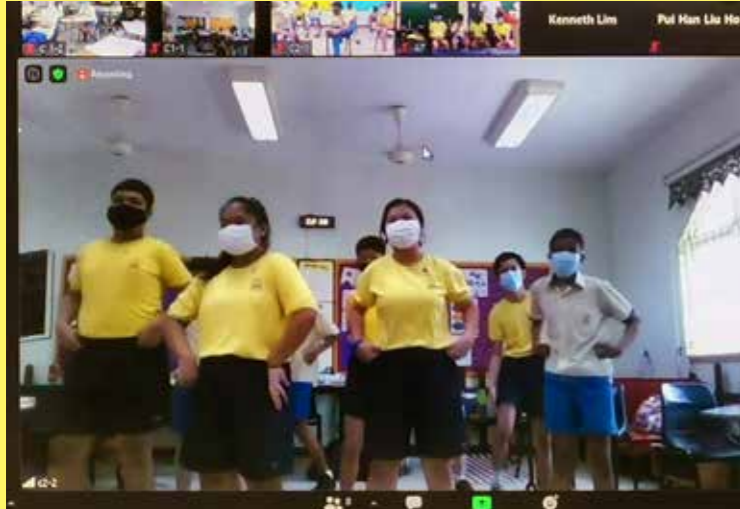


MettaWelfareAssociation

# Metta School Youth Day

8 July 2020

For the first time, Metta School students experienced a unique and different approach to the celebration of Youth Day in line with the safe distancing restrictions of COVID-19. Among the restriction measures, students are seated apart from each other and segregated into classrooms as they interacted with the teachers and other classmates via Zoom. Through a series of songs, dances to contemporary pop music, performance for their classmates and art and craft sessions, the students enjoyed the celebration and had lots of fun as laughter filled the classrooms despite not being face-to-face with their friends.



# The New Normal: With Online Shopping Comes Online Giving



citizens, whose livelihoods aren't affected by the pandemic situation have chipped in to help the less fortunate in such trying times for the nation.

As Mr Danial Pua, a donor of Metta's "Share your Sadaqah this Ramadhan: Help A Needy Family" online campaign puts it, "Thankfully, I have enough for myself and my family in this time of need, what with the Covid (sic) situation affecting businesses, jobs and by that extent, families. It isn't much, but I hope that the money donated can help families in need, especially during this month of Ramadhan."


The Ramadhan period in May happened at a time when COVID-19 was at its peak in Singapore, with many families greatly affected by the economy downturn and circuit breaker measures.

Ever since COVID-19 hit the city-state, Singapore, in early 2020, many of us grappled with the new changes to our lifestyles and behaviours. From more frequent washing of hands to social distancing, to the closure of shops and offices, these were among the measures mandated by the government to stem the spread of the virus. Many businesses have been affected with the sudden drop in foot fall and absence of tourists. Consumer behaviour changed drastically as many had to work from home, they took to other means for their purchase on daily necessities and leisure purchases. Food delivery has become the norm for many, online shopping, grocery delivery and cashless payments are growing at a fast rate, and these behaviours have changed permanently, with or without a vaccine.


Non-profit welfare organisations are not spared either with many physical annual fundraisers held pre-COVID-19 days having to be discontinued for now. This in turn affects donation receipts for the organisations. Many have turned to online donation platforms such as Giving.sg and GiveAsia, amongst others, to actively continue their fundraising attempts to rectify the shortage of revenue needed to fund its operations for its beneficiaries. Fund-raising website Giving.sg reported a sharp jump in online donations in February 2020 compared to a year ago amid the COVID-19 outbreak, receiving more than \$2.2 million. Some

With the advent of technology in this internet age, online donations have helped non-profit welfare organisations, at the very least, with its operations for its beneficiaries.

Online shopping platform, Lazada, have also created a new donation tab on its app for net-savvy shoppers to donate while they shop as a means to help non-profit organisations such as Metta. Giving to help can now be as easy at a click of a button. Why not do some good today while you shop? Help us help the community. Your donation goes a long way in helping the less fortunate in our community to live with dignity.

Visit <https://www.lazada.sg/metta-welfare-association/> or scan the QR code below.




# Happiness in a Hamper

Close to 50 beneficiaries from Metta Hospice Care and Metta HomeCare received happiness hampers from Noel Gifts International Ltd that was sponsored by The Ireland Funds Singapore (TISF) and Singapore Jain Religious Society (SJRS). The hampers brought smiles to the faces of our beneficiaries and their families for the heartwarming gesture during the month of Hari Raya Aidilfitri.

Under the Singapore Jain Religious Society (SJRS) 'Make-a-Wish-Project' Project funding, three new oxygen concentrators were also purchased for Metta's beneficiaries who frequently suffer from breathing difficulties. With this support, it has provided them with great relief and comfort.

Our beneficiaries and their families would like to thank our generous sponsors, The Ireland Funds Singapore (TISF) and Singapore Jain Religious Society (SJRS), in supporting this project of hope and joy. We are also grateful to Noel Gifts International Ltd for their generous goodwill discount and excellent service in this project collaboration for the needy and vulnerable.

Indeed, it was a basket full of surprises to brighten up the day for Metta Medical Care's clients.



# Volunteering: A Millennial Reflects on the Act of Giving

## In Giving, We Receive.



By Nicholas Lee

What is volunteering all about? Simply put, it refers to activities done outside of your household at your own free will, without the expectation of financial compensation. In a money and achievement driven society like Singapore, what is it that drives people to do volunteer work? If you asked the youths of today, you are likely to be greeted with these simple and straightforward replies:

1. To help others (But Why?)
2. To meet mandatory Community Involvement Programme (CIP) requirements
3. To have an edge in university admissions and job applications

Indeed, according to a study by the National Volunteer and Philanthropy Centre (NVPC), the frequency of volunteer work drops significantly between the age range of 19-24. This coincides with the ages when most people study, graduate and begin their careers.

Seems like an awfully utilitarian perspective on volunteering, doesn't it?

But wait, aren't we missing out on the bigger picture? Despite its connotation, the benefits of giving back to society are never that of a one-way street. In fact, its positive effects are far reaching: touching the lives of you, me and the community at large.

### The Experience

My own volunteering journey began during National Service. Blessed with a stay-out posting, I found myself with a deluge of free time but a drought of money. I was not fond of idleness, and I signed myself up as a volunteer at a local welfare organisation.

As I helped to clean the homes of elderly folks living alone in 1 room rental apartments, I chatted with them and noticed my conversational Mandarin and Hokkien proficiency improving over time. Cleaning was just part of the work; having meaningful, lively conversations and providing company gave this otherwise simple volunteering activity great joy to both the resident and I. On top of this, welfare organisations benefited by becoming more efficient with food donations to the residents. As volunteers, we realized that some of the residents received canned food that are unsuitable for their consumption which we gave feedback to the organisations accordingly.

Despite the drop in figures, volunteering holds a greater purpose after one has entered the workforce. Think about it this way: You've managed to clinch a job but it is far from your dream career.

It's ok.

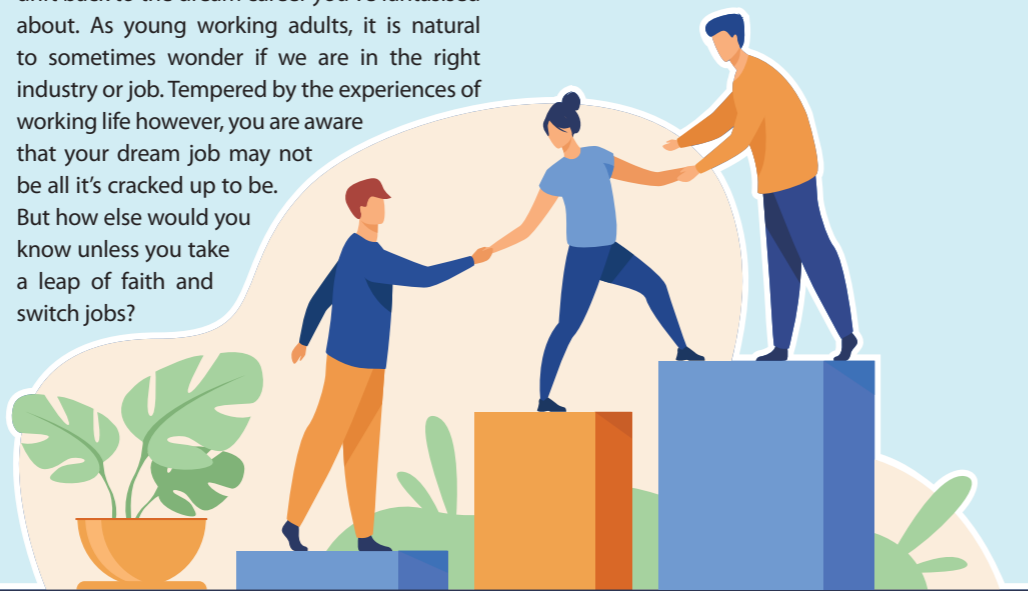
You dive headlong into your job and before you know it, years have passed and your thoughts drift back to the dream career you've fantasised about. As young working adults, it is natural to sometimes wonder if we are in the right industry or job. Tempered by the experiences of working life however, you are aware that your dream job may not be all it's cracked up to be. But how else would you know unless you take a leap of faith and switch jobs?

By doing volunteer work of course!

Volunteer work helps you take a little step in that direction, giving you a taste of what the industry is like without affecting your career progression. Volunteer at the neighbourhood community centre if people-centric jobs pique your interest. Help out with a local welfare organisation to find out if the social service sector is for you. Write for your local charity if you have dreams of a writing career. Just like that, you've just made that crucial step in figuring out what you want to do in life. And therein lies your biggest gift to society: Becoming a happier person filled with purpose and positivity.

To volunteer is to give, by being a volunteer we also receive. Monetary donations, contributing your time to a good cause or simply finding your purpose in life. Whatever the act, it is an amazing experience that brings positive change to everyone involved, making society that little bit better. Volunteering benefits all and I hope you will too.

Start volunteering today!



### About the Author

Nicholas is a Millennial volunteer with Metta Welfare Association who aspires to write for a living someday. He believes everyone should volunteer to do their little part for society by being an important building block of civil society. As a Sociology graduate and an Arborist, he likes not only looking at trees but sees them as one of society's great equalizers, being something that everyone can benefit from.



Find out how you can make a difference by volunteering with Metta. Call 6580 4688 or email [volunteers@metta.org.sg](mailto:volunteers@metta.org.sg) today.

## My Home

24-year-old Mohamad Fadhil Bin Jalil is a shy and quiet young adult at first glance. But unbeknownst to anyone, the young man is a diamond in the rough with his creative and artistic expressions when a brush, palette and canvas are in his hands.

Fadhil has autism and consequently has mild difficulties with speech and interaction. Having joined Arts@Metta with Metta Alumni 8 years ago, Fadhil has grown more calm and is able to sit through a long session of batik painting, a task that he is very passionate about. Through Arts@Metta, Fadhil is able to explore his potential by undertaking more complex artwork and he is also guided on life skills that would further train him to be more independent. The many years of honing his skills has made Fadhil better with his painting proficiency, so much so that he is able to coach others during the batik painting CSR workshop. This in turn gave Fadhil more confidence in communicating and expressing himself better. Putting his heart and soul into his craft, it came as a wonderful surprise to everyone when Fadhil's artwork, "My Home" was one of the



pretty often and hopes to be able to befriend them and discover what unique stories each of them has to share.

In collaboration with SG Enable, Singapore Together Packs feature 10 designs by aspiring artists with disabilities from seven organisations. Fadhil was extremely excited when he finally got to meet and present his artwork to President Halimah Yacob in person during the engagement at Enabling Village on 18 July.

Not letting autism define him, Fadhil has dreams and aspirations of becoming a doctor some day so that he may contribute back to

selected pieces that will be featured on the NDP2020 Singapore Together Pack. In this artwork, Fadhil draws the residential landscape of HDB dwellers, with each flat unit adorned with the national flag on the facade. He drew his inspiration for his artwork by observing the HDB flats across from where he lived. Despite not knowing his neighbours very much, he sees them

our society. With his caring and warm-hearted personality, Fadhil endears himself to those he interacts with.

You can support artists like Fadhil when you drop a donation to [Arts@Metta](mailto:Arts@Metta). Find out more at: [https://www.giving.sg/metta-welfare-association/Singapore\\_Together](https://www.giving.sg/metta-welfare-association/Singapore_Together)

Funds raised from this campaign will go towards supporting our artists with special needs from Arts@Metta.



## Giving In A Time of Crisis



Many corporations have suspended their corporate social responsibility (CSR) activities such as befriending and physical volunteerism due to the government's guidelines in light of the COVID-19 situation. Yet that has not stopped our corporate partners to come up with creative ways to give back to the community through their CSR philanthropic

vision. Among them are StorHub Self Storage who offered Metta Welfare Association two units of storage space for a period of one year at their Changi premises. The storage space allows Metta to deposit its event-related fundraising items such as donation-in-kind (DIK) for the Association's fundraising usage as well as medical equipment and supplies

from Metta Medical Care, for our clients loan and use. StorHub is committed to giving back to the community through partnerships that empower people to better their lives and make a positive impact. By collaborating with us, they are able to reinforce their commitment to improve the lives of beneficiaries within our communities by lending a helping hand to them during their times of hardship. It transcends everything StorHub does as they aim to share this spirit with their community partners.

StorHub has been offering individuals and businesses a range of secure storage solutions since 2003, making them the longest established self storage provider with 12 conveniently locations in Singapore. All their facilities are equipped with security and emergency systems — 24/7 recorded CCTV, fire protection systems, biometric and pin code access — so you can rest assured your items are kept safe and intact when being entrusted with them.

Metta Welfare Association would like to thank StorHub Self Storage for their philanthropic goodwill and extend a helping hand to the vulnerable in our community.



# Support the Needy and Vulnerable

## #EverybodyMatters

Metta stood up to lend a hand to our clients when COVID-19 hit the nation. We carried on our operations at Metta Home for the Disabled, Metta Hospice Care, Metta HomeCare and Metta School to ensure that our clients continue to have a roof over their heads, medical assistance to their condition and needs, as well as continuous home-based learning (HBL) special education for our children so that they will not be left out.

With the phased re-opening after two months of circuit breaker, some of our centres are slowly re-opening again. But new challenges awaits us. Many of our clients who have been self independent on their ADL skills through regular day activity training sessions at Metta's Day Activity Centre have regressed back to their dependent state during the circuit breaker period. No doubt remote support are in place during the period, daily skills training, memory, motor skills, and ADLs needs to be regularly reinforced to our clients with face-to-face interaction and training.

*"With the closure of IDAC, our training process has been interrupted. It makes me worried as the caregiver has informed me that one of our client has reverted to rolling and laying on the floor. She also refuses to sit on the chair."*



Ms Sujata d/o Arumugam, Training Officer at Metta Day Activity Centre for the Intellectually Disabled (IDAC)

*"A caregiver of a client told us during our regular telephone check-in that her son with intellectual disability, who was able to put on his shirt and wear his socks before, had suddenly forgotten how to do it all over again since he wasn't able to attend IDAC."*



Ms Kookila Kunju, Centre Supervisor at IDAC

Due to the COVID-19 situation, much of our physical fundraising events have been scaled back or cancelled, which in turn, affects our donations, leaving us short of funds. We are appealing for funds so as to continue the programmes and services of our clients, many of whom still require the medical assistance and education to carry on good quality living. These funds will mean a lot to our clients and their caregivers for their wellbeing.

Help us so that we can continue doing what we are doing:

- Conduct counselling, special education and help students during this stressful period
- Continue our medical home visits to patients of Metta Hospice Care and HomeCare
- Provide a shelter over the heads of our clients with intellectual disability with meals, training, activities and medical assistance.

*Let us ride through these difficult times together as a community, because the faster this health crisis ends, the better we can move on with our lives. Please donate through the following options. #SGUnited #COVID-19*

giving.sg



GIVE



# 中秋

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