

METTA

慈光心缘



Onwards To Independence

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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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走向独立 Onwards to Independence



只要你敢于尝试，世界上没有不可能的事。随着社会对特殊教育学校日趋增长的需求，慈光扛起了这份重任。并通过将在2024年建设完工的慈明学校以扩张社区福利服务。慈明学校将为患有轻度智力障碍和患有轻度至严重自闭症的儿童与青少年提供特殊教育服务。众人所不知的是，这群在社会上常被忽略的人士也有着他们自己独特的本能。而我们就是希望有朝一日，他们的本能将能发扬光大并完成他们的梦想。

当然要社会接受这群特殊人士不是一朝一夕的事。众人对患有精神障碍人士的理解还是带着异样的眼光。许多雇主也还是保持着犹豫的心态来聘请这群有能力执行工作但患有精神障碍的特殊人士。

我们设立的慈光校友部和慈光学校就是能为这群特殊的青少年进行职业配对，并通过各项生活与技能培训来帮助他们以后能独立生活并融入社会。在此同时，我们的智障关怀服务培训并提供患有精神障碍的成人一技之长，好让他们在将来的生活里能自立照顾自己。这些生活培训当中就包含了一些日常作息如简单的钱财管理和向食物摊位点餐。人类的求生意志，坚韧不拔与勇气的精神是任何残疾也不能夺走的。

就是因为有了个阶层善心人士，捐献者，义工和员工的坚诚与慈悲心才能让慈光继续的为不幸人士提供关怀服务。在此，我想感谢所有长年一直以来与我们有着共同的关怀心来建造一个有慈悲与包容心的社会。

Nothing is impossible to those who will try. To cater to the growing demand for special education (Sped) schools, Metta takes it upon itself to expand its welfare services through the development of Maitri School that will be ready in 2024. We look forward to serving children and youths with Mild Intellectual Disabilities (MID) and moderate to severe Autism Spectrum Disorders (ASD). People with disabilities have abilities too and this is what this endeavour is all about, making sure that those abilities blossom so that the dreams they have can come true.

There is, however, a lot more we can do to embrace people with special needs. Public perception of people with intellectual disabilities can be intimidating. There are still employers who are apprehensive to hire people with intellectual disabilities who would love to work for them and do a good job of it. It is through our centres such as Metta Alumni and Metta School to not only match jobs for our youths, but also train them for the jobs and life skills necessary for independence and assimilating to society. Likewise, our Disability Care services train and enable our adult clients with intellectual disability to gain independence for self-care to lead a fulfilling life. Among the training involves practical day to day functions such as money management and even ordering their own meals from a stall. The human spirit is one of ability, perseverance and courage that no disability can steal away.

It is with the dedication and compassion of our donors, sponsors, volunteers and staff that supported the cause of Metta in providing these services to the less privileged whom we serve. I would like to thank all of you, whom have come together over the years to share our passion in engendering a compassionate and inclusive society.

Triple Gems Blessings

昭坤法照 BBM Venerable Chao Khun Fa Zhao BBM
慈光福利协会主席 President of Metta Welfare Association

#SGPoolsxMettaVirtualRace
#Race4theRainbow

Singapore Pools x Metta Virtual Race 2020 Reach for the Rainbow

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



Metta Welfare Association (Metta), a local charity that serves the vulnerable in society, is taking its annual Metta Charity Run to a new level. Titled as Singapore Pools x Metta Virtual Race 2020, the race would be held virtually to replace the traditional Run to allow runners to participate safely while contributing to charity. Participation to the Virtual Race will be held between the period of 28 September to 31 October. This year's Metta Virtual Race will also see its first Title Sponsor for the event. Singapore Pools, in its continuous philanthropic journey to make the community a better place, is supporting the event as the Title Sponsor. Since the inception of our Metta Charity Run in 2010, it has been our annual flagship fundraising event growing from 800 runners in 2010 to 1800 runners in 2019.

“During these unprecedented and challenging times, it takes more from all of us as we leverage on each other's strength to better serve the community. Metta Welfare Association is thankful for the immense support of Singapore Pools towards the Virtual Race. Community fundraisers such as the Singapore Pools x Metta Virtual Race 2020 helps to support our clients' journey to independence possible.”

Ms Felicia Wee,
Deputy Executive Director
of Metta Welfare Association

Singapore Pools will be providing a Dollar to Distance matching by making a donation for the corresponding distance covered by the runners with a donation, up to a cap of \$60,000. The community are encouraged to register

Main Organiser



Title Sponsor



in the Individual category of 20Km or a Team category of 200km for a group of 2 to 5 persons.

Says Chief Executive Officer of Singapore Pools (Private) Limited, Mr Lam Chee Weng, “As a long-time supporter of the annual Charity Run by Metta Welfare Association, Singapore Pools is pleased to continue our support as the title sponsor of this year's event. We hope that our sponsorship will enable Metta to continue providing essential services to its beneficiaries.”

Participants to the Singapore Pools x Metta Virtual Race 2020, can track their accumulated distance of mileage that has been completed. Better yet, participants can be our Top Fundraiser on Metta's leaderboard when they pool their family and friends to support them in their run for Metta's needy and vulnerable beneficiaries. There's nothing more fulfilling by having the encouragement of loved ones as you run for a meaningful cause. Similarly, some of Metta's clients with special needs are making a statement by also partaking in the virtual race to show their support for their fellow peers and the public that inclusivity is worth every effort. Run to good health when you run for charity in challenging times like these. Join us as we stand united in the face of adversity, because with our collective efforts, we can all reach for the rainbow.

For more details about Metta, please visit www.metta.org.sg. For more details on the Metta Virtual Race 2020, please visit www.metta.org.sg/mettavirtualrace.

Virtual Volunteering Is The New Norm

How You Still Can Help the Community Virtually

The COVID-19 situation has brought unprecedented circumstances to businesses and services, including volunteering activities in the social service sector. Traditional volunteering activities such as spending time with lonely seniors at nursing homes, helping out at physical fundraising events, and befriending terminally ill patients are some of the tasks that readily come to mind when we think of 'volunteering'.



Unfortunately, many of these in-person volunteer activities have been halted due to laws enforcing social distancing during this pandemic period. As traditional volunteering takes a backseat in such times, help to social service agencies can still be carried out through skills-based volunteering via online tools such as Skype and Zoom. Tasks such as content writing, pro-bono legal work, proofreading, video editing, and website development are some of the expertise that help charities and non-profits thrive which one can offer remotely. Especially as most social service agencies are going strong into online digital fundraisers in place of the absence of physical fundraisers, more volunteering opportunities with digital skillsets are welcomed.

Where can I find Virtual Volunteering Opportunities?

If you like to share an expertise and volunteer with Metta Welfare Association, do check out the list of available volunteering opportunities.

What: Video editors

Who you will help: Beneficiaries of Metta Welfare Association who will benefit from the online fundraising campaigns created by Metta

What you will do: Edit short video clips to tell an impactful story of our clients for Metta's fundraising campaigns.

What: Content writers

Who you will help: Followers and readers of Metta's publications so that the community can keep updated on the latest news and stories of Metta.

What you will do: Content creation and copywriting of interview answers into impactful stories.

What: Film makers

Who you will help: Beneficiaries of Metta Welfare Association who will benefit from the online fundraising campaigns created by Metta

What you will do: Work with the comms team to create good angles and short videos of our clients and their stories of success.

What: Translators

Who you will help: To educate Metta's Mandarin-educated followers and readers on the latest news and stories of Metta.

What you will do: Assisting in translating English articles into Simplified Chinese for Metta's publications.

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

Back To Normalcy With A Pinch Of Difference

As the nation remains in Phase 2 of the Circuit Breaker since July, many services have resumed normalcy with additional precautionary measures taken to keep community cases of COVID-19 low. Some of Metta's clients who could finally continue their programmes and services at our centres are elated to see their Training Officers once again. We track Metta's Children Care and Medical Care facilities to note how our clients and staff cope with the new norms.

Metta Day Rehabilitation Centre for the Elderly

Instead of being able to spend the entire afternoon at Metta Day Rehabilitation Centre for the Elderly like they used to, all clients of MDRCE can only stay for an hour of therapy and training. This is also done every alternate hour as in between each batch of client that's leaves the premises after their therapies, MDRCE staff would wipe down and sanitise all machines and equipment after every use.



A Blessing in Disguise

With a limited number of clients being able to come for their rehabilitation upon schedule, not surprisingly that many other clients such as Mdm Chong Ah Fong, actually welcome the new move towards crowd control. The 82-year-old elderly lady suffers from a compression fracture of her spine and regularly requires the aid of the HUR machines to train her mobility and regain her strength. With staggered timing and schedule for the clients, Mdm Chong is glad that she need not have to wait a long time before she gets to use the HUR machine, a popular fitness equipment among our seniors.

With a lower patient to staff ratio, staff are able to provide a much more comprehensive therapeutic experience for their clients during their therapy sessions. 90-year old Mdm Heng Kim Jong, a client of MDRCE and who is recovering from a stroke relishes in the additional personal care by MDRCE staff as a result of the lower client headcount per therapy session.

Safety Comes First

Among the many safety measures put in place to safeguard the health and welfare of

our staff and clients includes the practise of wearing their face mask at all times possible, hand sanitising, maintain safe distancing, temperature taking twice a day and even wiping down and sanitising the exercise equipment and HUR machines after every use. Staff also work on weekly rotational shifts to minimise intermingling among staff. All vendors and visitors to MDRCE are required to complete the mandatory SafeEntry check-in and health and travel declaration prior to entry into our premises.



Getting Accustomed

Face masks, washing and sanitising our hands, as well as the practise of safe distancing measures are here to stay, at least, for a long while until the world succeed in battling COVID-19. Many of our elderly clients have had the habit to don their face masks and practise better hand hygiene when they are outdoors. Some other clients would, however, still yearn for the old days when they are able to come by MDRCE and stay for the full day with longer therapy sessions.

Metta PreSchool @Punggol

Educational institutions from tertiary to childcare centres opened their doors to their students from 1 July 2020 when Phase 2 was announced. What used to be big group gatherings for intervention activities and mini celebrations such as a student's birthday, has now been downsized into groups no more than 5 pax including the teaching staff. Outdoor class excursions are also a thing of the past due to the new guidelines that require most intervention activities to be held in the classroom to reduce intermingling as part of the safe management measures.



Safety Comes First

Similarly like staff at MDRCE, SafeEntry check-ins, safe distancing and hand hygiene is much practised in Metta Preschool @Punggol. Staff are also advised to work from home where possible. For operational teaching staff, this translate to them reporting physically to work in Metta Preschool only when there is an in-person intervention. Split-team arrangements between staff are also scheduled to avoid over mingling between staff present for duty in the centre.



Getting Accustomed

Many of Metta PreSchool's children spent two months at home for their home-based learning since early April. The sudden routine to head back to a classroom setting and physical interaction with their teachers and peers took some students a little longer than usual to settle down to a new routine. Given the guidance and care by Metta Preschool's teachers and therapists, the students eventually settled in seamlessly.

Fund-Raising For Maitri School



Students from the vocational programme of Metta School recently contributed to the development of the new Maitri School through their culinary skills at Metta School's V Café. V Café was first set up in March 2018 to

provide more authentic learning experiences for our students pursuing ISC in Hospitality Services, so that they can be better prepared for work upon graduation. Training for two modules – Food & Beverage and Customer

Service come alive as students apply what they learn in the classroom to the café every Monday when they are faced with "real" customers consisting of school staff and students.

This year, due to the ongoing COVID-19 pandemic, our final year students were not able to complete their On-the-Job Training (OJT) in the industry as per their usual practice. Hence, our Trainers and Job Coaches collaborated to turn V-Café into a 5-day service café serving piping hot meals, desserts and beverages prepared by our students. This is especially meaningful as the students not only get to complete their required ISC module, but also raise funds for the new Maitri School to benefit future students.

V Café operations ran daily for over 2½ months from 15 June. During this period, students had the opportunity to blend knowledge from various areas of training and apply them critically and creatively to real-life situations. This sharpened their organizational and research skills as they gained confidence to communicate more effectively. In addition, the students raised \$5,000 and they were eager to donate the funds to the Maitri School to demonstrate their appreciation for what Metta has done for them.

Supporting People with Disabilities #SPWD



A Day in The Life of Cheong Huat

35-year-old client, Ng Cheong Huat was born with spastic diplegia, otherwise known as cerebral palsy. The condition severely limits his fine and gross motor skills such as moving around on his own, toileting, self-care and mental capacity.

Given the high level of care that Cheong Huat requires, Metta Home Day Activity Centre takes him in and care for his wellbeing and daily needs so as to alleviate the caregiving stress of his working parents.

What is Cerebral Palsy

Cerebral Palsy (CP) is a neurological condition that affects muscle movement. *The prevalence of CP, which is a high-prevalence, low-severity disorder, has been reported to be around 1-3 cases per 1,000 live birth.

In addition, many children and adults with cerebral palsy are at increased risk of abuse and neglect. Cerebral palsy is the most

common childhood disability, yet around the globe, there's a broad lack of knowledge of what it is and how it's caused, even in the medical field.

To find out how you can help people with disabilities, visit: <https://www.giving.sg/metta-welfare-association/spwd> or scan this QR code:



How Your Donation Can Help Us?

\$30 Feed Them Well With A Basic Meal

Your donations provide ONE main meal for ONE beneficiary of Metta Home for the Disabled & Day Activity Centre for a week.

\$120 Keep Dry for Comfort Through the Night

for our adult clients with intellectual disabilities. Your donations provide TWO cartons of adult diapers.

\$90 Warm Their Tummies with biscuits, a hot beverage and sandwich.

Your donations provide ONE tea break for THREE clients for a month.

\$200 Your donation goes into the funding of medicine, supplements, programmes and services

for our adult clients with intellectual disabilities.

Thank you for helping our beneficiaries attain a better quality of living.

*Statistics taken from <http://www.smj.org.sg/sites/default/files/5307/5307a1.pdf>

Care Kit With Love



Masks have become a daily essential and their proper storage is especially critical in this new normal. One cannot leave home without a mask nowadays due to the COVID-19 pandemic. This has become a way of life. Arising from this need, CapitaLand and its philanthropic arm, CapitaLand Hope Foundation, initiated the #CareKitWithLove project. #CareKitWithLove is a

community initiative to promote collaboration across sectors and rally the community to support the vulnerable groups in the community, especially during this unprecedented time due to COVID-19 pandemic.

Working in partnership with social service agencies such as Arts@Metta, our artists with special needs will specially

design and paint batik prints for each mask pouch. Each print is unique. In addition, the pouch design is reversible, making it versatile depending on users' preference. It is washable and reusable, which encourages users to maintain good personal hygiene and be environmentally conscious, especially during this challenging period.

The concept for the limited edition mask pouch is to encourage the public to have proper storage of their masks but at the same time, own an accessory that is modern, fashionable and yet practical, suitable for people of all ages as part of their new lifestyle. Virtual art lessons are also conducted by CapitaLand's volunteers to work with the beneficiaries to personalise their pouches in July 2020. There is also a co-sewing space for volunteers who have signed up for the initiative to sew at Metta Welfare Association and BERNINA@Funan. Over 200 people including CapitaLand's staff have volunteered for the initiative since it was launched on 17 September 2020, contributing more than 3,000 volunteering hours.

On 14 October, President

Halimah Yacob, joined by Mr Lee Chee Koon, CapitaLand Group Chief Executive Officer and Director of CapitaLand Hope Foundation and Mr James Koh, Director, CapitaLand Hope Foundation, met with volunteers at Metta Welfare Association and participated in a virtual art session with artists from Metta School. President and guests also try lending their artistic talents to design beautiful #CareKitWithLove pouches.

Among the community initiative's many components is the #iShop4Good. The 2,000 limited edition mask pouches by artists with special needs in collaboration with a local designer is produced by Arts@Metta for sale on CapitaLand's curated digital mall (ecapitamall.com). Sales proceeds will go to Metta Welfare Association and CapitaLand Hope Foundation will donate to President's Challenge for each item sold.

Get your hands on these #CareKitWithLove pouches at <https://www.ecapitamall.com/productlist/brand/arts-metta> or scan this QR code.



Living with An Adult Child with Disability



Mr Kenali Bin Kassim (left) with his son, Taufik.

"I am surprised and happy that Taufik is now able to clean up after his meals and also do simple house work."

- Mr Kenali Bin Kassim, father of Taufik.

Living with disability can make things that able-bodied people take for granted very hard to achieve. The ease of daily functions and use causes us to overlook the physical struggles that many people with disability face every day.

Such is the case of Md Taufik Bin Kenali, a 29-year-old adult born with moderate intellectual disability. Growing up wasn't easy for Taufik and his parents who are also the main caregivers to their child's condition. With intellectual disability impeding his gross motor skills, Taufik's development was many years behind his peers. As an adult, simple chores such as washing his plate, wiping the table and helping out around the house are non-existent for the young man whose peers are out busy working and having a social life. For Taufik, his friends are his parents, trainers and fellow clients at Metta Home Day Activity Centre (MHDAC).

It wasn't an easy job for his mother, who had to give up her job to care for Taufik previously as her husband was the solebread winner to the family. Much as she wanted to supplement the household income, she was unable to do so due to caring for Taufik, her only son. It was a huge relieve for Mdm Hawa Bte Ahmad, when Taufik was transferred to MHDAC which cater longer hours to their clients to learn independent skills. At MHDAC, Taufik was taught to clean up after himself and perform basic housework, a chore that he was not able to handle appropriately before. The additional help within the house was a relieve off the shoulders of Taufik's ageing parents who are glad that it was a good choice to have their son enrolled in MHDAC.

The Long Awaited Excursion

After over two months of the national circuit breaker spanning April to June, clients from Metta Day Activity Centre for the Intellectually Disabled (IDAC) was in for a real treat

when regular Metta supporter, Mr Govind Bommi brought them out to the Singapore Science Centre for a fun-filled excursion on 7 August. Together with a staff from



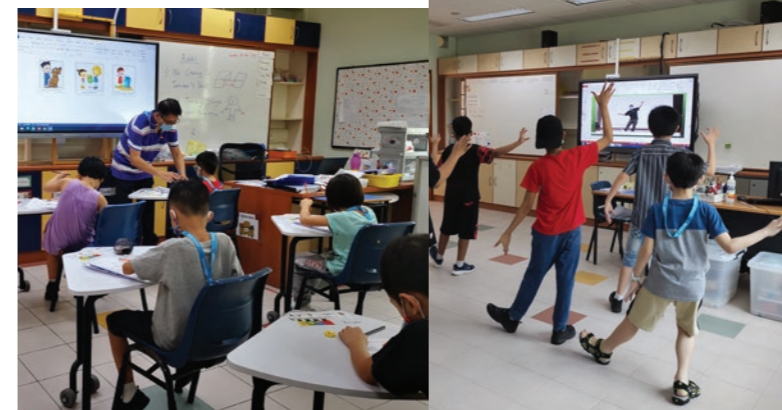
IDAC and three clients, Mr Bommi guided his charges around the Centre and butterfly park, whilst getting them involved actively in the science experiments on display. The butterfly park visit was an enriching experience for the clients who also learned about the life cycles and species of the many various butterflies. It was IDAC's first outdoor excursion after the circuit breaker ended and that added to more enthusiasm in the clients. The day excursion ended with a lunch treat by Mr Bommi at the Science Centre cafeteria to which the clients got to pick their preferred choice of meal. It was such an exciting and memorable day trip for the clients that they couldn't stop sharing about their experience with everyone back at IDAC.

The Joys of Childhood

Staff from Deloitte Singapore gave a memorable Children's Day experience to over 150 Metta School students when they held a virtual celebration with the children. Through activities such as digital story-telling, a sing and dance segment and an arts and craft colouring activity, the students were eagerly engaged in the series of programs that surprised them.

Deloitte's staff took great efforts in creating the impressive digital visual content for the story-telling segment to entertain the children while getting them groove to the popular local Children's Day song, "Semoga Bahagia". The fun ended with a catered MacDonal's Happy Meal set to warm the tummies and hearts of the children.

With new norms in the community since the nation entered Phase 2 of the circuit breaker, Deloitte's corporate social responsibility proves that nothing can stop us from bringing cheer and joy to the less fortunate in our society whilst we maintain safe distancing protocols for the safety to everyone.



CHRISTMAS COLLECTION 2020



Blackforest Log Cake
500gm / 1kg



Tea Cake
Chocolate Hazelnut / Fruit Cake /
Cranberry Earl Grey



Christmas Cookies



Snowflake / Gingerbread Man /
Christmas Tree Cookie



Chocolate Log Cake
500gm / 1kg



Christmas Cupcake

For orders, please call 6580 4622 / 24 / 46
or email us at mettacafe@metta.org.sg



Scan to support Metta Cafe
F&B Training Programme for
Youths with Special Needs



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