



慈光福利协会

METTA WELFARE ASSOCIATION

*You + Me
Shine
the Light
Forward*

A Commemoration of
Metta Welfare Association's 30th Anniversary

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You + Me Shine the Light Forward

Foreword

*“**Metta**” in the Pali language means “loving kindness”. Since our foundation in 1992 by Venerable Chao Khun Fa Zhao^{BBM}, we have made it our mission to serve everyone in need with compassion, kindness and goodwill, regardless of race and religion.*

Guided by this mission, Metta Welfare Association (Metta) has grown over the years to offer social service programmes that empower individuals to live independently in their communities, from children as young as two years old to the elderly.

Looking back on the last 30 years, we are heartened that our programmes have benefitted individuals whom we have served in different ways, including special education, skills development, rehabilitation, and care as they continued to live with hope and purpose.

This book pays tribute to the voices of the people who have benefitted and supported Metta. It is a collection of special moments, reflections, dreams and hopes shared by the remarkable individuals who have found their purpose through dedication, courage and grit.

前言

“慈光”在梵文中之意是“慈爱之光”。自1992年由昭坤法照创立以来，我们坚持使命，不分种族、宗教，以慈悲、仁爱和善念，尽力为每一个需要帮助的人提供服务。

秉持这份初心和使命，慈光多年来为介于两岁幼儿至七十，八十岁的年长人士，提供了各项社会服务，让特殊需求人士能在社群中培养独立生活的能力。

回顾过去三十年，让我们感到十分欣慰的是我们的各项服务，包括特殊教育、技能培训、康复护理等，让不同人得以受益，也让他们的生活充满了希望和目标。

谨以这本书，向受益于慈光和支持慈光的人们致敬。书中收藏了许多特别的时刻、深切的反思，还有真挚的梦想和希望。这些经历和心声来自许多卓越之士——正是他们，通过专注、勇敢奉献、勇气和毅力，找到了属于自己的目标。

About Metta Welfare Association

Registered in 1995 as a charity, Metta Welfare Association (Metta) remains steadfast and true to our mission to serve, give comfort and shine the light of hope to those in need.

We care for over 1,400 clients across our welfare centres islandwide. From the young to the elderly, the infirm to the terminally ill, our clients come from widely diverse backgrounds, age groups and needs.

Dedicated to providing clients the best care and enhancing their quality of life, Metta's philosophy of care transcends race, religion or social circumstance. Though challenging at times, our support for our clients is driven and made meaningful by our satisfaction in seeing them receive proper care and lead fulfilling lives.

Serving with compassion and sincerity, we take pride in our ability to offer a comprehensive range of services that go beyond the mere fulfilment of every client's care needs.

● CHILDREN CARE

Early intervention services for children between two to six years old who are diagnosed with mild to moderate Autism Spectrum Disorder (ASD) and/or Intellectual Disabilities.

● DISABILITY CARE

- Residential care & respite care for adults with Intellectual Disabilities.
- Day activity care and training centres for adults with Intellectual Disabilities.

● MEDICAL CARE

- Day rehabilitative services for elderly and stroke clients.
- Home nursing and home medical care for clients with chronic illnesses and organ failure.
- Home palliative care for clients with 'life-limiting' illness.

● SPECIAL EDUCATION

Metta School – caters to students with Mild Intellectual Disability (MID) and/or Autism Spectrum Disorder (ASD).

Maitri School – caters to students with Mild Intellectual Disability (MID) and/or moderate to severe Autism Spectrum Disorder (ASD).

● YOUTH EMPLOYMENT SUPPORT

Offers comprehensive training and development to increase employment opportunities for Metta School graduates. The programme also strives to empower our youth with life skills that promote integration and independence.

Under this programme, we have Arts@Metta where artists cultivate their talents in the visual arts; Metta Café where our apprentices receive F&B vocational training to further develop their specific skills set and ECO@Metta where our trainees work on eco-friendly projects.

关于慈光福利协会

慈光福利协会（简称“慈光”）于1995年注册成为慈善机构，多年以来初心未改，坚持为有需要的人提供服务、给予抚慰，并在他们的生活中洒下希望之光。

目前，我们在全岛各地为超过1,400位受益人提供服务。从年幼（儿童）到年长者，从体弱者到身患绝症者，我们的受益人来自极为广泛的背景和年龄层，有着各不相同的特殊需求。

慈光的关爱理念跨越种族、宗教和环境，致力于为受益人提供最好的护理，提高他们的生活质量。虽然有时候会遇到重重挑战，我们的推动力和满足感来自看到受益者得到适当照顾并过上充实的生活。

秉持着慈悲之心、真挚之情，我们为能提供受益者超越基本需求的服务为荣。

● 幼儿培育

为年龄介于2至6岁的学障幼孩，提供早期介入计划。

● 关爱智障

- 为智障人士提供长期住宿理疗和临时看护服务。
- 为智障人士提供日间活动和训练服务。

● 医疗服务

- 为乐龄人士和中风病患提供日间康复治疗服务。
- 为慢性疾病和器官功能衰竭患者提供全面性管理的居家护理服务。
- 为末期病患提供居家慈怀护理服务。

● 特殊教育

慈光学校-为轻度智障兼/或自闭症学生提供特殊教育。

慈明学校-为中度至重度自闭症学生提供特殊教育。

● 青年就业辅助

为慈光的轻度智障兼/或自闭症毕业生提供综合培训与发展，提高就业机会。培训志在赋予青年生活技能，让他们可以融入社会、学习独立和社交技能。

Tête-À-Tête With The President

PART 1

Reflecting on Metta's first 30 years, how has the organisation grown from its humble beginnings?

Metta has scaled new heights and made great strides in the last 30 years. We have grown from our first welfare centre in Hougang in 1995 that served over 30 intellectually disabled clients to ten welfare centres islandwide that cater to over 1,400 clients which include the young, infirm and terminally ill in our community. This growth would not be possible without the dedicated stewardship of our Management Committee members, the strong sense of conviction and purpose among our staff and stakeholders, as well as the strong support from our partners and donors.

It has been a rewarding journey that binds everyone together and inspires us to forge ahead and remain true to our motto, **"Compassionate love to share. Brightens hope to those we care"**.

As we continue to provide quality and comprehensive care services to meet our clients' needs, we will strive to deliver optimal care to enhance their quality of life.

Indeed, Metta has expanded and evolved over the last 30 years. What, in your view, were the factors that made Metta the organisation that it is today?

I believe it is all about people. Our employees contribute to our success. Having the right skills, capabilities and values is the key to doing well at work and achieving more. And,

as we expand our network and acquire new knowledge, it is imperative to stay proactive, disciplined and collaborative.

At Metta, we place emphasis on inspiring leadership. As leaders, we need to be positive influencers to motivate our team members to grow as professionals.

How is Metta still evolving today and how will Metta continue to move with the times?

We need to recognise the importance of investing in the right people and retaining talent. Upskilling is essential for Metta staff to remain relevant to deliver quality service to our clients.

Moreover, I think the key to long-term success is to stay connected in this digital world and embrace new technology that will help to maintain our operational efficiency and effective communications with our stakeholders.

In the face of change, what remains constant for Metta? What remains at the heart of Metta's activities?

One thing will never change: our passion to help the less fortunate in our community. Metta was started to help the less fortunate and disadvantaged. Our goal has always been to empower them and improve their quality of life so that they can live independently with dignity.

As long as they need us, we will be there for them.

Metta At 30

VENERABLE
CHAO KHUN
FA ZHAO BBM

昭坤法照



与会长谈心

回顾慈光30年，协会是如何一步步成长的？

在过去30年里，慈光攀登了新的高度并取得令人瞩目的成绩，这都得归功于慈光理事们全心全力的领导、员工及利益相关者的坚定信念和使命感、以及合作伙伴和捐献者的大力支持。

从1995年在后港开设第一家福利中心为30多名智障受益人提供服务，到现在全岛设有10间福利中心为社区里大约1,400名受益者提供服务，其中包括年轻人、体弱者和绝症病患，慈光一步一脚印发展壮大。这是一个有意义且将每个人联系在一起的旅程。我们会锐意进取，忠于慈光的格言：“**慈仁疗众苦 光照困中人**”。

除了继续提供优质和全面护理服务以满足受益者的需求，我们将努力提供最佳服务，以提高他们的生活质量。

过去30年间，慈光福利协会不断发展壮大。在你看来，是哪些因素造就了今天的慈光？

要在工作中表现出色并取得更多的成就必须拥有正确的技能、能力和价值观。员工的贡献成就了我们。在建立人脉和获取新知识的同时，我们必须积极主动、自律和建立协作精神。身为领导者，我们需要成为正面的影响者，以激励我们的团队成员成长并在专业领域有所发展。

慈光福利协会如何不断进步？它将如何与时俱进？

我们应认识到需要投资人才并留住人才的重要性。慈光员工必须提升技能以便与时俱进，更有能力为受益者提供优质服务。

我认为成功的关键，在于与数码时代保持连接，并采用有助于运营效率和与利益相关者有效沟通的新技术。

面临不断变化的时代，慈光福利协会要坚持哪些初衷？慈光的各类活动中，最核心的精神是什么？

设立慈光是为了帮助那些不幸和弱势群体。我们的目标始终是赋予这些人更好的能力，提高他们的生活质量，使他们能够有尊严地独立生活。我们热衷于帮助社区弱势群体，初心不变。只要他们需要协助，我们就会支持他们。

PART 2

The theme for Metta's 30th anniversary is "You + Me Shine the Light Forward". Can you tell us how the theme was conceived?

The theme "You + Me Shine The Light Forward" encapsulates our journey together now and in the future. It speaks about how our work at Metta is and will always be made possible with the unwavering support of individuals and groups who share the same passion to serve. It is both forward-looking and life-affirming.

As for our anniversary logo, the collection of colourful dots symbolises collaborative effort and our commitment to serve the community. The glowing dots represent the glimmer of hope we are bringing to our clients while we establish meaningful and impactful ties with our corporate and community partners.

Our theme also conveys our gratitude towards our volunteers, donors, and corporate partners for working with us to make a difference and an impact on the lives of the people we serve. I hope we can all come together to celebrate this special milestone with a series of activities!

The "You + Me" part of the theme evidently encapsulates the idea of cooperation. How has working together and acting as a community strengthened Metta as an organisation?

Our work would not be possible without the continued support of like-minded people like you.

For example, in collaboration with many of our long-standing partners such as Changi Airport Group (CAG), CapitaLand & Changi Simei CC, we have been able to better

support our clients and maximise the impact on their lives. Through our recent projects such as the virtual art fair with CAG and the #CareKitWithLove campaign with CapitaLand, both were conceptualised during COVID-19 where we provided opportunities for our youths to showcase their creative artwork on a different platform as we build on their confidence and social skills.

Our partnership with Changi Simei CC also saw us championing various community engagement efforts including the charity run and annual blood donation drive. In this way, we empower our residents to volunteer and participate in meaningful activities.

In your view, what does "shining the light forward" entail?

It means continuing to work with our partners, volunteers, staff and caregivers to give hope, create meaningful relationships and touch lives. It also means inspiring more people — igniting in them a desire to reach out and help the ones in need.

Metta's 30th anniversary commemorative is replete with artworks and pieces that symbolise the organisation's values and the impact it has made on people's lives. What are your thoughts about the power of creation to heal, to comfort and to bring about a world that we want to live in?

I believe these creative works are a testament to the strength and depth of Metta's founding values. Thanks to the continuous support of our partners and the dedication of our staff, we have unlocked the potential of many of our clients to express themselves and create something of value. My hope is that through the continuous support of our donors and partners, we will be able to empower more people in need.



You + Me *Shine the Light Forward*



慈光30周年纪念的主题是“爱心相连，照亮无限”。能否为我们讲一讲，这个主题是如何成形的？

这一系列的彩色圆点象征协作精神及我们对社区的承诺。当我们与企业 and 社区合作伙伴建立有意义又有影响力的合作关系时，发光的圆点就代表了我们为受益者带来的一线希望。

更重要的是，如果没有一群志同道合的人给予的坚定支持，我们的工作根本无法完成。因此，我们的主题“爱心相连，照亮无限”就代表了你们和我们现在与未来的共同旅程。

我们感谢所有的义工、捐献者和企业合作伙伴与我们同心协力，为我们的受益者改善生活。请大家与我们共同庆祝在这发展旅程中的重要里程碑。

主题中“爱心相连”一句，彰显着大家的合作精神。慈光是如何将大家凝聚在一起，共同进退，不断提升协会的行动力？

如果没有大家的鼎力支持，我们不可能继续履行使命。

透过长期合作伙伴如樟宜机场集团和凯德集团的帮忙，我们能够更好地为受益者提供支援，并正面影响他们的生活。通过我们近期的项目，例如与樟宜机场集团联合举办的虚拟艺术博览会和与凯德集团合作的 #CareKitWithLove（爱心护理包）活

动，我们为年轻人提供了展示艺术作品的机会，让他们建立自信和社交技能。此外，通过与樟宜四美民众俱乐部的合作，我们推动了各种社区活动，例如慈光年度嘉年华、慈善义跑和年度捐血活动。这些合作将让更多社区居民参与慈善活动。

在您看来，“照亮无限”的具体含义是什么？

我们的主题“爱心相连，照亮无限”代表了你们和我们现在与未来的共同旅程。我们将与所有合作伙伴、义工、员工和护理人员一起努力，建立良好关系，以提升受益者的生活。

慈光30周年庆祝活动中，涌现了大量艺术作品，充分体现了协会的价值观念，也彰显了协会为社群带来的改变。您认为创作的力量如何疗愈、安慰、创造一个我们想要的世界？

这些创作艺术体现了我们企业价值观的力量和深度。通过合作伙伴的支持和员工的奉献，受益者得以施展他们的艺术潜力，作出有价值的作品。我希望继续得到你们的支持，让更多需要帮助的人获得力量。

The Road Ahead

PART 3

10

How do you envision Metta further growing in the coming years? Are there significant developments that you are looking forward to or excited about?

We will be building Maitri School, our second special education school, which aims to provide education for students aged 7 to 18 with Mild Intellectual Disability (MID) and moderate to severe Autism Spectrum Disorder (ASD). Co-locating with Maitri School, a new Maitri Building will provide a continuum of supporting services for the alumni.

The first cohort of 25 started on 22 March 2021 with students aged between 7 and 8 years old and the classes are temporarily held at Metta HQ Building (Level 6) which is co-located with Metta School. The new Maitri campus is expected to be completed in 2026.

Our vision is to help the students with Autism lead an independent and meaningful life. We will do our utmost to equip them with skills for daily living, emotional management as well as vocational skills.



Since its inception, Metta has been unwavering in its dedication to serving people. How can we strengthen this culture of caring and compassion?

I believe by continuing to empower and care for our employees, not only will they become better service providers to our clients, but also Metta ambassadors who can spread this culture of caring and compassion to the people around them.

What would you like to convey to your committee members, volunteers, staff, community partners and donors as Metta continues its journey of making a difference in our society?

My heartfelt gratitude to each and every one of them for their support towards Metta over the years.

As we celebrate this significant milestone, we dedicate this 30th anniversary commemorative book to all who have contributed their time, efforts, skills and support in making us who we are today.

"As we celebrate this significant milestone, we dedicate this 30th anniversary commemorative book to all who have contributed their time, efforts, skills and support in making us who we are today."

“在欢庆这个重要里程碑之际，我们将这本 30 周年纪念册献给所有为成就今天的慈光而无私奉献的人。”

你对慈光福利协会未来的发展有何设想？有什么重要发展是你期待或兴奋的吗？

我们将建设慈明学校。这将是我们的第二所特殊教育学校，为年龄介于7岁至18岁患有轻度智力障碍 (MID) 和中度至重度自闭症的学生提供教育。位于慈明学校旁边的慈明聚缘阁将为校友提供连续性的离校协助。慈明学校课程于 2021年 3月 22日开班，学生年龄介于 7岁 至 8岁。教室暂时设在慈光总部（6楼），新的慈明校舍竣工日期预计在2026年。

我们的愿景是让自闭症学生能过着独立而有意义的生活。我们将尽最大努力教导他们日常生活技能、情绪管理和调解技能以及职业技能。

自成立以来，慈光福利协会以坚定不移的精神服务社会。我们如何进一步加强这种关爱和慈悲的文化？

我相信，通过继续赋予员工权力和给予关心，他们不仅将为我们的受益者付出，也会成为慈光大使，将这份关爱和慈悲之心传播给周遭的人。

一路走来，慈光福利协会将继续为社会带来更多的积极转变。对于支持慈光的志愿者、员工、委员、社区伙伴和捐赠者，你有什么话想说？

我十分感谢大家多年来给予慈光的支持。

在欢庆这个重要里程碑之际，我们将这本 30周年纪念册献给所有为成就今天的慈光而无私奉献的人。



A Message From The Deputy Executive Director

Keeping Our Legacy of Love Shining

12 让我们爱的传奇继续闪耀

As we look back on Metta's 30-year journey, we are deeply moved and encouraged by the support of our longstanding partners, volunteers, staff, and all individuals who have helped us in ways big and small.

Over the years, Metta has grown and expanded its services under the dedicated stewardship of our President and our board committees. We have also developed strong partnerships to meet the growing needs of the vulnerable, the infirm and the elderly in the community. It is truly remarkable to see how, from the early days of providing support services to the disabled, we currently have a diverse array of social service programmes to serve clients of different age groups.

Committed to realise our founding vision, we will continue to work closely with individuals and groups who share our passion to serve — people who believe in empowering our clients to live with dignity and lead a purposeful life.

On behalf of Metta, I would like to express my heartfelt gratitude to those who have played a part in our journey. Our work would not be possible without your support. Thank you, our community and corporate partners, our volunteers and our donors, for working with us to make a difference and touch lives. As conveyed in our 30th anniversary theme, let's shine the light forward and journey together as one to make our community more compassionate and inclusive to everyone.



MS FELICIA WEE
DEPUTY EXECUTIVE DIRECTOR
黄淑萍女士, 副执行董事

副执行董事致辞

当我们回顾慈光的30年历程时，我们的长期合作伙伴、志愿者、员工以及社会各界人士所给予我们的帮助和支持使我们深受感动和鼓舞。

多年来，在慈光会长和理事会的尽心管理下，我们不断发展并扩大了社会服务。我们也建立了许多强有力的伙伴关系，以更好地满足社群中弱势群体、体弱者、乐龄人士等日益增长的需求。真正令人瞩目的是，从早期为智障人士提供支援服务，进展至今日有多样化的社会服务方案，为不同年龄层的受益人提供所需的社区服务。

我们致力于实现慈光的愿景，继续和那些与我们有着共同服务热情的个人和团体密切合作，相信他们能够让我们受益人的生活过得更有意义。

我谨代表慈光向那些参与我们的旅程的人表示衷心的感谢。没有你们的支持，我们的工作是不可能的。感谢我们的志愿者、捐助者和企业合作伙伴与我们一起努力改变和提升受益人的生活，给他们带来温暖。正如我们在三十周年纪念主题“爱心相连，照亮无限”，所传达的，让我们齐心协力，照亮前方，让社会更具关爱和包容之心。

Our Journey

1992

1992

METTA WELFARE ASSOCIATION

was founded by Venerable Chao Khun Fa Zhao BBM.

1998

1998

September
METTA ACUPUNCTURE CLINIC was opened.

2000

2000

June
METTA HOSPICE CARE officially opened its doors.

2001

January
POTONG PASIR DAY CARE CENTRE was opened.

1994

METTA WAS REGISTERED WITH THE REGISTRAR OF SOCIETIES.

The association is endorsed by both the Community Development and Health Ministries, and is an affiliate member of NCSS.

1995

March

METTA OFFICIALLY REGISTERED AS A CHARITY in Singapore.

August

METTA DAY ACTIVITY CENTRE FOR THE INTELLECTUALLY DISABLED was opened. It was then referred to as the Hougang branch before the Woodlands branch was merged with Metta Home.

September

METTA CARE AND SOCIAL SERVICES commenced operations, providing various services for the elderly through a group of volunteers. This subsidiary was eventually defunct as Metta defined its services more distinctively in its ten centres today.

1998

April

The groundbreaking ceremony for Metta Home was held. **Mr Hawazi Daipi**, MP for Sembawang GRC, was the Guest-of-Honour.

1999

April

MARINE PARADE – YU NENG STUDENT CARE CENTRE was opened.

2001

January

METTA SCHOOL was established to offer special education to children aged between 6 to 18 years with Mild Intellectual Disability (MID) and/or Autism Spectrum Disorder (ASD).

June

NORTH EAST CDC – METTA STUDENT CARE CENTRE commenced operations.

2002

January

SOUTH EAST – YU NENG – METTA STUDENT CARE CENTRE II was set up.

June

GROUNDBREAKING CEREMONY was held for the Metta School/Metta Building.

2004

September

HAPPY ARTS ENTERPRISE LTD was established as a social enterprise to create employment opportunities for young adults with special needs.

Shining the Light of Hope in Our First 30 Years

2005

2005

March

METTA HEADQUARTERS was moved from Chai Chee to our current building in Simei; **METTA SCHOOL** was also relocated to its current location in Simei.

2010

2010

July

The official opening of **METTA PRESCHOOL@PUNGGOL** was held. **Ms Penny Low**, MP for Pasir Ris-Punggol GRC, was the Guest-of-Honour.

2018

2018

December

Metta achieved the **SINGAPORE QUALITY CLASS WITH PEOPLE** endorsement from Enterprise Singapore.

2006

August

METTA ALUMNI was set up to bring together Metta School graduates who are keen to further their mastery in the visual arts.

September

ITE COLLEGE EAST and **METTA SCHOOL** embarked on a community partnership through the use of technical skills.

December

Metta received its **FIRST ISO 9001:2000** certification.

2007

April

METTA PRESCHOOL @SIMEI was set up.

2011

June

Construction of **METTA SCHOOL'S ANNEXE** began.

2013

April

METTA SCHOOL'S ANNEXE was officially opened.

2014

March

METTA CAFÉ commenced operations.

2015

April **METTA HOME NURSING** was set up.

July

Metta attained the **SINGAPORE QUALITY CLASS (SQC)** accreditation.

2019

November

MAITRI SCHOOL – Metta's second Special Education School was announced.

December

Metta received the **CHARITY TRANSPARENCY AWARD 2019**.

2021

August

Metta received the **ENABLING MARK AWARD (SILVER)** from SG Enable.

2022

January

Metta obtained the **BIZSAFE LEVEL 3 CERTIFICATION**.



慈光福利协会里程碑

1992

1992
昭坤法照法师BBM创立
慈光福利协会。

1998

1998
九月
开设慈光针灸医疗所。

2000

2000
六月
慈光安宁居家护理
中心正式成立。
2001
一月
波东巴西河畔小苑投入运营。

1994
慈光福利协会注册为社团，并受到社区
发展部以及卫生部的承认，同时也是国家福利理事会的会员。

1995
三月
慈光福利协会正式在新加坡注册为慈善机构。

八月
开设慈光智障日间活动中心。这家中心
后被视为后港分所，并与开设在兀兰的
智障日间活动中心和乐陶苑合并。

九月
慈光福利协会的关怀和社会服务组投入
运作，由志愿者为乐龄人士提供各类
服务。后来，随着慈光福利协会将服务
分成九所福利中心，运营更加精细化、
明确化。该关怀和社会服务组也因此
被取代。

1998
四月
三巴旺集选区国会议员贺华吉先生担
任“慈光乐陶苑”动土仪式主宾。

1999
四月
马林百列-育能学生托管中心正式开幕。

2001
一月
慈光学校是为了提供特殊教育给6至18岁的
轻度智障兼/或轻度自闭症孩子而建立。

六月
东北社理会-慈光学生托管中心投入运营。
2002
一月
开设东南-育能-慈光学生托管中心(二)。

六月
慈光聚缘阁暨慈光学校动土仪式。

2004
九月
慈光社会企业-悦艺企业正式成立，为学障
智缓青年制造就业机会。

慈光三十，播散善爱，照亮希望

2005

2005

三月

慈光总部从菜市搬迁到四美大楼，慈光学校也搬迁到新地点。

2010

2010

七月

白沙-榜鹅集选区国会议员刘鏐琳女士为慈光幼儿园-榜鹅主持开幕仪式。

2018

2018

十二月

慈光福利协会经由新加坡企业发展局认可，获颁新加坡素质级和人力资源发展标准认证。

2006

八月

慈光校友部是为了让慈光学校毕业生能进一步掌握视觉艺术——蜡染彩绘与陶艺制作而设立。

九月

工艺教育东区学院和慈光学校通过运用技术技能，建立社区伙伴关系。

十二月

慈光福利协会首次获得ISO 9001:2000认证。

2007

四月

开办慈光幼儿园-四美。

2011

六月

慈光学校开始附属教学楼的兴建工程。

2013

四月

慈光学校附属教学楼正式开幕。

2014

三月

慈光聚缘轩投入运营。

2015

四月

开办慈光居家护理服务。

七月

慈光福利协会荣获新加坡素质评级颁发的卓越商业计划评估委员会的肯定。

2019

十一月

慈光福利协会宣布设立属下第二所特殊教育学校-慈明学校。

十二月

慈光福利协会荣获2019年慈善团体透明度奖。

2021

八月

慈光获颁新加坡协助残障者自立局的包容残障就业标志(银奖)。

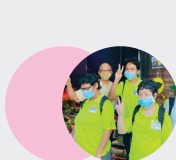
2022

一月

慈光获得安全商业环境计划三级认证。

17

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Children Care 幼儿培育



18

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We chose Metta Preschool for our son Uwais, who has Autism, because of its proximity and its relatively small classes, which meant our son would receive sufficient attention. It did not take long for us to realise that Metta would mean so much more to us.

Before Uwais joined Metta at 6, we assumed that he was a nonverbal Autism kid. However, after just 2 months in the programme, we started seeing his progress. Not only did he gradually become conversational, his handwriting, reading, drawing, colouring & balancing skills also improved.

I really feel at ease every time I send my son Uwais off to Metta Preschool. He can speak confidently and is always cheerful when he comes home from school. He even greets our neighbours!

Teacher Suhaila, Uwais's teacher, would give updates on his progress and advice on how to look after him. Like the rest of the Metta Preschool staff, she is warm, sincere and friendly, which is very reassuring. My heart is really full of gratitude.

"I really feel at ease every time I send my son Uwais off to Metta Preschool. He can speak confidently and is always cheerful when he comes home from school."

“我很放心把孩子Uwais送去慈光幼儿园。现在他开口说话时比较有自信，而且每次放学回家都很开心，甚至还会和邻居打招呼了！”

— MDM JURIANA BTE JUMAAT 女士
MOTHER OF UWAIS AL QARNI BIN AHMAD MOKHTAR的母亲, 6

我们让患有自闭症的儿子Uwais选择了慈光幼儿园，是因为离我们家不远，而且相对来说每个班的人数较少，所以孩子可以得到比较多的关注。入学没多久，我们就意识到慈光幼儿园对我们来说有多重要。

Uwais六岁就读慈光幼儿园。在此之前，我们以为他是不能说话的自闭症儿。但在慈光幼儿园读了两个月之后，就看到了他明显的进步。他不但能够和我们进行交流，他的书写、绘画、上色、平衡等等能力也逐渐有了进步。

我很放心把孩子Uwais送去慈光幼儿园。现在他开口说话时比较有自信，而且每次放学回家都很开心，甚至还会和邻居打招呼了！

Uwais在幼儿园的老师Suhaila也会提供Uwais的进度表，然后建议照顾他的方案。她的温情和真诚让我在和ta沟通时感觉安心。慈光幼儿园的其他职员也都非常和蔼可亲。我发自内心地感激他们。



Children Care 幼教与托孩

“Thank you for fostering a healthy and loving environment, Metta! Here’s to many more years of contribution and dedication to the community!”

**“感谢慈光幼儿园提供了一个健康、有爱的环境！
希望慈光未来有更多的成就，造福社会！”**

– MDM QUEK YU LI 郭裕丽女士
MOTHER OF JOSE TAN JIE JUN 陈杰骏的母亲, 4

Jose joined Metta Preschool in February 2021 and has grown leaps and bounds, thanks to Teacher Yvonne! Her tireless passion and selfless dedication have inspired my family — including my helper!

Every 6 months, there would be a Parent-Teacher conference where teachers discussed Jose’s progress, as well as milestones tailor-made for him to achieve. Cheers to all teachers who played an important role in assessing, guiding and encouraging Jose to accomplish these goals.

Happy 30th Birthday and thank you for fostering a healthy and loving environment, Metta! Here’s to many more years of contribution and dedication to the community.

4岁的杰骏在 2021年 2月就读慈光幼儿园，在淑蕙老师的帮助下有了飞跃性的进步！她的热情、孜孜不倦和无私奉献鼓舞了我们一家 —— 包括我们的女佣！

每六个月，我们都会参加家长会，和一群老师一同讨论杰骏的进展，设立一些为他量身定制、可以达成的里程碑。感谢所有在评估、指导、鼓励杰骏达成目标的过程中扮演重要角色的老师们。我向你们致敬。

三十周年快乐。感谢慈光幼儿园提供了一个健康、有爱的环境！希望慈光未来有更多的成就，造福社会！





"I love expressing myself through dance and batik painting. I feel like I'm getting good at them, thanks to the support of my teachers and friends. Learning dance steps and mixing colours really brighten up my days."

22

“我喜欢用舞蹈和蜡染画表达自己。在这里要感谢老师和朋友们的支持，让我相信自己可以做好这两件事。只要随着音乐起舞，或是看到美丽的颜料在我手中调好，我就能保持一整天的好心情。”

**– THALIA ARRIANA BINTE SAZALI, 15
METTA SCHOOL 慈光学校**

Multi-talented Thalia Arriana Binte Sazali loves playing badminton, dancing and batik painting. Badminton lets her stay physically active while having fun with friends. In her dance classes, she gets to showcase her passion and talent.

Arriana also enjoys experimenting in her batik painting classes. For instance, she painted typically pink flamingos in yellow and brown instead—earthy tones that she finds calming.

A kind young lady by nature, Arriana is always willing to lend a hand to her friends and teachers.

十五岁的Thalia Arriana Binte Sazali是一名多才多艺的学生，热爱打羽毛球、跳舞、和作蜡染画。她参加了羽毛球社，在保持健康的同时，也有机会和队友们一同开心玩耍。在舞蹈班上，她展现出了极大的热情和才华。也很勤奋和专注的学习编舞。

Arriana也对蜡染画课程有着满腔热忱，喜欢用蜡染这种媒介进行大胆尝试。在这幅作品中，她选择将火烈鸟涂成浅黄色和棕色，因为这些大地色调给她一种平静而美好的感觉。棕色也恰好是她最喜欢的颜色之一。

Arriana天生善良和乐于助人，她总是愿意向她的朋友和老师伸出援手。



Special Education 特殊教育

24





"I am glad to be a student of Metta School and be surrounded by wonderful friends. Just like my artworks, school life here is very colourful. I feel inspired to create beautiful things and give my best in whatever I do."

"很高兴能在慈光学校读书，也很高兴在这里认识了许多超棒的朋友。学校生活就像我的作品一样非常丰富多彩。这为我带来了启发，让我想要创造美丽的事物，并且做任何事情都全力以赴。"

**– JOEL MANUEL BEGUIA GAY WEN 倪文, 14
METTA SCHOOL 慈光学校**

Joel Manuel Beguia Gay Wen is a student diagnosed with Autism.

With a flair for creative brushworks and an eye for detail, Joel has been doing Chinese painting since joining the school in 2015. He often uses vibrant colours in his artworks to make them lively, just like school friends who brighten his days. He enjoys having conversations with them while playing board games during recess time.

Joel is also learning language skills like reading, listening, speaking and writing. He is known for his strong memory and knack for spelling.

患有自闭症的倪文目前就读于慈光学校谋生(C)课程。

倪文在创意绘画方面天赋异禀，观察力敏锐又注重细节的他，自2015年入学以来就一直专攻中国绘画。他总是在作品中使用明艳的色彩，显得醒目又生机勃勃，就如他在学校的朋友一样，为他的生活增添了许多靓丽的光芒。倪文喜欢在休息时间和朋友们聊聊天，玩玩桌游。

倪文也选修英语读写科，学习一系列语言技能，如阅读、听力、口语和写作。众所周知，他的拼写非常出色，因为他对单词和数字有很强的记忆力。

Youth Employment Support 青年就业辅助

26





With years of practice and guidance from Metta's trainers, Fadhil was able to draw, wax and colour skillfully. Today, he takes pride in his art pieces.

经过长期的训练以及慈光导师的指导，Fadhil终于能够胜任绘画、上蜡和着色。现在，他对自己的作品感到十分自豪。

– MUHAMMAD FADHIL BIN ABDUL JALIL, 27
ARTIST, ARTS@METTA 慈光展艺, 艺术家

A patient and meticulous artist, Muhammad Fadhil joined Arts@Metta in 2014. Diagnosed with Autism, Fadhil is a quiet observer who takes instructions carefully. He is passionate about manga and robots, and he enjoys sketching these characters during his free time. He and his family are cat lovers who care for seven cats at home.

Due to his condition, it was challenging for Fadhil to express himself, remain focused and to speak up to people around him. His training stint was confronted by multiple challenges where he faced difficulties with drawing, waxing and colouring flowers and butterflies.

After years of practice and guidance from Metta's trainers, Fadhil is now able to draw, wax and colour skillfully. Today, he takes pride in his art pieces as he has crafted some of the finest and exquisite pieces displayed for our customers. His art pieces have been selected for various local and international events, including National Day 2020 and Milan Design Week 2022.

Muhammad Fadhil是一名耐心、细致的艺术家。作为一名自闭症患者，Fadhil通常会仔细观察、按照指示去工作。他热爱漫画和机器人，喜欢在闲暇之余给这些角色画素描。他生活在一个爱猫之家，一家人养了七只猫。

Fadhil不善于表达自己、也不能保持注意力。他也不爱说话。因此，他在学习图案绘画、上蜡和着色时也碰到了许多挑战。

经过长期的训练以及慈光导师的指导，Fadhil终于能够做好绘画、上蜡和着色了。现在，他对自己的作品感到十分自豪，因为他为我们的顾客精心绘制了一些最优秀精致的作品。他的艺术作品曾被选为各项本地和国际活动的商品，包括2020年的国庆日和2022年的米兰设计周。

Youth Employment Support 青年就业辅助

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“Metta Café has given me the space to learn more things and further improve my baking skills.”

“慈光聚缘轩给我提供了一片学习新事物的天地，也让我进一步提升了自我的烘焙技能。”

— HENG SHIRLEY 王诗蕊, 32
ASSISTANT BAKER, METTA CAFÉ
慈光聚缘轩，助理烘焙师



Heng Shirley has progressed from a junior apprentice to Assistant Baker at Metta Café. Diagnosed with Mild Intellectual Disability, Shirley graduated from Metta School with ITE Skills Certificate in Food Preparation.

Before working at Metta Café, she joined a café and cake house where she was tasked to make Chinese-style pastries filled with bean paste. This was also where she started to develop an interest in baking. With encouragement from her job coaches, Shirley furthered her professional growth by taking a baking course at the Baking Industry Training College (BITC) Singapore with Metta as her sponsor.

At Metta Café, Shirley's duties range from baking cookies, cakes and breads. She also mentors Metta School students who are outplaced at the café for on-the-job trainings. Among her many tasks, cutting pieces of sponge cake is what she finds most challenging, but she continues trying to perfect the job.

王诗蕊今年32岁，已经从一名初级学徒晋升成为了慈光聚缘轩的助理烘焙师。Shirley患有轻度智力障碍，她从慈光学校毕业，拥有工艺教育学院颁发的食品处理技能证书。

在加入慈光聚缘轩工作之前，她在一家咖啡厅工作，负责制作中式豆沙饼。也就是在那时，她对烘焙产生了浓厚的兴趣。在工作导师的鼓励和慈光的资助下，诗蕊进修了新加坡烘焙学院（BITC）的课程，从而提升烘焙技能，提高专业水平。

在慈光聚缘轩，诗蕊的职责包括烘焙饼干，蛋糕和面包。她也负责指导慈光学校派来聚缘轩进行在职培训的学生们。她认为，在自己的各项任务中，切割平整的海绵蛋糕最有挑战性。她会一直努力，以便做到尽善尽美。

Youth Employment Support 青年就业辅助



After seeing her hard work and efforts bear fruit, Elizabeth became more motivated to learn new skills.

在看到自己用努力换来的成果之后，蓝维蓉学习新技能的积极性变得更高了。

**– ELIZABETH LAM 蓝维蓉, 29
TRAINEE, ECO@METTA 学员**

Since joining ECO@Metta as a trainee in 2019, Elizabeth has learnt how waste material can be turned into useful things. It has been a journey of nonstop discovery, and one that has inspired her to be a steward of the environment.

At ECO@Metta, Elizabeth is part of a team that converts orange peels into an all-natural, multi-purpose orange enzyme cleaning solution. She helps out in harvesting orange peels that would otherwise be discarded as food waste. She also assists in workshops designed to demonstrate this eco-friendly process to professionals as part of their companies' CSR initiatives.

It was not always easy at first for Elizabeth. Diagnosed with Mild Intellectual Disability (MID) and Attention Deficit Hyperactivity Disorder (ADHD), she struggled to follow instructions during the initial weeks. But she did not give up. Since she learns better with visual cues, her instructor demonstrated the process of the orange enzymes repeatedly to aid her understanding.

After seeing her hard work and efforts bear fruit, she became motivated to learn new skills. As a single child, she hopes to pick up as many skills as possible so that she will be able to lead a meaningful and independent life.

蓝维蓉在2019年成为了ECO@Metta的学员，学习如何将废旧材料转化为有用的东西。这段永无止境的探索之旅，让她受到启发，梦想成为一名环境推动者。

在ECO@Metta，维蓉参与的制作小组运用橙皮制成一种纯天然，多用途的酵素清洁液。她会帮忙收集本应被丢弃的橘皮，也会在企业社会责任（CSR）工作坊向专业人士解释并展示环保成品的制作过程。

对患有轻度智力障碍和注意力缺陷多动症的维蓉来说并不容易。尽管在最初的几周，她很难遵循指示行动但她没有放弃。维蓉通过视觉提示下学习效果有所改善。她的导师不厌其烦地一遍遍重复示范，也有助她理解制作过程。

在看到自己用努力换来的成果后，她学习新技能的积极性变得更高了。作为独生女，她希望尽可能多学习和掌握不同的技能，让她能更独立并拥有更具意义的人生。



Disability Care 关爱智障

32



A warm and friendly person, Michael makes new friends feel welcome and even gives them a hand whenever help is needed.

一个热情友好的人，梁先生让新室友感到被欢迎，还会在他们需要帮助时伸出援手。

– LEONG PAK WAN MICHAEL 梁百万, 60
CLIENT, METTA HOME DAY ACTIVITY
CENTRE

慈光乐陶苑智障日间活动中心，受益人



Mr Leong Pak Wan Michael has moderate Intellectual Disability and has been going to Metta Home Day Activity Centre since January 2004. He currently lives with his older brother's family, who has been his primary caregiver after their parents have passed on.

Over the last 18 years, the programme has kept Michael active, fit and engaged. Participating in these activities also allowed him to socialise with others.

Despite his age, he remains alert, continues to attend the centre activities, and occasionally assists his fellow friends in the centre during meal times. A warm and friendly person, he makes new friends feel welcome and even gives them a hand when they need assistance. He has also showed a willingness to learn new things.

As he is diabetic, Michael has been extremely careful with his diet. To stay in good health, he attends the morning exercises regularly.

Michael also has a creative side — he has mastered the art of quilling over the years. In fact, his impressively crafted artworks are often given to donors, volunteers, guests, and VIPs as tokens of appreciation for their contributions to Metta.



梁百万先生患有中度智力障碍，在2004年1月开始加入了慈光乐陶苑智障日间活动中心。父母去世后，梁先生与哥哥一家住在一起，哥哥也是他的主要看护人。

在过去的18年里，中心的活动让梁先生保持活跃、健康和有活力。这些活动也让他有机会和他人互动交流。

尽管他年事已高，但仍然精神良好，继续参加中心的活动，偶尔在用餐时也会帮忙中心的其他室友。梁先生十分热情、友好还会在新室友需要帮助时伸出援手。他也很愿意尝试新事物。

为了保持身体健康，他定期做早操。由于患有糖尿病，梁先生需要额外注意饮食。

梁先生是个富有创意的人，他掌握了卷纬的艺术。他的创作总给人留下深刻的印象，也经常被当作礼物送给捐赠者、志愿者、客人和贵宾。

Disability Care 关爱智障

Motivated by his therapist's words of encouragement, Yong Ming gradually opened up and started participating in his activity sessions.

在治疗师的加油打气下，雍明逐渐敞开心扉，开始参与治疗活动。

**- TAN YONG MING 陈雍明, 37
RESIDENT, METTA HOME FOR THE DISABLED 慈光乐陶苑, 住户**

In 2012, Tan Yong Ming started receiving Metta Home's residential care service as his caregivers were unable to cope with caregiving duties at home. When not participating in his therapy activities, he keeps himself occupied by doing jigsaw puzzles and colouring, as well as enjoying virtual games with other Metta Home residents.

At first, Yong Ming was reluctant to join the therapy activities and would get anxious during these sessions. Preferring to stay in his comfort zone, he used to feel uneasy whenever he was tasked with new activities assisted by therapy staff whom he was unfamiliar with. He would simply look at the door whenever he was anxious.

With constant encouragement from his therapist and nurses, Yong Ming gradually opened up and started participating in his therapy activities. His natural curiosity also helped him become more engaged, following his therapist's and nurses' instructions and completing his tasks more independently. Yong Ming is now able to perform simple self-care tasks such as dressing up and eating.

2012年，由于家人无法继续在家中照顾雍明，他便入住慈光乐陶苑接受护理。除了参与治疗活动，他也会拼图和涂色，还会和慈光乐陶苑的其他住户一起游玩虚拟游戏。

起初，雍明对治疗活动十分抗拒，在过程中往往会感到不自在。他喜欢留在自己的舒适区，待在熟悉的工作人员身边。每当接触到不熟悉的治疗人员，他会感到很紧张。这时，他会拒绝配合治疗，只顾盯着房间的大门。

在治疗师的加油打气下，雍明逐渐敞开心扉，开始参与治疗活动。不仅如此，在治疗师的指示下，他天生的好奇心也推动着他完成各项任务。

如今，雍明已培养了一些简单的生活自理能力，例如穿衣服、吃饭等。



Medical Care 医疗服务

In 2011, a stroke had left Mdm Ong Siew Choo hospitalised for months. Being a single elderly who lives alone, she knew that she needed to regain her independence to look after herself at home.

Shortly after being discharged from the hospital, she joined Metta Day Rehabilitation Centre (MDRC) for the Elderly.

36 — Rain or shine, Mdm Ong attended her rehabilitation sessions daily at MDRC. Something as simple as maintaining her balance was challenging for Mdm Ong. She also lost some of the functions on the left side of her body and had to work on exercises that help to strengthen her upper and lower limb muscles. Although the road to recovery and self-reliance was long and tough, she remained unfazed.

Mdm Ong is grateful to her therapist Aye Yone and her team for the encouragement and support in reaching her goals. Today, she walks around her neighbourhood with her rollator and visits the polyclinic by herself.

Mdm Ong also expanded her social circle, making new friends and participating in arts and craft activities at the centre. She was heartened to have the MDRC team celebrating her birthday every year. To Mdm Ong, MDRC is like a second home where she finds comfort, support and reassurance through her ups and downs.

在2011年，一次中风让王女士住院数月。作为一名独居老人，她知道自己需要重新独立起来，才能在家自己照顾好自己。

出院后不久，她就加入了慈光乐龄日间康复中心，每天参加中心的复建活动，风雨不改。

保持平衡这种看似简单的事情，对王女士来说都艰难无比。她还失去了左侧的一些身体功能，不得不努力锻炼加强上肢和下肢肌肉。虽然康复和恢复自理能力的道路艰难，但她仍然没有放弃。

王女士非常感谢她的治疗师，Aye Yone和日间康复中心的团队，在她恢复健康的过程中为她加油打气。现在，她可以带着手推车在邻里散步，还可以自己去综合诊疗所复诊。

在过去十年，王女士也扩大了社交圈，结识了新朋友，还参加了许多艺术和手工活动。每年中心团队为她庆祝生日让她非常感动。对王女士来说，慈光乐龄日间康复中心就像是自己的第二个家。在这里，不管她是处在人生的高峰还是低谷，都能得到宽慰、支持和肯定。



To Madam Ong, MDRC is like a second home where she finds comfort, support and reassurance through her ups and downs.

对王秀珠女士来说，慈光乐龄日间康复中心就像是自己的第二个家。在这里，不管她是处在人生的高峰还是低谷，都能得到宽慰、支持和肯定。

- MDM ONG SIEW CHOO 王秀珠女士, 85

CLIENT, METTA DAY REHABILITATION CENTRE FOR THE ELDERLY 慈光乐龄日间康复中心, 受益者



A Caregiving Journey 看护之旅

“Caregiving is noble, but it is also one of the most challenging roles anyone can take on. Have a support system, be it family, friends or fellow caregivers. There are people out there who understand what you’re going through and are equipped to help you do the best you can for your loved one.”

“照料他人是一个高尚的事业，但也会带来很大的挑战。无论是家人、朋友，还是同为看护者的同事，我们都需要一套支持系统。不用担心，世界上一定有理解你当前困境、拥有相应技能与工具，可以帮你为自己挚爱提供最佳护理的人。”

— MDM RADHA GULABRAI VASWANI 女士
DAUGHTER OF LATE HOSPICE CLIENT MDM VASWANI CHANDRA GULABRAI, 93
慈光安宁居家护理中心客户VASWANI CHANDRA GULABRAI 之女



Mdm Radha was in her 50's when she became the caregiver to her mother who had vascular dementia and was bedbound.

Being an only child, she found the caregiving journey physically and emotionally challenging. Seeing her mother's changing behaviour left Mdm Radha confused and anxious, and, at times, feeling lonely and isolated. While at work or taking time off to recharge, she felt guilty about leaving her mother at home with the helper.

It was also particularly tough at first as she lacked knowledge of caring for someone with vascular dementia.

Thankfully, with the support from Nurse Yoke Sun and the Metta Hospice team, Mdm Radha realised that she was not alone in her caregiving journey. The guidance rendered by the team through video calls and text messaging gave her confidence that she was meeting her mother's care needs.

On top of professional caregiving advice, what truly touched Mdm Radha was the hospice team's emotional support. The team would often check with Mdm Radha and her helper if they were coping fine. They were always there to empathise when she needed to vent or cry.

Despite the challenges, Mdm Radha's journey made her realise the importance of spending time with loved ones and making happy memories. She also learned the importance of self-care for caregivers. "Self-care is paramount. You can't function on an empty tank," she shares. Here's some practical advice. "Find support in the form of a helper or engage daycare services, even if it's for a few hours each week, so you can recharge and take better care of your loved one."

Today, Mdm Radha is a member of the Caregiver Alliance support group. She has also completed SGUS Programme for Care and Coordination (Community Eldercare) by Tsao Foundation, and is now contributing at various elder care positions in the community. Mdm Radha's caregiving journey with her mom inspired her to pursue this course and to serve others.

Radha女士50多岁时，她的母亲患上了失智症。因病卧床，Radha也就此成为了母亲的主要看护人。

身为独生女，Radha女士需要无时无刻照顾母亲，所以这段时间让她感到身心俱疲。看着行为日益改变的母亲，困惑、恐惧、不适，一齐袭上了Radha女士心头。许多时候，母亲的病让她感到无比孤独，与世隔绝。但在她需要一些个人空间给自己“充充电”时，因让母亲留在家中交由女佣看顾，这又让她感到十分愧疚。

幸好Radha女士遇到了慈光安宁居家护理团队（尤其是玉珊护士）。她终于明白自己的看护之路并不孤独。不仅如此，她也十分感谢慈光团队通过视频通话与文字短讯提供的帮助与指导。他们的支持与鼓励给了她足够的信心，也让她明白，自己已经为母亲提供了足够周到的护理。

除了各种专业的建议之外，真正触动Radha女士的，是护理团队为她提供的精神支持。团队成员经常与Radha女士和她的女佣聊天，了解她们是否可以应付。当Radha女士需要发泄或哭泣时，他们总能同理和在旁陪伴。

经历了重重困难，Radha女士也在这个过程中认识到了身为看护者，需要好好关爱自己的重要性。她感慨道：“自我关爱至关重要。就算是汽车，没油了也跑不动啊。”不仅如此，她还分享了一些实用的建议：“有必要的話，一定要动用日托服务。哪怕每周只有几个小时也无所谓。如果金钱方面有困难，也可以向护联中心或附近的家庭服务中心求助。”

现在，Radha女士是看护者联盟（Caregiver Alliance）互助小组的活跃成员。她也完成了曹氏基金会（Tsao Foundation）所提供“新心相连”技能提升计划下“照顾与协调（社区老年护理）”的课程，并在社群中身兼多种老年护理职责，积极贡献自己的力量。可以说，Radha女士照顾自己母亲的经历启发了她追求为他人服务的志向。

Metta Staff 慈光员工

"I love serving and caring for the elderly in Metta Rehabilitation Centre. Going to work never feels like a chore—it gives me a sense of purpose and fulfilment."

“我最爱在慈光康复中心服务、照顾乐龄人士。工作的内容从不会让我感到厌烦，只会带给我意义和满足感。”

**– DAW AYE YONE, 62
PHYSIOTHERAPIST 理疗师,
METTA DAY REHABILITATION CENTRE FOR THE ELDERLY 慈光乐龄日间康复中心**



I've been a part of the Metta family since I came to Singapore 22 years ago. It has been a fulfilling experience for me. I feel honoured to have grown as a professional and as a person with people who I respect and share my values.

At Metta, I feel both appreciated and empowered. I have very supportive managers and supervisors who are always there to guide me. I've been given opportunities to take courses to ensure my skills and knowledge are relevant, so I can serve and care for clients better. To me, there is no greater satisfaction than to see my clients achieve their rehabilitation goals and regain independence.

自从22年前来到新加坡，我便成为了慈光大家庭的一员。在这个过程中，我非常满足。作为一名专业人士，我可以不断进修，还可以和一群与我志同道合的可敬之人共事，我感到无比骄傲。

在慈光福利协会，我找到了自己的人生价值，觉得自己充满力量。各位经理和主管都很支持我的工作，为我提供了很多指导。我也获得了许多参加培训课程的机会，让我不断提升自己的技能与知识，跟上时代，同时也能更好地为受益人提供护理服务。对我来说，看到受益人达到康复目标、成功找到工作，就是最大的满足。



“Metta’s inclusive environment and mentorship programme enriched my understanding of how to support children with different developmental and learning needs.”

“慈光福利协会不仅有包容的环境，还提供导师计划，大大提升了我对儿童不同发展需求与学习需求的理解，帮助我更好地教导他们。”

**– ANGELINE FONG 冯美婷, 50
TEACHER, PRESCHOOL@PUNGGOL 慈光幼儿园-榜鹅, 教师**

Thanks to Metta Preschool for giving me the opportunity to work in the early intervention sector. It is indeed a privilege to work with the children and help them acquire the skills and knowledge to maximise their potential. I feel proud to be part of the kids' growth and future integration into the society.

I have been working with Metta for more than a year and, so far, it has been a rewarding experience.

Coming from an Early Childhood Education background, I am heartened to see how Metta's inclusive environment and mentorship programme enriched my understanding of how to support children with different developmental and learning needs.

I would like to thank my seniors and colleagues for their patience and guidance, and for allowing me to join their team in making a positive impact on the lives of our children!

感谢慈光幼儿园为我提供了一个从事早期介入工作的机会。能带着孩子们，帮助他们获得各种技能和知识，最大限度地发挥他们的潜力，确实是一种荣幸。我以能成为孩子成长和融入社会的导师之一为傲。

我在慈光工作的这一年多时间充满了成就感。“我拥有幼儿教育背景，很高兴慈光福利协会不仅有包容的环境，还提供导师计划，大大提升了我对儿童不同发展需求与学习需求的理解，帮助我更好地教导他们。”

我要感谢前辈和同事们的耐心指导，也感谢他们让我加入团队，一起为孩子的生活带来积极正面的影响。

Corporate Partner, Donor & Volunteer

企业合作伙伴、捐赠人、志愿者

We value our partnership with Metta and we look forward to more collaborations to make a difference to people's lives.

我们十分重视和慈光的合作关系，并且期待进一步加深合作，为人们的生活带来改变。

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— CAPITALAND 凯德集团

CapitaLand, through its philanthropic arm, CapitaLand Hope Foundation, has been supporting Metta Welfare Association through various initiatives since 2015. In 2020, when the COVID-19 pandemic started, we partnered Metta to rally the community to sew mask pouches for students from special schools. This initiative also enabled young artists with special needs to showcase their talent.

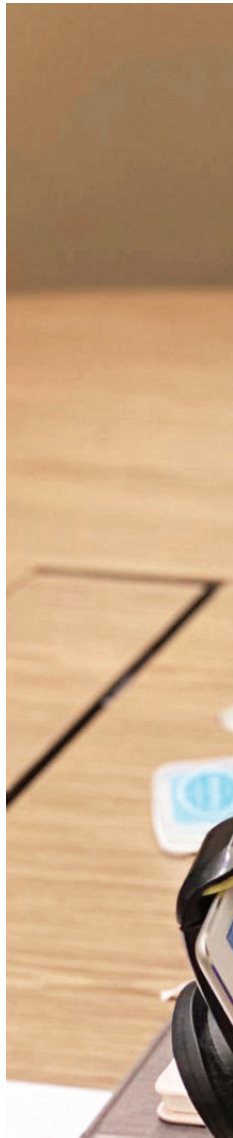
We value our partnership with Metta and we look forward to more collaborations to make a difference to people's lives. We have a high regard for Metta's management and staff, whose passion and professionalism continue to inspire inclusivity and volunteerism in the community.

Congratulations, Metta for celebrating 30 good years in serving those in need. We wish you a purposeful journey ahead!

自2015年以来，凯德集团一直通过旗下公益组织——凯德希望基金会（CapitaLand Hope Foundation）支持着慈光福利协会。2020年新冠疫情伊始之际，我们和慈光合作，召集社群为特殊学校的学生缝制口罩袋。这项活动也让有特殊需求的年轻艺术家能够展现自己的才华。

我们十分重视和慈光的合作关系，并且期待进一步加深合作，为人们的生活带来改变。我们非常认可慈光的管理层和工作人员。他们的热情和专业精神一直激励着社群提高包容性、积极参与志愿工作。

慈光福利协会：倾力服务三十年，祝未来百尺竿头更进一步！





Corporate Partner, Donor & Volunteer

企业合作伙伴、捐赠人、志愿者

It has been a very meaningful and impactful co-creation journey, and we are excited to continue our relationship with Metta for many more fruitful years to come.

这场共同创作的旅程有着重大意义、深远影响。我们很期待能在未来和慈光继续合作，取得更多成果。

— CHANGI AIRPORT GROUP 樟宜机场集团





Changi Airport Group has been supporting Metta Welfare Association since 2015 through our philanthropic arm Changi Foundation, via the Metta Café apprenticeship programme. Aligned with Changi Foundation's adopted social cause of supporting disadvantaged youths, we extended our partnership to Metta School and Arts@Metta in 2018 and 2020, respectively.

It has been an enriching and eye-opening journey as we learned more about the challenges youths with Mild Intellectual Disability or Autism Spectrum Disorder faced. Working closely with the Metta School team, we ran the Social Competence Learning Programme and Two-Week Job Trial to train Metta students to be more independent. Our Art Programme, which has been running for the past two years, was designed to expose artists from Arts@Metta to various genres and groom them to become better storytellers.

We are very encouraged by the support of colleagues who volunteer as programme buddies and mentors, as well as airport partners who kindly offered work experiences and their spaces for our programmes.

Moving forward, we will be expanding our support for Metta in the areas of enabling longer-term business and employment opportunities. It has been a very meaningful and impactful co-creation journey, and we are excited to continue our relationship with Metta for many more fruitful years to come.

自2015年，樟宜机场集团开始通过旗下公益组织樟宜基金会（Changi Foundation）支持慈光福利协会的慈光聚缘轩学徒计划。符合樟宜基金会支持弱势青年的公益理念，我们在2018年和2020年分别将合作关系扩展到了慈光学校和慈光展艺。

这一路走来，十分充实，也让我们开拓了眼界。我们更了解到患有轻度智力障碍或自闭症的青少年们所面临的挑战。我们与慈光学校密切合作，开展了社会能力学习计划和两周工作试用计划，培训慈光学生的自立能力。我们的艺术计划已经开展了两年，旨在让慈光展艺的艺术家们接触各种类型的技术，培养他们成为更好的叙事者。

在此要感谢志愿担任项目伙伴、导师的同事们，以及为我们项目提供工作经验和空间的机场合作伙伴们。他们为我们提供了强有力的支持，让我们受到了极大的鼓舞。

展望未来，我们会继续支持慈光福利协会，促成更长期的商业和就业机会。这场共同创作的旅程有着重大意义、深远影响。我们很期待能在未来和慈光继续合作，取得更多成果。

Corporate Partner, Donor & Volunteer

企业合作伙伴、捐赠人、志愿者



“How rewarding has it been to feel the warmth and see the exuberance of these young people — and they never fail to let you know that you’re appreciated.”

“感受这些年轻人的温暖，看到他们的热忱，让我的生活充满意义！更美好的是，你总能体会到他们的感激之情。”

**– MDM LIM KIM CHWEE, 91
VOLUNTEER 志愿者**

This volunteering experience has been nothing but the most beautiful journey ever for me. In my more than seven years as a volunteer at Arts@Metta, the young artists and staff have brought me countless joy. How rewarding has it been to feel the warmth and see the exuberance of these young people — and they never fail to let you know that you’re appreciated.

As a regular volunteer who frequents Arts@Metta at least twice every week, I help with the treatment of batik paintings. Working there has taught me to be more patient and open-minded. I also learned how to better interact with young people with special needs. I am heartened to see them grow over time in terms of their social skills and competencies.

To me, Metta is like my second home. It warms my heart whenever they show concern for my well-being or share encouraging words like “Thank you for coming!” It is not possible to put into words how much I’ve gained through this journey, but I am loving every moment of being a volunteer at Metta.

这段志愿服务经历对我来说是最美丽的旅程。我在慈光展艺担任志愿者已逾七年。这些年轻的艺术家和工作人员为我带来了满满的快乐。感受这些年轻人的温暖，看到他们的热忱，让我的生活充满意义！更美好的是，你总能体会到他们的感激之情。

作为志愿者，我每周至少会去慈光展艺两次，帮忙处理蜡染画。在这里工作，让我变得更耐心、心胸更开阔。我还学会与有特殊需求的年轻人更好地互动。看到他们的社会技能和各项能力一天天提升，我感到十分欣慰。

对我来说，慈光就是我的第二个家。每次听到他们关心我的身体健康，或者收到一些比如“感谢你来！”之类的小纸条，都会感觉有一股暖流流进我的心里。我在这段经历中的收获是无法用言语来形容的。只能说，我热爱在慈光担任志愿者的每一时、每一刻。

Management Committee 理事会

"I believe that we should keep on scanning the horizon and aspire for continuous improvement in serving those in need."

“我深深地相信，我们应该继续扫视四周，立志不断改进，为有需要的人提供服务。”

— MR EE TIANG HWEE 余添辉先生, 67
HONORARY SECRETARY, METTA'S MANAGEMENT COMMITTEE
慈光福利协会理事会，名誉秘书



48 — The last 30 years have been a great journey of developing and refining programmes aimed at meeting the evolving social services needed by the community. I believe that we should keep on scanning the horizon and aspire for continuous improvement in serving those in need.

With the fast-paced IT development and the social changes accelerated by the COVID-19 pandemic, it has become increasingly necessary for us to provide outreach and social services via digital platforms. This requires new IT infrastructure, IT systems and digital-savvy staff to make us more effective at what we do.

Although the next 30 years will be shaped by digitalisation, I firmly believe that social services must still be provided with a compassionate spirit and comforting warmth — things that are not possible with computers and robots.

My deepest appreciation for our clients, partners, volunteers, caregivers, families, donors, members, teachers, staff and supporters for the help, assistance and support for the past 30 years. With gratitude, I look forward to your continued support.

过去三十年，我们发展并完善协会的社会服务方案，旨在满足社群不断变化的需求。我深深地相信，我们应该继续扫视四周，立志不断改进为有需要的人提供服务。

现今社会，资讯科技飞速发展，新冠疫情也加速了社会变革。我们更需要通过数字平台提供外联和社会服务。这需要我们架设新的信息基础设施、系统，也需要聘请精通数码技术的员工，让我们更有效率的工作。

虽然“数码化”将会是接下来三十年的关键词，但我坚信，社会服务仍然必须秉持仁爱之心、温暖之情 — 这些是电脑和机器人无法做到的。

我谨此对我们的受益人、合作伙伴、志愿者、护理人员、家属、捐赠人、会员、教师、员工，以及社会各界的支持者在过去三十年给予的帮助和支持表达最深切的谢意。以一颗感恩之心，期待各位的继续支持。



– DR WONG SIN YEW 黄秉佑医生, 62
2ND VICE PRESIDENT 第二副会长,
METTA'S MANAGEMENT COMMITTEE
慈光福利协会理事会

“My hope is that the work we do at Metta's committees will continue to not only expand our outreach efforts, but also inspire more people to nurture a kinder, more generous society.”

“我希望慈光理事会所做的工作能够扩大到更多群体，激励更多人，形成一个更善良、更慷慨的社会。”

It truly is a great honour to be able to make a meaningful impact on the lives of the needy and less fortunate through Metta's programmes and services. My hope is that the work we do at Metta's committees will continue to not only expand our outreach efforts, but also inspire more people to nurture a kinder, more generous society.

It has been a fruitful 30 years of serving the community and I wish Metta Welfare Association another 30 years and more!

十分荣幸能通过慈光，为需要帮助和弱勢的群体带来有意义的影响。我希望慈光理事会所做的工作能够扩大到更多群体，激励更多人，形成一个更善良、更慷慨的社会。

过去三十年的社会服务收获颇丰。我希望慈光福利协会未来再度过更多个三十年！

Appreciation Note 感谢信

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To our stakeholders,

Thank you for being a part of this journey. With your support, we shine the light of kindness and make a difference in the lives of many in need. We look forward to more exciting opportunities with you in the next 30 years, and beyond.

致所有慈光之友：

一路走来，感谢大家和我们同舟共济。有了你们的支持，我们才能点亮慈悲之光，改善许多需要帮助的人的生活。希望在接下来的旅程中能和大家继续同行，一起探索更多精彩机遇，卅载又卅载，慈爱永流长。



慈光福利协会

METTA WELFARE ASSOCIATION



METTA 30TH ANNIVERSARY



護國金塔寺

GOLDEN PAGODA
BUDDHIST TEMPLE



新加坡佛牙寺

BUDDHA TOOTH RELIC TEMPLE
(SINGAPORE)

Supported by:

METTA WELFARE ASSOCIATION

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