

# The Salvation Army Singapore celebrates 88 years of service

As part of celebrating 88 years of serving the vulnerable in Singapore, The Salvation Army has launched the Philanthropic Circle of Care on 21 July, to enable more strategic and impactful giving. This new initiative matches individuals and organisations with programmes they wish to support and which are in need of support. One of the first to come onboard the Philanthropic Circle of Care was the UBS Optimus Foundation for child protection and reunify vulnerable families.



## Partners IN CARING

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Befrienders for Families | Dementia Proof Home | Trauma, Stress, Adverse Childhood Events (ACE) faced by Children  
Unlock The Code | Seminar on Raising Resilient Children | Call for Volunteers





## BEFRIENDERS FOR FAMILIES



Vulnerable children and youth can now have a new BFF to support them in overcoming life challenges. With the help of UBS Optimus Foundation, The Salvation Army has co-developed and launched the Befrienders for Families (BFF) programme in partnership with Home for Good, Singapore.

The BFF is a volunteer-led initiative that supports children and youth when they are reunified to their families after a period of separation. The befrienders can help by providing social support to the families and children; and/or providing timely practical help such as donating home furniture for the children or assisting a parent's job search.

This BFF initiative is part of TSA's Philanthropic Circle of Care which offers more customised and impactful ways of helping the vulnerable through community-based partnerships.

## DEMENTIA PROOF HOME 失智症患者之家

The number of persons in Singapore living with dementia is expected to increase to 152,000 by 2030, according to a recent study conducted by the Singapore Management University. Recognising that dementia will become more predominant in the country, the Singapore Government has announced new initiatives to make Singapore more dementia-friendly under its 2023 Action Plan for Successful Ageing.

Similarly, The Salvation Army's Peacehaven Nursing Home has stepped up to introduce measures to provide an environment that is safe and easy for persons with dementia to navigate in.

根据新加坡管理大学进行的一项研究，预计到2030年，新加坡失智症患者人数将增加到152,000人。新加坡政府意识到失智症在国内将变得更加占主导地位，根据其2023年成功老龄化行动计划，宣布了一些新的举措，使我们的社会能更好的容纳失智症患者。同样的，救世军的Peacehaven养老院也加强了措施，为院里的失智症患者提供更安全和易于导航的环境。



Reminiscence therapy (RT) is a type of psychotherapy that involves recalling past events. By returning to these past incidents, people feel pleasure. Often employed with older people, this type of life review therapy improves a person's sense of well-being. “回忆疗法”是一种涉及回忆过去事件的心理治疗。通过回到这些过去的事件，人们会感受到快乐。一般受雇于老年人，这种生活回顾疗法能改善他们的身心健康。

Fall detection cameras are installed in rooms and open spaces, so that staff can attend to the resident should there be a fall. 房间和开放空间已安装了跌倒检测摄像头，以便工作人员可以在突发情况时照顾病患者。



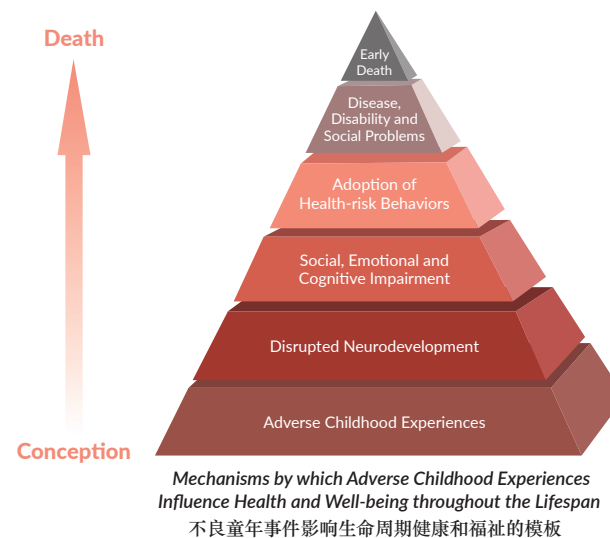
Persons with dementia may wander off in search of someone or something relating to their past when they become confused and disoriented. Face Recognition Cameras placed at exits alert staff when residents attempt to leave the home unsupervised. 失智症患者可能会在困惑和迷失方向时四处寻找与过去有关的人事物。当养老院里的病患试图在无人监督的情况下擅自离开时，出口处安装的人脸识别摄像机会提醒工作人员。



## INSIDER 内部数据 INSIGHTS

## TRAUMA, STRESS, ADVERSE CHILDHOOD EVENTS (ACE) FACED BY CHILDREN

About one in every three young people in Singapore has mental health symptoms such as sadness, anxiety and loneliness, according to a national study the National University of Singapore, Ministry of Education and the Institute of Mental Health. The young today face a unique set of challenges, some even going through Adverse Childhood Events (ACE), which is defined as traumatic or stressful events occurring during childhood with long-lasting impacts on physical, emotional, and psychological well-being. Many of the children in our homes have experienced three or more adverse childhood events with long lasting impacts such as increased risks of developing chronic health conditions, suicidality, clinical depression, and substance abuse disorders.



### 3 ADVERSE CHILDHOOD EVENTS:

- Increased risk of mental health disorders
- Higher prevalence of physical health issues
- Challenges in academic performance

### 4 ADVERSE CHILDHOOD EVENTS

- Heightened risk for more severe mental health conditions (e.g. PTSD)
- Engaging in self-destructive behaviors such as self-harm or suicidal ideation.
- Higher rates of involvement in criminal activities

### 5 ADVERSE CHILDHOOD EVENTS

- Risk for complex and chronic mental health issues
- Greater susceptibility to chronic physical health problems
- Higher likelihood of incarceration
- Reduced life expectancy and higher mortality rates

Source  
<https://www.cdc.gov/violenceprevention/aces/index.html>

## 儿童的创伤、压力及不良童年事件（ACE）

根据新加坡国立大学，教育部和心理卫生学院的一项研究，在国内的每三个青年中就有一个患有心理健康症状，如经理到抑郁，焦虑和孤独现代的青年面临着一系列独特的挑战，包括不良童年事件(ACE)，定义为儿童时期发生的创伤性或压力性事件，且将对身体，情绪和心理健康产生长期影响。我们旗下的儿童院中有许多经历了至少三件不良童年事件的儿童，这些事件具有长期的影响，包括产生慢性健康状况，自杀念头，临床抑郁症和药物滥用障碍的更高风险。

### 三件不良儿童事件将导致:

- 患有心理健康疾病的风险增加
- 身体健康问题的患病率较高
- 学业成绩的挑战

### 四件不良儿童事件将导致:

- 患上更严重的精神健康状况（例如创伤后应激障碍）的风险增加
- 从事自残或自杀意念等自我毁灭行为。
- 参与犯罪活动的几率较高

### 五件不良儿童事件将导致:

- 复杂和慢性心理健康疾病的风险
- 更易患上慢性身体健康疾病
- 监禁的可能性较高
- 预期寿命缩短，死亡率提高



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## EVENTS

### PEACEHAVEN HELD CARNIVAL TO RAISE AWARENESS FOR DEMENTIA CARE IN THE COMMUNITY

Peacehaven organised an action-packed intergenerational carnival at the Fengshan Community Club on 14 October. The event aimed to raise awareness for dementia care in the community and the available support for caregivers.

Attended by more than 200 people, it featured caregiver wellness talks, Café of Mistaken Orders (a pop up café open to the public that aims to foster greater understanding and exposure to persons living with dementia through experiential engagement and interaction), a humanoid pre-programmed with interactive games and the capability of holding one-on-one conversations with our nursing home residents, and more.



## SEMINAR ON RAISING RESILIENT CHILDREN

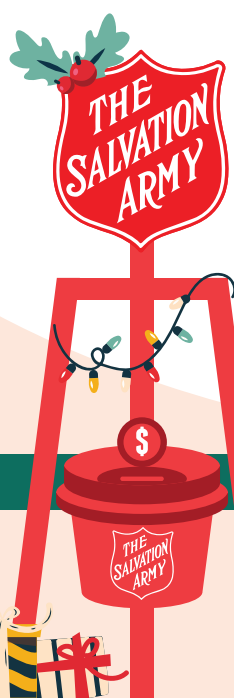
The Salvation Army's Children and Youth Group organised a seminar about raising resilient children at the Singapore Management University on 26 August 2023. Attended by a total of 43 participants online and offline, the seminar was led by The Salvation Army's Dr Natasha Mitter, Clinical Psychologist and Clinical Team Head for Children and Youth and Audrie Siew, Executive Director, Children and Youth Group. Participants learnt about why resilience is a critical factor in a child's development, how to tell if a child is resilient, and how to help a child grow his/her resilience. Parents also received useful tips on effective communication with their child.

If you have missed the seminar, you can watch it here:



## CALL FOR VOLUNTEERS

Christmas Ketting will be back from 25 November to 22 December 2023. We are looking for volunteers to ring the bell and collect donations at Kettle stands located at various malls across Singapore. Your invaluable help will support vulnerable beneficiaries as they fight to overcome their struggles. Volunteers must be at least 16 years old as of 31 December 2023. Those younger can sign up with a parent or guardian. **To register for your two-hour shift at a preferred mall, please email [volunteer@smm.salvationarmy.org](mailto:volunteer@smm.salvationarmy.org) or call 65550249**



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