

Partners IN CARING

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救世军

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* Name has been changed and a volunteer model was used in the photograph.

IMPACTING LIVES



At The Salvation Army, we often meet people from diverse backgrounds with varying needs. Mdm Sheila*, a single mother in her mid-30s with a 10-year-old son, was one of them who approached The Salvation Army Family Support Services (FSS) 4 years ago.

After Mdm Sheila was granted sole custody of her son from her divorce, she moved into a rental flat near FSS due to the regular hostilities at her parents' home. Being the sole provider and caregiver, she was under undue stress juggling between working part-time and caring for her son, who demanded her attention. In desperation to find ways to cope with her situation, she approached FSS for assistance. Without haste, FSS provided her with emotional support through counselling sessions, gave her food rations and referred her to the relevant agencies for financial assistance.

Just when things were stabilising, Mdm Sheila's son was diagnosed with attention deficit hyperactivity disorder. Though devastated, she continued to soldier on for her son's sake. Having to accompany him for his medical appointments, she had to be frequently away from work which caused her to lose her job. These setbacks eventually took an emotional toll on her. FSS staff stood by her and provided her with a safe space to relieve her pent-up frustrations. FSS also helped her prioritise her family's needs and find new support networks for her son. After gaining new strength and having better control over her situation, Mdm Sheila is now ready to re-join the workforce.

You can help people like Mdm Sheila, who are impacted by their living circumstances, stay resilient during challenging times. Donate now and partner with us to be their beacon of hope and see their lives transformed and empowered.

**BE A BEACON
OF HOPE AMID
COVID-19**



SCAN TO DONATE

- Log in to your bank's mobile banking app
- Key in the donation amount
- Enter the details in the reference box for tax deductible benefits:
E17<SPACE>NRIC/FIN/EN
Example : E17 S1234567A

赠人玫瑰 手留余香

*姓名已经更改



在救世军，我们常常跟来自不同背景以及有不同需要的人接触。*希拉女士就是其中一位。她三十多岁，是一位单亲妈妈，育有一名10岁的儿子。4年前，她曾向救世军家庭支援咨询服务 (The Salvation Army Family Support Services, 简称FSS) 求助。

希拉女士离婚后获得了儿子的抚养权。由于在父母家跟父母关系不好，她后来搬入了靠近救世军家庭支援咨询服务部门的租赁组屋。身为儿子的照料者，也是家中唯一的经济支柱，她得一边照顾很需要她关怀的儿子，一边做兼职工作，因此倍感压力。由于无法兼顾，她在无奈的情况下向救世军家庭支援咨询服务求助。本军马上为她安排心理辅导，在情绪上给予她支持，同时派送食物礼包给她并协助她向有关当局申请财务援助。

当希拉女士的情况稳定下来不久，她的儿子又被诊断患上多动症。她深受打击，但是为了儿子，她得坚强地面对。由于得陪儿子看医生，她常常无法上班，最终导致她失去了工作。这无疑是雪上加霜。这种种让她情绪崩溃。救世军家庭支援咨询服务的职员一直从旁协助，为她提供一个安全的地方，聆听她的申诉，让她宣泄心中的负面情绪。此外，本军也鼓励她以家庭的需要为重并为她的儿子寻找新的支援服务网络。理清心中烦乱的思绪后，希拉女士重新振作，她已经能更好地控制自己的情绪，而且现在也做好了准备，能重新加入劳动队伍。

您有能力帮助像希拉女士这样的人，让他们克服生活环境带来的苦难，在这段艰难时期坚持下去。请您慷慨捐献，与我们一同携手，为不幸的人带来曙光，帮助他们自立自强，让我们一起见证他们的生活得到改善。

AMAZING RACE



During the March school holidays, Youth Development Centre (YDC) organised an Amazing Race to foster teamwork and camaraderie among our youth. The race participants were divided into groups and had to work together to complete different tasks at various checkpoints. The list of high-energy games included captain's ball, minute-to-win-it and a treasure hunt. Participants were rewarded with prizes based on the total number of points earned.

The event was YDC's highlight of the week and allowed our youth to get to know one another better. They also took away many learning points as they had to co-operate with others and find ways to achieve their goals as a team.



VOLUNTEERS IMPACTING YOUTH



As part of Republic Polytechnic's National Youth Achievement Award programme, a group of polytechnic students initiated a Befriending and Guidance programme for youth in the community at Youth Development Centre. This initiative aims to empower youth with practical life skills such as effective communication and financial literacy. The polytechnic students covered various informative topics, such as managing finances, types of communication and maintaining a healthy lifestyle. Our youth shared that they had benefited from the sessions, and we would like to thank the volunteers for making an impact on their lives. If you have skills to share and are keen to work with youth, please write to us at ydc@smm.salvationarmy.org.



PEACEHAVEN BEDOK ARENA OFFICIAL OPENING



The Salvation Army Peacehaven Bedok Arena was officially opened on 26 March 2022, with Ms Cheryl Chan, Member of Parliament for East Coast GRC, gracing the event as the Guest of Honour. To mark the occasion, Lieut-Colonel Hary Haran, Chief Secretary for The Salvation Army Singapore, Malaysia and Myanmar Territory, and Ms Cheryl Chan mounted a commemorative plaque on the centre's facade. Many seniors and families from the community participated in the myriad of activities.

Apart from providing a Dementia Day programme, the centre is also an intergenerational lifestyle club for the young and old to interact. We offer health consultations and a wide range of amenities, including Gym Tonic for seniors to benefit from strength training. We seek to enhance the seniors' physical, mental, and psychosocial well-being through 'purposeful' play activities.



Sojourn Cafe - Serving Meals and Help to Migrant Workers

Sojourn has set up a help desk service in Little India for migrant workers who need assistance, counsel or social support. A new mission station has been strategically set up at 14 Flanders Square. It will allow us to reach out to migrant workers living in factory-converted dormitories and those living within the Little India vicinity, who may not have easy access to support as compared to those living in purpose-built dormitories.

In addition, Sojourn is working hand-in-hand with The Salvation Army Singapore Central Corps and other partners to run a soup kitchen for migrant workers in need. Future plans to hold talks and workshops are also in the pipeline.

Sojourn Cafe is open to the public daily (except Mondays), from 9am to 9pm. Come support us and you may get a chance to make friends with the migrant workers. For more information, please call 6631 8900.



In the Spotlight

Jimi is a welcome sight to many of our elderly residents in Peacehaven because he spends time listening, counselling and allaying their concerns and fears. Jimi has worked in Peacehaven for close to 20 years, previously serving in pastoral care and now in his current role as a counsellor. He works closely with the social work team to provide psychosocial and psychological support for the residents' well-being.

Being able to converse in various languages and dialects such as Mandarin, Malay, Hokkien, and Teochew allows Jimi to build strong connections with the residents, including those who cannot communicate in English. He empowers the residents by helping them know that they are valued and not alone. Jimi finds it incredibly rewarding to see residents having a sense of purpose in their lives and peace in their hearts.



Jimi
Counsellor, Peacehaven

