A biannual publication of
Presbyterian Community Services

MCI (P) 058/05/2018
www.pcs.org.sg
www.facebook.com/PCSInspire

喜枝 Branches

"I am the Vine, you are the branches"

Gladiolus is a Blessing!

Ever since coming to Gladiolus Place (former AG Home), my life has changed a lot. Back then, I did not have the chance to do anything at all. I was not allowed to study, play or dance. The only thing that I could do was clean the house. If I was caught doing anything else, I would get punished. Many things that happened over the years led me to hate my home. It was the last place I would ever want to be.

I would always daydream and imagine a life where I could do what I want: a normal and happy life. A life where I did not have to live in constant fear. It seemed impossible at that time, but I held on to that and it got me through my darkest times.

The Home has helped me in many ways. I am given the support I need to get through my studies, and I am also able to pursue my passion in dance. When I feel disheartened, the volunteers and staff never fail to encourage me and push me to do my best.

Looking back at my struggles, it has only made me stronger and I am motivated to work harder. I want to be successful and most importantly, lead a happy life.

"Coming to Gladiolus Place is a blessing and I hope that one day, I can help others like how the Home has helped me."

- Resident G

GLADIOLUS PLACE IS A NON-PROFIT RESIDENTIAL HOME IN SINGAPORE THAT PROVIDES A SAFE, NURTURING AND CONDUCIVE ENVIRONMENT TO CARE FOR TEENAGE GIRLS WHO ARE DEALING WITH LIFE-CHALLENGING ISSUES.

Visit our website to find out more!
www.gladiolusplace.org.sg

SINCE ITS FOUNDING 20 YEARS AGO, THE VISION OF GLADIOLUS PLACE IS TO RESTORE THE DIGNITY AND GRACE OF OUR TEENAGE GIRLS IN A SAFE AND LOVING COMMUNITY. WE ARE COMMITTED TO JOURNEY AND HELP OUR GIRLS WITH THE CHALLENGES IN THEIR LIVES, BY INSPIRING HOPE AND DIRECTION, THROUGH AN EXAMPLE OF SERVICE AND HUMILITY.

Be a Volunteer

Gladiolus Place welcomes professionals and individuals who can partner us in growing and harnessing the potential of the teenagers in the following areas:

- Tuition and education
- Skills training and development (e.g. baking, clay works, sewing, etc.)
- Performing and visual arts
- Sports and recreation
- Gardening and maintenance

Join our volunteer team and be part of a worthy cause. If you're passionate about volunteering in an area you don't see here, contact Tristan Gwee at tristan@pcs.org.sg for more information.

Be a Donor

Or you can donate to support our programmes to give these girls a future and hope!
https://www.giving.sg/pcs/gp

Or scan the QR code

My Greatest Reward...

- Volunteer X

Volunteering at DORCAS has truly been an eye opener and fruitful experience that grows me as a person.

Volunteering has certainly improved my communication skills, from an introverted person to someone that is capable of holding conversations. The medical escorts have cultivated my ability to maintain conversations with elderly by thinking of interesting topics and talk about stuff that would trigger happy memories in them.

I remembered when Ruther and I escorted an elderly to SGH for her minor surgical procedure, we chatted for quite some time during the long waiting hours before her procedure, ranging from her past experiences in hospitals till my future study plans. She felt more confident and assured knowing that we were waiting for her after the procedure. It was the first time I felt that someone was comforted simply by being there. The experience built my self-confidence as a person.

During medical escorts, the seniors often share their concerns regarding their medical conditions and it would prompt me to assist in explaining some medical terms in simple language for them to understand (so long as I have the knowledge on their conditions).

Volunteering has also allowed me to perceive things from another perspective and understand the needs of others. Tasks such as delivering meals would seem trivial but to someone that requires tremendous efforts to complete such a task, it would mean not having to go hungry.

There was an elderly that I delivered meals to with Ruther and Uncle Tan. She has frequent fainting spells so going downstairs to buy her meals would be potentially dangerous.

"Whenever I deliver the food to her, she would smile with the most sincere smile to express her gratitude. That is my greatest reward."

The staff and volunteers in Dorcas work as a team to support the frail and sickly seniors to age-in-place. The needs are plenty but the laborers are far from enough. If you feel led to want to lend a hand, why not sign up today?

DORCAS
HOME CARE SERVICE

ABOUT US

Presbyterian Community Services has been running a home care service (DORCAS) since Oct 1992. It is supported by the Ministry of Health and National Council of Social Service.

关于我们

新加坡基督教长老会社区服务属下的多加家居护理中心成立於一九九二年十月，并获得卫生部和国家福利理事会的支持与援助. 本机构服务宗旨乃不分种族和宗教，为新加坡的乐龄人士提供便利受惠且收费低廉的服务，以协助提高他们的生活素质.

OUR MISSION

To support the frail elderly so that they can continue to live in the community for as long as possible.

OUR SERVICES

- Meals delivery
- Escort/ transport for medical appointments
- Assistance in housekeeping and laundry
- Personal hygiene care
- Befriending

我们的服务目标

协助年长者能够继续留在社区里生活，并且改善他们的生活素质

我们的服务

- 膳食递送
- 看病接送
- 家居护理
- 个人卫生护理
- 探访

5th International Association for the Scientific Study of Intellectual Disabilities (IASSID)

Europe Congress Diversity & Belonging: Celebrating Difference
By Kannigadevi, Senior Manager, Capability Support

On July 17-20, I joined Ms Hasnira, Ms Grace Teo, both from Grace Orchard School, and Dr Esther Joosa in attending the 5th IASSID Europe Congress Diversity & Belonging: Celebrating Difference in Athens, Greece.

We presented a paper on "SCHOOL TO WORK TRANSITION IN INCLUSIVE WORKPLACE EDUCATION IN SINGAPORE -A SOCIO-CULTURAL CASE STUDY APPROACH". It was well received and also benefitted from the insights from over 40 papers addressing inclusion, employment, ageing, health, end of life, and death/mortality issues.

I was particularly attracted to the topic about "Feeling Connected, Being Autonomous". The presenter shared about the Quality of Life components which are common to all people and the human conditions, i.e not different for People with disabilities.

Her main points:

1. I like making my own decisions and my own choices.
2. I also need help from prople I trust.

Her message: All of us need to be connected to people we trust. We need strong networks.

Another important issue that struck a chord with me was the United Nations Convention on the Rights of Persons with Disabilities (UNCRPD). Although many countries have signed and ratified the UNCRPD there is still a great gap between

The Singapore Team
Ms Grace Teo, Dr Esther Joosa, Ms Hasnira and Ms Kanniga

policy and practices. We should complement Singapore's efforts to progressively realise her obligations under the UNCRPD which Singapore ratified in 2013. As pointed by many speakers, ***"closing these gaps need concerted effort from all stakeholders to effect a positive social change to build an inclusive society."***

Besides attending presentations, I also enjoyed my interaction with others and have reached out to a few researchers on LinkedIn and hope to maintain those connections. The last day of the conference was fun and exciting when participants performed a "Diversity" dance to a traditional Greek Music and I was invited to show off my little "awkward" moves!

To sum up, it was an enriching experience. Athens is a fascinating place with beautiful blue skies and beaches and standing up on the Acropolis, the sacred rocks as the Greeks call it, you can practically feel the magnificence of ancient Greece.

新加坡华文故事教具制作比赛

君老师，义顺中心

新加坡华文故事教具制作比赛是新加坡首次为在职学前教育工作者举办的全国性比赛，不分国家、年龄和种族，是一个自由的展示平台，更是一次故事教具制作技能交流会。作为一名华文教师，我非常重视并珍惜这次参赛机会。

在备赛的过程中，我和同组的队员们一起构思和制作了作品《猴子捞月》。我们配合默契，展现了各自的专业技能。同时也得到了英文老师们的积极配合，唐玉艳老师的指导和校长 Miss Irene 的鼎力支持，因有她们的保驾护航，我们最终成功地完成了作品，此作品是我们所有人共同努力的结晶。

本次参赛老师们的创意和技巧都非常的高超，使我们受益良多。也为自己是这兢兢业业的学前教育工作者中的一员而感到骄傲和自豪。

不忘初心，放得始终。作为一名幼儿教师，只有不断的提升和完善自己的专业技能，才能与时俱进的制作出更多更好的学教具，让我们的华文教学丰富多彩，具有吸引力，让更多的幼儿爱上华文。我会为这一目标继续努力地要求自己，使自己成为一名优秀的学前教育工作者！

义顺中心2018 参加比赛得奖的项目：
1. 新加坡学前华文教师故事教具制作比赛--冠军（王君旖 李艳丽 敬艳）
2. 2018新加坡幼儿语文教具比赛-日常生活材料篇
我们的家-佳作奖（李艳丽、敬艳、刘冰、夏维梅）
向快乐出发—特优奖（王君旖 王秀珍）

Life is more vibrant now...

人生还是精彩

Mr Tan (not his real name), 72, lives alone in a rental flat at Jalan Bukit Merah. During his younger days, he was a technician who handled everything himself. Ever since he retired, he has been staying at home. He is known to the staff of Sarah Seniors Activity Centre (SAC) who conduct regular outreach to seniors living alone in the neighbourhood.

About a year ago, we observed that Mr Tan frequently forgets if he has taken his meals, or which floor he stays at. Through the arrangement of a social worker, he went to see a neurologist and was diagnosed with early stage dementia. At the same time, we noticed that he was unable to manage his everyday life, and his house became very dirty and messy.

Concerned for his well-being, the social worker together with some volunteers helped to clean and paint his house, allowing him to live in a cleaner environment.

Besides this, he was also encouraged to participate in various activities at the SAC. Now, he comes to the centre every day to enjoy lunch made with love and also to participate in the weekly exercises organised by the centre. Occasionally, he will also go out on excursions with the other seniors.

"Now, his life has become more vibrant and he is smiling more often."

陈先生(非真名)今年72岁，单身人士，退休后独自居住在惹兰红山的租赁组屋。他被诊断患有初期的老人痴呆症。由于他已经无法处理日常生活，导致家里非常脏乱！通过社工的安排，一群义工为他打扫和清理、并粉刷房子，让他的居住环境焕然一新。在我们不断的鼓励，现在他除了每周日到中心来享用我们的爱心午餐，也参与每周两天的乐龄健康运动和其它活动。

现在他的生活开始活跃起来，脸上更充满了笑容！

(In 2005, those with dementia aged 65 years and above numbered 22,000. By 2020 it is projected the figure will increase to 53,000, a figure which will more than triple to 187,000 by 2050.) *Source: http://alz.org.sg/dementia/singapore/*

PCS runs 5 Seniors Activity Centres (SAC) across the island. Our aim is to reach out, in partnership with the community, to care for the seniors and support them to age-in-place for as long as possible.

Thank you for your care & support ...

I wish to donate $ _____ to the Presbyterian Community Services

*Please make your cheque payable to: "Presbyterian Community Services"

Name in Block : Mr/Mrs/Miss/Mdm/Dr _____

Address : _____

Postal Code : _____ NRIC / UEN No : _____ Tel : _____
(required for tax deduction)

Cheque No : _____ Date : _____ Email: _____

scan QR to donate online

VISA MasterCard Card No: ☐☐☐☐ – ☐☐☐☐ – ☐☐☐☐ – ☐☐☐☐

Card Expiry Date : _____ Signature / Date : _____

Alternatively, you can donate online via www.giving.sg/pcs

Wef 1 Jan 2011, all donations by individuals/corporates will be automatically included for tax deduction.
Donations made from 1 January 2016 to 31 December 2018 will be eligible for 2.5 times tax deduction.

PRESBYTERIAN Community Services

☐ I wish to receive a tax exempt receipt.
☐ I wish to remain anonymous in all your publications.

Presbyterian Community Services Head Office: 89 Short Street #08-08 Golden Wall Centre Singapore 188216 Tel: 63344445 Fax: 63387153 Email: info@pcs.org.sg Website: www.pcs.org.sg

Play-based Intervention

Mummy C. Chew

Contrary to what many may believe, play therapy can be a powerful bridging tool. Through structured play with a certain outcome in mind, play therapists aim to reconnect the feelings of people with their lives and their thoughts. Bridging the happiness within which may have been hidden or forgotten, thus finding wellness to self.

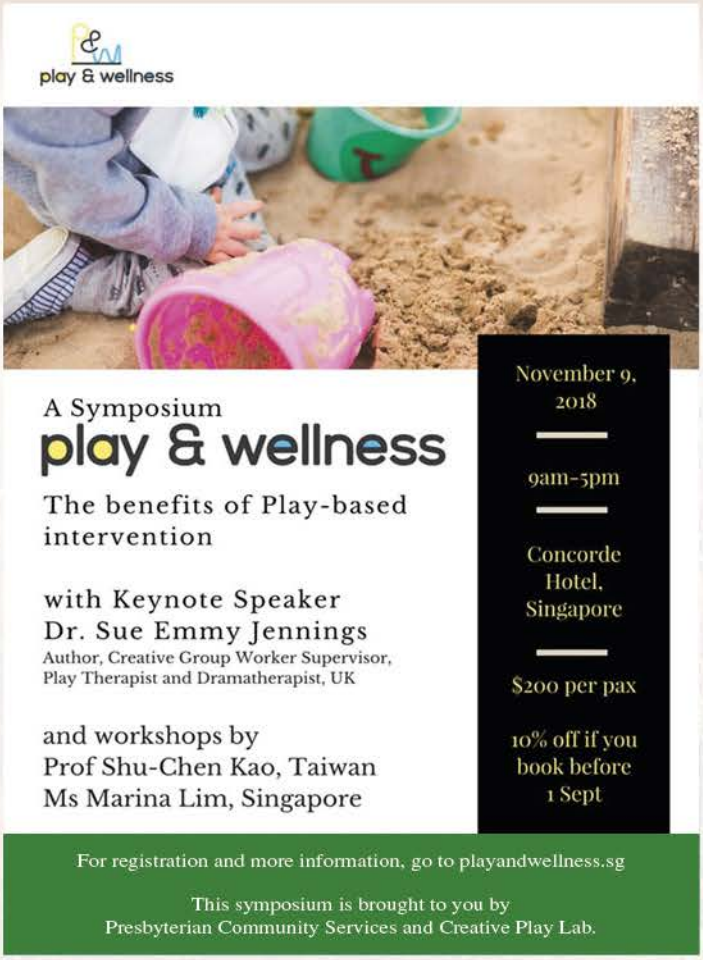
"Play builds connections, understanding and trust between people involved."

In a safe and happy play environment with no pressure, therapists and clients can easily connect. From responses given by both parties, therapists and clients can better understand each other. Furthermore, any other party involved in the process of play therapy might form understanding and trust between client and therapist too. Families who hardly talk to each other due to busy schedules are brought together by play therapy. While they laugh, talk and play, communication is not stressful or task specific. They might gain more insights about the situation or the other parties involved and thus can start to understand one another. In this way, family connections are bridged or strengthened.

My experiences with play therapy are nothing less than what I have mentioned above. Our journey into play therapy started when we wanted to boost our daughter's low self-esteem due to the pressurising secondary school environment she was put in. Although we supported her in all the ways a family could, that was only enough make her feel love among her family and friends. The school environment, her teachers and her studies, though, were factors which contributed to the roller-coasters in her emotional well-being. She felt worthless because of incidents that had happened in school and the dip of her grades affected her even more badly.

Frequent meetings with the school leaders and her counselling sessions in school were not going anywhere. One of the main reasons for this was because she was unwilling to communicate with any of the above people mentioned. She once told me that I was a better counsellor to her than anyone else. I was then trying to look for a better way to make her reconnect with the jovial inner self that was buried within because of the burden she was carrying.

I chose to to go for play therapy simply because I wanted the intervention to be light-hearted and fun, not another boring counselling session where adults are trying to dig into the young girl's mind and come up with conclusions on what she was thinking.



My daughter went through the first few sessions awkwardly, mainly because of her mindset and stereotype about counselling sessions. Later on, she opened up, and we had fun participating in the sessions with her. Playing together with her rekindles the joy that we used to have while playing with her when she was younger. These play sessions often led to simple conversations between us on our way home. We had different opinions mostly but sometimes share the same views. We do not always end up in agreement, but with understanding.

12 sessions of play therapy was not enough to let me conclude that it had changed my daughter or if she has come out of the experience feeling more confident. However, it has shown my husband and me a path to work with our children and remind us about some of the fundamentals in building and maintaining relationships. It was through constant effort of maintaining good play time, that we see more smiles on my daughter's face.

To conclude, since play is a natural thing we do, despite our age, we just have to remember to put aside time for effective play time with our loved ones or even on our own, to bring wellness to ourselves and people around us.

Volunteer Opportunities

Centre Name	Volunteer Role	Role Description	Skills Required	Hours/session
Dorcas Home Care	Medical Escort Meals Delivery Lunch/dinner	To assist & support elders on medical visits Deliver meals to homebound seniors	• Ability to speak dialect preferably • Friendly personality • Preferably someone who owns their own vehicle	4 hours
Seniors Activity Centres (various locations)	Activity Facilitator	Plans & organises activities for seniors	• Creative and resourceful • Like to work with seniors • Friendly personality • Aged 16 and above	4 hours
Seniors Activity Centres (various locations)	Befriender (Home Visits)	To provide a friendship to elders and to check in on them during home visits.	• Ability to speak dialect preferable • Like to work with seniors • Friendly personality	2 hours

Please visit http://www.pcs.org.sg/volunteer/ to sign up or find out more.
For other ad-hoc opportunities, please contact Tristan Gwee at tristan@pcs.org.sg .

Visit our website at www.pcs.org.sg or facebook page www.facebook.com/PCSInspire

Handiwork

hands that create love

Handiwork is a volunteer-managed social enterprise (VMSE) initiative of Presbyterian Community Services. The seniors who participate gain a sense of self-esteem and belonging. They meet weekly at our Seniors Activity Centres to make gifts and crafts for all occasions and seasons.

Check out
https://www.facebook.com/handiworkpcs/
to find out more.
For enquiries, please email
handiworkpcs@gmail.com
or call 63344445 ext 109.

Visit our website at www.pcs.org.sg or facebook page www.facebook.com/PCSInspire