



# epworth moments

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WIN!

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an official publication of  
Epworth Community Services  
November 2019

# epworth

## Community Services

### ABOUT US

Epworth Community Services is a Social Service Agency (SSA) that helps at-risk children and youths from needy and disadvantaged families. We want to create a better world for them so that they can develop their potential. Our work focuses on promoting the mental well-being of children and youths by building strong families and imparting skills for resilient living.

The Society is a registered charity, a full member of the National Council of Social Service (NCSS) and an Institution of a Public Character.

### VISION

Strong Families, Resilient Living, Beautiful Minds.

### MISSION

To reach out in Christian love, by providing quality programmes and services to all children, youths, parents and their families, of all language, race and religion, and nurturing each family member in body, mind and spirit.

### Epworth Moments

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# CHRISTMAS THE *PASSION* TO *LOVE*

*By Tan Khye Suan  
Executive Director*



**A**s the Christmas season draws near, many of us will think about all the niceties of the season. We get all warm and fuzzy getting ready for Christmas by setting up a Christmas tree; putting up lightings and other decorations; buying presents for our loved ones; baking and cooking, whipping up a storm in our kitchen; and, shopping for new clothes for ourselves. We do all these things to show love to those close to us: family members and friends. We want to bless them especially during this season of joy and giving.

Yes, there is an outpouring of love from our hearts; but, probably not the same passionate love that God had for us when He sent baby Jesus to us that very first Christmas two thousand years ago. And, definitely not the same passionate love that made Jesus willing to die on the cross for us all to save us from sin.

***“Passion” simply means “a powerful and compelling emotion or feeling”.*** It is very difficult to cognitively understand what “passion” is; what more, the “passion to love”. But we can experience the passion to love when we see the actions of people.

At Christmas, we often think about baby Jesus, born in a manger to Mary and Joseph. But the end of this story about this gift of love by God is not warm and fuzzy. It is "passion to love", making the ultimate sacrifice at the cross of Calvary.

To try to deeply understand that godly passion to love, my mind is turned to a movie entitled "The Passion of the Christ". The movie was controversial as there was much blood and gore; and, explicit violence that realistically depicted the suffering of Jesus in the final hours of His life and, finally, the crucifixion.

Unlike other movies about Jesus, the crucifixion depicted in "The Passion of the Christ" was definitely not a pretty sight. I suppose the producers wanted to show the real pain and suffering that Jesus went through to bring salvation to mankind. If you have watched the movie, you will understand that it is the ultimate demonstration of love! Unless there was a deep "passion to love", no one could endure the pain and suffering that Jesus went through.

Closer to our hearts, we know of stories of people who were willing to sacrifice their time and resources for their friends in need of help. We know of stories of siblings who helped each other at great costs to themselves. We know of stories of how parents were willing to sacrifice for their children because of love for them; in some situations, even at the cost of their own lives. All these are actions resulting from their "passion to love" someone else.

### ***This Christmas, how can we show our passion to love?***

For many of us, we have received much in life, but do not realise it. We think that only when we have a big house and a big car; when we can spend lavishly on food or clothes; when we are able to buy branded goods; that we are rich.

Dietrich Bonhoeffer, a great Christian leader in Germany, who was eventually executed by the Nazi regime, once said, "In ordinary life, we hardly realise that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich." His words subtly incite us into the action of giving, and with gratitude.

Gertrude Stein said, "Silent gratitude isn't very much to anyone." Henri Frederic Amiel was expressly clear when he said, "Thankfulness is the beginning of gratitude. Gratitude is the completion of thankfulness. Thankfulness may consist merely of words. Gratitude is shown in acts."





**T**he passion to love need not always be sacrificial acts in “big” ways. It can be a constant passionate pursuit of what God put as concerns in our hearts for others. Sometimes, we do these things ourselves. Sometimes, we support others to do these things because they are better than us at doing it.

Perhaps, this Christmas, as our hearts well over with thankfulness, may we also, in gratitude, support the work of Epworth Community Services.

Epworth Community Services is of Methodist heritage which has a long history of caring for the poor and disadvantaged - this propels

us to meet the current needs of the community. As a social service agency of Barker Road Methodist church, we have stepped out into the community with a new vision of

*Strong Families,  
Resilient Living,  
Beautiful Minds.*

We focus on the mental well-being of children and youths. Our efforts will mainly be on preventive and early intervention, building strong families and providing coping abilities for children and youths so that they will grow up with healthy mental well-being, or “beautiful minds”. We will also seek to identify

and build on strengths of our clients – children, youths and parents.

The mental well-being of the next generation is of utmost importance. In today’s world, where children and youths are facing pressure coming from all sides, with confusing information about life and living, we need to reach out in love to them.

Support us in our efforts and our new vision. Remember us in prayer and, if you can, volunteer with us.

This Christmas season, if you wish to support a cause through donation, may we humbly ask you to consider supporting the work of Epworth Community Services.



# A NEW BEGINNING

By Angie Lee, Community Relations Executive and Joan Seah, Literacy Intervention Teacher

Epworth Community Services extended its community outreach with the commencement of operations at its new literacy centre at Jurong West on 30 September 2019. A few years in the making, the transformation from an empty HDB void deck into a brand new fully equipped learning centre marked yet another exciting milestone for the organisation. Located at Blocks 471 and 472 Jurong West Street 41, the new Epworth Literacy centre at Jurong West, together with our existing centre at Bukit Batok, will enable us to increase our capacity and help up to 300 children with learning challenges and disabilities in the western part of Singapore.



Our dedicated teachers holding the first few classes in the new centre.



The build-up to the commencement of operations at the new learning centre saw staff from Epworth Literacy actively engaged in multi-tasking - planning, sourcing, organising and moving - exhausting but surely exciting work! Each member of the team stepped up to the challenge of ensuring a seamless transition and continue to put in their very best effort to facilitate the smooth running of the new centre. We thank God for the opportunity to expand our programmes and services to Jurong West, and we look forward, with God's grace, to creating a better world for our children who need that extra bit of help to overcome challenges in their learning journeys.







# DO YOU WANT TO BUILD A SNOWMAN?

*By Joyce Chua, Literacy Intervention Teacher and Kate Pun, Programme Executive at Epworth Literacy*

For Children's Day this year, students from Epworth Literacy enjoyed a day of fun-filled activities at Snow City Singapore. Many of our children had the opportunity to experience snow and sub-zero temperatures for the first time! Filled with excitement, our children had great fun playing in the snow. Some brave souls even slid down the 3-storey high, 60-meter long snow slope! Whilst some initially hesitated, they overcame their fear and enjoyed the exhilarating ride.

Surveying the icy, snow-blanketed compound, there were also children trying to build snowmen, playfully throwing snow up into the air, and running around gleefully with their friends. An ice-cream making workshop conducted by Snow City also brought science lessons to life as children saw for themselves how liquid nitrogen almost instantaneously froze flowers, contracted air inside balloons, and most importantly... turned cream into ice-cream!

All of this would not have been possible without the generous sponsorship, time and effort spent by volunteers from Ho Bee Land. We would like to thank Ho Bee Land for giving our children this opportunity to come together and experience the wonder of snow this Children's Day!





# CELEBRATING OUR BLESSINGS

*By Anabelle Chua, Senior Programme Coordinator at Epworth Student Care*



Our teachers and students were all dressed up, brightening up the place with the brilliance of their costumes.

## RACIAL HARMONY DAY CELEBRATION

We started the term at Epworth Student Care on a very important note - emphasising importance of maintaining interpersonal relationships and racial harmony. Children and teachers were encouraged to dress in traditional costumes for our Racial Harmony Day Celebration. Everyone in the centre had fun playing kampong games and some parents even wanted to join in! In the spirit of good-natured competition, our children vied for "Design your own Kolam" and "Best Dressed" awards.



Getting creative with their own kolam!

Can we have a picture together, please?



## NATIONAL DAY CELEBRATION

This year's 54<sup>th</sup> National Day celebration saw our children singing their hearts out to each year's theme songs. We also organised a Singapore Flag Puzzle activity and learned the meaning of the crescent and stars and how they should be aligned. Tea break that day was a delicious treat - ice cream sandwiches and ice cream cones, just like how I used to like it when I was a child!



Trying their best to guess what the message is.

## SEPTEMBER SCHOOL HOLIDAY FUN

The September School Holidays breezed by with interesting activities every afternoon. The boys learned to be better communicators, and celebrated the Mid-Autumn festival by making their own lanterns and guessing the hidden message in them just like in the olden days! Oven baked mooncakes, peeled pomelos and brewed tea were served one afternoon. Some of the boys mentioned that it was one of the best days of their life!



It's time for tea break for our students to enjoy tea and mooncakes!





The boys showing their appreciation for canteen vendors by giving them hand-written cards!

# Blessed to be a Blessing



The staff at Epworth Student Care constantly brainstorm and plan activities with the children in mind, ensuring that each of them has a meaningful takeaway. As long as the child is willing and eager to learn, the team will be more than glad to share what we know!

## COMMUNITY BLESSING PROJECT

As part of this project to positively impact those around us, each class came up with a different idea to be a blessing to members of the school community. These included appreciating security officers who keep the school safe, to canteen vendors who serve delicious food everyday.

And not forgetting the janitors in the school, whom we helped by cleaning the canteen tables after lunch one day. One of the canteen vendors was so touched by the boys' gesture that she gave them a pleasant surprise by baking them homemade muffins on Children's Day to appreciate them for their kind actions. We saw how their faces lit up with joy!



SCAN TO LEARN MORE ABOUT OUR FUN-FILLED STUDENT CARE CENTRES!



# FOSTER HOPE

By Cheong Jia Qi, Recruitment Officer at Epworth Foster Care

## DID YOU KNOW ?

There are other ways to support foster children besides becoming a foster parent. You may not be ready to foster a child right now, but there is plenty that you can do to make the journey for new foster families smoother and more enriching. Here are a few ways you can open your **HEART** to foster children:

### Help

You can help by becoming a volunteer with us. Become a trained befriender and bring foster children for outings, or play with and care for them while foster parents attend training sessions. If you have a vehicle of your own, you may also help by ferrying them for therapy sessions and appointments.

### Enrich

Do you have skills which you can use to enrich our foster children's lives? Children are very often eager to learn new things, and teaching them a new skill might uncover a hidden talent or spark a new interest. You can also use your skills, such as photography or balloon sculpting, at our roadshows or fostering events.

### Act on it

We welcome corporates to partner and collaborate with us through the Corporate Social Responsibility (CSR) initiatives. If your organisation would like to donate, sponsor our fostering events, or plan fun-filled and memorable activities for our foster children, please contact us for a discussion. If you are an individual who wishes to contribute, please also contact us.

### Reach out

Be a foster care advocate, and help us to reach out and raise fostering awareness in the community. Invite us to speak at your workplace, or organisation and groups that you are connected with. You can also organise sharing sessions in the comfort of your own home and invite us to speak to your friends. If you are open to explore this, please contact us.

### Talk

Do you know of friends or relatives who would be fantastic foster parents? Help us to talk to them about the need for more foster families. Link us up with them, and we can help them to understand and explore fostering. Do contact us if you need copies of our brochures.



In September, Epworth Foster Care held two roadshows at Clementi Mall and NEX Singapore respectively. The roadshow attracted many people to find out more about the fostering scheme and volunteering opportunities in Epworth Foster Care.

COME AND LEARN MORE ABOUT US  
@ MARINA SQUARE  
(LINKBRIDGE ATRIUM)  
21 TO 24 NOVEMBER 2019  
11AM-9PM

### Volunteering Opportunities

- Family Supporter  
Provide educational support, befriend the foster children and maintain regular contact with foster families etc.
- Child Minder  
Help to plan and run programmes, look after foster children when foster parents attend parenting training sessions.
- Transport Minder  
Ferry foster child to therapy sessions, access sessions and other approved appointments.
- Outreach and Event Volunteer  
Support Epworth Foster Care at our publicity events by creating more awareness about the Fostering Scheme.

For more details on our roadshows, contact us at 6715 3725 or email us at [fostercare@epworth.sg](mailto:fostercare@epworth.sg).



# ONE STEP AT A TIME

*By Francis Lee, Administrative Officer at Epworth HomeSweetHome*

The residents from Epworth HomeSweetHome participated in a 2-days Soccer and Touch Rugby coaching clinic during the September school holidays. The clinic was organised by VivaKids, who partnered Singapore Rugby Union, the Real Madrid Football Academy and Balestier Khalsa Football Club (FC).

The first day of the clinic started with soccer coaching. Our residents caught a glimpse of some of the most skilled football players from Real Madrid Foundation Football School and Balestier Khalsa FC. The participants were assigned to small groups for coaching sessions with different football players. They were coached on soccer skills and fundamentals, such as, soccer positions in the field and their roles and responsibilities.

Singapore Rugby Union helmed the second day of the clinic. Although our residents were complete beginners, the instructors created a relaxed coaching environment that encouraged the development of basic skills and understanding of touch rugby.

Our residents developed a love for these games, and were converted to football and touch rugby fans by the end of the sports coaching clinic. They gained new knowledge, and learned new skills and the importance of teamwork. Each of them even received a sports jersey from VivaKids at the end of the clinic! The residents could barely contain their excitement and could not wait to share their new-found knowledge and experience, and showcase their new skills to their friends and caregivers.

**Praises, affirmation and encouragement** from the athletes during the event helped to build the residents' self-worth. We are thankful to have been able to participate in this clinic, and are glad to see our residents enjoying themselves too.

As the proverb says,

IT TAKES  
A VILLAGE  
TO RAISE A  
CHILD.

There is a role for everyone. Come, be a part of mending our children's hearts today.

Donate via PayNow or find out more about how you can donate at our website today!



All local donations qualify for 2.5 times tax exemption benefits.



# RECIPE FOR A DELIGHTFUL TREAT!

You can buy some very good scones, but nothing beats making them yourself! Instead of taking your children out to have desserts at a cafe, why not take the time to fill your own kitchen with the fragrance of fresh homemade bakes and make these scones together with them!

This recipe is easy to follow and we are sure that you and your children will have a great time creating this yummy treat together! One of our staff has kindly shared this recipe and even made them for our colleagues to try. Some even claimed that it was "the best scone" they have ever had! Once you have made these yourself, you will never regret it!

Yield: 8 (3-inch) scones

Preparation Time: 25 minutes

Cooking Time: 10 - 15 minutes

## INGREDIENTS

### SCONE

- 🍴 3 cups all-purpose flour
- 🍴 ¾ cup white sugar
- 🍴 5 teaspoons baking powder
- 🍴 ½ teaspoon salt
- 🍴 170g unsalted butter
- 🍴 1 egg, beaten
- 🍴 ¼ cup milk
- 🍴 ¼ cup orange juice
- 🍴 1 handful of dried cranberries
- 🍴 Zest of 1 orange

### FINISHING

- 🍴 1 egg



## DIRECTIONS TO GOODNESS

1. Preheat oven to 200 degrees celsius. Lightly grease a baking sheet.
2. In a large bowl, grate the cold butter. Rub in the grated butter into the flour with your fingertips.
3. Add in sugar, baking powder, salt, orange zest and dried cranberries into the buttered flour mixture.
4. Mix the egg, milk and orange juice in a small bowl, and stir into flour mixture until moistened.
5. Turn dough out onto a lightly floured surface, and knead briefly. Roll dough out into a ½ inch thick round. Cut dough with a 2-inch round cookie cutter.
6. Beat an egg. Brush the top of each dough with the beaten egg.
7. Place on the prepared baking sheet. Bake 10-15 minutes in the preheated oven, or until golden brown.

## VARIATION

Feel free to substitute the orange zest, orange juice and cranberries with the combination of lemon zest, lemon juice and blueberries. Orange juice can also be substituted with milk.

# COOK TO WIN FOUR TICKETS TO FUN!

We will be holding a mini contest to celebrate Christmas together.

**Four** admission tickets into **Superpark OR Kidzland OR Waka Waka** will be given out to **9 winners!**

Here's what you have to do:

1. **LIKE** Epworth Community Services' Facebook page
2. **TAKE A PHOTO** of you and your child(ren) cooking or baking together OR a photo of something that the both of you made together
3. **SHARE** it with us on Facebook by tagging your post with #epworthxmas

Contest ends: 11.59pm, 6 Decemeber 2019

P.S. The chances of you winning is higher if you make our delicious scones.

Terms and Conditions apply.





# CHECK OUT OUR MIGHTY HEROES



## EPWORTH FOSTER CARE - FRANCIS HO -

"Francis goes the extra mile and desires foster children to have the best quality of care. Known as "Uncle", he is committed to his work and is passionate in what he does.

He is knowledgeable, resourceful, and is ever willing to help other colleagues in the department. He is notable in his organisational and planning skills, ensuring that all possibilities are considered. Uncle is knowledgeable, resourceful and is ever willing to help other colleagues in the department.

**Uncle is the unsung hero of our department!"**



**SUPER**

**BEST!**



## EPWORTH FAMILY WELFARE - CHRISTINE TEO -



"Christine meets and talks to children whose experience with abuse left them with trauma reminders. She helps these children to make sense of their experiences and assist them to overcome their dark past so that they can emerge victorious. She also ensures safety and facilitates positive interaction between these children and their natural families during access sessions.

No one can prevent dark times from occurring all the time, but heroes like Christine **give out armors of hope and swords of knowledge and skills** to keep those in dark times safe and fighting."

#EPWORTHHEROES

#STRONG

#EXTRAORDINARY



# HEAR FROM PARENTS

Tyler is a healthy child with a quiet but amicable personality. As a parent with a heavy workload, I became quite worried when he was diagnosed as being mildly dyslexic at age 6. He was reading at the level of a 3 year old boy when he was already 6, and yet, I could not do anything to help him. Fortunately, we found Epworth Community Services via a psychologist's referral. Not only was the Literacy centre close to our home, but everyone there also seemed really nice. We decided to give it a try as I knew that my son needed help badly. However, to be frank, my expectations were low at that time.

Tyler joined Epworth's literacy programme in March 2018. By June that year, we noticed a marked difference in his results. He has improved in his reading and was able to read at a level of his age. Witnessing this improvement, we continued with the literacy programme so as to prevent any regression. Fast forward to one year later, Tyler does not only understand what he reads, but he also enjoys reading! He can go through a 150 pages book within 1 to 2 hours.

**He is now seven and a half years old but is able to read at a level that is equivalent to a 12 year old.** I am proud to say that he has graduated from Epworth's literacy programme. I cannot say enough about Epworth Community Services. I am grateful. Thank you for all that you do!

**By Chris Loh**  
Parent of Tyler  
Epworth Literacy



“ As working parents, we are thankful to be able to send our son to Epworth Student Care. We feel assured that he is in good hands. The teachers have done a fantastic job supervising Nathaniel's academic work after school. Most importantly, they have instilled in him good conduct, and even taught character building such as respect, responsibility and compassion. He truly enjoyed his stay at Epworth and has **grown to be more confident**. We would like to thank the teachers who have been nurturing Nathaniel during his stay.”

**By Fong Choon Mun and Serene**  
Parents of Nathaniel, P4 2019  
Epworth Student Care



“ Epworth provides high quality student care to ACS(P) students. Ryan enjoys time spent playing outdoors. The teachers help Ryan learn his spelling during student care and his results have been pretty good! Having a good mix of study and play time allowed him to have a balanced time spent at the student care.

Epworth comes up with varied holiday programmes, providing Ryan with opportunities to be exposed to different experiences which he always looks forward to. An example is the visit to the Qianhu Fish Farm where Ryan thoroughly enjoyed himself. He brought home a tank of guppies which we are still taking care of until today! **We definitely have a peace of mind at work as our boy is well taken care of.**”

**By Wei Jin and Janice**  
Parents of Ryan Soh, P3 2019  
Epworth Student Care



# HOW YOU CAN MAKE A DIFFERENCE



## Donate

The important work of Epworth Community Services is funded primarily by generous well-wishers who strongly believe in our cause. We invite you to join us in making a difference in the lives of children and youths under Epworth Community Services.



## Volunteer

Volunteers play an important role in our programmes and services. Volunteers can choose to be engaged in ad-hoc, short- or long-term programmes and are matched to programmes according to their time and interests.

For donation or volunteering enquiries, visit [www.epworth.sg](http://www.epworth.sg) or contact us at [community.relations@epworth.sg](mailto:community.relations@epworth.sg) or call 6562 2211.

In order for us to keep you up to date with Epworth's happenings, contact us at [admin@epworth.sg](mailto:admin@epworth.sg) or call 6562 221 to update your personal particulars.