

epworth moments

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Epworth Community Services
May 2022

Building Strong And Resilient Families

Pg 04

Minister Masagos Zulkifli's Visit to Epworth CPR

Pg 09



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.

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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CONTENTS

RESOURCE

03 Moving Towards A Trauma-Informed Organisation

04 Building Strong And Resilient Families

HAPPENINGS

05 Life At CPR

06 Putting Smiles on Children's Faces

07 Fun At Epworth Student Care Centre

09 Minister Masagos Zulkifli's Visit to Epworth CPR

EXPERIENCE

10 Mother's Day Drawings



MOVING TOWARDS A TRAUMA-INFORMED ORGANISATION

By Tan Bee Leng, Assistant Director (Programmes & Organisational Development) of Epworth Community Services

In the early 1960s, even before the first time a man landed on the moon on 20 July 1969. President John F Kennedy was touring the NASA headquarters and encountered a man mopping the floors.

"What are you doing?" Kennedy asked.

"Mr President," the janitor responded, "I'm helping put a man on the moon."

The janitor understood the importance of a dream bigger than himself. He wasn't merely a janitor. He was a member of the NASA space team. The employee did not see his everyday work as an isolated task, but he viewed it as a critical component of changing the world through space exploration.

What Does It Mean To Move Towards a Trauma-Informed Organisation?

For Epworth to move towards a trauma-informed organisation, it means that everyone (right from the Board to the janitor), would embody the aspiration of being trauma-informed in our day to day responsibilities. We have started this journey 2 years ago. While it will take time to get there, we have taken the first steps.

A trauma-informed organisation means an emphasis in our organisational culture of understanding, respecting and appropriately responding to the effects of trauma at all levels.

Being trauma-informed requires the organisation to make a paradigm shift from asking, "What is wrong with this person?" to "What has happened to this person?"

The four "R"s to become a Trauma-Informed Organisation

1. Realise the widespread impact of trauma and understand potential paths for recovery;
2. Recognise the signs and symptoms of trauma in clients, families, staff, and others involved with the system;
3. Respond by fully integrating knowledge about trauma into policies, procedures, and practices; and
4. Actively resist re-traumatisation.

It is as simple as assuming everyone wants to do their best, and this is one step toward trauma-informed human resources and performance management.



Being trauma-informed assumes that an individual may have a history of trauma. Trauma-Informed Care recognises the presence of trauma symptoms and acknowledges the role trauma may play in an individual's life – including frontline clinical staff.

The intent of a trauma-informed organisation, then is not to treat symptoms or issues related to abuses or any other form of trauma. Rather, the organisation is to provide support services in a way that is accessible and appropriate to those who may have experienced trauma.

Without a trauma-informed approach, the possibility for triggering or exacerbating trauma symptoms and re-traumatising an individual increases.

What is the impact of this on both staff and beneficiaries?

A trauma-informed organisation helps to provide physical and emotional safety for everyone in the organisation. When someone is able to become more self-aware of their own baggage and trauma history, and find support services to process their own trauma, it will eventually translate to greater well-being for all.

For our beneficiaries (children, youths and their families), it could be as simple as asking how they would overcome their challenges. In response, beneficiaries are then guided to make wise choices that best suit their circumstance, rather than being forced into one that does not work for them.



Pictured: Tan Bee Leng

BUILDING STRONG AND RESILIENT FAMILIES

By Felin Yu, Manager of Epworth Family Welfare

A Family Guidance Order (FGO), previously known as Beyond Parental Control (BPC), is issued by the Youth Court to children and young persons below the age of 16 who display serious behavioural issues.

As of July 2020, following an amendment in the Children and Young Persons Act, families are required to undergo a Pre-FGO Screening and Programme before filing an FGO in the Youth Court. They may then seek assistance from the Court if the issues are not resolved after completing the Pre-FGO Programme.

In these cases, the Court may order the family to undergo social investigation and issue an order for the child or young person to be placed under statutory supervision or in a gazetted Home. However, this may potentially lead to negative feelings or resentment from the child or young person towards their parents.



Most of the families considering FGO applications have been through a lot.

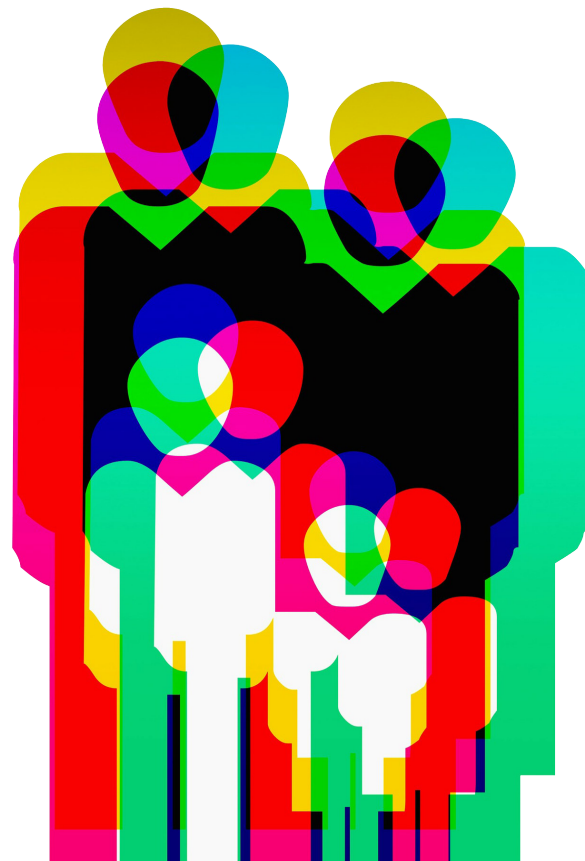
At Epworth Family Welfare, as we journey with the families through the Pre-FGO Programme, we hope to equip and empower them to manage their conflicts without the intervention of the Court.

Since the inception of the Pre-FGO Programme in July 2020, there has been approximately 75% decrease in BPC/FGO complaints filed in the Youth Court during the same period. The reduction in the number of complaints mean that fewer children and young persons are separated from their families.

With the skills they learn from the programme, they are equipped to communicate better with each other, negotiate and resolve conflicts.

Through this, our aim is to build resilient and strong families who are able to tackle present and future challenges within their family units.

Find out more about the programmes and services of Epworth Family Welfare at: <https://www.epworth.sg/programmes-services/epworth-family-welfare/>



LIFE AT CPR

By Benedict Tan and Krystin Foo, Assistant Psychologist, Centre for Positive Recovery

We asked Assistant Psychologists, Benedict and Krystin how a day at Epworth Centre for Positive Recovery (CPR) looks like.

Introduce yourself and your role at Epworth.

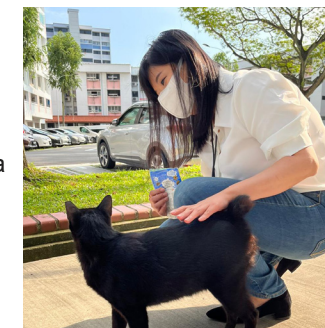
Many young persons, and adults have emotional and behavioural needs. As assistant psychologists in CPR, our work involves helping children and young people better understand and manage their thoughts, feelings, and behaviours. We also perform other administrative work to keep our programmes running while liaising with internal and external stakeholders. Our centre also spearheads Epworth's efforts toward becoming a Centre of Excellence in Trauma Care.

How long have you been in this department?

We joined CPR in mid-2021 to prepare the centre for its informal opening in August 2021, and its official launch in March 2022.

How does a day at CPR look like for you?

Since moving into our new office at 472 Jurong West, our mornings start with hunting down our favourite neighbourhood cats. Here is a picture of our two friends:



Pictured: Kiki (the cat) and May, our Senior Counsellor (not the cat).

After the self-administered pet therapy, we typically have internal meetings, case discussions with other professionals, and clinical supervision with our external consultants. Session planning and administrative tasks take up the remainder of our time before we head out for lunch.

Being new to the neighbourhood, we have been getting acquainted with the nearby coffee shops and following up on lunch recommendations from our colleagues over at Epworth Literacy.

"Very nice" - May's review of Ban Mian near 471

Afternoons are the prime time to meet our clients as the school day is over. Our sessions could involve travelling to our clients' homes or seeing them at our centre. As we work extensively with caregivers, we also arrange sessions in the evenings to accommodate their work schedules. The ride home is usually a tiring one where we gather our thoughts and consolidate our session reflections.



Pictured (from left to right): Benedict Tan, Diana Koh, May Chong, Krystin Foo.

What excites you about what you do?

Here at our centre, we try to celebrate even the smallest of successes each day. As the journey to overcome trauma is a long one, these little milestones keep us going. Apart from pay-day, the very best days are when we pick up new skills to better engage and support our clients.

Describe the impact of CPR in one word!

Ongoing. We will let you know more after our programme evaluation is complete. Do check in with us again in a few months!

What is an area of growth that you hope to pursue or achieve in this area of work?

Like most other assistant psychologists, we plan to eventually pursue further studies that will allow us to become licensed psychologists. We hope to build up proficiency in our work, and continue forming positive connections with our community, one client at a time.

About CPR

Epworth's Centre for Positive Recovery (CPR) provides specialised therapeutic services to support children, youth, and caregivers in their mental well-being. In particular, CPR specialises in helping those affected by trauma. Using evidence-informed approaches, our workers provide counselling, family therapy, and behavioural support to these individuals.

Find out more about what CPR does at: <https://www.epworth.sg/programmes-services/centre-for-positive-recovery/>

PUTTING SMILES ON CHILDRENS' FACES

By Stephanie Poon, Community Relations Executive

Brian Goldner Literacy Fund Ceremony

Several students from Epworth Literacy (Bukit Batok) were selected to be recipients of the Brian Goldner Literacy Fund. This was sponsored by Hasbro, a global play and entertainment company. The sponsorship covered students' Literacy fees for a full year, or 8 terms.

The ceremony was held at our Literacy Centre in Bukit Batok. Upon receiving their certificates, both the students and their parents came together to create a one-of-a-kind artwork where they wrote words of encouragement and left their handprints. The artwork signified that it takes the love and effort from not just the family but the community around to raise a child.

Thank you, Hasbro, for giving these students the opportunity to continue learning, so that they will not be left behind in their education.

Fun with tie-dyes and paint

Over the March Holidays, Hasbro organised an arts & craft session for our children from Epworth HomeSweetHome, Epworth Foster Care, and Epworth Literacy Centres. The virtual sessions included exciting activities such as t-shirt painting and DIY tie-dye socks.



Starting off with t-shirt painting, the children were required to sketch out their favourite character(s). These characters were adapted from Hasbro's range of brands, which included Transformers, Peppa Pig, My Little Pony, and more. The children then painted into their drawings – bringing them to life!

In the next activity, the children had the chance to make their very own tie-dye socks. This saw them putting their creativity to the test – from folding the socks to create their desired patterns, to mixing the dyes – each pair of socks turned out to be a unique piece.

It was evident from the smiles on their faces that the session was indeed a fun and meaningful one!



Teekay Book Reading Session

Teekay Tankers, a regional shipping company sponsored several students from Epworth Literacy (Jurong West), where their literacy fees were covered for 6 terms. The company also donated books that catered to children across various age groups.

Reading sessions were conducted on two weekends, and we had the honour of Teekay's Vice President of Ship Management, leading our students in the first session.

The book reading session served as a great opportunity for the students to learn interactive skills and develop literacy skills. With face-to-face activities not as commonplace due to the pandemic, the students were thoroughly engaged throughout the in-person sessions.



Thank you to all our donors and volunteers for your generous giving, your contribution has put smiles on the faces of many of these children!

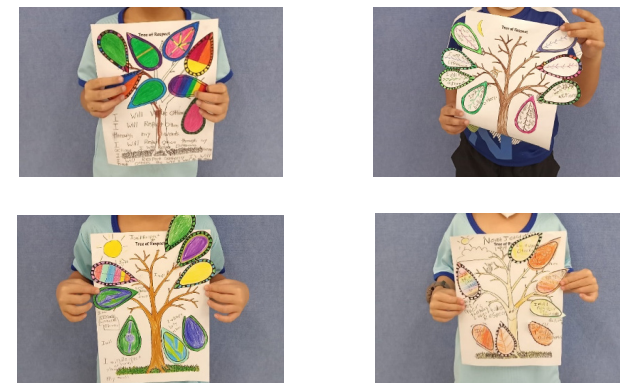
FUN AT EPWORTH STUDENT CARE CENTRE ACS(J)

By Regine Ho, Programme Coordinator of Epworth Student Care Centre @ ACS(J)

The Tree of Respect

A fun-filled March holiday was organised for the students of Epworth Student Care Centre at ACS(J). Much effort was put into planning and executing programmes to recap the Character Development Programme (CDP) topics for the first quarter of the year.

Engaging activities were prepared to instil values such as, responsibility, respect, creativity, and curiosity in students. One of the activity was to decorate a "Tree of Respect". Each tree included cut out leaves that indicated examples of how they can show respect in their lives. For example, how to show care and concern for others, and acknowledge others' feelings, differences, and their qualities.



Masks of ACS(J) SCC

As humans, we tend to portray different sides of ourselves depending on the situation and environment. However, this can be extremely exhausting, whether for children, young adolescents or even adults.

Inspired by the community project called Masks of Singapore by ThisConnect.today, students were tasked to design and decorate their own white masquerade masks. The activity aimed to enable the students to reflect and become more in touch with their true self.



Students first planned their design before painting and decorating their masks. From the colours used, to the different strokes and shapes painted on, even the teachers were impressed by how creative and bold the students were!

Science Is All Around Us!

Students participated in an experiment that taught them how basic household items have different elements and compounds that can create interesting results.

With the supervision of their teachers, each student was given a DIY volcano kit which put their coordination, and balance skills to the test. The enthusiasm from the students as they experimented and observed the results throughout the activity was evident.

It was a memorable time spent together during the March holidays!



FUN AT EPWORTH STUDENT CARE CENTRE ACS(P)

By Auralina Michaille Joseph Ra, Programme Coordinator of Epworth Student Care Centre @ ACS(P)

During the March Holidays, students at Epworth Student Care Centre at ACS(P) participated in various enrichment activities as well as a Character Development Programmes (CDP). These programmes allowed the students to use their creativity and expand their knowledge.

CDP Takeaways

The CDP conducted taught the students the importance of being mindful of others' feelings. They learnt that they can be more sensitive by observing facial expressions, noticing the tone of voice and listening to others.



Fun With Science

The activity, "Diving Into Health" taught the students how science has progressed in the medical field. Students learnt how to better understand their bodies and the importance of being mindful of what they eat.

Besides this, students got to participate in fun activities where they used glow-in-the-dark powder and ultraviolet lights to understand how easily germs spread.



Fun With Abstract Art

The activity, "Paint Popsicles" taught the students more about the concept of abstract art. Students learnt about colour theory, and had the chance to apply it.



The end result was their very own masterpiece, as they brought it home with a big smile on their faces!



Team Building Day

Team Building Day was a highlight for the students. The activities planned taught them about the importance of sportsmanship and teamwork. The students had lots of fun as they worked together in their teams to overcome the challenges together.



The End of A Term

Trading day is a day where the teachers reward the students for their good behaviors based on the values they have learnt. Throughout the term, students will receive tokens whenever they display good behaviors.

At the end of Term 1, the students traded their tokens they had accumulated, for prizes such as Marvel stationery, toys and snacks.

It was a fulfilling and exciting Term 1. We truly believe that 2022 is going to be our best year yet!

MINISTER MASAGOS ZULKIFLI'S VISIT TO EPWORTH CPR

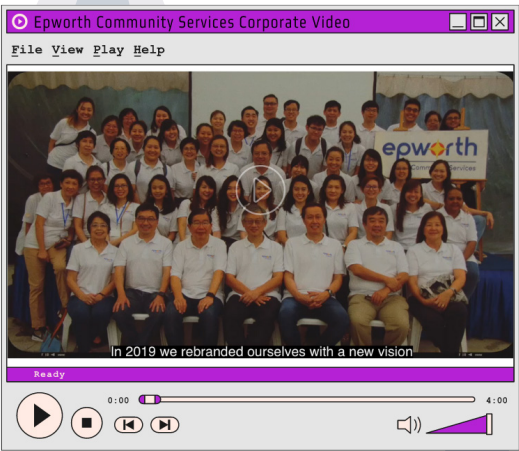
On 25 March, Epworth hosted Minister Masagos Zulkifli, Minister for Social and Family Development, to launch the Organisational Health Framework for Social Services (OHFSS), and to introduce Epworth's Centre for Positive Recovery (CPR).

The OHFSS is a framework to guide SSAs in understanding their current organisational health to enable more strategic planning of capability- and capacity-building efforts.

Epworth Community Services was a part of the NCSS project, enabling us to kickstart our transformation journey. Through this, we identified the importance of moving towards trauma care, leading to the launch of CPR. CPR provides specialised therapeutic services to support children, youths and their caregivers in their mental well-being, in particular those who have been affected by trauma.



EPWORTH COMMUNITY SERVICES CORPORATE VIDEO



Watch our latest corporate video to find out more about our work in the community.



Scan the QR code or watch the full video on YouTube:
<https://bit.ly/3M7dp50>

EPWORTH E-FLAG DAY 2022

This E-Flag Day, we hope to continue to raise greater awareness on the topic of trauma and what one can do to stand with someone who has or is going through it. Experiencing trauma can be a terrifying and lonely experience, and no one should go through it alone.

You too can be a part of our work to serve at-risk children and youths, so we can help prevent any ongoing effects of trauma into adulthood. Join us in spreading the word or donating this E-Flag Day, happening from March to July 2022.



Let someone know that they are Not Alone.



To Donate via Giving.sg -
<https://s.giving.sg/dk0oZQJ>



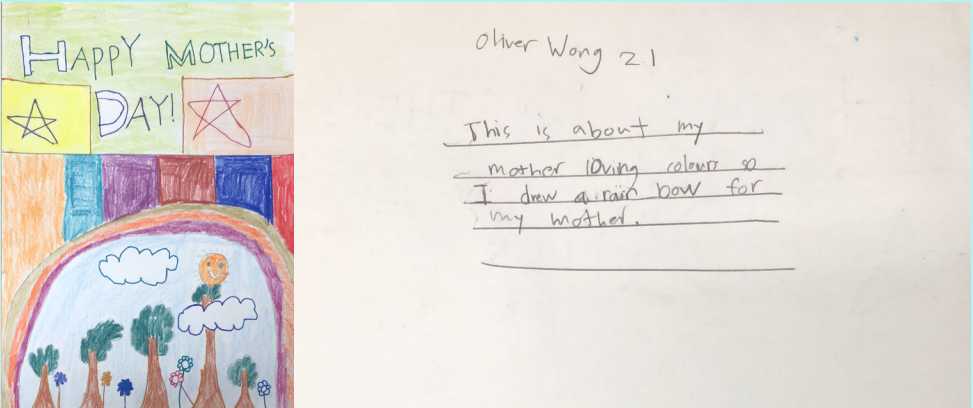
To Donate via NETS QR Code -
scan the QR code with your mobile banking app.*

* For tax exemption, please email your Full Name, NRIC Number, and STAN code (6 digits) to admin@epworth.sg. Please include your mailing address for a physical copy of the tax exemption receipt.

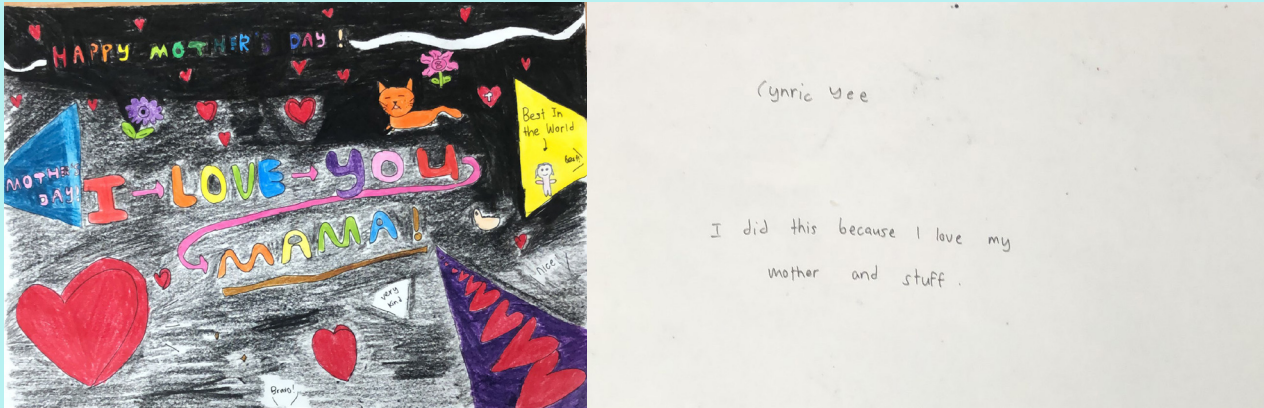
MOTHER'S DAY DRAWINGS

"The art of mothering is to teach the art of living to children." - Elaine Heffner

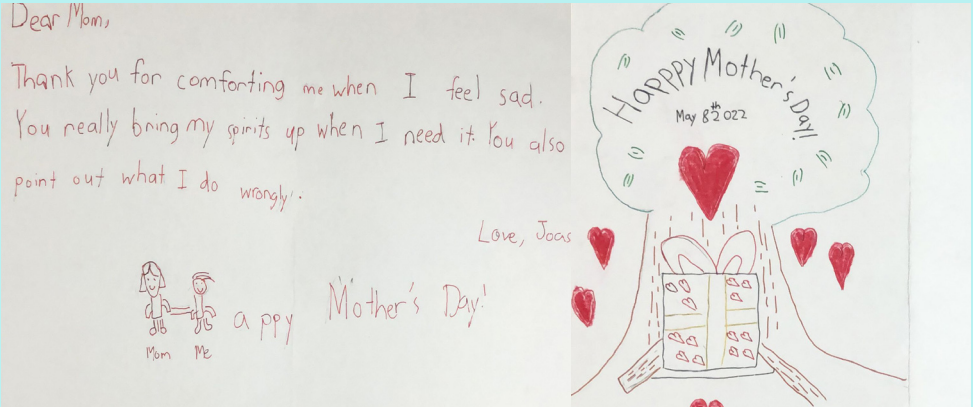
This Mother's Day, students at Epworth Student Care Centre @ ACS(J) created cards for their mothers. Putting much love and thought into each card, here are some of the drawings done by the students!



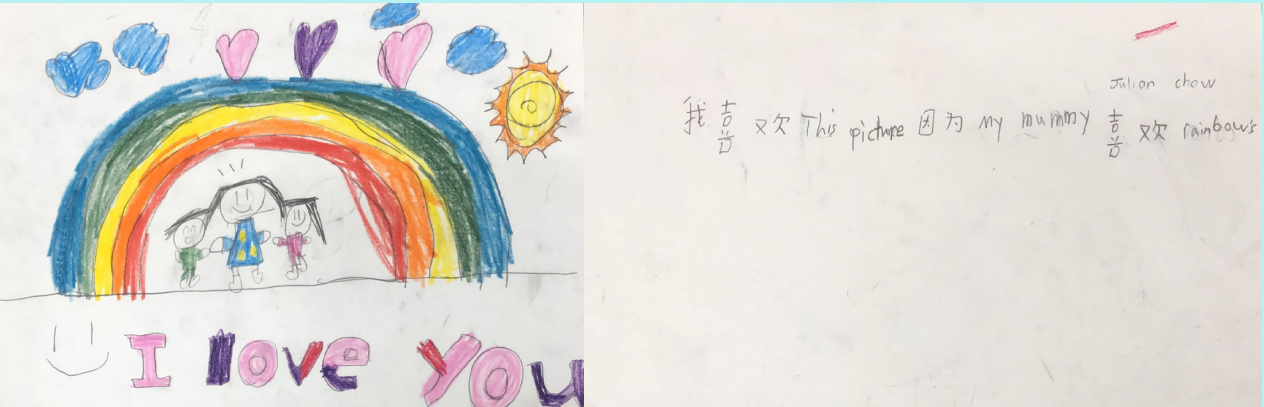
Oliver Wong, Primary 2



Cynric Yee, Primary 3



Joash Kok, Primary 4



Julian Chow, Primary 2



Lee Wei Shan, Primary 1



Shane Ho En Zhe Evan, Primary 2



Noah Jedidiah Tan, Primary 1



Lochlan Low, Primary 4

How can I make a **DIFFERENCE?**

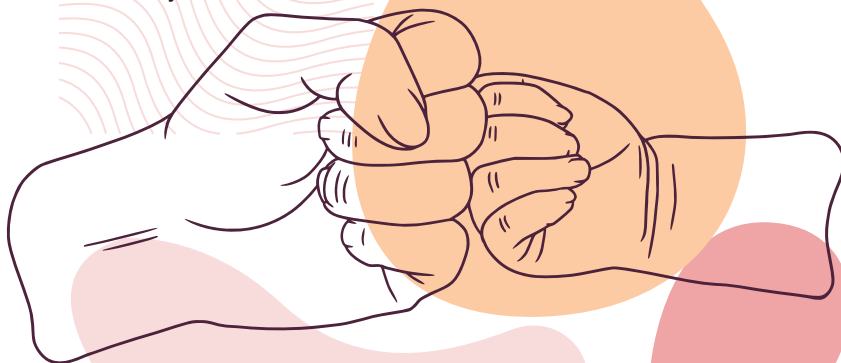


SUPPORT US

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 WITH US

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 or contact us at 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 or call **6562 2211** to update your personal particulars.

STRONG FAMILIES, RESILIENT LIVING, BEAUTIFUL MINDS.