

epworth moments

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November 2022

Not Just a Residential Care Worker

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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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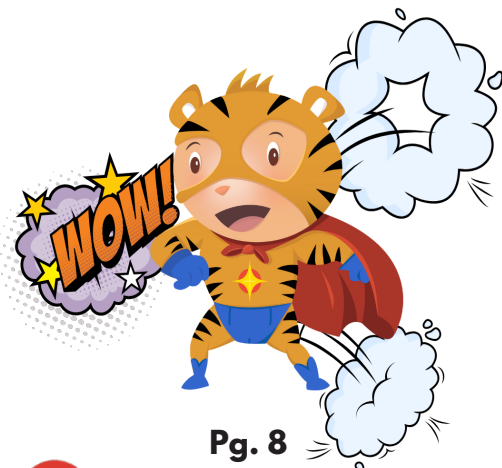
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ED'S MESSAGE:

Lessons from River Nile - The Source of Life

With the relaxation of curbs on international travel, many of us started to take trips overseas. I went to Egypt, a trip that was postponed for two years.

In Egypt, I realised that only seven percent (7%) of the country's land is irrigable and liveable. Ninety-three percent (93%) of the land is desert! It was really hot with temperatures reaching over 40°C. I had to drink a lot of water and protected myself from the sun so that I would not fall sick or succumb to heat stroke.

With harsh conditions, Egyptian civilisation had existed and thrived for over five thousand years! This is amazing! And, how were they able to build colossal and magnificent structures like pyramids, temples and deep tombs?

We are likely not to be able to find answers to the many questions on how the ancient Egyptians built the wonderful and gargantuan structures. But, from observations, we can learn many lessons from Egypt, especially on how the River Nile was harnessed and gave life to the Egyptian civilisation. The same indomitable spirit of the Egyptian civilisation still exists today! Let me share with you some of the lessons I have learnt and how these lessons are applicable to Epworth Community Services.



Under the hot sun of Egypt!

1. The Source of Life - Water

If you look at the map of Egypt, it does not take much for us to conclude that the irrigable and liveable land is confined to the east and west banks of the River Nile. As the River flows towards the Mediterranean Sea, it fans out into a delta, flowing through the coastal flat lands. This area in the north has two thriving cities, Cairo and Alexandria.

Application:

The Cantonese people use the word 水 (shui) to refer to monies or financial resources. For social service agencies like Epworth, we need a constant source of finance in order to thrive in our work. Hence, we have to ensure that there is a constant flow of financial resources to support our work.

2. Annual Flooding Affects Farming

The source of River Nile is beyond Egypt. Every year, many upstream tributaries bring unfettered flow of water down to the River Nile, resulting in floods along the banks and delta area. Although the floods deposit nutrients to the land, the land is rendered unproductive for 3 to 4 months.

Application:

It is good for Epworth to benefit from having a constant flow of financial resources. The flow of financial resources should not be erratic which can result in inefficient usage; uneven outputs and outcomes; and, poor productivity.

3. Aswan High Dam Prevented Annual Flooding

The building of Aswan High Dam in the south of Egypt helped to regulate the water flow downstream and prevented flooding. Farmers can now plant throughout each year. This allows the farmers to practice multiple cropping with twice a year harvest, resulting in higher productivity. The ability to regulate water flow also means that there will be constant water flow even during drier seasons in certain years. Farmers are no longer at the mercy of the weather.

Application:

By better regulation and deployment of financial resources, Epworth can do more for our beneficiaries in good and bad times. Beneficiaries are helped at all times. Staff will also be assured of their employment in the organisation, regardless of the prevailing economic climate.

4. Resources Created by the Building of Aswan High Dam

The building of Aswan High Dam was strategic and created resources for Egypt. The hydro-electric dam generates more than 10 billion kilowatt-hours of electricity for Egypt every year!

With a large volume of water collected behind Aswan High Dam, the land around Lake Nasser is now used for farming. The Egyptians are also using technology extensively to farm on this semi-arid land!

The on-going Ukraine-Russian conflict has affected wheat supply from that region to the world. Many countries are struggling with wheat shortage.

For Egypt, their solution is to ramp up wheat production to become self-sufficient! What an incredible ambition! They can only do so because of the water resource in Lake Nasser, which is created by the Aswan High Dam.



Lake Nasser



Directing water from Lake Nasser

Application:

By investing strategically, Epworth can build resources that will support our vision and mission. Building a reserve will resource the organisation's work with our clients in bad times. It will also ensure long-term sustainability!

Building a Reserve for Epworth

Today, we live in a VUCA (Volatile, Uncertain, Complex, Ambiguous) world. Just as we thought that we were emerging out of the Covid-19 pandemic, the Ukraine-Russian conflict erupted and threw our hopes for a global economic recovery off-track. The geo-political tension in the far east is not promising; and is a cause for concern. We are continually scrambling for solutions as we negotiate past one problem to another.

The lessons that we can glean from River Nile are invaluable. If we can build a strong reserve, the options that we can have to help our beneficiaries will not be limited. This is because our beneficiaries need us even more in dire economic circumstances.

The experience of the pandemic has shown us that it is imperative for Epworth Community Services to build its reserve! This will be our effort for the next 3 to 5 years.

It is time for Epworth to build a reserve that will see us through the challenges in the years ahead. We hope that this article will inspire and persuade readers to be our partners in helping our beneficiaries to have **“Strong Families, Resilient Living, Beautiful Minds”**.

EPWORTH'S CENTRE FOR POSITIVE RECOVERY:

IMPACTING LIVES, ONE AT A TIME

Meet Adam.

Adam was placed in foster care when he was in Kindergarten. At that time, he had displayed frequent temper tantrums and poor emotion regulation skills. Managing and meeting his emotional needs were challenging. Hence, this brought about a lot of stress for his foster parents.

After starting therapy at the Centre for Positive Recovery (CPR), Adam's foster parents shared that his tantrums have become more manageable. He has also shown improvements in his ability to verbalise his emotions, and to seek help when needed. Although his misbehaviours may resurface occasionally, it has been encouraging to see Adam learn new skills after every session.

His foster parents' patience and commitment towards caring for Adam has also provided him with a stable and secure environment to call home.

Building Strong Families

CPR works collaboratively with various stakeholders in a child's life to ensure their holistic development; including working with school professionals or other caseworkers. This is vital as each party plays a different role in supporting the family. Throughout our intervention process, we also ensure that caregivers' needs are met through individual counselling and parenting support, so that they are equipped and confident to build strong relationships with the child.

Meet Matthew.

Matthew was placed in foster care at a young age and experienced difficulties in his relationship with his natural family. In school, Matthew often got into trouble as he tended to be impulsive and got into conflicts with peers.

These issues were, at times, overwhelming for Matthew's caregivers. They truly wanted the best for him, but they felt increasingly burnt out.

Over the last half a year, Matthew has participated enthusiastically in therapy sessions. He makes good effort to recall what he has learnt and enjoys sharing it in joint parent-child sessions.

From being quiet and avoidant, Matthew has gradually opened up. With unwavering support from his foster parents, Matthew has become more comfortable in expressing his feelings about his natural family to his foster parents.

About CPR

The Centre for Positive Recovery (CPR) provides specialised therapeutic services to support children, youths and their caregivers in their mental well-being. In particular, CPR specialises in helping those affected by trauma. Using evidence-informed approaches, we provide counselling, family therapy, and behavioural support to those affected by trauma.

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



EPWORTH HOMESWEETHOME

Epworth HomeSweetHome (HSH) is the first Therapeutic Group Home in Singapore. The Home provides treatment for children between ages 7-12 who have experienced abuse. To help the children cope with trauma, we use specific treatment models to help with complex trauma and aggressive behaviour.

Children who come into HomeSweetHome might display a myriad of negative behaviours. This can be attributed to the *degree* and *type* of trauma they have experienced.

Under the care of our dedicated Residential Care Workers (RCWs) and with the right intervention, many of the children are now able to better cope with their trauma.

Here are two testimonials from our RCWs on how Epworth HSH has positively impacted the lives of these children.



Residents in Epworth HSH participating in Emotional Regulation Drills

Testimonials

1

Before entering Epworth HomeSweetHome, JT displayed many episodes of physical and verbal aggression. This was exceptionally apparent when he experienced rejection. JT struggled with articulating his thoughts and emotions, as well as reading social cues. This led to many misunderstandings between him and his peers.

Since coming to Epworth HomeSweetHome and going through intervention, there has been a positive shift in JT's behaviour. He is now able to walk away from situations that trigger him, and turns to his caregivers for help. When feeling upset, he is able to put the Emotional Regulation Skills that he has learnt to use. As such, there has been a significant reduction in aggressive episodes, and he has made many close friends.

2

Prior to being admitted to Epworth HomeSweetHome, MD had a history of failed foster placements because of multiple behavioural issues. His misbehaviours were not only displayed at home, but also in school. MD also demonstrated trust issues towards adults, due to his past. He would resort to seeking attention through negative behaviours. As such, he struggled with forming relationships with his friends and caregivers.

After going through intervention at Epworth HomeSweetHome, MD has shown tremendous improvements in his behaviour. There has been lesser occurrence of misbehaviours, both in school and at home. He has also been able to maintain good and healthy relationships with the people around him. We are all immensely proud of the improvements he has shown!

NOT JUST A RESIDENTIAL CARE WORKER

By Toh Jia Min, Residential Care Worker of Epworth HomeSweetHome

As a Residential Care Worker (RCW) at Epworth HomeSweetHome (HSH), our main priority is to ensure that our residents' overall wellbeing is taken care of. Often times, these children have been through various types of abuse; including emotional, physical, and sexual abuse.

RCWs are required to wear many hats at work. Many may see us as Early Childhood Educators. However, there are many other aspects to the role that they do not see.

To keep operations running continuously and seamlessly in Epworth HSH, RCWs oversee many other administrative areas. This is on top of fulfilling their basic duties of caring for the residents. RCWs would also have to be deployed round the clock to ensure that the residents are well taken care of at all times. For example, to ensure the safety of residents, we have to make frequent rounds around the Home at night, in 30 minute intervals.



RCWs Ezekial and Farhan



Emotion Regulation Drills posters on the walls of Epworth HSH

"I believe that despite their painful past, these children are still work-in-progress. With the right guidance, they can be moulded into adults of character."

Being a RCW is definitely not easy. It can be mentally, emotionally and physically draining at times.

My motivation is ensuring that the residents under our care should not be re-experiencing their trauma and pain. Therefore, I have to create a safe space for the residents to freely share their feelings. I also hope to be someone they can come to whenever they need a listening ear. While doing so, I strive to encourage and guide them to be better versions of themselves.



RCW Farhan, and one of Epworth HSH's residents

EPWORTH RESILIENT CHAMP CAMPAIGN

By Ruth Tsoi, Senior Community Relations Executive of Epworth Community Relations

At Epworth, we are committed to safe-guarding the mental well-being of at-risk children, youths and families by helping them build skills for resilient living.

We strongly believe in developing their potential and to set them up for success.

Therefore, in order to fulfill our commitment, Epworth Community Services has launched a new regular giving programme, known as the **Epworth Resilient Champ Campaign**.

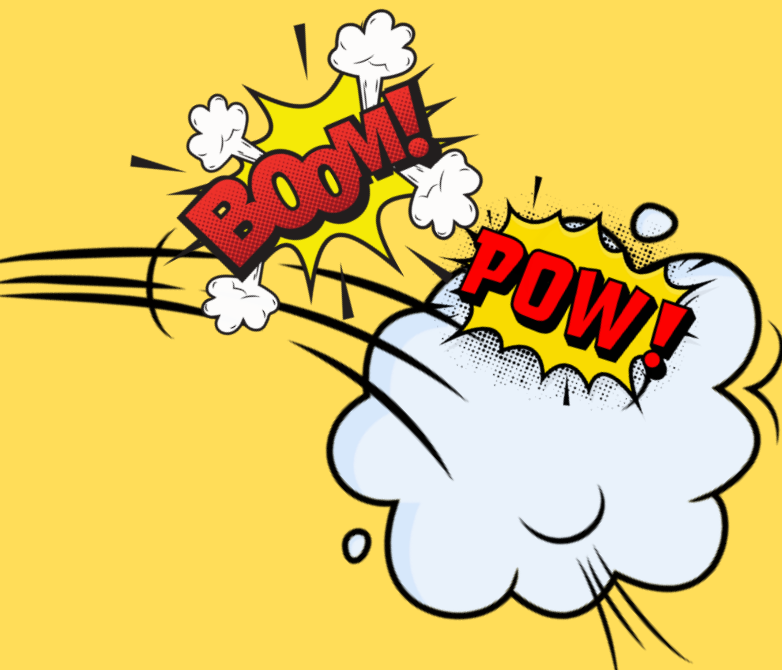
About the mascot



THE TIGER REPRESENTS STRENGTH,
DETERMINATION AND RESILIENCE.

EPWORTH RESILIENT CHAMP

THE NAME REPRESENTS THE DONOR'S PARTNERSHIP
WITH EPWORTH IN CHAMPIONING OUR VISION AND
MISSION TO IMPART SKILLS FOR RESILIENT LIVING



About the campaign

The launch of this campaign is part of Epworth's efforts to be sustainable, especially during unprecedented times. We want to ensure that Epworth has an unhindered stream of financial resource. This is so that we can continue serving our beneficiaries, regardless of the rise and ebb of economic tides.

Why should I be a Resilient Champ?

As a Resilient Champ, you will:

1. help at-risk children, youths and families build skills for resilient living;
2. help to sustain the impact of intervention for these individuals, and ensure accessibility to further help that they need;
3. receive quarterly updates on the impact of your giving;
4. have opportunities of partnering with us; for example, by volunteering, participating in events and campaigns; and,
5. be eligible for 250% of tax exemptions.

How do I be a Resilient Champ?

You can join us as a Resilient Champ, by simply scanning the QR code below.



For alternative methods of giving,
please reach out to
community.relations@epworth.sg



In a bid to share and raise awareness for the Epworth Resilient Champ Campaign, the Community Relations team visited the various departments in Epworth. Through games and quizzes, Epworth staff got to know more about the programme and the meaning behind it.

It was a great opportunity for us to align ourselves with the vision of Epworth:
to build strong families, skills for resilient living, and beautiful minds.

Thank you to all who have taken the first step to becoming Resilient Champs! Your giving will go a long way to empower the lives of more individuals.



TEACHER'S DAY AT EPWORTH LITERACY

This Teacher's Day, our teachers at Epworth Literacy (Bukit Batok and Jurong West) had the chance to bond over a time of games and a scrumptious meal.



Staff of Epworth Literacy (BB)



Staff of Epworth Literacy (JW)

A Note to Our Teachers

Dear Teachers,

All of you are amazingly passionate, dedicated, hardworking and fun!

Educating and nurturing is not an easy journey, but you have been one of the constants in the lives of your students.

More often than not, it is not about the great things we do, but the things that are done with great dedication.

Thank you for inspiring the students under your care! We appreciate all that you have done in being a wonderful teacher!

Happy Teacher's Day!

**Anne Chua & Ann Chiam
Managers of Epworth Literacy
(BB and JW)**

TEACHER'S DAY AT EPWORTH STUDENT CARE CENTRES

Teachers at Epworth SCC (ACSP and ACSJ) also had a memorable celebration together! The teachers shared about what gives them fulfillment in their work. It was heartwarming to hear what each teacher's motivation was.



Staff of Epworth SCC (ACSJ & ACSP)

A Note to Our Teachers

Dear Teachers,

I thank God for each of you who labour together to groom our students for the future.

Although we may be different in many ways, we are able to put aside those differences, and work towards a common goal.

I am confident that your love, commitment and faithfulness in carrying out your duties will bear fruit in due time.

Let's continue to work together as we move on to greater heights.

Happy Teacher's Day!

**Julie Chu
Manager of Epworth Student Care Centres**

Thank you to all our teachers for your constant sacrifice and dedication!

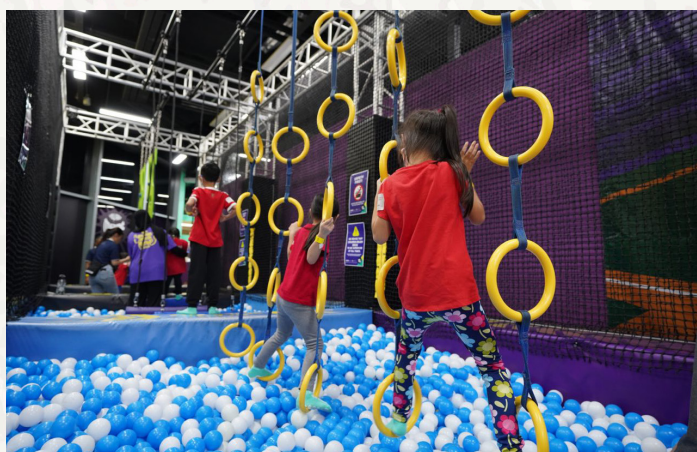
CHILDREN'S DAY AT EPWORTH LITERACY

For Children's Day this year, our students at Epworth Literacy had the chance to visit SuperPark Singapore.

A huge thank you to Rotary Club of Garden City for giving the students a Children's Day celebration to remember!

At SuperPark, students were spoilt for choice with the various game stations. This included obstacle walls, trampolines, zip wires, and play towers.

It was definitely an afternoon filled with adrenaline, and most of all, *perspiration*.



CHILDREN'S DAY AT EPWORTH STUDENT CARE CENTRES

Students at Epworth SCC (ACSJ and ACSP) also had exciting programmes lined up during Children's Day.

This included games, a movie session, keychain painting, and a special lunch treat of burgers and fries. To make things even sweeter, they had popcorn to go with their movie!



EPWORTH RENOVATION UPDATES:

By Deborah Long, Community Relations Executive of Epworth Community Relations

In July 2022, Epworth's premises at 153 Bukit Batok Street 11 underwent renovations. The renovations allowed us to better maximise the use of space to accommodate the growth in manpower over the last two years. Renovation works were completed in August 2022.

See what some of our staff like about their new space!

I like that my department can now work in the same space. It's been great to get to know each other better!

Love the new CR space and how I can stand and work. The bonus - there is always a view!

I am thankful to have this newly renovated space to work in!



A NEW FACELIFT!



Our Human Resource Department has moved into a cosy room!



A room dedicated for our nursing mothers!

The Community Relations department's space is bright and airy. What a conducive working space!



A newly renovated Administrative Room for staff who need a quiet space to work, or have discussions.

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.

In order for us to keep you up to date with Epworth's happenings, contact us at
community.relations@epworth.sg to update your personal particulars.

STRONG FAMILIES, RESILIENT LIVING, BEAUTIFUL MINDS.