

epworth moments

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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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ED'S MESSAGE

CREATING HAPPY MEMORIES FOR YOUR CHILDREN

By Tan Khye Suan, Executive Director

As a parent of three adult children, I often reflect on their growing years. I remembered when they were very young: infants, toddlers, school students and then as university undergraduates. Now, they are working adults. I often wonder how all those years went by so quickly. But, I am happy that they still remain close with me.

For parents whose children are still young, I encourage you to spend as much time as possible with your children. Do not tell yourselves “I am too busy working to give them a comfortable life.” You will miss the wonderful opportunities of spending time with them! Children remember their parents through the times spent with them. While we think that children should be grateful for the comforts we give them, they will not be able to remember you for this. You were not with them when you were busy working. When your children grow up, they may even feel that you have neglected them.

In my past parenting training sessions, I often asked parents how they would spell the word “love” and how they would help their children understand the love they have for them. Every parent spelled “love” as L-O-V-E and shared how they would explain the sacrifices they make to secure their children's future. I told them that this approach has a low success rate.

The word “love” should be spelt as T-I-M-E. When parents spend time with their children, affection and bonds are built! We must recognise that children cannot grasp the concept of “love” through cognitive means alone. They learn about love by experiencing it firsthand. Children feel loved when you spend time with them, and it is through this time together that affection and strong bonds are formed.



Once, I took my children to the pool to swim. There, I saw a young mother playing with her little daughter, who was no more than three years old. The daughter was wearing a float, and the mother was holding her, encouraging her to kick hard to propel herself forward. The mother was saying this repeatedly: “Kick the water; kick the water. Water! W-A-T-E-R! Water! W-A-T-E-R!”

My heart sank. The mother was not having fun with her daughter! She was teaching her very young daughter to spell while in the pool! Where is the fun? Parents should make the time they spend with their children enjoyable. It should be a time filled with smiles and laughter; perhaps even do funny and “silly” things together! It is through such seemingly frivolous activities that happy memories are built. Happy memories are not built on the education you provide for your children. Today, the overemphasis on children's education is already overwhelming. Spending fun times with your children will help create a healthy balance in their lives.

So, during school holidays, I hope parents will plan to spend more quality time with your children. Ensure that this time is focused on having fun, not on education. It will be a wonderful opportunity to strengthen affection and bonds, creating happy memories in the process!



YOU CAN'T POUR FROM AN EMPTY CUP: SELF-CARE HACKS FOR FAMILY CAREGIVERS



By Daphne Khoo, CPR Social Worker, Centre for Positive Recovery

**TO CARE FOR THOSE WHO ONCE CARED FOR US
IS ONE OF THE HIGHEST HONOURS**

Tia Walker

Becoming a caregiver is a noble journey of love and sacrifice, however, it is a path concealed with challenges like exhaustion and burnout. These challenges threaten the essence of caregiving. Recognising these signs is the first step towards reclaiming vitality and resilience.

If you are experiencing overwhelming fatigue, lingering irritability, or neglecting your own needs, you might be experiencing caregiver burnout. Remember you're not alone!

Here are some steps for caregivers to prioritise self-care:

01

PRACTICE SELF-COMPASSION

Recognise the importance of breaks, seek help, and embrace your imperfections.



ESTABLISH FIRM BOUNDARIES

In the chaos of caregiving, carve out personal time for your mental health. Communicate these boundaries to your loved ones and allow yourself to find respite.

02





SEEK SUPPORT

Connect with support groups and mental health professionals specialised in caregiver well-being. Engaging with others who share similar experiences can be affirming and comforting.

ESTABLISH CONSISTENT SELF-CARE PRACTICES

Rejuvenate through journaling, meditation, pursuing hobbies, or simply taking moments to relax and unwind. These rituals are vital for your mental and emotional state in preventing caregiver burnout.



What are some resources available to support family caregivers?

CENTRE OF POSITIVE RECOVERY (CPR)



CPR offers specialised therapeutic services and trainings to support the mental well-being of children, youth and their caregivers. Through tailored counselling, the team provides caregivers with a safe space to express their feelings and learn coping strategies, helping them navigate their responsibilities with confidence and resilience.



SUPPORT GROUPS

Find camaraderie in support groups where you can connect with other caregivers facing similar experiences. Share challenges, exchange advice and find solace in a safe and non-judgmental space.



RESPIRE CARE OPTIONS

Grant yourself temporary relief from caregiving duties to prevent burnout.

Caregiving is a precious gift requiring periodic recharging. With rest, support, and self-care, caregivers can become beacons of resilience for their loved ones.

POWER DOWN, POWER UP: BOOST YOUR FAMILY'S WELL- BEING IN THE DIGITAL AGE

By Chloe Chua, Counsellor, Epworth Family Welfare

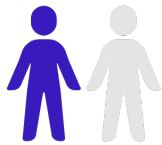
We live in a digital age where technologies such as smartphones and the internet have become an essential part of our daily lives. This is especially true for children born into the digital age.

According to a research by Pew Research Study and Stanford Medicine News Centre, 95% of youths have a smartphone, and the average child obtains their smart phone by 11 years old. This mean that children have access to an unprecedented amount of information at an early age, and live in a more connected world as compared to previous generations.

While technology offers numerous benefits in the sphere of education and play, not all online experiences are positive for children. For instance, children are at risk of being exposed to harmful content online, including violent and sexually explicit content.

According to a 2020 Google survey

1 in 2



parents reported that their child was exposed to inappropriate content online.

A 2019 study found youths, aged 12 to 15, who spent more than



on social media each day faced twice the risk of experiencing poor mental health

According to a Google survey conducted in 2020, 1 in 2 parents reported that their child was exposed to inappropriate content online. These experiences can be distressing, adversely affecting a child's mental well-being. Furthermore, the rise in popularity of social media platforms such as Instagram and TikTok may also pose as a threat to children's well-being.

A study conducted in 2019 found that youths, aged 12 to 15, who spent more than 3 hours on social media each day faced double the risk of experiencing poor mental health. This includes symptoms of depression and anxiety. According to Erikson (1959), during adolescence, when identity formation is crucial, social pressure and comparisons on social media may have a negative impact on identity development. This could lead to a diminished sense of self and self-esteem, potentially contributing to poor mental health.

Nonetheless, we should have an open attitude towards digital technologies. With proper guidance, digital technologies can be useful and beneficial tools for our children's well-being.



How then can we guide our children in maintaining digital wellness?



1 Set limits to screen-time

Engage in discussions with your child about the importance of limiting screen time, setting boundaries, and understanding the benefits of doing so. Additionally, consider encouraging screen breaks and advise them to partake in offline activities instead.



2 Create technology-free zones

Designate spaces where technology is not allowed, such as the dinner table during mealtimes. Encourage all family members to put away their phones and engage in wholehearted conversations.



3 Encourage a digital detox

Explain the concept of taking screen breaks for a prolonged period of time. This can range from a full day to even a full month. In its stead, encourage your child to engage in offline activities and hobbies with family members or friends. Playing sports and reading are both excellent choices.



4 Have ongoing conversations about digital wellness

Have open conversations with your child about their use of the internet and encourage them to share about their online experiences.



Parents and caregivers play an important role in promoting digital wellness within the family. By guiding our children to be mindful of both the benefits and risks of digital media, they can maintain a healthy relationship with technology.

THREADS OF HOPE, FABRIC OF HEALING: EPWORTH FUNDRAISING GALA DINNER 2024

By Deborah Long, Management Executive



The Epworth Annual Fundraising Gala Dinner held on April 26, 2024, was an unforgettable evening devoted to raising funds for our work in the community. This year's dinner theme was 'Threads of Hope, Fabric of Healing'. The theme symbolises how Epworth's programmes and services are like threads, woven together into a fabric of healing for our beneficiaries.



Thank you Skin Inc Singapore for sponsoring the door gifts!

Behind the scenes, the dedicated Fundraising and Community Relations Committee and the Community Relations team worked hard to create a meaningful event for guests.

The evening's programme shone a spotlight on our vital work in supporting children struggling with early childhood trauma. These Adverse Childhood Events may include emotional, physical, and sexual abuse, physical and emotional neglect; home with violence; having family member(s) with alcohol and substance misuse, mental illness or incarceration, and parental separation or divorce.



Call to partner: Centre for Positive Recovery

One of the highlights of the evening was a song item performed by children from our Student Care Centres and Literacy Centres. Additionally, an exciting auction segment, featuring an array of items generously sponsored by our donors took place. One of the highlights of the evening was the captivating e-book narration of "I Really Really Don't Feel Well!," authored by Emily Lim-Leh and illustrated by Josef Lee, in collaboration with Epworth.



"I Really, Really Don't Feel Well!"
e-book narration



Captivating song item by the children from our
Student Care Centres and Literacy Centres

The Gala Dinner served not only as a fundraiser but also as a celebration of our collective commitment to Epworth's cause. We are grateful to all who contributed to making this event a resounding success. Your unwavering support enables us to continue making a positive impact in the lives of those we serve.

Thank you for your unwavering support!



OUR PRESIDENT'S VISIT TO EPWORTH'S LITERACY CENTRE (JURONG WEST) & CENTRE FOR POSITIVE RECOVERY

By Dawn Lee, Senior Community Relations Executive, Community Relations

On 20 February 2024, Epworth hosted President Tharman Shanmugaratnam and Ms Jane Ittogi at our Literacy Centre (Jurong West) and Centre for Positive Recovery. Our honoured guests' presence sparked joy and excitement for Epworth's clients and staff.



Epworth's Board Chairman Dr Benjamin Tan and Board Member Ms Emily Lim-Leh were on hand to receive our Mr President and Ms Ittogi. Epworth's Executive Director Tan Khye Suan gave a presentation on Epworth's programmes and good work in the community.

Epworth's staff then introduced Mr President and Ms Ittogi to our Literacy Centre's programmes and facilities. Our VIPs also had an opportunity to chat with a few of the children during their literacy intervention classes and saw a few special tools used in Epworth's Literacy blended learning approach, such as the SMART panel for expressive writing. This was followed by a short tour of our new Sensory Room where Mr President and Ms Ittogi saw the learning environment in which children with learning needs are assisted through special sensory devices and tools.



Mr President and Ms Ittogi also had the opportunity to learn more about Epworth's Centre for Positive Recovery (CPR), which works with children and youths to help them heal from their adverse childhood experiences (ACEs) and early childhood trauma.

The President's visit ended with a group photo with Epworth's staff and board members, before Mr President and Ms Ittogi bid farewell to all the staff present and curious bystanders in the neighbourhood who waved delightedly to our esteemed guests.

We truly appreciate Mr President and Ms Ittogi's support through their visit, as Epworth Community Services continues to help the less privileged children and families in Singapore.



SCHOOL'S OUT: MAKING THE MOST OUT OF THE MARCH HOLIDAYS!

By Nicolette Lien, Community Relations Executive, Community Relations

During the short one-week break, students at our Literacy Centres were kept occupied with a flurry of activities! Our dedicated volunteers planned and executed a variety of programmes that catered to students and their families. They participated in games and activities that encouraged family bonding, and even tried their hand at terrarium making.

We Minh Fun Carnival by HerePhoGood

Epworth Literacy (Bukit Batok) collaborated with HerePhoGood, an overseas Youth Expedition Group by Youth Corps Singapore, to provide a platform for our students and their families to bond through a variety of activities. This included expressive painting and family-friendly carnival games. It was an incredible opportunity for families to have a fruitful and fulfilling time together. A huge Thank You to HerePhoGood for their dedication in the planning and execution of this programme!

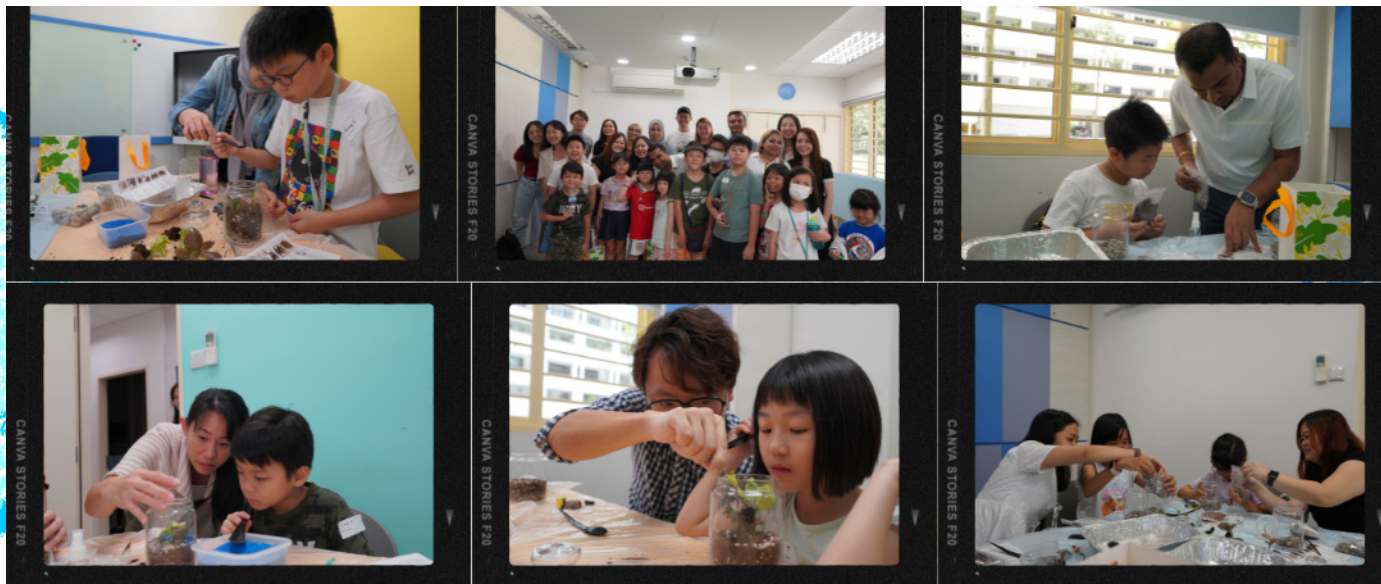




Terrarium Workshop with Teekay Marine



Our students at Epworth Literacy (Jurong West) had a terr-ific time at a Terrarium-Making workshop organised by Teekay Marine! Together with the volunteers, they completed their one-of-a-kind terrariums to bring home as a souvenir. Thank You to Teekay Marine for providing students with such a creative and wholesome experience!



FUN AND POCKET-FRIENDLY ACTIVITIES FOR THE FAMILY DURING THE JUNE HOLIDAYS!

By Felicia Lim, Senior Community Relations Executive, Community Relations

The June holidays are a splendid time for families to bond and create cherished memories together. If you are seeking a delightful adventure that will not break the bank, here are some activities for you and your family.

1

EXPLORE THE MANGROVES OF SUNGEI BULOH

If your young ones love animals, this wildlife exploration at Sungei Buloh will be a real treat! You and your family will see mangroves, crabs climbing trees, monitor lizards, a forest growing in the sea, and even land-based fish.



2

SENTOSA SENSORYSCAPE

Embark on a sensory odyssey at Sentosa Sensoryscape, Singapore's newest family-friendly attraction. Spanning a sprawling 30,000m², this multi-sensory marvel promises an immersive experience blending augmented reality, nature, and music. Traverse through six enchanting zones - from the tranquil Symphony Stream to the whimsical Glow Garden - designed to captivate visitors of all ages. Best of all, entry is free, with user-friendly accessibility for parents with prams and elderly guests.



3

PARENT & CHILD POTTERY

Create unique pottery with your children at home with a few packs of air-dry clay available in a stationary or an art goods store. You can create your own masterpieces at home through some YouTube videos online, pick up basic techniques, and start sculpting! After, leave your artwork out to dry for at least 24 hours and you will have your very own pot.



4

PAINT YOUR OWN PLANT POT

Unleash your creativity at home with plant pot painting. Seek out affordable plain pots and child-friendly, non-toxic paints on popular e-commerce platforms. Foster a sense of pride and belonging for your young ones by displaying the family's new handiwork around the house.





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.

*All donations are eligible for 2.5x of tax exemptions.
If you require a tax exemption receipt, please email your full name, NRIC, and payment record to admin@epworth.sg.*



giving.sg



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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 volunteering enquiries, visit www.epworth.sg
or contact us at community.relations@epworth.sg.*