

epworth moments

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What Do Your Attachment Styles Reveal // Pg 03

Turning Workplace Tension into
an Opportunity for Growth // Pg 06

Corporate Volunteers: Turning Ripples
Into Waves Of Impact // Pg 10

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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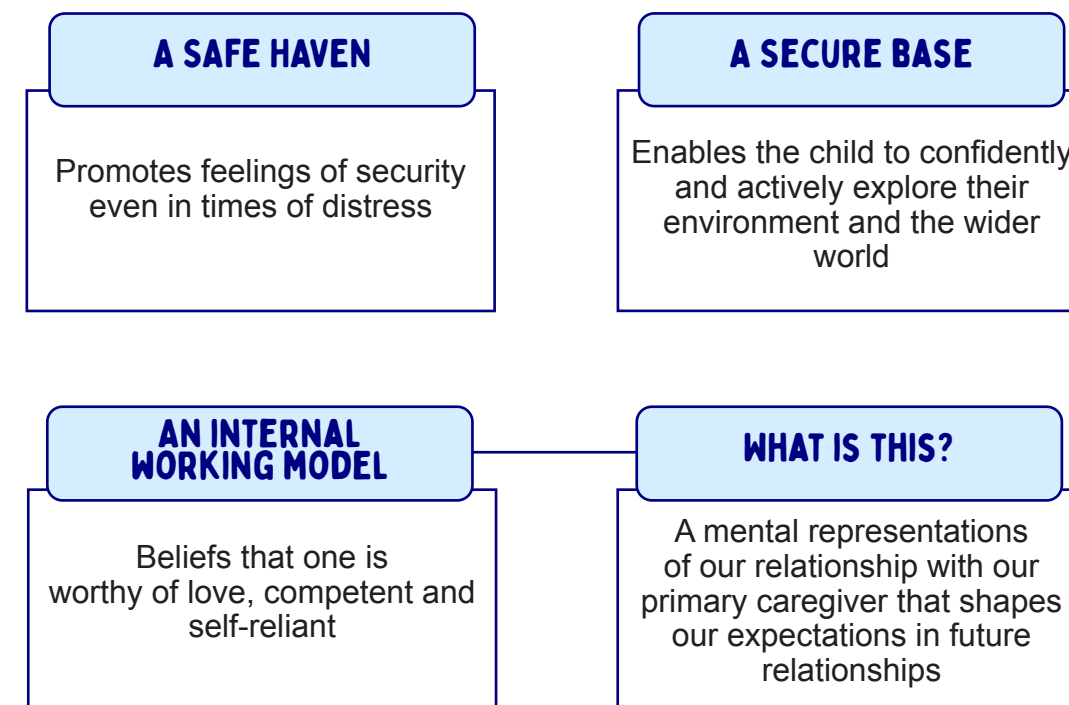
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WHAT DO YOUR ATTACHMENT STYLES REVEAL?

By Denise Boey, Social Worker, Centre for Positive Recovery

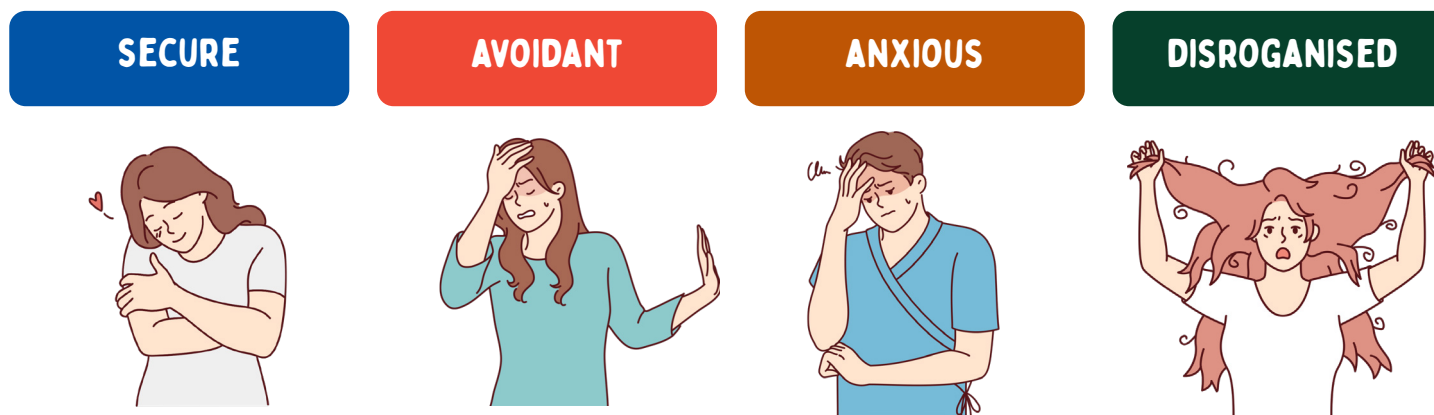
Attachment refers to the emotional bond formed between infants and their caregivers that creates a sense of safety for the child. For a child, healthy attachment relationships provide:



According to attachment theory, the bond between a child and caregiver establishes "attachment models" or "attachment styles" that shape how individuals engage in relationships throughout life. While attachment begins in infancy, adult attachment theory proposes that people transfer their early expectations of caregivers into other close relationships.

What are the different attachment styles?

According to a psychological study, the 4 categories of attachment styles are:



How do they affect the way we build relationships?

SECURE		
Early Experience Parents acknowledged the child's needs for comfort, protection, and independent exploration of the environment.	Impact on Relationships Individuals have been found to have healthier and more satisfying relationships.	Impact on Self Individuals tend to regulate their emotions better, have higher self-esteem and cope with stress in healthier ways.
AVOIDANT		
Early Experience Parents might have been unavailable or the child experienced rejection.	Impact on Relationships Individuals may appear physically and emotionally distant, avoid intimacy in relationships, and may have difficulty developing trust.	Impact on Self Individuals might feel a strong sense of independence and appear uncomfortable expressing their feelings
ANXIOUS		
Early Experience Parents might have been inconsistent or intrusive, resulting in the child becoming anxious, not knowing what to expect.	Impact on Relationships Individuals may be highly sensitive to criticism and require the approval of others. They may have an intense fear of rejection, and demonstrate emotional clinging or jealousy frequently.	Impact on Self Individuals may feel unworthy of love and have lower self-esteem.
DISORGANISED		
Early Experience Parents might have ignored the child's need for emotional closeness. Parent's response were erratic and unpredictable.	Impact on Relationships Individuals have an intense fear of rejection and have difficulty trusting others. They might demonstrate contradictory hot-and-cold behaviours in relationships.	Impact on Self Individuals may feel unworthy of love and have lower self-esteem. They may also have difficulty regulating their emotions and experience high levels of anxiety.

Attachment and Trauma

Relationships can offer feelings of safety and security, but they also have the potential to be a source of significant trauma, especially during critical stages of a child's development.

Attachment trauma refers to a disruption in the emotional bond between a caregiver and a child. This can involve physical, sexual, emotional, or psychological abuse, as well as physical and emotional neglect within the relationship. Such trauma can adversely affects the development of the child's brain, leading to detrimental consequences for their emotional, cognitive, and social development.



Shifting from "insecure" to "secure" attachment



While attachment styles are largely influenced by early experiences with caregivers, they can evolve in response to later relationships and experiences. This means that attachment styles can shift from "insecure" to "secure" through a process known as "earning security".

How can we develop 'Earned Security'?

BUILD SELF AWARENESS

Understanding our own attachment style is necessary to make sense of the challenges that come up in our relationships with others. This also serves as a first step in making intentional changes in the way we view ourselves and others.



STRENGTHEN EMOTIONAL REGULATION

Learning and using coping strategies, such as problem-solving skills, relaxation techniques, and cognitive reframing, enables us to engage in relationships in a more regulated and healthy way.



FOSTER OPEN COMMUNICATION & HEALTHY BOUNDARIES

Honest and open communication of needs, expectations, boundaries and concerns not only foster better understanding between both parties, but also build emotional safety in relationships.



SEEK PROFESSIONAL HELP

Therapists and counsellors can help support attachment trauma and model secure attachment, offering safe opportunities to address deep-seated beliefs about ourselves and others.



TURNING WORKPLACE TENSION INTO AN OPPORTUNITY FOR GROWTH

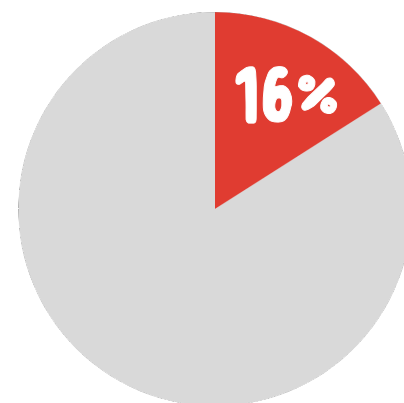
By Kelly Ong, Senior HR Executive

Singapore is often perceived to be a stressful place to live in due to its high cost of living and fast-paced lifestyle. A recent study by a global health firm revealed that 9 out of 10 Singaporeans experienced stress in 2023, with 16% indicating that their stress felt unmanageable*.



**9 IN 10
SINGAPOREANS
EXPERIENCED STRESS**

**16% SAID
STRESS WAS
UNMANAGEABLE**



What is stress? For most people, stress is associated to mental distress, particularly when dealing with challenging situations. Workplace stress is one of the most prevalent forms, often stemming from pressures like meeting tight deadlines set by your boss or dealing with conflicts among colleagues.

Managing stress is crucial to maintaining our well-being and productivity. So, how can we better manage stress?

*Source: S'poreans more stressed than global average; 16% say their stress is 'not manageable': Study - TODAY (todayonline.com)

HERE'S HOW WE CAN MANAGE OUR



TAKE A SHORT BREAK

Step away from work periodically to refresh the mind and reduce stress.

CREATE A TO-DO LIST

Break the task into small, manageable steps. This helps to organise, prioritise and avoid being overwhelmed.

TALK IT OUT

Talk about challenges with someone trusted to gain perspective. If stress becomes overwhelming, consider seeking help from a counselor or therapist.

ADOPT A HEALTHY LIFESTYLE

Maintain a healthy lifestyle by exercising regularly, eating a balanced diet, and getting adequate sleep to reduce stress and boost overall well-being.

CULTIVATE GRATITUDE

Be kind to oneself and avoid negative self-talk when things don't go as planned. Practicing gratitude by acknowledging the positive aspects of life can help shift one's mindset.

LIFE AS A RESIDENTIAL CARE WORKER: A CANDID REFLECTION

By Clarence Tan, Residential Care Worker, HomeSweetHome



**THIS IS
CLARENCE TAN.**
He helps to build
resilient lives.

I believe that everyone is born with unique gifts, and by meeting their essential needs, we can help them realise their full potential. This belief made my decision to work as a Residential Care Worker at Epworth Community Services a deeply meaningful one.

Epworth HomeSweetHome provides care for children who have experienced significant trauma, offering intensive support through Trauma System Therapy (TST) intervention.

The role allows me to be a steady presence in these children's lives, offering them support and a sense of security.

Each day brings a unique set of challenges and opportunities to contribute to the well-being and development of these children. It is more than just providing a safe place to stay; it is about offering compassion, guidance, and encouragement as they navigate their path toward positive change.

I feel blessed to witness the resilience and potential that each of these children possess.

I'm honoured to have journeyed with them.

Why is it important to build resilient lives?

At Epworth, we believe that every child and every family, no matter their background, deserves a chance to thrive. We know life can be tough, especially for at-risk children, youths, and their families. That is why we are committed to walking alongside them, providing the tools, support, and care they need to build resilience and overcome adversity.

How can you join our mission to build resilience?

Resilience Champ is an invitation to join us in championing resilient living for the less advantaged, helping them rise above their circumstances and unlock their full potential.

More than 3,522 persons have been supported through our services and 20,004 hours of intervention services have been provided in the past year.

Together, we can uplift lives and create a community where everyone has the opportunity to thrive.

Champion resilience with us today!



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and Choose Pledge**

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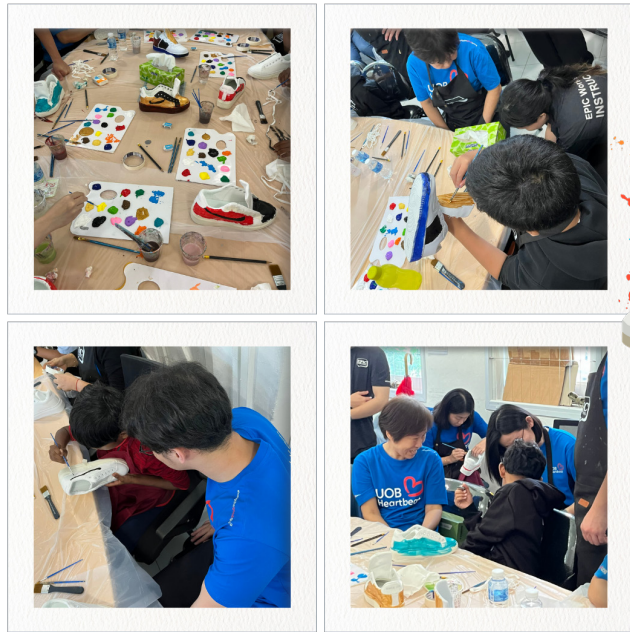
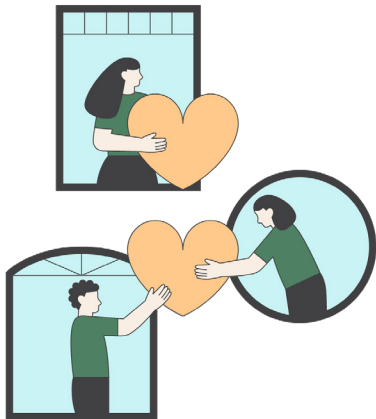
CORPORATE VOLUNTEERS: TURNING RIPPLES INTO WAVES OF IMPACT

By Abigail Chua, Community Relations Executive

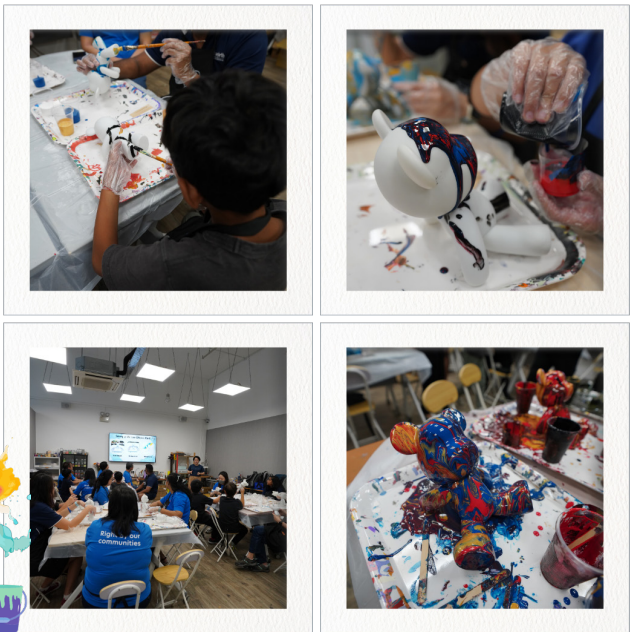
With the growing emphasis on Corporate Social Responsibility, partnerships with like-minded corporations enable Epworth to deepen the impact of our work with beneficiaries. We are grateful to UOB, NUS Office of Risk Management and Compliance (ORMC), and Michelin for their contributions this quarter.

UOB: Inspiring creativity through art workshops

UOB's recent initiative highlighted the power of creativity as a means of empowerment. The team hosted a sneakers art jamming and an acrylic pouring workshop. This unique experience allowed the HomesweetHome boys to explore their artistic talents, offering them a creative outlet to express themselves. The sneakers art jamming encouraged individualism, while the acrylic pour bear workshop provided a visually stimulating experience.



SNEAKERS ART JAMMING

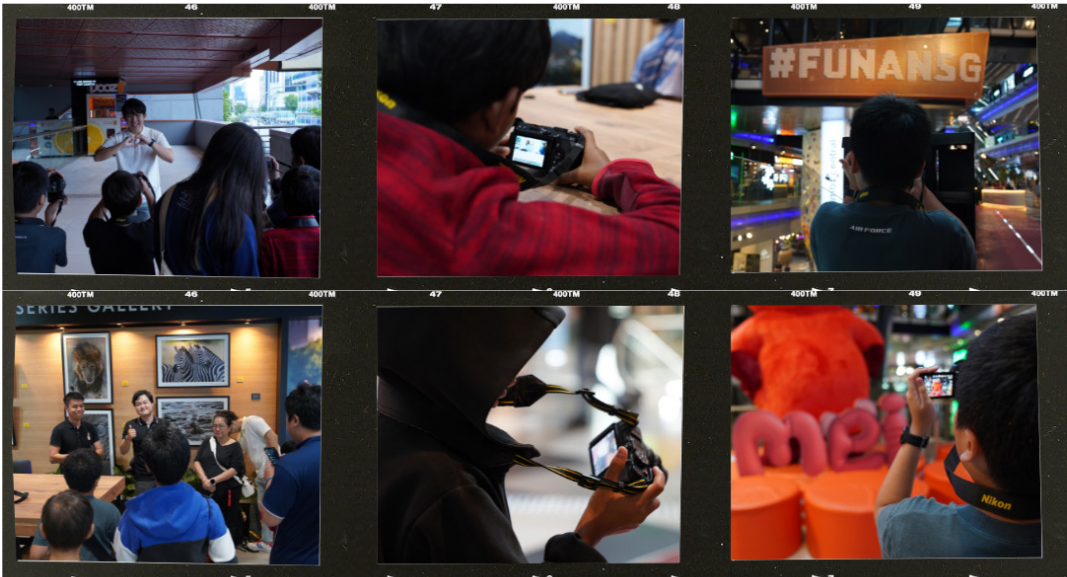


ACRYLIC POUR BEAR WORKSHOP



NUS ORMC: Capturing moments through photography

NUS(ORMC) provided our HomeSweetHome boys with a different experience by immersing them in the art of photography. By providing them with an opportunity to learn at the Nikon Experience Centre, NUS ORMC opened up a new world of possibilities for these young individuals. The hands-on experience allowed them to explore photography as a form of self-expression and storytelling.



Michelin: A fun-filled educational adventure

Michelin brought an exhilarating mix of fun and education to our Foster Care and HomeSweetHome children through a visit to the Mint Toy Museum. The trip offered a fascinating glimpse into the history of toys, igniting the children's curiosity and imagination. The highlight of the visit was the Amazing Race activity where the children had an opportunity to solve challenges throughout the museum..



A huge **THANK YOU** to our Corporate Partners for providing our beneficiaries with enriching experiences!

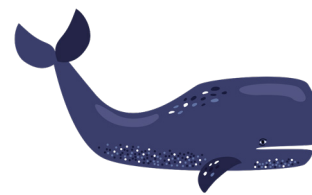
JUNE ADVENTURES AT EPWORTH STUDENT CARE!

By Esther Peter, Programme Coordinator, Student Care Centre @ ACS Junior & Stanley Quek, Assistant Manager @ ACS Primary

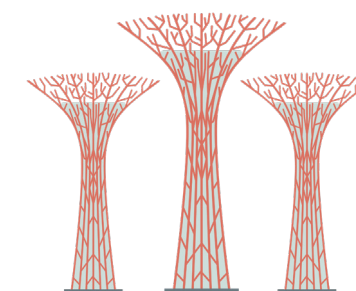
School holidays provide students with a chance to relax, recharge, and prepare for the next term. It is also the perfect opportunity to explore new experiences beyond the classroom. At Epworth Student Care Centre (SCC), students from ACS Junior (ACSJ) and ACS Primary (ACSP) enjoyed a range of fun and engaging activities that made their June holidays enriching, memorable, and full of adventure.

Learning beyond the classroom

At ACSJ, the students took a trip to Qian Hu Fish Farm and the Lee Kong Chian Natural History Museum (LKCNHM). At the fish farm, the children had the opportunity to fish in the ponds, eagerly catching guppies. By the end of the day, they happily brought the guppies they caught back home, making the experience all the more memorable. At LKCNHM, the students had the privilege of experiencing the amazing stories of nature in South East Asia. They explored the evolution of various animals in their natural habitats and were captivated at the impressive skeletons of dinosaurs and the iconic sperm whale displays.



At ACSP, the children went to the iconic Gardens by the Bay, where they explored both The Cloud Forest Dome and The Flower Dome. The stunning conservatories provided a rare opportunity for the students to immerse themselves in a lush, cool environment, offering a welcome escape from Singapore's tropical heat. They marvelled at the diverse plant life and breathtaking displays, gaining a deeper appreciation for nature's wonders.



The fun did not stop there. To ensure the students had a chance to enjoy some active play, they were treated to a visit to Splash @ Kidz Amaze. The water playground provided endless thrills as the students slid and splashed around. It was a perfect way to beat the heat and make lasting memories with friends.



Volunteer-led enrichment programmes

Aligned with the June Holiday Theme of "Taking Care of the Environment," the volunteer group SPACE conducted lessons focused on "Water Conservation/Pollution" and "We Only Have One Earth." The "Water Conservation/Pollution" lessons educated students on the importance of preserving water and the impact of pollution. Meanwhile, "We Only Have One Earth" emphasised the global responsibility to protect our planet, encouraging sustainable practices.

These sessions aimed to inspire students to actively contribute to environmental stewardship in their daily lives.



Besides learning about the environment, the students at both student care centres were introduced to the world of digital art through the programme ArtKidTech, conducted by Shine.

This programme introduced the boys to the fascinating world of digital arts, photography, and video editing. They picked up new skills, explored their creativity and gained new knowledge that could inspire future hobbies. This experience enabled the boys to express themselves in new and innovative ways.



Creative conservation

With the environment as a central focus of the holiday programme, the coordinators at ACSJ led an initiative to integrate environmental consciousness into creative activities. They collected recyclable materials such as used jars and plastic cutlery, which are typically discarded as waste. These items were then repurposed into art supplies for the students to paint on. The students also crafted imaginative pieces, including coral reefs and flower pots, using these materials.

For their Character Development lessons, the children were taught the values of "Respect, Being Responsible, and Reviving Nature." These lessons emphasised the importance of respecting the environment, taking responsibility for one's actions, and actively participating in efforts to restore and protect nature. The children were encouraged to apply these principles in their art, using their projects as a platform to express ideas on how to preserve the Earth.



Inspired by the sessions on preserving the earth, the Upper Primary boys, led by Benjamin Yan Yuwen (P5), gathered used utensils and cutlery after lunch for three weeks and returned them the recycling bins. It was a real achievement by the students at Epworth SCC at ACSJ!





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.*



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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.*