We have hit our halfway mark of 2024! At Hope Centre, we are committed to fostering a compassionate and supportive community. In this edition, we are excited to share updates on our recent projects such as bringing our beneficiaries to a complimentary haircut and celebrating Bread with Love's 10th year anniversary, a significant milestone of Hope Centre's! One senior beneficiary in particular also takes time to volunteer with us during the drop-in programs. Watch a video feature of her below! 😊

01 | # YOUTHS PROGRAMME

GARDENS BY THE BAY WITH TC

During the June holidays, our youths had a wonderful experience at Gardens by the Bay along with our staff and volunteers. This outing was specially organised by our longtime volunteer, TC.

We took some time roaming around the Flower Dome and Cloud Forest, taking photos and bonding with one another. It was a joyous time for all, especially when they saw the 35 metre waterfall.

We are appreciative to the volunteers who came along to support us during this outing and for TC's efforts to make this outing a success.

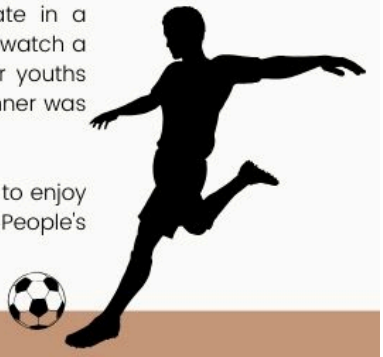
FOOTBALL CLINIC

GOAL!

"It was an enjoyable match!
- Herizal (youth beneficiary)

A special soccer session was organised by People's Association and Hope Centre (Singapore)'s youths were invited to take part in this session. They had the opportunity to participate in a soccer training held by an ex-national team player, and watch a soccer match held at Jalan Besar Stadium. Nine of our youths took part and got to bring home a free soccer jersey. Dinner was also provided for the participants.

We are thankful for this experience where our youths get to enjoy and learn a sport the enjoy. We are grateful to People's Association for this special opportunity.



VIDEO EDITING BY HP

Our youths had the opportunity to learn video editing skills through a workshop conducted by HP.

The workshop began with a brief introduction on video editing and how to get started on a storyboard. The youths were then taught some basic editing skills and were given some time to play around with the features before putting what they learned to practice.

For the last hour, a competition was held for the youths to come up with a video that shows their neighborhood. Prizes were given out for the top three videos, and everyone who participated was gifted with wireless headphones.

We are grateful to the HP staff and all volunteers who came down during the session. It was a valuable and fun time for our beneficiaries.

SOUL HEARTFUL

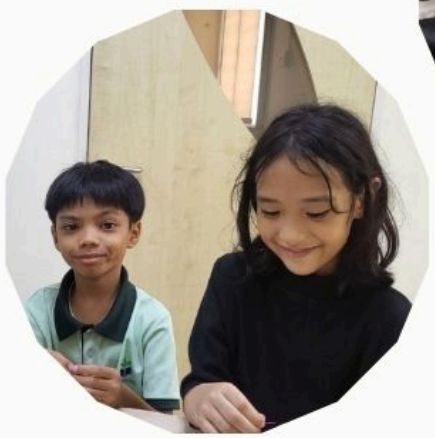
SOUL HEARTFUL

We had the opportunity to partner with Soul Heartful for two special activities - Friendship bracelet making and Mosaic art.

Two staff from Soul Heartful came down to our centre to conduct the activities with our young beneficiaries and even provided extra materials for some of the youths to bring home or create more. They had an enjoyable time during the sessions, coming up with their own designs and bonding with one another. The staff also taught them how such activities can help them to calm down or express their emotions in a healthy manner.

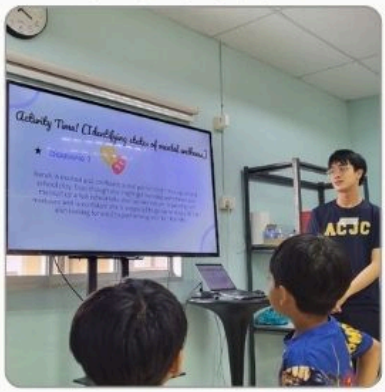
One of the youths also expressed that she wasn't feeling the best through her mosaic art design. But after doing more, her designs became brighter, and she started to feel better.

We are thankful for the staff from Soul Heartful for taking the time to come down to engage and teach our beneficiaries ways they can express and manage their emotions.



ACJC MENTAL WELLNESS

We could cheer ourselves with a pat on the back!



A group of students from Anglo Chinese Junior College (ACJC) came down to conduct two sessions on mental wellness for our young beneficiaries in June.

During the first session, the students presented how our mental state can be affected by our circumstances and how we can care for ourselves to improve our mental wellness. There was also a small group discussion where the students led our beneficiaries to think of what they can do to feel better when they are emotionally down.

The second session included craft activities such as DIY terrarium and DIY lava lamp. The students introduced these activities as ways our beneficiaries can reduce stress or manage their emotions when they feel overwhelmed.

We are very pleased to have these ACJC students coming down to engage and teach our youths the importance of mental wellness.

02 | SENIORS PROGRAMME

On 26 April 2024, GovTech (Singapore) team came to our centre with their interns to conduct a program that seeks to raise awareness about scams and to empower our seniors to remain scam-free. We saw a total of 30 registered seniors and 1 walk-in senior joining us for the program!

The program consists of a skit that was conducted by their intern volunteers, as well as an informative sharing and small group segments with activities to facilitate discussions 😊

One of our seniors shared that she felt fearful whenever she hears about scams but she thought that GovTech team was very informative and found the program helpful. We are thankful to GovTech (Singapore) for a well-planned session!

PARTNERSHIP WITH GOVTECH (SINGAPORE) - SCAMS PREVENTION PROGRAM

PARENTS' DAY 2024

In light of Mothers' Day on 12th May, our centre gifted $5 Toast Box voucher and a crochet flower to each senior beneficiary during the drop-in program on 8 May 2024 to wish them Happy Parents Day (双亲节) ❤️

The Parents Day gift was also distributed to each of our home visit beneficiaries, with hopes to bring some warmth and cheer to their hearts.

Such giftings will not be possible without the generous heart and support from our volunteers and sponsors poured through various ways of contributions and we are thankful 🙂

DRAGONBOAT FESTIVAL PROGRAM

On 7 June 2024, together with the support of our volunteers, we held a Dragonboat Festival special drop-in program at our centre. We saw a total of 25 seniors joining us that day 😊

The program kickstarted with our senior beneficiaries' favourite game – BINGO, followed by a time of making personal scented sachets from a variety of rose petals, lavender buds, thyme and orange peels! There was also Dragonboat Festival related craft for our senior beneficiaries to do in our centre or to bring home.

We are thankful that our seniors had an enjoyable time together, and for our volunteers who availed their time and energy to support our program!

VOLUNTEER-LED SEGMENT

On 17 April 2024, two of our seniors program volunteers – Chor Nyat and Patrick, gave a sharing of self-introduction about themselves and why they started volunteering, to our senior beneficiaries.

Chor Nyat, a Silver Generation Ambassador, also shared about the things he is thankful for and the moments he has experienced in Hope Centre. He then welcomed our beneficiaries to reflect on the following questions together and invited some of them to share:
·Why do you join Hope Centre activities?
·What activity do you like and what are you thankful for?
·What memories have you experienced?

He encouraged our beneficiaries to continue participating in the centre's activities as it is safe environment for them to learn and grow in, and to care for one another as it could help build good relationships. He also generously bought some healthy food options for our seniors to choose, to thank them for their time availed to join us and to appreciate their presence 😊

That day's sharing was the first of Chor Nyat's 3-parts sharing, with his 2nd and 3rd sharing being on topics such as active ageing, active care planning and long-term care support. We are thankful to Chor Nyat for his efforts to prepare and conduct the 3 sharing sessions with our senior beneficiaries in mind, and to Partick for his support to share at the 1st session.

03

INTERGENERATIONAL PROGRAMME

PARFAIT MAKING

Doris, our volunteer hosting for Intergen

In April, we held our second intergenerational program of 2024!
Youths and seniors came together to create their very own parfaits. Each team was given ingredients to make the most appealing parfait for a chance to win prizes.

Our long-time volunteer, Doris also stepped up to host the event that day! One young participant particularly enjoyed the workshop, finding it both meaningful and heartfelt. She appreciated the opportunity to interact with the elders, engaging in conversations and learning more about them.

Overall, the event fostered relationship building between the youths and seniors. We are appreciative of all the volunteers' help for making our second event such a success and we look forward to our next intergenerational program!

04 | COMMUNITY OUTREACH

BREAD WITH LOVE'S 10TH ANNIVERSARY

In April, we celebrated the 10th anniversary of Bread with Love!

From 6 members with 60 loaves of bread at 1 location, we have expanded to existing 100 volunteers with 900 loaves of bread at 5 different locations. Beyond blessing the residents with a loaf of bread, we have also supported them with initiatives such as Repair With Love and Kopi Corner, where we do simple repair works or simply catch-up with them over a cup of coffee.

Thank you, past and present volunteers who have persevered with us to make this a success!

HAIRCUT WITH LOVE

Thank you to all our Bread with Love volunteers at our various BWL locations!

Not only have they been distributing bread and interacting with the residents, but they have also found different ways to engage with them and bring blessings!

This time, our volunteers at Beo Crescent organized a Haircut with Love session for the residents and partnered with local hair salons. Thirteen BWL beneficiaries enjoyed complimentary haircuts!

We hope these efforts have made the residents feel supported and cared for. Thank you again to our BWL volunteers for organizing this initiative!

Haircut with Love is an initiative planned and conducted by volunteers at Beo Crescent!

05

FEATURE

SENIOR BENEFICIARY TURNED VOLUNTEER

In this newsletter, we are grateful to have Mdm Huang share her journey on being a volunteer while being a senior beneficiary herself!

Below were some questions we asked her. Watch the video to hear her story!

1. Could you share when you first joined Hope Centre and your experience within this community
2. What inspired you to volunteer at Hope Centre, despite being a beneficiary yourself?
3. How would you encourage individuals of all ages to consider volunteering?

"Aww, 谢谢！"
"Aww, thank you!"

05 UPCOMING EVENTS

Hope Community Weekend, 3 & 4 August'24

Hope Community Weekend is a mega initiative in partnership with Hope Church Singapore to bless the community with impactful activities.
We are bringing back Project Sparkle where we will offer essential cleaning services to those in need.
Project HOME, a new project allows us to celebrate National Day by creating memories and fostering strong neighbourly bonds!

For more information, DM us on Instagram!

06 PARTNER

How your company can get involved in supporting our cause:

- Organise fundraising events
- Organise workshops/excursions with our beneficiaries
- Funding for programmes/events

Have any questions about partnering with us? Drop us an email at office@hopecentre.org.sg

07 VOLUNTEER

Youths Drop In
Tuesdays - Fridays, 2.30pm to 5.30pm
Engage the youths in homework and play
Mentor them in the right values, behaviours and social norms

Seniors Drop In
Wednesdays and Fridays, 2.30pm to 5.30pm
Befriend the seniors and facilitate the drop-in sessions

Bread with Love
Various locations on Fridays or Saturdays
Monthly home visits to distribute bread to residents in rental blocks
Befriend residents

Click here to donate!

希望中心
HOPE Centre Singapore

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