



MARYMOUNT CENTRE

ANNUAL REPORT 2018

CORPORATE INFORMATION AND DETAILS

Cover Design by Sng Hee, 10, from Good Shepherd Student Care (GSSC)

I would like to share my experience as a young girl living in Singapore, which is peaceful and safe. I hope that future generations of girls would enjoy the same – universal love (tree of hearts), hope (rainbow), peace (dove). The 4 girls of different colours and costumes depicts a multi-racial and multi-religious society, each girl holding on to a value: - heart – sisterly love, star – hope, flag – Singapore, my country, earth – respect and preserve Mother Earth.



Marymount Centre was registered under the Charities Act on 09 May 1984. On 20 January 2014, Marymount Centre was registered as a Company Limited by Guarantee and obtained Charity and Institute of Public Character (IPC) status on 01 October 2015. By a special resolution Marymount Centre Limited changed its name to Marymount Centre on 30 November 2015. Marymount Centre manages the social services under Ahuva Good Shepherd - Children's Home, Ahuva Good Shepherd - Interim Placement and Assessment Centre, Ahuva Good Shepherd - Small Group Care, Good Shepherd Centre, and Good Shepherd Student Care.

Unique Entity Number (UEN): 201402049Z
Registered Address: 10 Collyer Quay #10-01
Ocean Financial Centre,
Singapore 049315
Mailing Address: Good Shepherd Place
9 Lorong 8 Toa Payoh,
Singapore 319253
Banker: Development Bank of Singapore
Auditors: Singapore Assurance PAC
Website: www.marymountctr.org.sg

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ABOUT US

OUR OBJECTIVE

Marymount Centre is set up to reach out to vulnerable women and children in Singapore. Under Marymount Centre there are three 24-hour residential homes for children, namely Ahuva Good Shepherd - Children's Home, Ahuva Good Shepherd - Interim Placement and Assessment Centre, Ahuva Good Shepherd - Small Group Care; Good Shepherd Centre, which is a 24-hour crisis shelter for abused women and their children, and a school-based student care centre, Good Shepherd Student Care.

We are committed in our mission to reach out with compassion and respect to women and children who are experiencing injustices or problems that are too heavy to face alone. We will journey with them in the healing of their personhood and empower them to rebuild their lives, so that they can restore their sense of dignity and worth.

OUR VISION AND MISSION

Marymount Centre's vision can be expressed as: *"Touching Lives, Building Hope"*.

The mission of Marymount Centre is to:

- empower lives
- restore rights; and
- uphold dignity.

OUR CORE VALUES

Compassion, Integrity, Empowerment, Professionalism, Teamwork, Respect and Zeal

POLICIESFunding Sources

Our social services receive funding from the Ministry of Social and Family Development (MSF), Good Shepherd Kindergartens and public donations. For their stay in our residential services, residents pay nominal fees, which are based on their family background and ability to pay.

Our reserve funds are to ensure sustainability to fulfil its obligations and mission. The Board of Directors regularly reviews the financial status of Marymount Centre.

BOARD OF DIRECTORS (2018)

Name	Title	Appointment Date	Attendance at Board Meeting 2018
Ms Jane Marie Ng Yin Gek	Chairperson	11 May 2015	4/4
Mr Tang Edmund Koon Kay	Honorary Treasurer	20 Jan 2014	4/4
Jonafah Lawrence Lopez	Director	20 Jan 2014	3/4
Dr Oon Chong-Jin Gabriel (Resigned on 12 May 2018)	Director	20 Jan 2014	1/2
Ms Joycelyn Ong Yueh Ling	Director	30 Sep 2016	3/4
Mr Ho Teik Tiong	Director	30 Sep 2016	4/4
Ms Woo Mei Lin Jacqueline	Director	01 Jan 2018	4/4

CORPORATE GOVERNANCE DISCLOSURESBoard of directors

None of the directors receive any remuneration or benefits.

Total annual remuneration of top 3 paid staff receiving in excess of S\$100,000

Only one paid staff received a total annual remuneration in the band of S\$100,000 – S\$199,999. This person was not a member of the Board of Directors.

Related paid staff receiving remuneration in excess of S\$50,000

There were no related paid staff receiving remuneration in excess of S\$50,000.

Whistle-blowing policy

Marymount Centre has implemented a whistle-blowing policy. Any person can report in confidence to the Chairperson of the Board of Directors (or to the Chairperson of the Audit Committee) any misconduct or wrong-doing by any director, staff member, volunteer or other person connected to Marymount Centre. Each report will be dealt with in accordance with a well-defined protocol.

EXECUTIVE MANAGEMENT TEAM (2018)

Name	Appointment
Sr. Cecilia Liew	Executive Director
Sr. Agnes-Claire	Asst. Executive Director
Dionne Ng	Compliance Manager
Agnes Tan	Residential Manager
Betty Lim	Residential Manager
Margaret Koh	Residential Manager
Chung Lu Lu	Centre Manager
Jessica Koh	Principal Case Manager
Martha Teo	Community Partnership Manager
Irene Ho	Administrator



GOOD SHEPHERD STUDENT CARE

Started in 1982, Good Shepherd Student Care (GSSC) is the first student care centre in Singapore. It has continued in its mission of reaching out to children who need adult supervision after school. Although the socioeconomic profile of students has changed, there are still some students who are from single-parent and low-income families who generally require more assistance.

In January 2017 GSSC began operations as student care based in Marymount Convent School, in line with the Ministry of Education's shift towards school-based student care. The larger premises and having access to the school hall and other facilities has enhanced programme implementation for the children. Partnering the school teachers and counsellors fosters holistic support for the learning needs and development of the children.

In 2018, GSSC served 174 students; as at 31 December 2018, there were 134 students.



GOOD SHEPHERD CENTRE

Good Shepherd Centre (GSC) was set up in 1986 to provide a safe place for women and their children who were experiencing family violence, and other women who had difficulties after their release from prison.

Currently GSC provides a safe sanctuary for women who have been abused, to work through their trauma and crisis. Many of the women are survivors of chronic family violence, some of whom have no family support as they are foreigners. They often have young children, who are also abused or witnessed the violence inflicted on their mothers. Besides providing care and shelter for the women, we extend assistance to them in seeking pro-bono legal aid, and dealing with their housing issues and employment as well as the educational needs of their children.

GSC is the only NGO that is appointed by the government to provide victim care for women who have been trafficked into Singapore.

In 2018, GSC served 117 clients; as at 31 Dec 2018, there were 19 residents.



AHUVA GOOD SHEPHERD - CHILDREN'S HOME

Set up in 2006, Ahuva Good Shepherd - Children's Home (CH) provides a safe and nurturing residential environment for girls, aged 4 to 16. They had experienced challenges in their families, like financial difficulties, divorce, family violence, abuse and parents' incarceration.

In 2018, CH served 26 clients; as at 31 Dec 2018, there were 15 residents.

AHUVA GOOD SHEPHERD - INTERIM PLACEMENT AND ASSESSMENT CENTRE

Ahuva Good Shepherd - Interim Placement and Assessment Centre (IPAC) opened its doors to the first child in June 2015. Most of the children, ranging from 4 to 12 years old, experienced some form of abuse, often in their family homes. IPAC provides a safe place for the children while investigations and assessments take place, paving the way for their long-term care arrangements. A typical length of stay is 30 days.

In 2018, IPAC served 125 clients; as at 31 December 2018, there were 6 residents.

AHUVA GOOD SHEPHERD - SMALL GROUP CARE

Since June 2017, Ahuva Good Shepherd - Small Group Care (SGC) has been providing care and a safe place for girls aged between 7 and 12 years, assessed by the Ministry of Social and Family Development (MSF) to have moderate to high needs stemming from abuse. The usual length of stay is up to 18 months.

In 2018, SGC served 13 clients; as at 31 December 2018, there were 10 residents.

CHAIRPERSON'S MESSAGE

*"You have a sacred,
precious jewel confided to you ...
It's love that keeps us here."*

(Saint Mary Euphrasia)

This beautiful quote from our Mother Foundress was used in our Christmas e-greeting in 2018. At our year-end celebration and thanksgiving, the staff and I reflected that the women and children who are confided to us, entrusted to us, are all sacred and precious. Each one of them is more valuable than worldly possessions.

Sacred, precious and valuable they may be, but the journey to healing and wholeness is often marred by pain, anger and scars (physical or emotional or both) and the caregiver is sometimes a convenient scapegoat. And yet, the staff and volunteers stay the course. They continue to care, and at the same time, they have to comply with rules and best practices. Most admirable, in my view! In spite of the difficulties and challenges, staff and volunteers return to Marymount Centre day after day to serve.

Indeed, there is cause to celebrate.

We celebrate the truth that is lived out every day in Marymount Centre – "it is love that keeps us here".

To serve out of love and to serve with love is a daily choice made by staff and volunteers who are partners in the mission of Marymount Centre. Not always a simple or easy choice. Therefore, we celebrate the courage and sacrifice underlying the choices made each day.

We celebrate also the goodness and value of each of those under our care; the resilience and fortitude they show in their journey to regain self-esteem and dignity, their willingness to love and trust again, and finally moving on with grace and renewed hope.



Jane Marie with staff at year-end celebration and thanksgiving

We celebrate too those whose generous donations make Marymount Centre a better place for healing, a better place for growing, and "heaven on earth for those who have experienced hell at some point in their lives".

On a personal note, I celebrate the gift of life. Persons dear to me have passed on, some from cancer. I celebrate the love we had for each other; love that is still alive in my heart. I honour their memory by choosing to love just as they loved when they were alive. To live is to love and to celebrate that love.

I also celebrate the gift of the Chief Executive, Sr Cecilia Liew, who is a shining example of how to serve with love and zeal.

I thank all staff, volunteers, benefactors, donors, Good Shepherd Sisters and Partners, the Board of Directors of Marymount Centre and Committee members, for their contributions as well as The Ministry of Social and Family Development for their support throughout the year.

This Annual Report is a journey through 2018, capturing with joy and gratitude the moments and occasions that give us cause to celebrate. And if by any chance you feel inspired to volunteer or contribute something towards our mission to care for, understand and love those whose problems in life are too challenging to bear alone, we will be delighted to hear from you.

Jane Marie Ng
Chairperson
Marymount Centre

A LETTER TO SGC...

Dear every one in SGC (including the staffs)

It's been only about 3 months since I came to SGC, and was counted as a resident. To me time flew so quickly when I was with staffs and residents. It's still so hard for me to understand the fact that I'll be leaving today.

I really want to thank all of you for making this place seem at home, being kind and caring, and for teaching me a lesson, to be more confident.

Thank all of you for every thing. I will never forget this place and the wonderful people here.

Sincerely Lauren (Bob's)
(Frisk/Chara)
(snow-white)
(Cinderella's step sister)

Typo

BIRTH OF A BUTTERFLY

A mama butterfly lays all her eggs,
Out pops a caterpillar crawling on its legs.
The caterpillar first is rather thin,
But then it eats till it bursts through its skin.
After growing nice and big,
The caterpillar climbs on a leaf or twig.
It makes a shell where it hangs inside,
Then the shell cracks, and the parts divide.
Inside the shell, a change was going on,
The form of the caterpillar now is gone.
When the shell opens, what comes out?
A beautiful butterfly fluttering about.

Author: Unknown

Fly like a Butterfly

By Stephanie Subashni

As the author of the poem alludes, a butterfly is beautiful, magical even. It was chosen to represent the qualities of endurance, positive change, hope and life, found in the children of Ahuva Good Shepherd - Children's Home (CH). They arrive, much like little caterpillars. Devouring knowledge they grow and transform. In the safety of CH, their hearts slowly heal, turning into beautiful young ladies, ready to face the world like the butterflies fluttering about.

Ms Edel Horgan, a volunteer who noticed that the children had a passion to learn new skills, and full of zeal, was inspired to organise The Butterfly Fashion Show with the theme, "Fly Like A Butterfly". Over 12 weeks Ms Horgan transformed 9 awkward teenagers into confident models sashaying on the runway and raising some funds too. They picked up runway skills, such as striking poses, walking to the beat and tempo

of music, gracefully coordinating their arms and legs, and maintaining good body posture.

Volunteers from Chanel shared snippets of the life of renowned fashion designer, Coco Chanel, who picked up sewing skills when she lived in an orphanage in France. They gave the girls tips on skin care, and encouraged them to look beyond their problems and aspire to be the next Coco.

Former Nominated Member of Parliament and social causes champion, Ms Eunice Olsen ran a workshop for the residents to reflect on their lives and dream about their future. As Miss Singapore Universe 2000, Ms Olsen was well qualified to drill the girls on poise and runway techniques. To round off the session, she presented each girl with a signed copy of her book "I'm A Girl. See What I Can Be!" which she hopes will inspire them to have courage when faced with adversity, and be who they want to be.

Clothes for the models were sponsored by Style Tribute and Zilingo, whose representatives were at hand to advise on style and suitability for each participant. Excitement filled the air as the girls selected outfits ranging from the essential black dress to office outfits, and anything in between that fitted the guidelines. They looked like they were having fun. The best part was that each girl would get to keep one outfit.

Time for rehearsal. Ms Horgan flew in Mr Ed, her runway mentor from Ireland for the show. While the girls were keen to learn from the expert, they could barely hide their anxiety the night before the show. The butterflies in their tummies got them out of bed early on 01 Dec 2018. It was like their lives depended on The Butterfly Fashion Show hosted by Ms Olsen at Facebook office.

The stage dripped of glamour; white, beige and purple butterflies adorned the walls and backdrop. The nervous



A professional model at The Butterfly Fashion Show

but quietly confident girls draped in beautiful outfits lined up backstage. As music played, Mr Ed cued each girl to step out on the runway. The headpieces created by the owner of Hat Box to complement the girls' black dresses were simply amazing!

Staff, parents and volunteers who turned up to support the girls were as awestruck as me. Are these stunningly beautiful young ladies on the runway with the professional models really our residents? What a transformation! I had to do my bit on the runway too;

a little nerve-racking but with the girls cheering me on, I made it.

At the end of the evening, everyone was exhausted, however we learnt so much from this memorable experience. Indeed, the show was a celebration of natural beauty, of talents, of creativity, of unconditional love, of graciousness, of the goodness of humanity. Marymount Centre is grateful for the support given to us for The Butterfly Fashion Show, and the funds raised for programmes for the residents.



Ms Edel Horgan (left, in blue dress) and Ms Eunice Olsen (seated on stage) with the girls

- I am a _____
- I am passionate about _____
- I believe _____
- A note to myself _____



Butterfly-themed headpieces designed by Hat Box



Chanel representatives sharing the life and achievements of Coco Chanel



INTERNATIONAL DAY OF THE GIRL 2018

By Martha Teo

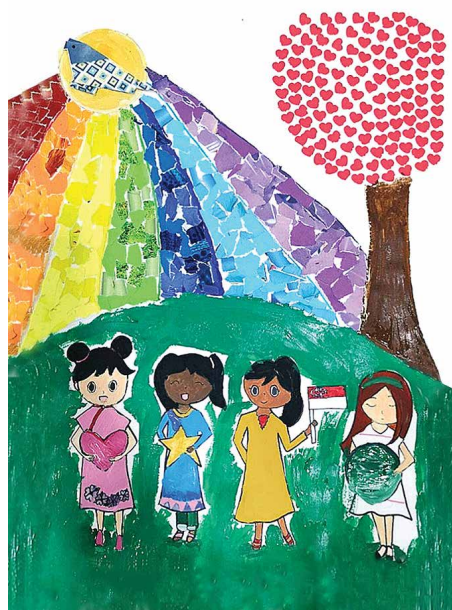
In July 2018, while serving as Justice Peace Contact for Good Shepherd Sisters, Province of Singapore-Malaysia, I received an invitation for artistic submissions from girls to celebrate International Day of the Girl 2018 (IDG) during the Girls Speak Out segment at the United Nations. IDG is observed worldwide on 11 October every year since 2012.

I jumped at the opportunity for a couple of girls at Good Shepherd Student Care (GSSC) to be represented at the United Nations. Colleagues at GSSC kindly helped to identify two P5 girls. We only had one week to prepare them, seek parents' written consent, and submit their finished works. The parents were happy that their daughters were selected and were very supportive of the girls, who were nervous, but believed they could do it. They had to reflect on and talk about their experience of being a girl in Singapore, and what is needed for girls after them to have a better life.

Sng Hee who submitted a drawing, which is featured as the cover for this Annual Report, said, "I would like to share my experience as a young girl living in Singapore, which is peaceful

and safe. I hope that future generations of girls would enjoy the same – universal love (tree of hearts), hope (rainbow), peace (dove). The 4 girls of different colours and costumes depicts a multi-racial and multi-religious society, each girl holding on to a value: - heart – sisterly love, star – hope, flag – Singapore, my country, earth – respect and preserve Mother Earth."

Her drawing was displayed at the United Nations in New York City, and had a special shout out on the DayoftheGirlSummit.org website during IDG2018.



Sng Hee wrote, "Student care has been such an advantage for me. They give me opportunities to try different things and even feed me with great stories. I am especially thankful to Ms Martha, Mdm Chaung, and Ms Eleana Tan. Ms Martha informed me of this special project to reflect on how life is for girls in my country. I was given a task to draw something that summarised the topic. I had two days to finish it. The first day left me stumped, and my mind was blank. The next day Mdm Chaung and Ms Eleana Tan encouraged me by giving some ideas and inspiration. Without them, my art work would not have turned out the way it did. Thank you for this amazing experience!"

Ranjani Panda wrote the following, some portions of which were used in a skit presented by Girls Speak Out on 11 Oct 2018 at the United Nations in New York:-



"Singapore, my home. You know, Singapore is amazing in many ways – we are a garden city, with sustainable water source, and solid military defence. We also have very good equality among people, it even says so in our national pledge, "We, the citizens of Singapore, pledge ourselves as one

united people, regardless of race, language or religion". Wait. That is all good, but how about gender? How about equality between men and women? Living in Singapore as a girl, I have experienced quite a lot of equality. Even in gender, we are equal. My mum came from India, and she saw what I am sheltered from in the safety of Singapore. She said that in the poorer places in India, women are made to do all the housework and they can't go to school because the families have no money so they prioritize males over females. Women are expected to stay at home and cook, when the men can enjoy themselves learning interesting subjects like maths and science. I noticed that boys outnumbered girls when I participated in the National Mathematical Olympiad of Singapore (NMOS) recently. Although girls here are given the same opportunities as boys in education, growth and development, I wonder why there are so few girls in NMOS. Right now, there are many influential women, but if you ask anyone for a name of an influential person, it will most likely be a man. We need to change that, starting from my generation of girls."

On 11 October 2018, I stayed up to watch the celebrations of IDG 2018 at the United Nations in New York, in spite of the 12-hour time difference. My heart swelled with pride as I listened to the words of Ranjani being spoken. I unabashedly sent the video clip to many people in my contact list. Truly, Girls Speak Out!



GSC is FAMILY

By Candy (not her real name)

My story with Good Shepherd Centre (GSC) began a long time ago in 2009. I will never forget this place. I always tell my daughter that without this place, we will never be who we are today. GSC is family.

I was from China, where I lived comfortably as I owned 2 shops selling jade. My husband, who had been working in Singapore for over 10 years, persuaded me to move to Singapore to be with him. He said he had made arrangements for our relocation, including school for our 12-year-old daughter and for me to obtain a local degree.

To our huge disappointment, nothing was as my husband promised. With no one to confide in, I kept a diary of our less than decent life in Singapore. One day, my husband chanced upon my diary and exploded in anger. He strangled me leaving marks on my neck and face. That night my daughter tried to protect me by sleeping at the outer edge of the bed while I slept inside, facing the wall. As soon as she fell asleep my husband stared angrily at me with a knife in his hand. I trembled with fear, unable to fall asleep.

My immediate thought was to return to China, but my daughter woke me to the reality. She worried that she would not be able to transition back to secondary school there. She would rather quit school and look for a job. My heart broke. I knew that I had to see her complete school no matter how hard it was. I pushed aside my fears and decided that we would stay in Singapore until my daughter finished her education.

My husband had moved out of our rental flat and was staying at his workplace. As I had no money to pay the rent, I sought him out and persuaded him to return home. He did, but not before making me kneel down to him in public as an apology and admitting that the mess was all my fault. I had never felt so humiliated in my life.

One day, a friend from church accompanied me to seek help from a Family Service Centre. After hearing my circumstances, the social worker explained that I was experiencing family violence and it would not be safe for me to return home as he had used a weapon to threaten me.

She was unsure if local shelters would take us in since my daughter and I were not Singapore citizens. We were grateful that GSC welcomed us and ensured our safety. My daughter and I were given a room of our own at GSC.

My immediate concern was finances. My husband did not show any concern for us; didn't even attempt to contact us. He stopped paying for my daughter's school fees. I am grateful that many kind people helped me financially during this bleak time. I was concerned about my daughter's education as she could not catch up with her peers, especially in English. GSC arranged for free tuition for her.

The staff in GSC never stopped believing in me even when I did not believe in myself. It was my dream to continue studying but I did not think I could manage my studies while holding 3 jobs to provide for my daughter. The staff encouraged me to pursue my dream. It meant that when I returned late to the shelter, the staff would have to sacrifice their rest time to wait up to let me in. This touched me a lot. I am proud to say that it was during my stay in GSC that I completed a Diploma in Business. For me, this is a celebration of my hard-fought freedom, and the realisation of my dream, one I thought impossible.

I will never forget one Chinese New Year's Eve when I returned late from work. All residents were asleep and I was about to have dinner on my own. For me, Chinese New Year Eve reunion dinner is an important family tradition. I felt extremely sad and lonely that night. It was a stark reminder that I was really alone in

Singapore without a relative I could rely on. Unexpectedly, a staff came to accompany me.

As I recall this occasion, tears still well up in my eyes. Tears of gratitude. Without saying a word, the staff's act of kindness reassured me that even though I was indeed without kin in Singapore, I was not alone.

I left GSC after 3 years. I had enough savings to rent a room. I divorced my abusive husband and am now married to a Singaporean. I am currently working as a Traditional Chinese Medicine practitioner. My daughter is working in an MNC after graduating with a diploma in chemical engineering. Life still has its ups and downs but I know nothing can defeat us as we have already experienced the toughest days, not knowing where our next meal was going to come from.

It has been 10 years since we went knocking on the doors of GSC, unsure of our future. For the kindness she received, my daughter returned to GSC as a volunteer to tutor other children when she was studying in polytechnic. I also volunteer actively. Every Chinese New Year I visit GSC; I make it a point to cook for those whose family members cannot be with them.



As I felt the warmth of the staff that lonely night, I want others to know that they are not alone, that they can start afresh one day, encouraged and supported by the staff of GSC – my family.

MARVELLOUS MARISE

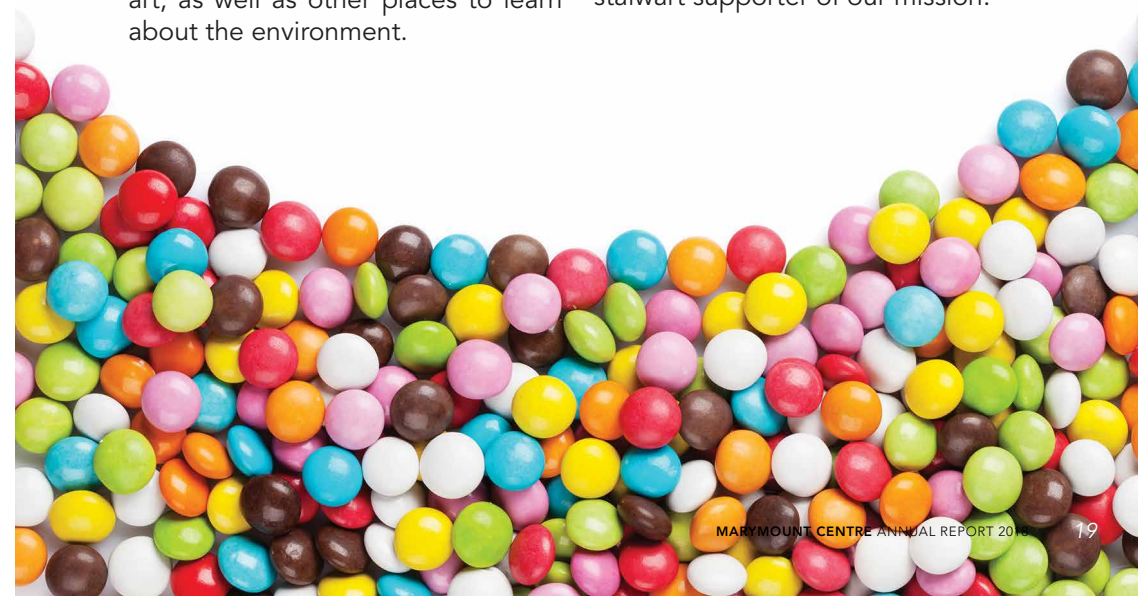
For more than 5 years, Ms Marise turns up at Ahuva Good Shepherd - Children's Home (CH) twice to three times a week, to look after the children under our care and shelter when the staff are having their weekly meetings, ill and even when they go away for a retreat. Yes, she's an unpaid volunteer.

On top of her neat dressing, Ms Marise always wears a huge smile and radiates warmth to all. She always has treats in her bag for the children and staff. The children love her to be around; they look forward to yummy tea breaks, suppers and bed time stories. And that's not all. Ms Marise organises outings for the girls, taking them to museums to develop appreciation for history and art, as well as other places to learn about the environment.

For residents who have been discharged from CH, Ms Marise is the go-to person for sound advice and directions in life. They turn to her in choice of schools and careers, help in crafting letters and even resumes for jobs.

When asked what motivated her to volunteer with us, Ms Marise simply shrugged, smiled broadly and said, "I believe that children, especially teenagers need a neutral adult to listen to them and help them figure out their choices and life directions. I enjoy being with them."

Marymount Centre is indeed blessed to have such a dedicated partner, a stalwart supporter of our mission.



Bubbles of Joy

By Ho Zhi Xin

Children just love to dip a little wand into a bottle of soapy solution, blow and watch as bubbles fly away right before their eyes. The day after National Day 2018, Ms Amanda Quek and her friends came to Good Shepherd Student Care (GSSC) to up the ante on bubbles. With an engineering background, Ms Quek creates wands out of everyday objects such as straws, canes, sticks, pipe cleaners and ropes. Each child made her own wand, and was bursting with eagerness to run out into the field to test out her creation.

Ms Quek and friends dipped their huge wands into homemade solutions, waved and the children squealed with excitement as they watched psychedelic coloured bubbles float up to the sky and burst into nothingness. Almost magical. Then it was the children's turn to have a go with their wands. Not such huge bubbles, but the children still had lots of fun with their creations. They patiently took turns to try out some bigger wands which Ms Quek kindly let them play with. Even the teachers couldn't resist engaging in this simple yet enjoyable activity. The bigger the bubbles, the louder the shrieks of delight as they ran around, some trying futilely to catch the bubbles seemingly mocking them. Their laughter was infectious and echoed in the corridors.



The weather was perfect for the day when the children were having a school holiday. Watching the children not caring about the soapy solution dripping down to their elbows, or their hair in tangled messes warmed our hearts that day.

We are grateful to volunteers like Ms Quek and her friends for sharing their joy with bubbles with us. We have carefully preserved the wands they donated and occasionally let the children enjoy the magic of bubbles when the weather is irresistibly inviting.

Seeing the little ones frolicking among the bubbles made us realise that it is the simple things in life - like bubbles - that can bring such great joy and laughter to everyone.



My First Job

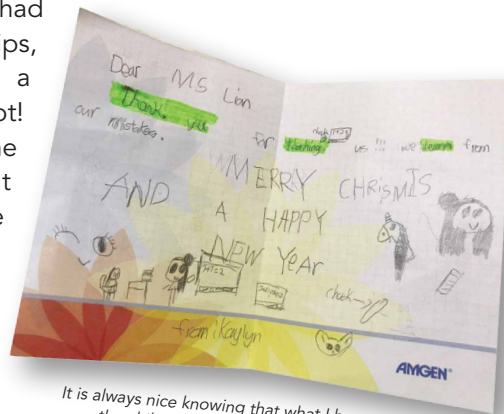
By Lian Xin Hui Bathilda



I started my first day of work as a student care teacher at Good Shepherd Student Care (GSSC) with a mixture of apprehension and anticipation. It was my first job after graduation; I was afraid that I would not be able to do well. However, I quickly realized that the Primary 1 girls whom I was teaching were also new to GSSC. With this in mind, I was able to grow with them, and learn about our new surroundings together.

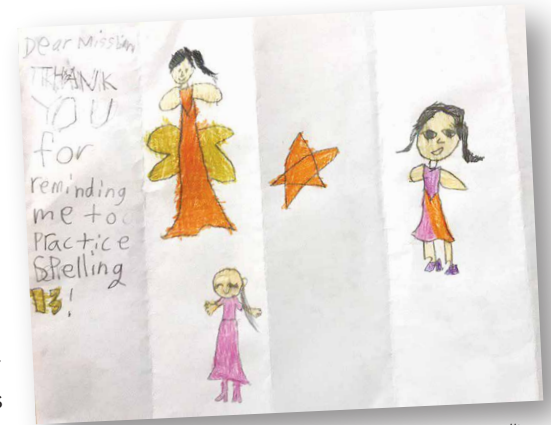
I had an awesome mentor who showed me the ropes. When she was not around for the first time, I was like a lost sheep, not sure how to deal with emergencies

and unsure of the flow of the day's activities. My mentor taught me to be independent, and I became more confident of supervising the children. I admired her as she always had important dates at her fingertips, was superbly organized, and a master at handicraft to boot! Whenever I made mistakes, she would patiently point them out and guided me to improve. She was ever present to give me advice when I sought her out.



It is always nice knowing that what I have taught the children struck a chord with them.

I think some people have misconceptions about how children show gratitude. Some think that whatever care and concern they show towards children will go unnoticed, as they are still learning to express themselves. However, I beg to differ. One day, I reminded a child to learn her spelling, although she was reluctant to do so. The next day she returned with a drawing to thank me for reminding her to learn her spelling. It is little things like this that make me feel like the exhaustion and frustration are all worth it. The children often reciprocate by drawing for the teachers. Over my one year of work at GSSC, I have received many drawings and notes from the students, thanking me or simply telling me how awesome I am. These words of affirmation really boosted my confidence, as I had initial self-doubts, feeling as though I was not doing enough for the children. It is also the little things like this that make my heart swell with pride in what I do.



I received this note from a student whom I reminded to learn spelling.

My Journey So Far



I believe the child who gave this to me managed to open her heart to me. Initially, she cried almost every day, and kept to herself. But as we spent time together, laughing and playing, she was willing to give me hugs and tell me more about her day at school. She began to smile a lot more.

I always look forward to going to work, because it coincides with the Primary One recess time. I would always find a group of them huddled together outside the bookshop, near GSSC, looking out for me. When they spot me, they would jump up and down excitedly, animatedly telling me what they had for recess and about their lessons so far. These little interactions with the students helped me to bond further with them.

Teaching English at GSC

By Yolanda

I also have some challenges. Being in GSSC gives the little ones a chance to make friends with other kids. Naturally, they are excited to see their friends. Hence, getting a class of 40 bubbly girls to settle down and do their work quietly was the greatest challenge. My co-teacher and I overcame this challenge by convincing them that getting work done faster meant getting more play time.

Another challenge was helping some of the children with Math problems. Since every child has a different learning pace, some were slower than the others. I focused more on these children and patiently taught them how to use algorithm and the difference between 'is _ more/less than _' and '_ more/less than _ is _'. Some children also did not have confidence in their answers and told me that they would definitely get some questions wrong. It was so satisfying to see children who were weak in Math master problem sums using algorithm and others gain confidence in themselves. My most important lessons to them are for them to be willing to learn from their mistakes, and to not look down on themselves and others for not getting correct answers.

There is a saying that people are a reflection of how others treat them, and I think that children are no exception. If you treat them with contempt and spite, they would treat you and others the same. If you shower them with love and respect, they will absorb these good vibes and spread them to others.



A group of Primary Twos came up to me during the holidays and gave this to me out of the blue!

My greatest wish as a student care teacher at GSSC is to see the children grow up as women with dignity, empowered to do the things they love, and empathetic to those around them.

When asked why I volunteer at Good Shepherd Centre (GSC), I jokingly reply that I have to atone for my husband's sins. He was working closely with the Singapore Land Authority when the sisters at Marymount Centre on Thomson Road were informed that part of their land was acquired for the North-South Expressway. There was much distress in their community.

I got to know Marymount Centre when I visited the new premises in Toa Payoh. I had just stopped working and was seeking to give back to society. Sister Cecilia suggested that I teach English; so in June 2015 I began my journey as an English teacher at GSC.

Every week I look forward to going to GSC. The residents always greet me with smiles on their faces, even though they have many worries and fears. I treasure those smiles. As most of my students can barely speak English, I start with simple vocabulary and expressions used in everyday conversations. I am delighted when they try to use what they learnt. There are challenges in teaching a class where there are different levels of proficiency. Some residents are



not able to attend classes regularly. Sometimes, lessons are delayed because the residents just want to talk about their problems. I lend a listening ear and comfort as best I can.

Interacting with the residents of GSC has been a very meaningful and enjoyable experience for me. I hope that when they eventually leave the shelter, they can speak better English than when they first arrived. More importantly, I hope they cherish the opportunities given by the staff, volunteers and other well-wishers at GSC to pick up English language and other skills. Just as the sisters in Marymount Centre accepted the loss of their home and relocated from Thomson Road to Toa Payoh I wish for the residents, the courage and gumption to move on and rebuild their lives.

THE KID'S PROJECT

By Alicia Ang

Society of St Vincent de Paul, Church of St Ignatius Conference

We started The Kid's Project with Marymount Centre in Q4 2014, as a way for us to serve underprivileged girls in our community. By organising a variety of activities, ranging from self-defence classes, and craft sessions to company visits and career talks, we hope to expose the girls to diverse experiences and equip them with the necessary skills that will help them to be future-ready.

We always look forward to seeing the girls every third Saturday of the month. Some of the girls ask us when we will be back next; that really makes us feel like we are part of the family. Being a part of these fun

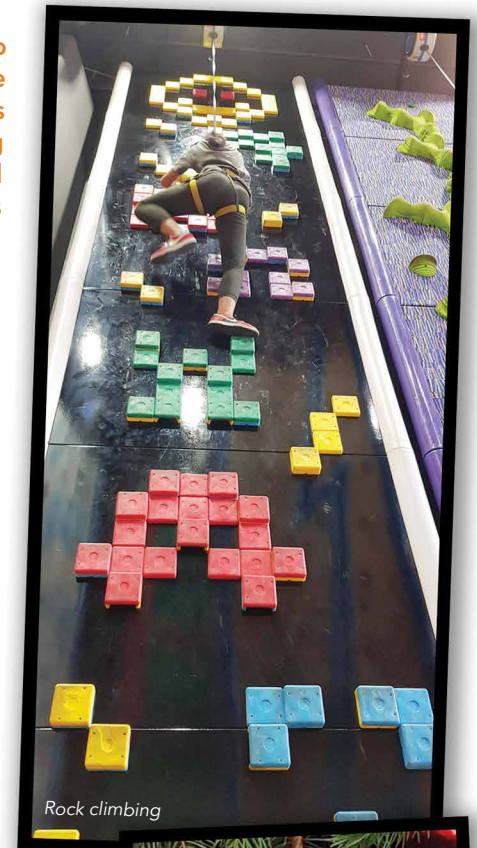
experiences and chatting with them over meals have really brought us all closer. It is encouraging to hear how the girls overcome personal life challenges at their young age. We have much admiration for their resilience and courage.

Over the years, we have developed our programmes to incorporate visits to old folks' homes, mental health units, and animal shelters to encourage the girls to give back to the community as well. These visits have been very successful and it is great to see how the girls put in much effort to bring joy to another person's day.

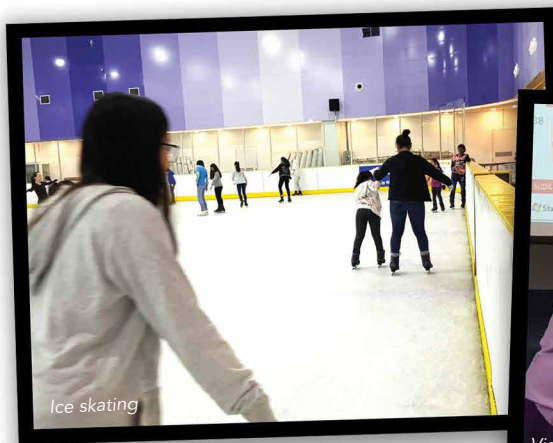
As much as we try to plan activities to help enrich their lives, the girls have likewise enriched ours. They help us remember the importance of spending quality time with the people around us and to not take the simple pleasures in life for granted.

We are always inspired by the dedication and love shown by the staff and other volunteers. Getting regular feedback about how the girls feel towards certain activities is helpful for us to plan future activities, as well as hearing about other interesting events the girls were involved in. We are thankful that the staff and other volunteers are around to support the activities we organise.

At the end of the day, it has been a real privilege to be part of these girls' lives. We appreciate the relationships that have been forged over the years and hope to be able to continue working closely with Marymount Centre to bring many more unique and meaningful experiences to the girls.



Rock climbing



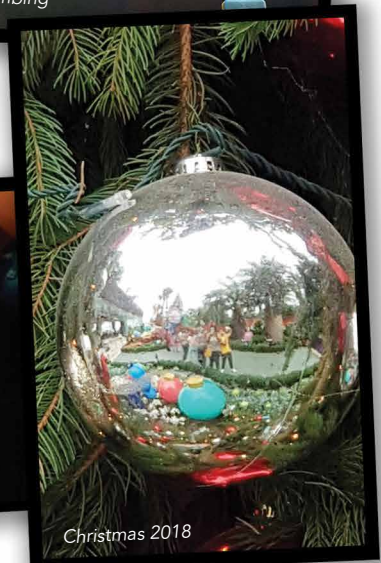
Ice skating



Visit to Old Folks Home



Toys making



Christmas 2018

When my children became independent adults, I found myself with time to spare. In 2000, someone suggested that I volunteer at Good Shepherd Centre (GSC). Then I was offered a part-time position, and eventually became a full-time care staff. In the middle of 2009, I was appointed Residential Manager (RM) of the crisis shelter, a position I still hold today. So why 15 years?

As I reflect on my journey, I am a little bemused that I embarked on an expedition without knowing what I was getting myself into. I thought I was prepared to take on the huge responsibilities of caring for residents day in, day out. I soon realised that it was not a bed of roses. Many times, residents would explode in anger, bicker and fight at the slightest provocation leaving staff exhausted after settling the disputes. I found it particularly hard to decide who to admit to GSC, and who I have to decline.

I can recall many memorable moments. However, the one that stands out for me is when GSC started life skills programmes to encourage foreign domestic workers

(FDW) who had experienced violence to pick themselves up and overcome their fears. Through upskilling, the FDWs were equipped to face their future with hope and confidence. I am reminded of what Mother Foundress said, "One person is of more value than the world." When we teach a skill to one woman, we touch the lives of her family, giving them hope to carry on despite their difficulties. Ripple effect.

My honest answer to the question, "Why 15 years?" is the presence of God's Love. Through His Love,

He had given me the courage and strength to head into the unknown and by moulding me to have the courage when challenges arise, and to be gentle like a dove when residents require the touch of gentleness. With His Love and presence, I was blessed to be able to guide and work with great colleagues. Sure, some came and went, however the spirit of the team has never withered, anchored strongly in the mission of the Good Shepherd always dependable in times of crisis.



By Margaret Koh



Every year, Marymount Centre hosts an event to appreciate our volunteers; GSC usually cut and chopped, wielded the woks, spatulas, pots and pans to cook some of the food presented for the night. It used to be a showcase for the cooking skills of our residents, mostly FDWs. However, with some changes, the focus is now on women and children who have experienced family violence. As they try to start afresh, it is essential for the women to be gainfully employed. This means that if we are to continue with the tradition of cooking for the appreciation event, the staff had to roll up their sleeves and do it! Most of them can whip up a one-dish meal for themselves and maybe a few friends and family, but for 100 guests? Well, I am proud that after initial hesitation, the staff team of less than 10 rose to the occasion. The dishes they prepared were awe-inspiring; many guests complimented the cooks and came back for second helpings. Some were disappointed when they showed up too late for the unusual presentation of chendol.

I chose to share my journey with you because you may be at some crossroads and wonder, "Shall I? Can I?" I made it for the last 15 years, and counting. You will be blessed too when you open your heart to make a difference in someone else's life.

From VOLUNTEER to PART-TIME STAFF

By Khoo Yueh Leng

Many people choose to volunteer with Good Shepherd Student Care (GSSC) because of their love for young children, but mine is a rather unusual journey. It all started when my classmate was struggling to recruit volunteers for Project Chara, a service-learning project partnered with GSSC. She was the team leader. In my bid to help her, I did not mention that I had a "fear" of young children.



I am an only child and the youngest among my cousins, thus I had close to zero experience with young children. I feared that I would not be able to handle the unpredictable temperaments of the children. I remember my first time volunteering at GSSC. I had to guide the children in making a chick puppet to celebrate Easter. While I was unsure of how to approach them, the children came to me for help without any hesitation. Others opened up to me about how they were worried that their finished pieces may not be as nice as their friends. I was touched by the trust they showed in me, who was a stranger to them. Putting aside my initial apprehension, I started to actively ask them if they would like my assistance, especially when it came to tougher steps like pushing in brass fasteners to secure the wings onto the chick puppet.



Little did I know, that was the first of many memories that I would make with the children. From solving crossword puzzles to playing badminton with them, the endless fun I've had with the children has refreshed me.

Despite having only volunteered at GSSC a few times, the out-going personalities of the children and caring teachers showed me that there's nothing a sincere heart cannot cure.

Although the amount of time I spent volunteering at GSSC was seemingly short, it was more than enough for

me to take up Marymount Centre's offer to become a part-time staff at GSSC without any second thoughts. Though it came as a surprise, my experience as a volunteer has inspired me to do more for the children as their teacher.

Even now, the simple acts of the children continue to warm me. Be it their eagerness to lend their friend an eraser or sharing the snacks they brought, each and every small act of kindness never fails to put a smile on my face every day. Truly, at GSSC, it feels like a home where I always receive more than I have given.



GROWING with the CHILDREN

By Devi Eka

When I was told that I would be assigned to work at Small Group Care (SGC), I felt a mix of excitement and fear. Although I always enjoyed working with children, I had no experience interacting with children who had experienced abuse and trauma. I wondered if I would be able to empathize and build relationships with them. Indeed, the first month was challenging. I was taken aback by the emotional outbursts, harsh words, and screaming of the children on a daily basis. As I continued to get to know them better, I realized that their reactions stemmed from immense pain, coupled with a strong desire for love.

This realization helped me not to take their hurtful words personally. Through my actions, I wanted to show them that there were people who love them. With my enlightened mindset, I started to embrace the roller coaster journey in SGC. There were days when the children were responsive towards the love that we gave. But there were also days when the children rejected our love and started to hurl hurtful words towards us. At times like this, I constantly had to remind myself that what I was going through with them was nothing in comparison to their pain and problems.



Thankfully, I was not alone in this journey. I was surrounded by colleagues who are equally passionate about caring for and keeping the children safe. When I was struggling to handle the chaos in SGC, they always came alongside me. I often observed the way my colleagues interact with the children.

I learnt that I needed to look underneath the children's behaviour in order to fully empathize with them. One of my colleagues taught me a very valuable lesson. She said that the most important job that we must do was to focus on the inner work of the children's hearts. She reminded me that it is an honour to journey with the children in their healing process, demonstrating and teaching values such as respect, love, trust and resilience.

Staff encourage one another by sharing small successes and emotional growth of each child. Yet, the joy that I experienced when I witnessed a child's growth was at a different level. I was assigned to mentor a child who was often very angry. Small things triggered her quickly. One day, she shouted at me when I was helping her with her chores. I remained calm. To my surprise, she came to me to share that she was panicking as the next activity was about to start. Her anxiety caused her to shout as she could not think clearly, and she apologised for her behaviour. It was her first time apologising to me, and my heart rejoiced to witness this baby step. It takes time to make a difference in these children's lives. Yet, if we look at these children with the eyes of love instead of judgment, it will eventually lead to positive changes. Like my colleagues, I believe in the inherent goodness of each child, and celebrate their small steps and achievements. I salute these courageous kids!

A REASSURED MOTHER

By Mdm Radiyah Binte Yahya

For working parents, it is a challenge to find assistance in ensuring that the after-school care of our daughter is well taken care of. After attending orientation for new students, my husband and I were certain we made the right decision in sending our girl to Good Shepherd Student Care (GSSC), based in Marymount Convent School.

On the many occasions that I fetched my daughter home, I noticed student volunteers alongside staff guiding the children with their homework. It is heartwarming to see that GSSC is supported by these youngsters, who are closer in age to the children. The student volunteers conduct games, making it all look like a lot of fun. The element of fun is ever present in the

school holiday programmes. Upon reaching home, our daughter often excitedly described the activities and how she felt. This gave us much confidence in the programmes and how they are conducted.

Our initial concerns about her nutrition in GSSC were unfounded as we discovered that our normally fussy eater is now open to more food choices. **The staff have been amazing in what they do. Their approach to the children is friendly, yet firm and nurturing. We can see that the girls have utmost respect for them.**

Overall, it has been one of the best decisions we made by sending our daughter to GSSC, and we will continue to do so in the long run.

To all staff and volunteers, thank you for giving your undivided attention and guidance to the girls. Thank you for helping us parents in ensuring that our girls are taken care of academically, and that they have fun at the same time.



Reflections OF RED CROSS YOUTH RAFFLES INSTITUTION CHAPTER



Initially, I thought that it would be difficult interacting with the children because of the age gap between us. However, after a few sessions, the children became more outgoing and welcoming. They frequently asked us to play with them. They taught me that happiness can be found in the simple things in life, and reminded me of some valuable childhood experiences that I had forgotten. Spending time with the children often helped brighten my day. Sometimes they were disruptive, but it was heartening to see that they tried to listen anyway. My time volunteering at GSSC taught me that service can be fun and meaningful. I believe that what I have gained from the children was more valuable than anything that I have managed to teach them. I am really thankful to have been given the opportunity to serve.

By Janice Tan

My experience at GSSC was built on a strong foundation of love. As comical as it may sound, the value of love is one that is propagated through GSSC on a daily basis. The love that the children showed to their teachers, friends and volunteers like us was the first thing that resonated with me when I concluded my first volunteering session at GSSC. We have all been taught from a very young age that engaging in service is primarily to give back to society, or to help the less fortunate. However, through my volunteering experience, I can confirm without any doubt that the children at GSSC have helped me and taught me so much more than what I have tried to teach them, be it in academic subjects or moral lessons.

Every time I step foot into GSSC, no matter how tired or stressed I may be, as soon as I enter the bustling kitchen during breaks, I am immediately greeted by the children calling out my name and some even rushing to update me on what I missed in the past week. They have shown me on countless occasions, how something as small as a warm hug, a smile or even a greeting along the corridors can brighten up someone's day instantly. My weekly sessions at GSSC reminded me that we should always stay humble, kind, appreciative and hopeful, regardless of our current situations in life.



Through the activities, I have learnt so many valuable lessons and have made many memorable memories. For example, being one of the two overall In-Charge for the Teachers' Day activity taught me many things such as the importance of effective communication and patience. During the crafts session, the P1 and P2 children were so enthusiastic and excited that they were unable to focus on our instructions. We had to quickly change the way we gave instructions and made it into a mini-workshop where our student volunteers were roped in to guide the children in their small groups. Doing so allowed the children to work at their own pace, enabling them to complete their crafts much more efficiently and beautifully.

Another important lesson I learnt was during our "Fun with First Aid" event at Spectra Secondary School. We were tasked to plan activities to entertain the children who were waiting for their turns to take part in the escape room. We had planned activities like Double Whacko and Memory games, but during the execution of the activities, we realised that the children were not really interested in the games. We had to think on our feet, to come up with new games. Phew! This experience taught me that in life there will be situations which we may not be prepared for but we need to be able to tackle it in a calm and composed manner. We need to adapt and plan our next

course of action without getting upset that our original plan did not work out, or panic. As the adage goes, "When the plan fails, change the plan but never the goal". I also learnt that some research such as on games children of this generation enjoy, before executing the event was crucial for success as it ensured that our activities would be appropriate and entertaining for our target audience.

I would like to thank Mdm Chaung and all the GSSC teachers for providing me with the opportunity to interact with the children and foster strong bonds with them. The memories that I have crafted with them in the past year have been unforgettable, for the children have etched themselves deeply in my heart. As I mentioned before, the aim of service is not to give back to others. Instead, it is to allow the individual to embrace humanity and grow as a person. I am glad that I was able to grow and develop as an individual at GSSC for it truly is a wonderful place, filled with amazing opportunities for self-growth.

By Theyvarrthnah Kanagarethinam

In 2018, we volunteered at Good Shepherd's Student Care (GSSC) on a weekly basis to spend time with the children, tutoring or playing with them. We planned multiple activities, each one initiated by a different volunteer, with different objectives. For example, 'It's The Thought That Counts' where we taught the children to make Teachers' Day gifts to appreciate their teachers. Conducting the P1 Orientation was a way for us to welcome the P1s to the GSSC Family, and planning the GSSC Christmas Crafts Session was to bring the festive mood to the children. These events and the weekly

volunteering service have bonded us to the children in a unique and special way. As a batch, we all agree that our volunteering experience with the children at GSSC was one that was heart-warming, joyful and one of the most meaningful experiences of our JC life.

The students are bright and cheerful, which made the experience really pleasant. Initially, I found it hard to connect with them, however, they opened up to me and it became easier to interact with them. I have to admit that sometimes it was frustrating as they were easily

distracted. However, with a few words of encouragement, they were willing to listen and did their work. Surprisingly, I found myself looking forward to playing with the children week after week. It warmed my heart and made me feel glad that my efforts were appreciated when I received drawings and notes from some of them. Many fond memories were created, and friendships were forged through my volunteering journey with GSSC. I am extremely thankful that GSSC was very welcoming and accommodating. If given the opportunity in the future, I would very much like to volunteer at GSSC again.



By Tan Xin Yen

The idea that service is about helping others was ingrained in me from a young age. While I do not challenge this notion, I believe, from my experience in GSSC, that as much as I have helped others, I have gained so much more from them. Watching the children play, study and eat has become a way for me to detach myself from my hectic JC life. They have enkindled in me the need to love, accept and appreciate. Also, to see how receiving attention and care is an innate human want, which adults tend to suppress.

I was keen to share my academic knowledge with the children but found that most of the children could grasp concepts but lack motivation to practice. I set about giving them a little push and motivation. I told the kids that they will get a My Little Pony sticker from me if they finish their work. The hustle and bustle were admirable as they quickly tried to finish their work so that they could choose the best sticker in the stack. Suddenly they had a dozen questions and was learning how to

add numbers in the way I wanted to teach them. I was moved, watching the kids recite 'Put the bigger number in your head. Take out the fingers for the second number and start counting forward.' The recitals of different numbers around the room were music to my ears. As soon as they completed their work, they ran to get them marked and rushed back to receive their well-deserved stickers. This experience enlightened me on the need for motivation in life to move towards better, bigger things. Sometimes, we hesitate to motivate children through tangible gifts because we are afraid of them seeing it as their right and not working hard for the benefits of education but for the gift itself. However, I have learnt that giving them small motivational presents can eventually enable them to learn to give themselves some form of motivation for their personal growth. This particular event was also special to me as it highlighted the unique thought process of each child. Their reasons for choosing a particular sticker varied from it being the biggest to the prettiest. There was one girl who wanted to receive her sticker with the plastic to preserve it for future use.

The diversity in thinking about a single object amazed me, showing me how different each individual is and how comparing them with others is not a fair assessment of anyone's capabilities.

My tiredness melted away each time I entered the dining room. It warmed my heart to see the children running towards me to give me hugs and tell me about their week. They were eager to show me new tricks they learnt, an achievement, or simply to tell me a funny story. They pushed and pulled me in different directions and asked me enthusiastically if there was any special activity that I planned for them. Some try to peek into my pockets to see if I had something hidden for them. Some asked me where I was the previous week or why I did not visit every day. Some even took interest in my school shirts! All of them were

eager to make conversations with me, trying their best to show me how much they missed me. In their own ways they showed me the importance of expressing love and care freely.

I would like to thank GSSC for giving me this amazing opportunity to interact with the children and serve them. I hope to continue my

volunteering experience here as these children will always hold a very special place in my heart. I will never forget the hugs and love they showered upon me. The drawings and sketches they made of me are definitely my keepsakes from them. The memories I made with the children and the lessons I learnt from them are going to be etched in my mind forever. I hope that they will bloom to their full potential, growing up to be amazing and upright citizens.

By Sheikh Hafsa

BELIEVE IN YOURSELF ...

Miss Gilzen, kindness
The kind and caring.

Miss Surbi, loyalty
The brave and glories.

Miss Jesline, magic.
The reminding and right.

Miss Sophia, honesty
The knowing and wise.

Miss Joy, laughter
The joy and happiness.

Miss Shilela, carageous
The silly and funniness.

Miss Debra, generosity
The sharing and fun.

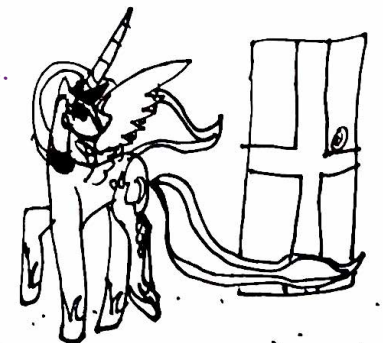
Miss Fangi, friendship
The friendly and fateful.

Miss Agnes, sharing
The sharing and peaceful.

Miss Jessica, reliable
The trustable and nice.

Aunty Saroja, curious
The adventurous
and wonderness.

From Alexa



Blossom!

By Tan Yee Nee Agnes

When we first opened the doors of Small Group Care (SGC) in July 2017, we welcomed Blossom (not her real name), then in P5. After 19 months, she is ready to move in with a foster family to begin a new phase in her young life.

The staff team watched her grow; physically, emotionally, and cognitively. We saw her progress in her learning journey; successfully completing her Primary School Leaving Examination (PSLE) to join a secondary school. Blossom confided that she was no longer teased by school mates as she has learnt to take care of her personal hygiene, maintaining a pleasant demeanour. She felt that she improved in self-control, became more patient and managed her emotions better. Staff agreed, as they observed that there were fewer incidents of screaming and emotional outbursts. In her self-evaluation, she rated herself as improving from grade D to almost A! We are very proud of the huge efforts she put in. Indeed, she has really blossomed.

She has also gained more self-confidence as she could memorize the lines to perform in a skit during the event for volunteers and parents. She persevered in the practice sessions and her hard work paid off! We were truly impressed by how natural she was on stage and delivered her lines perfectly. She shared that she could now express her opinions more openly too.

When asked what she would miss most in SGC, she recounted that she was very impressed by the cosy environment when she first arrived as its spaciousness made her feel good, "Wow! Such a nice place" was her first impression. She said she would definitely miss the yummy food that warmed her tummy. She would also miss current and former staff, all of whom she described as helpful, kind and easy to talk to. She would miss the friends she had formed close bonds with, sharing things and even her feelings. She had come to regard her room mates as her sisters.



Blossom also had fond memories of the places she visited with the staff and residents such as Gardens by The Bay. She recalled nostalgically the parties organized by volunteers, the ice-skating lessons at The Rink where staff surprised them with a McDonalds breakfast. She will miss the dogs and rabbits that came during pet therapy sessions. Oh, we felt a tug in our own hearts as we prepared to say goodbye to our "pioneer". We cared for her during her roller coaster emotions, and loved her no matter how she much she screamed. We are heartened to know that Blossom aims to pursue hospitality or food and beverage related courses in ITE after secondary school as she is interested in the service and food industry.

Her positive attitude in life will be her beacon, shining and guiding her towards her goals. We wish Blossom all the best, and continue to cheer her on to be strong and remain positive.

The Importance Of Laughter

By Surbhi Sharma

She walks in, anger personified.
Not even a hint of a smile.
Avoidance is my first impulse
But it is not that simple!

Must I really converse?
Dig into her problems so diverse?
I am really really tired
Stopping shots from being fired.

But I really miss her smile
Maybe I should wait a while.
Or irritate her into laughter
And prevent a possible disaster.

I try a variety of tactics
And think of a quick fix
What if it doesn't work?
And I can't even get a smirk?

But if it works, what a wonder!
No more storm and thunder!
Just peals of sheer delight
So clear and bright!

It will be worth the risk I feel!
And go with my appeal.
Success! she eventually laughs
And we tease and chaff

And suddenly her troubles
Melt away in happy bubbles.
The past no longer has a hold
And I feel the future unfold.



Safe & LOVED

**All names have been changed
to protect the identity of the children*



When 12-year-old Angel arrived at Ahuva Good Shepherd - Interim Placement and Assessment Centre (IPAC), she was rather unkempt, with a head full of lice. Staff applied treatment lotion and shampoo, but the infestation was so widespread that we had to get permission from her mother to cut her tresses. When Angel returned from the salon, she was like a different girl. She changed from a quiet, unsure child to a cheerful one, who started to open up to staff and made friends with the other residents.



Although she participated in all activities in IPAC, she lacked confidence to join those organized for the 3 homes, such as performing in a combined dance item for the end-of-year “Celebrating Our Partnership” (COP) event. During rehearsal, I spotted Angel admiring the other girls from a distance. I walked over to her, held her hand gently and encouraged her to join in the dance. To my pleasant surprise, she happily did so. During COP, she did well, and was very happy and proud of herself for achieving this milestone.



When it was time for her to be discharged, Angel cried bitterly saying, “For the first time in my life, I felt loved and safe; I was able to sleep on my bed till morning and for the first time I felt I have a home”. Our hearts ached as we fought back our tears and whispered little prayers for Angel, and the other children who come through IPAC, that they will be blessed with hope, love and dignity to move on their next phase of life.



*“I’ve got my ticket for the long way ‘round
The one with the prettiest of views
It’s got mountains, it’s got rivers,
it’s got sights to give you shivers
But it sure would be prettier with you”*

These were the lyrics for the “Cups” song, beautifully sung by Harriet, 10, during the COP event. Harriet’s flair for singing was discovered as we rehearsed for the performance and this experience boosted her self-esteem. This was also a spark for her interest to join the ‘Speech and Drama’ club in the future.

One of the assessment tools IPAC uses to journey with the children is the “Three Houses”. The children tell us about their ‘House of Good Things’, ‘House of Worries’ and ‘House of Hopes and Dreams’, which help staff to address their worries, and tap on their likes and hopes to build resilience. We discovered that Harriet enjoyed learning new skills, such as doing chores, and taking care of her personal things. She made friends with other residents and enjoyed playing with them. Through her ‘House of Worries’, we were able to discuss what affects her emotions and suggested little steps that she could take to lessen these worries. We were delighted to find out that her dreams for the future included going to a secondary school of her own choice, to attend a local university, and that her dream career is to be a nurse, so that she can help others. **We were heartened to know that Harriet has a heart for others as she thought about community volunteering to help the less fortunate and needy.**





For Harriet things did not work out when she was first discharged, and was re-admitted, during which time she said that IPAC remained her safe place. Using Colour Therapy, we continued to get Harriet to express her thoughts so that we could understand her and help her to regulate her emotions and cope with the stresses in her life. A volunteer was assigned to help her with her school work. We encouraged her to take breaks and write down her thoughts when she felt anxious.

I am glad that there are tools available to help me understand more about children like Harriet, and help them to regulate their thoughts and emotions so as to cope better.



Vicky's first stay in IPAC was generally smooth-sailing, but the same cannot be said when her foster placement broke down and she was readmitted to IPAC.

Struggling with a lot of rejection in her life, Vicky's behaviour took a turn for the worse when we welcomed her again. She used rude language towards staff as well as other residents, and strongly resisted doing her allocated tasks and chores. Her meltdowns kept staff on edge constantly. Vicky screamed and wailed loudly when she dysregulated, sometimes escalating to scratching herself on her arms and legs.



A particularly gruelling episode happened one evening as Vicky got into conflict with another resident. An empty thoughtless threat convinced Vicky that the resident was going to harm her. Her fear quickly translated into hysterics, which rippled through the home. Well trained staff quietly took her out to give her space and time to calm down. Staff paired up to take turns to soothe Vicky, and finally managed to get her into bed. Her big watery eyes were dark pools of fear. It was an extremely long and tiring night for us. However, we understand that her experiences have coloured her emotions and behaviours. So, we resolved to journey with Vicky to be in a better place in her life.

Every week, staff voted for the "Best Resident" who gets to pick special rewards for his/her good behaviour. It's easy to imagine how hard it was for Vicky to achieve this much coveted title; however, we knew she craved to be recognised. Thus, staff came up with the "Most Improved Resident" reward to recognize Vicky's efforts in making small improvements in her behaviour. When her name was announced, Vicky was over the moon, choosing a "Hot Wheels" stationery set as her reward. Applause and laughter all around; it was just amazing how a little imagination motivated Vicky.

Caring for Vicky was a lesson for staff that no course can teach. The staff learnt to de-escalate meltdowns and many other valuable lessons that come in handy while managing other children of IPAC. Most importantly, they learnt to love a child through her most difficult journeys. Today at her new placement, Vicky is still telling people that she is the "Most Improved Resident", wearing a big, sunny smile. It warms my heart, and spurs me to always love each child unconditionally, as Mother Foundress instructs, "One person is of more value than the world."

Sewing for Hope

By Tanya (not her real name)

As part of my dream to give my 3 children a good education and a chance at a better life, I, a single mother left them in the care of my mother in my home country to work in Singapore. My dream came crashing down when I sought refuge in Good Shepherd Centre (GSC) after I was abused by my local employer.

Initially it was difficult to adjust to living with other women and their children in the shelter. I missed my children and worried about how to support them while the police investigate my complaint. I was desperate; going crazy as I tried to figure out how to put food on the table and school fees for my children when I was stuck in the shelter, with no income. Images of them living in the streets, begging for food haunted me. I feared bad news from my family. I cried a lot, sometimes in anger and frustration. Someone did me wrong; I am the victim, yet my children and I are suffering. At times, the unbearable pain made me shout at others, at the unfair world.

Then I met a volunteer at GSC. Ms Jolene patiently taught me to sew. I had some basic sewing skills, but Ms Jolene gave me hope when I learnt to sew patterns and various styles of clothing. Sewing is therapeutic as I find joy in creating new pieces, as well as pick



up skills which I hope to use in future. My children are my source of strength to continue my fight for life, and courage as I seek redress for the injustice done to me.

The happiest moment in my life was when my eldest daughter told me, "Thank you Mama for all your sacrifices and that you never abandon us. You are the most kind, loving, understanding and best mother in the world. I love you Ma."

After 8 months, I finally adjusted to staying in GSC. I continue to face challenges and difficulties in my life but I have learnt to maintain my positive attitude and keep moving forward even when I am stressed. I learnt how to manage stress and respond with positive thoughts. I have grown as a person and have started to move forward. I am grateful to all the staff and volunteers who helped me and guided me so I can face life's challenges and perhaps dream again of a better future for my children and I.

Blessed with GREEN FINGERS



By Eleana Tan Lay Peng

On her first day in Good Shepherd Student Care (GSSC) 5 years ago, Chew Pei Yan was timid, shy and avoided eye contact with others. She could barely read and write English, and had trouble in social situations and group activities. Teachers would often find her hiding in the corner.

Bearing in mind Pei Yan's situation, teachers in GSSC created opportunities for her to safely explore new experiences. They engaged her in different ways in individual and group activities, giving her time and space to step out of her comfort zone gradually to interact with her peers.

Pei Yan found her niche in gardening. On most evenings she can be found pottering around the garden with Sr. Goretti and other young gardening enthusiasts. It seems like her bright smile has helped the plants to thrive and flourish. She bakes well too; patiently making cupcakes for the elderly residents in St Theresa's Home.

She is observed to enjoy quiet moments by herself, such as brush lettering and handicrafts. It has taken time for Pei Yan to pick up new skills and develop self-confidence, balancing well her studies and hobbies. We celebrate as we watch her transform, and blossom into who she is now – a quietly confident and independent young lady, ready to face the world.



Grabdriver with a BIG HEART

By Casmire

Peter's journey as a volunteer with IPAC started unexpectedly when he responded to a booking for his Grab car. During the journey, he learnt about IPAC from his passenger, a staff. No stranger to voluntary work, he volunteered to help with the cleaning needs. He shared brightly that his whole family volunteers, and bonds over their experiences.

Due to his health condition which causes fatigue, Peter became unable to continue with cleaning. However, whenever we need a driver to ferry the children to and from school, Peter is always ready to get behind the wheel. He appreciates the stories the children share with him. Their cheerful conversations in fluent English made an impression on Peter.



Uncle Peter cleans the dusty windows of the laundry area

A child's life is turned topsy-turvy when she is removed from her family home. Getting the children back to school, while ensuring their safety is crucial in restoring normalcy.

Driving the children in his car gives Peter endless joy. Peter, whom the children and staff fondly call "Uncle Peter" rated 8.5/10, his happiness and satisfaction in volunteering at IPAC. The respect accorded by staff boosts his experience.

We are very grateful for big-hearted volunteers like Peter who step up selflessly to partner us to journey with the children in their times of distress.



Uncle Peter looking dashing in his car.

Friendship through Food

By Martha Teo

佳肴美食共享
温馨友谊长存



Not many children can claim they have foreign friends. By partnering with a corporate volunteer, students from Good Shepherd Student Care (GSSC) had the opportunity to meet overseas students. On Children's Day 2018, a group of P4 to P6 girls from GSSC hosted 17 students, aged 7 to 11 years from Shanghai, China. They introduced Singapore food culture to the visitors.

After some awkward introductions, all the children listened intently to the briefing by the organisers before setting off eagerly to Toa Payoh by Mass Rapid Transit (MRT) train for the Heritage Food Trail. Each child received S\$5 which could be spent on local food from hawker centres, coffeeshops and food courts in the vicinity. The children gallantly tried rojak, a well-loved local fruit and vegetable salad mixed in a fragrant sauce made of sugar, tamarind, prawn and chilli paste, and topped with crushed ground nuts. In local parlance, "rojak" means an "eclectic mix", sometimes used to refer to our cultural heritage. No heritage food trail is complete until the kids have sunk their teeth into chicken rice, fish ball noodles, satay, roti prata and sweetened by local desserts such as ice kachang.



With tummies full from the yummy lunch, the children walked to a nearby supermarket to get ingredients to replicate their favourite local food. There was an audible buzz as the children, teachers, and facilitators moved together purposefully, careful not to miss out any of the required ingredients. At stake was their dinner.



Back at GSSC, the children seemed to have lost their earlier shyness. They chatted as they read recipes together. Their task was to follow the recipes closely so that their preparation of satay, chicken curry, roti prata and other dishes would be memorable in their experience of friendship through the sharing of food. We were all proud of the children; GSSC girls were heard conversing fluently in Mandarin while the children from Shanghai spoke excellent English. Great friendships were forged during the cooking session and over dinner. It was truly a beautiful sight to behold as the children exchanged small gifts with big smiles on their tired faces.



We are grateful for the partnership of High Achievers, which also donates biscuits to GSSC for the children's tea breaks.



OUTSTANDING PROGRAMMES BY VOLUNTEERS



CulinaryOn welcomed our children for a fun session of cooking their own lunch

Children gathering around to watch the chef cook the pasta

CulinaryOn

Special thanks to our lovely volunteers, our children had a rare opportunity to have a hands-on experience making their own full course meal at CulinaryOn. They made their own pasta from scratch, melted chocolate for their lava cake, all the while having fun. Throughout the process, they focused, listened and followed instructions, and paid attention to every minute detail. They worked well as a team, and enjoyed a delicious and hearty lunch together. To top the wonderful experience, each child received a certificate and cookbook, inspired to pick up more culinary skills.



Chef Donovan in action



Children observing and listening to Chef Donovan's instructions.



Hands-on mixing the flour to make their pasta



Freshly rolled out from pasta machine



Our little one enjoyed mixing the chocolate too!



Fruit of their labour - Chocolate Lava Cake Dessert - Made with love



Display of various mammals



Looking at the dinosaur exhibits from above



Display of more mammals



Listening intently to the guide's introduction

Walking with DINOSAURS

Our children were very blessed to have experienced an eye-opening trip to the Lee Kong Chian Museum, sponsored by NUS personnel in September 2018. Many of our children have a fascination with dinosaurs, and were immensely excited about the outing. They got to marvel at the imposing size

of the dinosaur skeletons on display, as well as look at a large display of botanical and zoological artefacts. It was an enjoyable and educational programme for the children to learn about things outside of their classrooms, and their enthusiasm showed in the many questions they asked during the tour.



Even the younger children were engaged during the tour



Exploring the museum



Showing a keen interest in the exhibits



Learning about plants



Interacting with a horse



Mounting for her first ride.



Walking side by side



Enjoying her ride



Taking turns to feed the horses

HORSE RIDING at Singapore Polo Club

Horse riding is a fun recreational activity offering multiple benefits for the children. The sessions at Singapore Polo Club turned out to be a great workout for both the body and mind. The children got to ride on the horses around the riding arena, enabling them to improve their balance, hand-eye and motor coordination. Guided closely by trained instructors, the close interactions with horses raised their confidence and self-esteem. Feeding and cleaning the horses taught the children how to care for them. The sponsored activity taught the children values like responsibility, kindness and compassion.



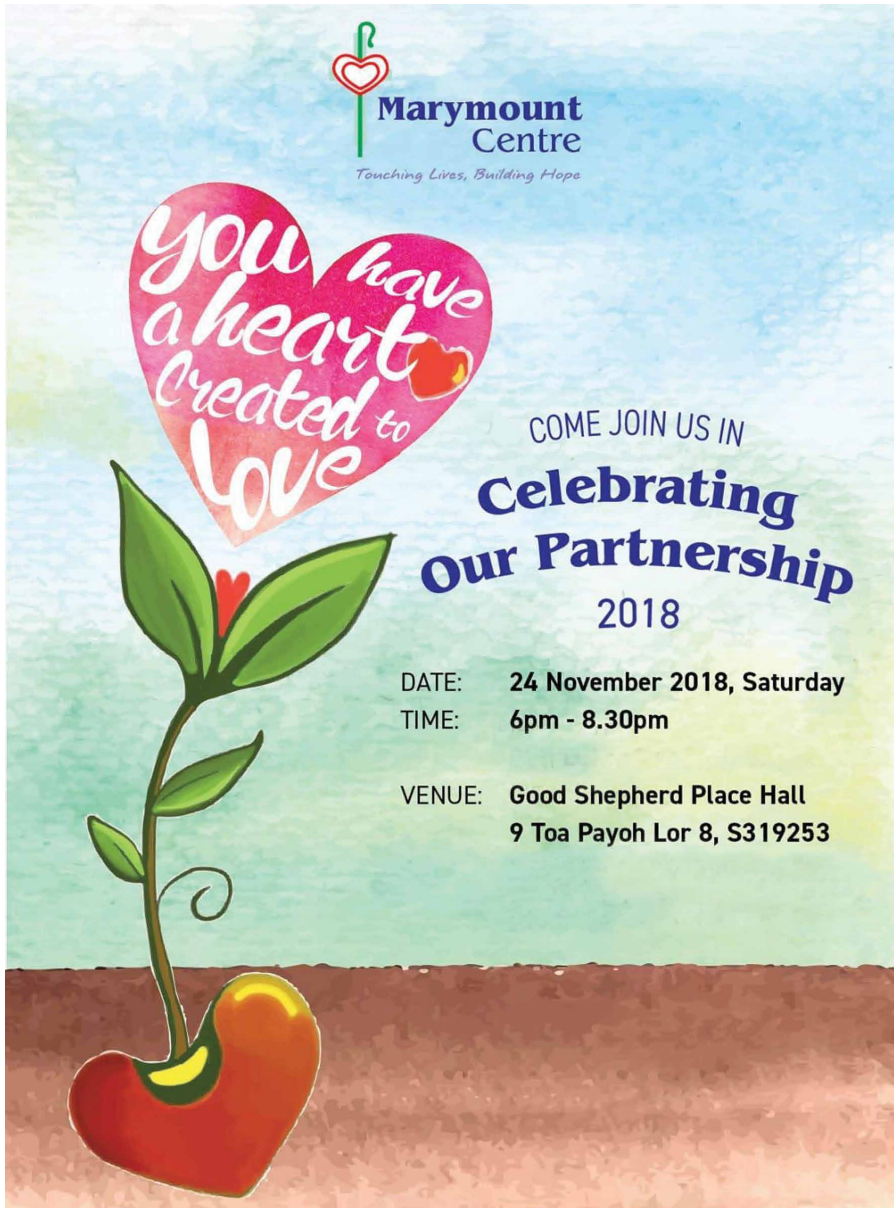
Riding steadily with good muscular coordination.



Not afraid to get close and personal



Learning to shower a horse



Celebrating our Partnership 2018

By Martha Teo

Excerpt of Opening Address

by Chairperson, Marymount Centre, Ms Jane Marie Ng

Tonight, we gather to thank and honour a very special group of people, who are sometimes called "volunteers", but are in fact partners in mission. For as long as you spend time with and give (whether it is tangible or intangible) to the women and children, and anyone in Marymount Centre, you are a partner in the mission of Marymount Centre.

The theme for tonight's celebration is "You have a heart created to love". Very appropriate, very true.

It reminds us that our hearts are "created". A Creator at some point in time created us in his image and likeness, and gave us a heart to love.

It's such a positive statement, so full of hope – you have a heart created to love – and so liberating because we can choose what to do with our heart created to love.

Love is not a warm, fuzzy feeling that is transient. Love is a choice, a commitment, and your very presence here tonight is testament of your choice. You have a heart created to love and out of all the many choices available to you, you choose to generously give your time and share yourself with those who have been through a challenging time and who need to know that they are loved.

I think it is not always easy. You have your own busy lives, your families and other commitments. Yet, week after week, you faithfully turn up for the activities and programmes that you are involved in or that you run for the women and children. I am guessing that sometimes, you may be tired, or not feeling well, or burdened with other concerns, but still you put aside your own needs to come.

Thank you for listening to your heart, for choosing to love, for your faithful commitment to all the activities and programmes that bring joy and healing to the women and children we serve at Marymount Centre, Ahuva Good Shepherd comprising IPAC, SGC, Children's Home, Good Shepherd Student Care and Good Shepherd Centre.

We have a staff strength of 56. The “volunteers and benefactors” or “partners in mission” number 160, with another 40 parents and guardians of the children. Isn't that amazing?

The frequency or regularity of service range from 2 to 3 times a week, to weekly, monthly, yearly or on an adhoc basis. The services rendered include befriending, counselling, cooking, dancing, music, art and therapeutic programmes, organized outings and parties, tuition, the simple act of buying food and necessities for the children and centre, dog/pet therapy, cleaning the children's homes plus opening their own homes at weekends for children to stay.

It is very clear that without you as our partners, the staff, management and directors of Marymount Centre would not be able to do as much as is currently being done. You are awesome, you are inspiring! Thank you so much for all that you have done, and continue to do!

I have talked about hearts created to love, about making choices and making a commitment to love. There is a flip side to this. As our hearts are created to love, so are our hearts created to “be loved”.

Thank you for being here tonight, for allowing us to show you, our partners in mission, that we love you too. Tonight, you are the “beloved”. Tonight, we want you to sit back and enjoy being loved.

The heartfelt, warm welcome set the tone for the show presented by the residents and some staff of the three Ahuva Good Shepherd residential homes and Good Shepherd Centre. The dances, songs, poem recitation, a skit, and even a mini fashion show performed by the residents with obvious joy and precision belie the many hours of gruelling practice after tiring days in school and work.

For IPAC where children usually stay for up to 30 days, staff worried that their star performers would be discharged before the event, and newly admitted children would not be able to catch up. Then a lightbulb moment: the staff will perform with

the children! Staff Eleanor said afterwards, “I was feeling a little nervous as there were a lot of guests that turned up and I had to go up on stage together with the children to perform. Throughout the whole time we were waiting for our turn to perform, I did not hear any of the children mention about being nervous or anxious. But for a few of us, staff, who had to go up to perform were feeling jittery, but the children were feeling cool and calm. At the end of the performance, I feel so proud of IPAC children; they did so well without any hiccups or mistakes.”

That's not all; the residents also prepared the welcome gifts for the guests. Their hands were covered in fabric paint with a heart-shaped pattern. Then their hand prints were imprinted to canvas pouches which bore the words, “A life touched by you”. Inside each pouch was an umbrella, symbolic of protection and shelter.

After the enjoyable performance, guests mingled happily with the residents over a delectable spread of food. Volunteers who have attended previous events sought out the special dishes lovingly prepared by residents of Good Shepherd Centre (GSC). A little secret; we nearly had to break this tradition. Most of the residents of GSC worked very long hours at back-breaking jobs as part of their journey to start their lives afresh. Staff did not have the heart to impose on them to prepare food for the event. But they didn't have to worry; the ladies readily agreed to do the cooking because they wanted to show their deep gratitude to the volunteers and benefactors. Staff, some of whom could only make their own meal, rolled up their sleeves to pitch in and cooked up a storm! Their special rendition of the ubiquitous chendol was the pièce de résistance of the evening. Late comers were disappointed.



As guests streamed out, love was palpable as they waved fondly to the women and children, still with makeup on their happy faces, busy taking down decorations in the hall, sweeping and clearing trash bags.

What a night celebrating our partnership. **As Mother Foundress said, “I did not possess riches, talents or any exterior attraction, but I always loved...and I loved with all the strength of my soul.”**

GSSC PROGRAMME CALENDAR 2018

JANUARY

- Welcome Primary 1
- Baking Workshop



FEBRUARY

- Chinese New Year Celebration
- Commemoration of Total Defence Day

MAY

- Mother's Day Craft Workshop
- Holiday Programmes: A Ticket to Funland
- Bugsters' Bash
- Music & Movement
- GSSC Children's Carnival
- Parent-Child Bonding Workshop



APRIL

- International Friendship Day Celebration
- Foundress Day Celebration
- First Aid Workshop
- Poetry Writing Workshop

MARCH

- Holiday Programme: Funergy
- Code Your 2D Game
- Survive the Zombie Apocalypse
- Easter Day Celebration



JUNE

- Baking Workshop
- Craft Workshop
- 3D Printing Workshop
- Card Marking Workshop
- Korean Traditional Sports
- Survive the Zombie Attack - Code and Detect Zombie
- Father's Day Craft Workshop

JULY

- Youth Day Celebration
- Hari Raya Celebration
- Racial Harmony Day Celebration
- Active Friday
- Drone Flying Workshop



OCTOBER

- Children's Day Celebration
- PSLE Marking Day Special Programmes
- Active Friday
- Students Immersion Programme



AUGUST

- National Day Celebration
- Lantern Making Workshop
- Active Friday
- Bubble Solutions



NOVEMBER

- Active Friday
- Deepavali Celebration
- Holiday Programmes: You have a heart created to love
- Motivated Minds
- Smashing Time
- GSSC Children's Carnival
- Remote Control Car Workshop
- Escape Room

SEPTEMBER

- Active Friday
- Holiday Programmes: Upsize Your Happiness



DECEMBER

- Hip Hop Dance
- K-Pop Dance
- Sports and Games
- Camp Global
- Good Shepherd Christmas Shopping and Lunch
- Remote Control Car Workshop
- The Kindness Bakery
- Carolling at St Theresa's Home
- Christmas Celebration
- I Love Mother Earth
- Project Happiness
- Craft and Games
- Hip Hop Dance
- Parents and Volunteers Appreciation Night
- P1 Orientation for 2019 Intake

GSC PROGRAMME CALENDAR 2018

JANUARY

- Baking - Lunar New Year Cookies
- Outreach at Villa Francis Home
- English Lessons
- Zumba Sessions
- Legal Workshop



FEBRUARY

- Soft Skills Workshop
- Lunar New Year Celebration
- Learning Journey: Soap-Making Session @ Soap Ministry



APRIL

- Children Tuition Programme
- Earth Day Programme
- Assisi Fun Day 2018



MAY

- Children Tuition Programme
- Mother's Day Celebration
- Family Day @ GSP
- Line Dancing
- SOTA's Interactive Activities Session
- Outing to Geylang Serai
- Outing to Botanic Gardens

MARCH

- Career Carnival for Children
- Awareness Programme on Women's Helpline
- Zumba Sessions
- Hula Dance Workshop @ Esplanade
- Learning Journey: Visit to the State Court



JUNE

- English Lessons
- Motivational Talk "How to create your own happiness?"
- Hari Raya Celebration
- Outing to Sentosa (The Skyline Luge)



JULY

- English Lesson
- Hari Raya Celebration
- Movie
- Racial Harmony Programme



OCTOBER

- Baking Programme
- English Lessons
- Children's Day Outing to Katapult Trampoline Park
- Outing to Singapore Zoo
- Purple Parade



AUGUST

- Walk at Lower Seletar Reservoir
- Health Awareness Talk



NOVEMBER

- English Lessons
- Deepavali Celebration
- Celebrating Our Partnership
- International Day for Elimination of Violence against Women

SEPTEMBER

- Baking Programme
- Outing to Gardens By The Bay
- Mid-Autumn Festival



DECEMBER

- Butterfly Fashion Show
- Christmas Carolling
- Christmas Tea @ Fullerton Bay Hotel
- Christmas Celebration

AHUVA GOOD SHEPHERD PROGRAMME

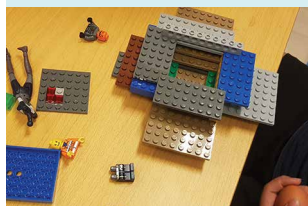


JANUARY

- Lego Workshop
- Pilates
- STEM Workshop – Development of Singapore, Building of structures
- Learning Journey - Pongal Festival
- SVDP Yoga Workshop

APRIL

- Toa Payoh Library
- Story Telling Workshop
- Art & Craft : Kimono Bookmark, DIY Car, Cardboard Aeroplane, Spoon Puppet, Paper Plate Mask, Pom Pom Flowers, Paper Cup Wind Chime, Paper Plate Mask
- Earth Day Activity – Planting
- SVDP- Vegetable Farm
- Lego Workshop
- Singapore Discovery Centre tour & movie
- Watch play @ Waterloo Street



FEBRUARY

- Singapore Polo Club – Horse Carnival
- Pilates
- Zumba
- Junction 8 - CNY Shopping Trip
- CNY Reunion Dinner & Group Games
- Ang Mo Kio Park
- Nex Mall – CNY Shopping Trip, Arcade & Lunch
- SVDP Ice skating
- Career Profiling
- Origami Workshop
- Baking/ Rock Climbing



MAY

- Family Day
- Gardens By The Bay : Children's Festival
- Financial Career Workshop
- CulinaryOn
- Mani & Pedi @ Salon
- Art Taster Programme
- Volunteer @ Food From the Heart
- Raffles Marina swim & sail
- Art museum & art jamming
- Science Centre & Omni Theatre
- SVDP – story telling
- Sound maze
- Lego Workshop

MARCH

- Career Carnival
- SHDD Games & Lunch
- Balloon Exhibition and iLight @ MBS
- Trampoline @ Bounce Singapore
- STEM Workshop – Finance & Budgeting
- STEM Workshop – Digital Workshop
- Movie Sessions
- Disney On Ice
- Easter Party
- SVDP- Wushu
- Fabric Painting Workshop
- Bingo session with volunteers
- Turtle Museum @ Lakeside
- Admiralty Park
- Bishan Park
- Spa Date

JUNE

- Turf City Obstacle Course
- 3D Printing Workshop
- Horse Riding @ Polo Club
- Therapy Room: Travel Light
- Playeum Workshop
- Yoga
- Dog Therapy
- Water Soccer
- Picnic & Leaf Painting
- Microbits Workshop
- Singapore Zoo
- Disney Office Visit
- Bishan Library
- SVDP- mint museum
- Wild Wild Wet
- ART workshop
- Katapult Trampoline Park
- Bowling with Lions Club Ladyhill
- Visit to Art Science Museum
- Swim @ SAFRA Toa Payoh
- Smart City Workshop
- Sembawang Camp Challenge

CALENDAR 2018

JULY

- Outdoor Telematch & Water Bomb
- Movie @ Plaza Singapura
- Fashion Design with Recycled Material
- Yoga
- STEM Workshop: How to build a House
- Funfair @ St Ignatius Church
- SVDP- St Andrew's Home
- Ice-skating competitions
- Lego Workshop
- Camp Global Workshop



OCTOBER

- Fraud Detective & Cryptography Workshop
- Singapore Polo Club
- Funfair @ Kampong Agape
- Unilever Office Visit
- Children's Day Celebration
- Trampoline @Katapult
- Toa Payoh Library
- Halloween Party @ British High Council
- Face Painting
- Purple Parade Fun Fair
- SVDP- Planting activity
- R & B dance session
- Children's Day Carnival @Toa Payoh CC
- Outreach with Jules and Dean

AUGUST

- Play: Joseph the Dreamer
- Bubble Play @ GSSC
- SEA Aquarium Night Camp
- Games Activity with McDonald's
- STEM Workshop: DIY Cardboard Vehicles
- Workshop on Swords
- SVDP - Career Talk by Wha Banana
- Swim @ Jurong East Swimming Complex
- Lego Workshop

NOVEMBER

- Picnic @ Bishan Park
- Bowling @ SGCC
- Playeum
- Celebration of Partnership
- KidzAmaze @ SAFRA Toa Payoh
- Walking Tour @ Woodlands
- Amazing Race @ Science Centre
- Escape Room: Spectra Sec
- Lego workshop
- SVDP - Rock climbing
- VAN
- Balloon sculpting

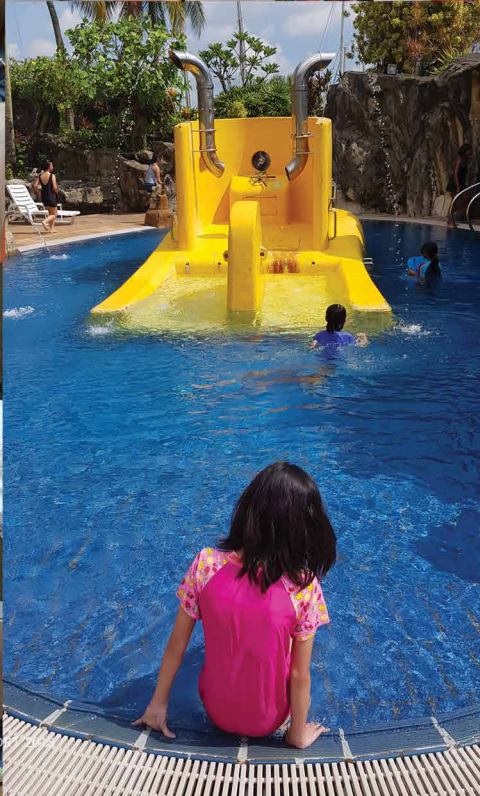


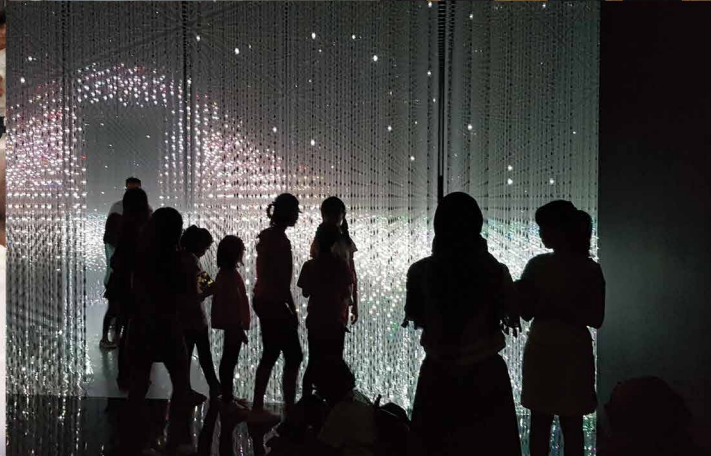
SEPTEMBER

- Walking with Dinosaur
- Bishan Library
- Changi Airport
- Party @ AMK McDonald's
- Zookeeper Workshop
- Games Activity with McDonald's
- Volunteer @ Food From The Heart
- BBQ
- Zoo Outing with SG Care
- SVDP Karaoke
- Water-play (Lantern Festival)
- Lego Workshop
- Novena Church Youth Rally
- Flower making
- Art Science Museum
- Dymax Cooking Competition
- STEM Workshop

DECEMBER

- Xmas Lego Workshop
- Butterfly Fashion Show
- Xmas Party @ IJ Home
- Xmas Party @ British HC
- Camp Global @ GSSC
- KidzAmaze @ SAFRA Toa Payoh
- Share-A-Gift Year End Celebration: SPH
- Picnic @ Bishan Park
- Jurong Bird Park
- Shopping Trip: Junction 8
- Toy Car Decoding Workshop
- SVDP – Gardens By The Bay
- Dog Therapy Xmas Party
- Xmas Market: Toa Payoh Central
- Xmas Party @ Toa Payoh CC
- Ms Selina Shopping trip
- Swimming @ Sengkang
- Superpark
- Xmas Eve potluck party
- Arts @ MRT stations
- Movie outing with staff







ACKNOWLEDGEMENT

“Gratitude is
the memory
of the heart.”



We are deeply thankful and grateful to:-

- ♥ All our **donors, volunteers, friends and benefactors**. Their unwavering support, commitment and contributions to our services throughout the year was instrumental in helping us reach out to the community and to meet the needs of our programme participants.
- ♥ The **Ministry of Social and Family Development** for their guidance and support.
- ♥ Our **Board of Directors and members of our staff** for their dedication and support in ensuring quality care and high standards in the delivery of our services.

FINANCIALS

STATEMENT OF ACCOUNTS

A full statement of accounts for the financial year that ended on 31 December 2018 is available on our website.



**Marymount
Centre**

Touching Lives, Building Hope