



ANGELICAN SERVICES ENGAGING THE COMMUNITY



Anglican Care Centre (Farrer Park) is the only sheltered home for persons in mental health recovery in Singapore.

The Light Keeps Shining: Celebrating Singapore Anglican Community Services' Golden Jubilee Thanksgiving and Official Opening of Anglican Care Centre (Farrer Park)

"And you shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.' This is the first commandment. And the second, like it, is this: 'You shall love your neighbour as yourself.' There is no other commandment greater than these."
– Mark 12:30-31 (NKJV)

50 years ago, an act of kindness by a school teacher's wife towards a poor villager sparked generations of compassionate services to the needy and disadvantaged. In dressing his wounds, Mrs. Eng Neo Catharine Thomas, a trained nurse and the wife of Mr. Francis Thomas (then a teacher of St. Andrew's School), embodied the commandment to love her neighbours as herself. Not long after, Mrs. Thomas' kind act led to a free clinic for the poor villagers of Potong Pasir.

Singapore Anglican Community Services (SACS) is a work produced by faith, a labour prompted by love, and an endurance nurtured by hope. This labour of love continued to grow throughout the decades, as the generations that came after Mr. and Mrs. Francis Thomas continued to tend to the needy as well as the mentally and physically infirm, whose hearts are broken and spirits crushed.



Mr. Gan Kim Yong, Minister for Health, received a warm welcome from the MerryUkers, a ukulele interest group comprises of retirees, upon arrival at the Anglican Care Centre (Farrer Park).

13 October 2017 was a day of double celebration for SACS. Commemorating its 50 years of service to the community and marking a new milestone in its integrated care journey for persons with mental health issues (PMHIs), the SACS' Golden Jubilee Thanksgiving and Official Opening Ceremony of the Anglican Care Centre (Farrer Park) was held onsite at the latter. The event was graced by Mr. Gan Kim Yong, Minister for Health.

Anglican Care Centre (Farrer Park) is the only sheltered home for persons in mental health recovery in Singapore. An expansion of SACS Psychiatric Services' continuum of care, the home provides support and temporary accommodation for 60 adults and 20 youths in mental health recovery as they get ready for independent living in the community.

In the sheltered home, rehabilitation counsellors work actively with the residents to prepare them for reintegration into the community. Programmes such as counselling, psycho-education, personal effectiveness skills, family engagement and support, vocational and skills support, as well as social and recreational activities, are available to help these individuals acquire the necessary skills for independent community living.



Dr. Arthur Chern, Group CEO, SACS and SAMH, shared with Mr. Gan Kim Yong, Minister for Health, about the new and upcoming services of SACS and SAMH.



Bishop Rennis Poniah, President, SACS and SAMH, presented the first copy of the SACS commemorative book, "Into The Light", to Mr. Gan Kim Yong, Minister for Health.

To commemorate SACS' Golden Jubilee and pass on its legacy, a commemorative book and monument, both named "Into The Light", were launched at the event. The former chronicles the 50-year journey of care – from a humble beginning of a Welfare Centre Building in St. Margaret's School in 1967 till today, an organisation with 14 service centres and the largest psychiatric rehabilitation service provider in Singapore. The latter was inspired by the logo of SACS' former services, which symbolises the organisation's mission in bringing people who are mired in darkness and despair into the light of faith, hope and love.

While services have evolved in response to changing needs in changing times, the heart of SACS did not waver. It abides by the heart of where the needs are greatest, faithfully following the path God leads and bearing the light and comfort of Christ's unceasing love into the shadows of pain and despair. SACS continues to strive to be a shining light in the road ahead as it steps into the unknown, holding steadfast to its legacy of compassion and service.



Mr. Gan Kim Yong unveiled the SACS' Golden Jubilee Monument, "Into The Light" and officially opened the Anglican Care Centre (Farrer Park) with the board members and management of SACS and SAMH.

From left: Dr. Arthur Chern, Group CEO, SACS and SAMH; Dr. Jimmy How, Former Chairman, SACS; Mr. Gan Kim Yong, Minister for Health; Bishop Rennis Poniah, President, SACS and SAMH; Mr. Andrew Goh, Vice-President, SAMH; and Mr. Keith Chua, Vice-President, SACS.



Inspired by God's grace and provisions for the work of SACS, staff from Hougang Care Centre composed a song, "Let Your Light Shine" for the event. It was performed by staff from the various service arms of SACS that evening.



Clients and staff from Hougang Care Centre showcased their talents through two whimsical dance numbers.



The event kicked off with a rousing performance by the Anglican High School Concert Band.



SACS' Golden Jubilee cake-cutting ceremony by Mr. Gan Kim Yong, Minister for Health, as well as the board members and management of SACS and SAMH.

Renaming of Centres Under Singapore Anglican Community Services

To strengthen the common identity that reflects the vision, goals and commitment of Singapore Anglican Community Services, as well as our roots from the Anglican Church Ministry, the following SACS centres will be renamed. Anglican Lifestream Services (formerly known as St. Andrew's Lifestreams), will be moved under the purview of SACS, from SAMH. This will take effect from 1 January 2018.

Old Name	New Name	New Enquiry Email
Hougang Care Centre	Anglican Care Centre (Hougang)	acc_hougang@sacs.org.sg
Simei Care Centre	Anglican Care Centre (Simei)	acc_simei@sacs.org.sg
Community Rehabilitation and Support Services (Bukit Batok, Pasir Ris, Yishun)	Anglican Care Centre (Bukit Batok, Pasir Ris, Yishun)	Bukit Batok: acc_bukitbatok@sacs.org.sg Pasir Ris: acc_pasirris@sacs.org.sg Yishun: acc_yishun@sacs.org.sg
SACS Cluster Operator (Jurong East)	Anglican Cluster Operator (Jurong East)	aco_jurongeast@sacs.org.sg
SACS Senior Centre (Floral Spring, Golden Orchard)	Anglican Senior Centre (Yishun, Jurong West)	Yishun: asc_yishun@sacs.org.sg Jurong West: asc_jurongwest@sacs.org.sg
SACS Centre (HillV2)	Anglican Senior Centre (Hillview)	asc_hillview@sacs.org.sg
SACS Family Care Centre	Anglican Family Centre	afc@sacs.org.sg
St. Andrew's Lifestreams	Anglican Lifestream Services	eileen_wong@sacs.org.sg
Integrated Employment Services <i>*no change to service's name*</i>		ies@sacs.org.sg
Anglican Care Centre (Farrer Park)		acc_farrerpark@sacs.org.sg

St. Andrew's Senior Care (Henderson): Reaching Out to the Community

Following its commencement of day care services on 29 May 2017, St. Andrew's Senior Care (SASC) (Henderson) invited the community to its Open House on 1 September 2017. It was an eventful day as more than 80 residents from the neighbourhood turned up for the activities organised by the centre. They held free screening for dementia and depression, a talk on mental well-being as well as demonstrations on healthy cooking and new ways to keep physically fit. The guests also had the opportunity to learn about the centre's services, try out exercise

equipment and participate in activities regularly conducted for clients such as reminiscence therapy and creative craftwork.

SASC (Henderson) offers maintenance and dementia day care, community rehabilitation, and centre-based nursing services for elderly living in and around the area of Henderson. For more information on its services and fees, please contact SASC (Henderson) at 6430 8409 or email sasc_henderson@sasc.org.sg.



Guests of the Open House taking part in various activities organised by SASC (Henderson).



Many volunteers came forward to supplement and enrich our care programmes. We welcome volunteers, individuals and groups to provide social care and interactions to residents of SANH (Queenstown) and clients of SASC (Queenstown).

Introducing Senior Care Services to Queenstown Residents

St. Andrew's Nursing Home (SANH) (Queenstown) organised an Open House on 28 October 2017. Its purpose was to introduce its services, including St. Andrew's Senior Care (SASC) (Queenstown), a Senior Care Centre housed within the nursing home which officially began operating on 13 November 2017. We also took this opportunity to announce the availability of non-subsidised wards within SANH (Queenstown).

The Open House received about 400 visitors, including Ms. Joan Pereira, Member of Parliament for Tanjong Pagar GRC and Advisor to Henderson-Dawson Grassroots Organisations. They were engaged in various activities and games organised for all ages – a card-making session, dementia simulation that helps one understand what having dementia feels like, virtual reality games that aim to improve motor skills, a hand

hygiene activity, and a charity bazaar that featured a nostalgic ice-cream cart and Kacang Puteh stall sponsored by our vendors. Our volunteer groups from churches such as the Church of Our Saviour and ECF Holy Word also lent their support with dance, songs and Zumba performances. Last but not least, the visitors participated in a tour of the Home to understand its facilities and care process.

SANH (Queenstown) offers integrated residential care (including dementia care), centre-based services and home care services for elderly living in and around the area of Queenstown. For more information on its services and fees, please contact SANH (Queenstown) at 6877 4677 or email qnhenquiries@sanh.org.sg. For more information on the Senior Care Centre services offered by SASC (Queenstown), please call 6877 4681 or email sasc_queenstown@sasc.org.sg.



Activities held in our Senior Care Centre (clockwise from top left): Card Making, where visitors, mainly kids, create cards to show their love for the elderly; Virtual Reality, which uses technology to encourage patients to exercise and engage in activities that help to sharpen motor skills; Hand Hygiene activity, to stress the importance of hand hygiene so as to minimise spread of infectious diseases; Charity Bazaar, to raise funds for the work of SANH (Queenstown) and SASC (Queenstown).



Ms. Joan Pereira engaging a resident in SANH (Queenstown) and taking part in dementia stimulation activity to gain a better understanding and empathy on dementia.



Marking a major milestone of SACS together with The Most Reverend Datuk Ng Moon Hing, Archbishop of the Anglican Church of the Province of Southeast Asia, and pioneer stalwart of Anglican Welfare Council, Dr. Jimmy How.



SACS Commemorative Milestone Mural to commemorate its 50 years of service to the community. God's light will continue to shine in the years ahead through SACS' Services.



Musical Skit: "SACS – How It Began" by staff on Mrs. Thomas' kind acts towards the poor villages of Potong Pasir which inspired generations of community services by the Anglican community.



Let Your Light Shine: SACS-SAMH Joint Charity Dinner 2017

Singapore Anglican Community Services (SACS) and St. Andrew's Mission Hospital (SAMH) were privileged to have Mr. Chan Chun Sing, Minister in the Prime Minister's Office, as Guest-of-Honour at the Annual SACS-SAMH Charity Dinner on 25 August 2017. In his speech, Mr. Chan lauded the contributions of SACS and SAMH in shaping Singapore's health and community care landscape throughout the years, providing holistic care for patients to meet their medical, social and psychological needs.

2017 marks the 50th and 104th anniversary of SACS and SAMH serving the community respectively. The theme for this year's charity dinner is "Let Your Light Shine", to celebrate SACS' Golden Jubilee. The genesis of SACS began in the early 1950s as a free clinic started by Mrs. Eng Neo Catherine Thomas, a trained nurse and wife of the principal of St. Andrew's School,

Mr. Francis Thomas to serve the needy villagers living in the Potong Pasir area. Today, SACS has expanded and evolved to provide three pillars of services – Psychiatric Services, Senior Services as well as Family and Children Services.

All the four daughters of Mr. and Mrs. Francis Thomas attended the dinner. Recollecting the work of her parents, Ms. Margaret Thomas shared, "While my parents might have come from rather different worlds, they had in common a desire to help others, a genuine love and care for people, regardless of their race or religion or position in life. They also had in common their faith. Hers was a simpler approach to Christianity, his was more cerebral, but they were steadfast in their faith and commitment to doing God's work. Love was the lamp they lit. Compassion the light it shed."

As The Right Reverend Rennis Ponniah, President, SACS and SAMH said in his welcome address at the Charity Dinner, "the testimonies of SACS and SAMH remind me of the words from Matthew 13:31-32, 'The kingdom of heaven is like a mustard seed, which a man took and planted in his field. Though it is the smallest of all seeds, yet when it grows, it is the largest of garden plants and becomes a tree, so that the birds come and perch in its branches.'"



Recollections of Mr. and Mrs. Francis Thomas by Ms. Margaret Thomas, daughter of Mr. and Mrs. Francis Thomas.

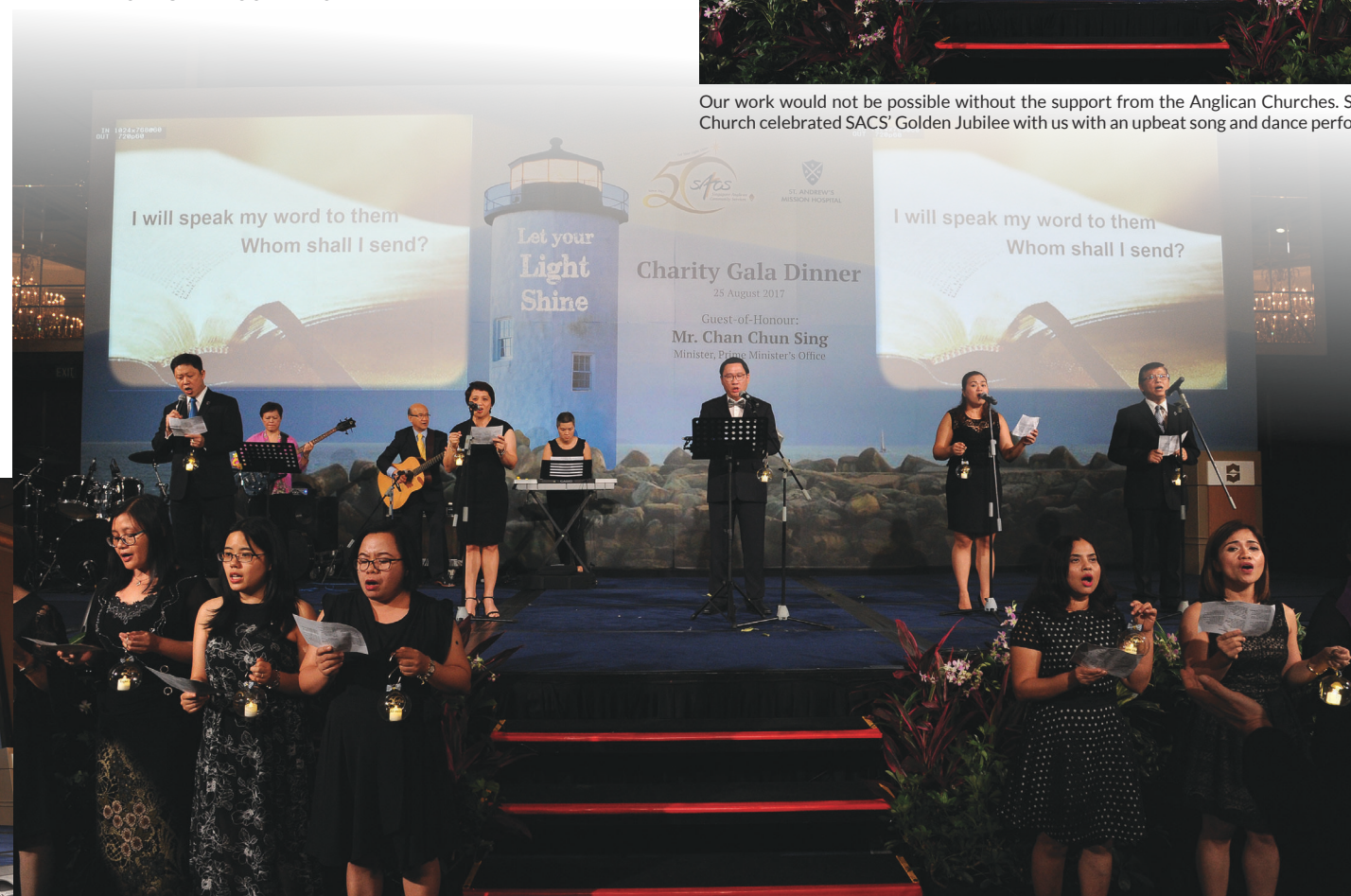


Mr. Richard Eu is a second generation supporter of SAMH. His mother, the late Mrs. Diana Eu, was a SAMH Board Member for nearly 30 years and oversaw many successful fundraising events for SAMH. Mr. Richard Eu, immediate past CEO of Eu Yan Sang and well-known singer lent his support with a performance at the dinner with rock and roll and blues renditions.

A special highlight to commemorate SACS' 50 years of service was a procession by 50 staff, each carrying a light, accompanied by the song "Pass It On". Each staff was a representation of the light that shines in darkness in their services to the people, and the song conveyed their commitment to pass on the legacy of serving the needy from generations to generations. This was a significant and inspiring moment for all, as we were reminded once again of God's love and compassion that continues to manifest through SACS' and SAMH's services.



Our work would not be possible without the support from the Anglican Churches. St. Hilda's Church celebrated SACS' Golden Jubilee with us with an upbeat song and dance performance.



Finale: Golden Jubilee Special led by Group CEO, SACS and SAMH, Dr. Arthur Chern. A choir of 50 SACS and SAMH staff singing "Pass It On" and "Here I Am, Lord". The former conveyed our commitment to pass down the legacy of being the light to serve the people in darkness. The latter was a proclamation of our willingness and readiness to be God's vessel, to bring love and compassion in our service to the people in need.

Receiving the Highest Accolade in Nursing: The President's Award for Nurses 2017

The President's Award for Nurses is held annually to acknowledge nurses who have made significant contributions in the fields of patient care, education, leadership, research and administration. This year, St. Andrew's Community Hospital (SACH) is honored to have Ms. Alison Sim, Director of Nursing, receive this highest accolade in nursing.

As the Director of Nursing at SACH, Alison has played a crucial role in the expansion of SACH from a 160-bed to a 240-bed hospital. She was instrumental in the development of integrated clinical services with Changi General Hospital (CGH), such as the sub-acute care ward at the Integrated Building and home care services. Currently, she is planning for the nursing component of a Community Palliative Programme that SACH is developing with CGH.

Alison's support for the use of technology to improve patient care has contributed to SACH leading the community care sector in this area. SACH is the first community hospital to implement a common Electronic Medical Record (EMR) with its partnering acute hospital, and systems such as the Community Hospital Common System (CHCS), and electronic nurse charting.

Besides playing an important role in setting up the hospital's dementia and palliative care services, Alison also ensures her team, including herself, are well-equipped with the expertise to deliver these specialised services. Alison is not afraid to roll up her sleeves to provide clinical care where needed. She is often seen supporting her team outside of office hours, and still finds time to do volunteer work in the community.

"That you may walk worthy of the Lord, fully pleasing Him, being fruitful in every good work and increasing in the knowledge of God" (Colossians 1:10 NKJV) is one of the key promises that has kept her grounded of her total dependency on God.

"This award is an affirmation of the work done by colleagues in the Intermediate and Long Term Care Sector (ILTC), a sector which I have been serving in for the past 17 years," Alison said. "Being an award recipient in the ILTC sector, it is my desire that it will inspire the younger generation of nurses to join this sector. Hopefully, they will creatively inject vibrancy into caring for an increasing number of elderly in our midst."

Once again, SACH congratulates our Director of Nursing, Ms. Alison Sim, for receiving the President's Award for Nurses 2017!

Ms. Alison Sim Lei Choo (third from right), Director of Nursing, St. Andrew's Community Hospital, was awarded The President's Award for Nurses 2017, together with 4 other recipients at the Istana.

Photo courtesy of Ministry of Health.



Autism School Student Receives New MOE Special Award

Rusydi, a 15-year-old student from St. Andrew's Autism School (SAAS) was among the 163 students who received this year's Special Awards from Mr. Ong Ye Kung, Minister for Education (Higher Education and Skills), at the Ministry of Education's Special Awards ceremony on Thursday, 17 August 2017 at the Singapore University of Technology and Design (SUTD) Auditorium. He and 24 other students from special education (SPED) schools in Singapore received the Lee Kuan Yew Exemplary Student Award.

One of two new awards this year, the Lee Kuan Yew Exemplary Student Award recognises students at government-funded SPED schools in Singapore who have risen above the odds to motivate and inspire their peers. The award was handed out along with nine existing special awards and a new award in interactive digital media. To qualify for the award, students need to be Singapore citizens enrolled at one of 20 government-funded SPED schools in Singapore, and be exemplary role models of learning, dedication, perseverance and courage. These should be demonstrated in their progress and contributions in the academic, vocational, sports and/or arts domains. The individuals should also have contributed to the school community and beyond.



Rusydi won a silver medal in the Bocce Competition at the Special Olympics Singapore National Games 2017.



Rusydi receiving the Lee Kuan Yew Exemplary Student Award from Mr. Ong Ye Kung, Minister for Education (Higher Education and Skills).

Today, Rusydi is a sociable teenager who takes the initiative to help others. He communicates reasonably well in person and through social media. But he was not always this expressive.

Early Days at SAAS

Rusydi was five when he was diagnosed with autism.

When he joined SAAS in February 2009 at age seven, he was very reserved and did not interact much. He also had selective mutism. He would speak with family members at home but not with others in school. He communicated and expressed his feelings by blinking and would blink more rapidly, flaring his eyes when he was agitated or upset. Despite this, he demonstrated his artistic talents through art and drawing.

It was only in his third year at SAAS that Rusydi began opening up, speaking with his teachers and other students. After a couple of years, he progressed to lead other students in reciting our National Pledge, on stage during assembly.

Today, into his ninth year at SAAS, Rusydi is very different from the seven-year-old who first joined the school. He leads the school into assembly – calling the entire school to attention, leading in singing the National Anthem and taking the pledge, and calling for the end of assembly. Not only does he pick up new skills quickly, he is able to help his teachers by modelling the newly-acquired skills to his classmates. One of his teachers, Ms. Debbie Thng, said, "When we're busy with students who require more attention, he is able to help us manage the class." She went on to describe how Rusydi watches out for others around him – holding doors open for others, helping classmates who may be a little less aware to stay safe while the class is on outings, offering to help teachers when their hands are laden etc. At home, he helps care for his younger cousins.

In his time at SAAS, Rusydi has progressed academically, socially and in Co-curricular Activities. Since 2012, he has received School Honours Day awards for academic and social skills, art, and sports. In that same period, several of his art pieces have been displayed at exhibition. This year, he won a silver medal in the bocce competition at the Special Olympics Singapore National Games.



It is not uncommon to witness Rusydi holding doors open for others.



He is a reliable source of help to teachers.

His growth since he first joined the school has certainly not gone unnoticed. SAAS Principal Ms. Diana Chingushed proudly, “We are so proud of Rusydi, a fine young man and a deserving recipient of the inaugural LKY-ESA for special education students.”

A respectful, caring and considerate youth, Rusydi could be a role model not just for others with autism, but many other Singaporeans as well.

When asked how he feels about someone he does not particularly care for, he will withhold comment and simply smile politely.

All of us could probably learn from him in this respect – to hold our tongues rather than being quick to make negative remarks about others.

Everyone at SAAS and St. Andrew’s Autism Centre is very proud of Rusydi and his achievement.

Healthy Minds, Healthy Lives 2017



Basic health check booth at Ci Yuan Community Centre for blood pressure, blood sugar level, and body mass index.

A cooking demonstration on how individuals can incorporate healthy eating into daily living was introduced as part of the programme. This enabled the public to further understand how to make healthy dietary choices. Participants had a great time learning new recipes from the chefs and enjoying the food tasting session.

Some booths were also focused on informing the public the importance of keeping a healthy lifestyle by maintaining good mental and physical wellness. Other booths were set up to educate the general public about signs and symptoms to look out for early detection of mental health issues. One of the most visited booth was the health check station where the public had their blood pressure, blood sugar level, and body mass index checked.



Residents of SANH (Queenstown) appreciating a fan dance and the opera performances by volunteers from Church of Our Saviour’s Teochew and Cantonese choirs.

A Time of Nostalgia: Mid-Autumn Festival Celebration at St. Andrew’s Nursing Home (Buangkok, Queenstown)

Mr. Lew Chee Beng from Lew Foundation (right) presented with a glass painting of Chinese Bamboo done by SANH (Buangkok)’s resident, Mr. Kee Thiam Huat (left), as an appreciation for his dedicated support to the nursing home.



This year, the elderly in St. Andrew’s Nursing Home (SANH) (Buangkok) and St. Andrew’s Nursing Home (Queenstown) had a time of reminiscence celebrating Mid-Autumn Festival. SANH (Buangkok)’s Resident Choir kept their residents engaged with familiar oldies, such as “The Moon Represents My Heart”, while the residents at SANH (Queenstown) enjoyed a fan dance and opera performances put together by volunteers from Church of Our Saviour’s

Teochew and Cantonese choirs. The residents also delighted in the mooncakes supplied by our vendors and generous donors. Mr. Lew Chee Beng of Lew Foundation, donated mooncakes for the residents at SANH (Buangkok), and also took time to join in the celebration with his family. To appreciate his support for the nursing home over the years, Mr Lew was presented a glass painting of Chinese bamboo done by resident, Mr. Kee Thiam Huat. SANH (Buangkok) had their residents read each other’s wishes pasted on the lanterns, while the residents in SANH (Queenstown) showcased their hand-painted lanterns done with the help of the physiotherapists and occupational therapists prior to the celebration.



Beautifully hand painted lanterns by the residents of SANH (Queenstown).



Residents at SANH (Buangkok) enjoying the fellowship, Chinese tea and mooncakes during the celebration.



Mr. Darryl David, Member of Parliament for Ang Mo Kio GRC bought some items made by members of Hougang Care Centre (HCC).

In conjunction with World Mental Health Day, “Healthy Minds, Happy Lives” (HMHL) was organised by Hougang Care Centre (HCC) at Ci Yuan Community Centre on 21 October 2017, once again graced by Mr. Darryl David, Member of Parliament for Ang Mo Kio GRC. The HMHL was started by Singapore Anglican Community Services (SACS) psychiatric services in 2013. The campaign aims to educate the community about mental health issues and reduce social stigma. In addition, it is important to promote holistic health on individuals, in hope of raising awareness of the impact of physical health on mental health issues.

At the event, Peer Specialist and Peer Support Workers were present in engaging the public. Ms. Ivy Lam, a Peer Specialist situated in HCC, shared with the public on how she overcame her challenges of battling mental health issues and her role as a peer support worker.



Cooking demonstration at Ci Yuan Community Centre to educate the public on healthy eating.

Just a day after HCC’s event, Community Rehabilitation and Support Service (CRSS) Bukit Batok also held its own “Healthy Minds, Happy Lives” outreach on 22 October 2017 at Hillview Community Club.



Participants and speakers were immersed in earnest and insightful discourse throughout the sharing sessions at Hillview Community Club.

The event, officiated by Ms. Low Yen Ling, Member of Parliament for Chua Chu Kang GRC, sought to raise public awareness on mental health and well-being with several key highlights - Depression, Dementia, Addictions, and Mindfulness. By inviting various experts to provide hourly talks on these topics, the crowd of 210 was kept engaged.

Booths that were set-up were lively and interactive, with various quizzes, games, and activities that piqued the interests of those present. Various mental health agencies, senior care services, and community agencies were present to share about their services and their respective areas of expertise. The multi-purpose hall of Hillview Community Club was bustling with activity well into the afternoon, with the crowd dissipating only as the event drew to a close.



SACS psychiatric services set up a booth at Hillview Community Club to share on our wide range of services that support persons with mental health issues.

Seniors Can Have Fun Too!

On 18 July 2017, the Cluster Support team of the Anglican Cluster Operator (Jurong East) (formerly known as SACS Cluster Operator (Jurong East)) organised an outing at the River Safari for their seniors to enjoy a day out, supported by staff and volunteers. Although it had been a rainy week, they were blessed with good weather for the outing.



Seniors, volunteers and staff posing with the main star of the River Safari.

The seniors were treated to savour the signature snack unique to the River Safari, the Panda Pau, before they toured the park. The excursion was a fascinating experience for many of the seniors. They got to see up-close a number of creatures which dwelled in the rivers of the different continents. The group took many photos to remember this special day, especially the seniors, many of whom had never visited the River Safari before. The tour ended at the River Safari Tea House, where endearing conversations and friendly banters were shared over tea and snacks. Relationships are built and bonds are strengthened.

One senior, Mr. Toh AK remarked, “The food



All smiles after a satisfying and energy-boosting meal.

spread is good, I have a good time enjoying it. I always enjoy outings which have food and activity, just like this one.” A first-time participant Mdm. M, enthused, “The volunteer (Flora) was very caring. If there is any future outing, I will want to go too.” Other seniors like Mr. Tan KL expressed that they wished more outings could be organized again soon.

The day’s excursion has a greater meaning and purpose. Many elderly residents are socially isolated or physically challenged, and thus rarely have the opportunity to get out of their home and interact with others. We are especially grateful to the Lee Foundation for their generous support in making this outing possible.

The Cluster Support team of the Anglican Cluster Operator (Jurong East) provides case management service for vulnerable seniors living in the Jurong East and Bukit Batok areas, to enable them to age in place. Please contact Anglican Cluster Operator (Jurong East) at 6262 1183 or email aco_jurongeast@sacs.org.sg for more information about our services and volunteering opportunities.



Seniors, volunteers and staff of Anglican Cluster Operator (Jurong East) enjoyed their outing to River Safari.



Ms. Gladys Lim and Ms. Yvonne Tan at 2017 ANWS.

Strengthening Care for Women in Crisis

Anglican Family Centre’s (formerly known as SACS Family Care Centre) Senior Social Worker, Ms. Gladys Lim, and Residential Supervisor, Ms. Yvonne Tan, attended the 2017 Asian Network of Women’s Shelter Conference (ANWS) and study trip to Taiwan from 28 August till 1 September 2017.

The ANWS is a regional alliance of shelters and Asian continental network under the Global Network of Women’s Shelters (GNWS). Its main purpose is to strengthen the women’s shelter movement globally, increase awareness and strengthen advocacy efforts for the formulation and effective implementation of laws and policies for ending violence, injustice and oppression against women and their children.

This year’s theme was “Continental Shifts in Shelter Management: Cross-regional Dialogue on Transforming Women’s Shelters”. 180 people from 19 countries representing over 60 shelter organisations in Asia and Europe attended the conference. Delegates heard from various experts and practitioners on legal frameworks and policy strategies, network support for shelter services, economic empowerment programs for survivors of violence as well as new models of shelter management.



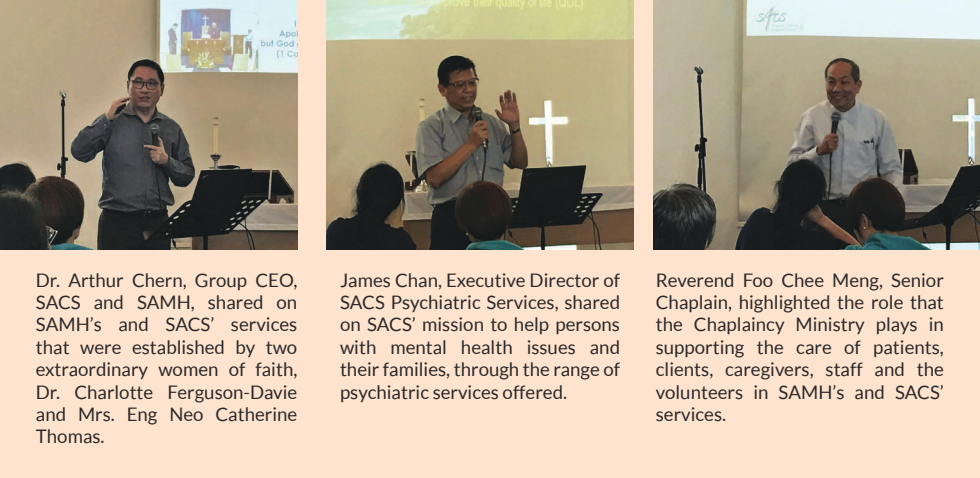
2017 ANWS’ participants.

As part of the study trip, participants visited a shelter run by The Garden of Hope Foundation (GOH) Taiwan (Non-governmental Organisation) and the government centre that manages domestic violence and sexual assault issues.

Ms. Yvonne Tan shared of her experience, “It is heartwarming to learn that social workers, counsellors, social services organisations, churches, volunteers and voluntary groups play their part to support survivors of domestic violence internationally. I am thankful to see many like-minded people having love as their vision to serve in this field of shelter work and I look forward to continue making an impact when contributing to this work.”

Ms. Gladys Lim also shared that “It has been a deeply enriching and insightful conference with panel speakers from different countries sharing on their respective shelter management models and practices. One learning point is the need for diversified women shelters for survivors during crisis and post-crisis stages.”

Anglican Family Centre provides temporary and safe accommodation and supportive service to persons experiencing family violence. Bringing back what they have learnt, the team aims to strengthen care for women in crisis, by rehabilitating and empowering them so that they can be re-integrated into the community.



Dr. Arthur Chern, Group CEO, SACS and SAMH, shared on SAMH's and SACS' services that were established by two extraordinary women of faith, Dr. Charlotte Ferguson-Davie and Mrs. Eng Neo Catherine Thomas.

James Chan, Executive Director of SACS Psychiatric Services, shared on SACS' mission to help persons with mental health issues and their families, through the range of psychiatric services offered.

Reverend Foo Chee Meng, Senior Chaplain, highlighted the role that the Chaplaincy Ministry plays in supporting the care of patients, clients, caregivers, staff and the volunteers in SAMH's and SACS' services.

Diocesan Mission Conference: SACS-SAMH Workshop

More than 120 delegates from over 20 countries gathered at St Andrew's Cathedral in Singapore for the Diocesan Mission Conference 2017 staged by the Diocese of Singapore, entitled "None Should Perish", from 17 to 19 October. A workshop, "Community Service and Healthcare Mission", was held on 20 October following the conference, to share with participants how God's love and compassion are manifested through our healthcare and community services.

It was an inspirational sharing as the four speakers depicted how God has guided the services rendered to the people through St. Andrew's Mission Hospital (SAMH), Singapore Anglican Community Services (SACS) and the Anglican Church. The participants were reminded of how SAMH's and SACS' services were established through the love and ministry of Christ to serve the poor, sick and isolated. Over the years, God has directed SACS' path to serve persons with mental health issues (PMHIs) and their families. While continued rehabilitation and support through the range of psychiatric services increases success in recovery, it is the PMHIs' faith that plays a pivotal role.

The Chaplaincy Ministry of the Anglican Church in Singapore also plays an integral role in SAMH's and SACS' services through emotional, spiritual and practical support given to patients, clients, caregivers, staff and the volunteers. The support has helped them better cope with illness, or feelings of loss, grief and pain. The Anglican Church has also extended its medical

mission to its deaneries of Diocese of Singapore, namely Myanmar, Indonesia, and Cambodia, to provide simple medical and dental check-ups for the poor villagers who lack basic care knowledge and proper medical treatment. God's labour of love never stops and will continue to bring healing, hope and comfort through SAMH's and SACS' growing healthcare and community services in the years ahead.



Professor Pang Weng Sun, Vice-Dean of Clinical Affairs in Lee Kong Chian School of Medicine, also a member of Church of the Good Shepherd (COGS), shared his experience in the medical mission at one of the mission district, Preh Kraom Village at Takeo, Cambodia.

Music Therapy: The Art of Increasing Palliative Care Patients' Quality of Life



A sharing by Ms. Ng Wang Feng, MMT, MT-BC (Board-Certified Music Therapist), Neurologic Music Therapist, Inpatient Therapy Services, St. Andrew's Community Hospital

Using music for therapeutic purposes is an age-old idea. Music is often referred to as "the oldest art form to be used in healing" (O'Kelly, 2002, p. 130). Harnessing this power of music, today's music therapists use music in systematic and goal-oriented ways, to address individualized therapeutic goals within a therapeutic relationship.

Music Therapy (MT) sessions usually feature live music, which may involve improvised music, or patient-preferred music, i.e. pre-composed music or songs. Patients are encouraged to participate actively in music-making by singing, moving to the music, or playing rhythm or melodic instruments presented, where appropriate. No background or prior knowledge of music is required for one to benefit from MT, as long as one is open to, or loves music. MT has various benefits, ranging from physical and psychological, to mental, communicative, social and spiritual, for patients receiving palliative care.

Hilliard's 2005 review of the empirical evidence revealed that MT has positive effects

on pain relief, physical comfort and relaxation, and also increases spiritual wellbeing. Another important finding was that live MT sessions increase the perceived quality of life for patients with terminal cancer (Hilliard, 2005, citing Abbott, 1995). Lastly, a recent review (McConnell, Scott and Porter, 2016) confirmed that the effect of MT in reducing palliative pain is significant.

As a Music Therapist, I am often touched by how music makes a difference in the lives of patients we care for at St. Andrew's Community Hospital (SACH). One morning, Mr. Samuel Tan, a palliative care patient and a talented vocalist, was in bed, curled up in pain and not responsive to greetings. He had been crying out in pain over the past week. Mr. David Tan, his brother, was fussing over him, perhaps uncertain of how to comfort Samuel. Upon seeing me with a keyboard, David said, "I can play something for Samuel" and proceeded to improvise in what sounded like the Chinese pentatonic scale. After two minutes or so, Samuel remained in some distress, still quiet. I asked David if he would like to sing a song that was familiar to Samuel, while I accompanied on the keyboard. David began to sing with the resonant voice of a classically trained vocalist. We sang together and as David launched into another traditional Chinese song, our musical interaction became more animated and energetic. Samuel was roused. He began to sing along, at first without voice, then with a soft voice, and finally audibly, with good musical phrasing, articulation and feeling (almost as he had done in previous MT sessions weeks ago). His face brightened and he made meaningful eye contact with the therapist and David. Soon, the care team members gathered around to witness Samuel being lifted up by music and they started cheering for the musically talented brothers. The music gradually drew to a close as Samuel became tired and sang less. Another elderly male who witnessed the musical interaction shared that he was very touched by the music.

At the end of life, an individual with terminal illness may drift in and out of consciousness, not even responding to loved ones, like in Samuel's case above. Music, being an agent of arousal that bypasses cognitive processing, can rouse one to enjoy meaningful interaction, and facilitate improved and functional communication, animated affect, musicality and creativity. It was a wonderful musical encore for Samuel and David, and a precious moment that brought the care team together to bask in Samuel's musical glory one more time!

Note: Names have been changed to protect the privacy of the patient and his brother.

References

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Anglican Lifestream Services: "SIGNPOSTS – It Works!"

"Signposts For Building Better Behaviour", is an evidence-based programme specially developed to help families understand and manage difficult behaviour of children as well as children with developmental delays. Anglican Lifestream Services (formerly known as St. Andrew's Lifestreams) has been running this programme since 2016, by its team of facilitators who have undergone training by Signposts trainers from KK Women's and Children's Hospital (KKH). The Signposts trainers in KKH are accredited and trained by Parenting Research Centre, Australia's only independent and non-profit research and development organization.

The programme which comprises of 5 modules, 2.5 hours each, seeks to help families understand and manage their children's challenging behaviour. It also equips them with knowledge and tools to encourage appropriate behaviour and develop new skills in their children. The training is held in a small discussion group setting so that the facilitator is able to focus and cater to the needs of each family, with in-depth discussions and sharing among them. Pre- and post-programme's evaluation conducted with the children have shown positive outcomes in their behaviour.

Anglican Lifestream Services will be holding an Introductory Talk on 13 January 2018, a pre-requisite to register for the full course subsequently. For enquiries, please contact Ms. Eileen Wong at 6282 1552 or email eileen_wong@sacs.org.sg.

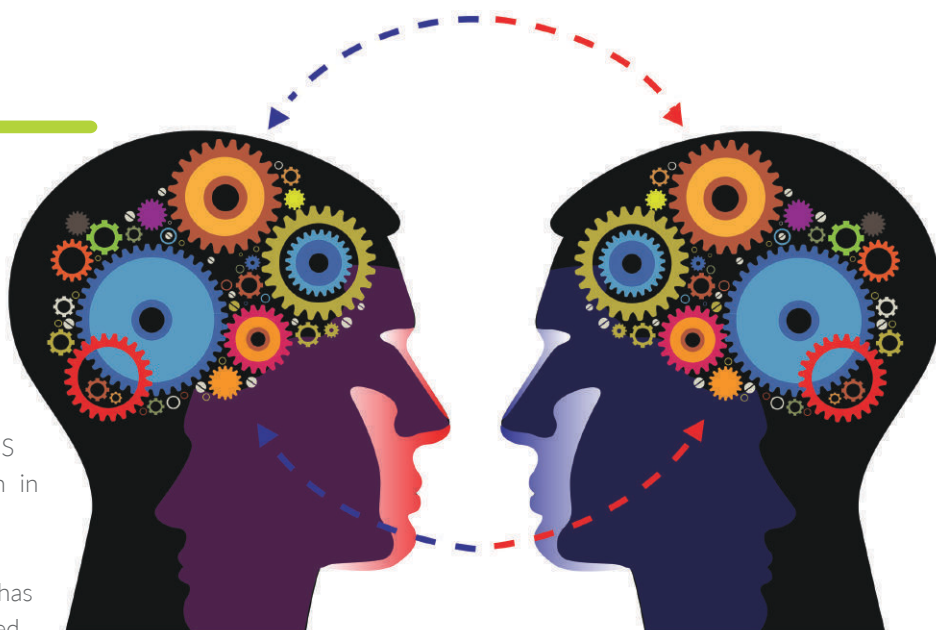
"I was struggling to get my 6 years old ready for school by 10am...By following the principles taught... the time taken for her to complete her morning routine has dropped drastically from almost 2 hours to just 35 minutes...It was truly amazing to see how all these little changes resolved our daily morning battle and I can finally stop shouting or nagging at my girl to get things done...Signposts delivers a clear and systematic way of understanding what triggers the difficult behaviour and also how to measure it before proceeding to correct it. Thus the success rate can be seen and not erroneously based on how I feel...I am glad to say that now my relationships with my girls have improved, as well as their behaviour." The Chew Family

Employee Assistance Programme (EAP+)

In August 2017, Singapore Anglican Community Services (SACS) partnered with the National Council of Social Services (NCSS) to roll out an Employee Assistance Programme (EAP+) designed to strengthen emotional resilience and promote organisational health in the workplace. SACS is the first Voluntary Welfare Organisation in Singapore to offer EAP+.

The United Nations Labour Organisation has defined stress as a 'global epidemic', and dubbed it the 'silent killer'. It is a growing phenomenon in Singapore attributed to its fast paced economy, where Singaporeans work the longest hours in the world, with the average worker clocking in 2,371.2 hours in 2016, according to recruitment consultant Morgan McKinley. In fact, the APAC Benefits Strategy Study 2017 revealed that 72% of employers in Singapore consider stress and mental health an issue affecting productivity. Yet, only a few companies have emotional and psychological wellness programmes in place. Besides lost productivity, absenteeism, staff turnover, workers' compensation, medical insurance, and related expenses are some of the economic impact resulting from stress.

With the challenge of striking a work-life balance while life's stressors increase, more people are embracing the idea of seeking psychological support. EAP+ aims to provide timely support to employees with or at risk



of having mental health issues. It uses preventive and proactive interventions via face-to-face counselling, email consultation, a hotline, psychoeducation training and awareness programmes.

Unique to SACS' EAP+, the Wellness Support Program includes sharing by clients on coping strategies in their wellness action plan and journey, to encourage adoption and uptake of EAP+.

To increase awareness of EAP+, SACS has been reaching out to its existing community partners and the Human Resource community at large to make organisational and individual well-being a part of fair and progressive employment practices, too.

For enquiries, please contact EAP+ at 6812 9605 or email EAP@sacs.org.sg.

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