



FAITHACTS  
20TH ANNIVERSARY  
COMMEMORATIVE PUBLICATION  
●●●●●●●●●● AND ●●●●●●●●●●  
ANNUAL REPORT 2024



Years



## Our Background

FaithActs is a non-profit community care service serving children with learning challenges, youth-at-risk, disadvantaged families and seniors in Queenstown since 2004. Our aim is to impact, change and transform lives regardless of their ethnic, socio-economic and religious backgrounds.

Our mission is to provide quality & holistic services that address social issues with our distinctive Christian love that meet the changing needs of the community.

FaithActs is registered with the Registrar of Societies and the Commissioner of Charities. We are also a member of National Council of Social Service and is approved as an Institution of a Public Character (IPC) since 2008.



# Patron's Message

Congratulations, FaithActs, for 20 years of impact through community service!

In the past two decades, FaithActs has proactively responded to increasingly complex social needs by expanding its range of services, often through close collaboration with partners. One such example is the support FaithActs provides through KidsLearn, a ComLink+ (Community Link) programme aimed at uplifting low-income families living in rental flats with young children. Another example – the FUN Starters programme with SportCares – has also seen a significant increase in participation. One of the boys who joined the FUN Starters Tchoukball programme has done so well that he has been invited to join the Tchoukball Association's National Under-12 team!

FaithActs works with the Social Service Office@Queenstown to meet the needs of essential household items for ComLink families through the OCBC Gift-A-Family programme. FaithActs also works closely with the Alexandra Hospital to bring healthcare closer to our seniors' homes. **EMBRACE** is the latest collaboration where seniors can access this community-based one-stop geriatric services hub, providing comprehensive care to eligible seniors.

Looking ahead, I have every confidence that FaithActs will continue to innovate to make a lasting impact on the community by addressing emerging social needs. I congratulate staff and volunteers of FaithActs for their hard and heart work in serving our community.

I wish FaithActs every success in the years ahead!

## MR ERIC CHUA

Senior Parliamentary Secretary,  
Ministry of Culture, Community and Youth &  
Ministry of Social and Family Development.  
Member of Parliament &  
Adviser of Tanjong Pagar GRC (Queenstown)

## Our Core Values

**Caring** – Respect the dignity and worth of every person in our helping relationship

**Compassionate** – Be empathetic in understanding the needs of each individual so as to fulfill our Christian responsibility to the society

**Competent** – Serve professionally through our knowledge, experience and skills

**Capability-Building** – Embrace opportunities to grow and learn to be better equipped

**Courage** – Ability to overcome obstacles and challenge status quo to encourage changes

**Community** – Be open to collaborate and accommodate to serve the common good



REV REUBEN NG  
Pastor-in-Charge of  
Faith Methodist Church



REV KENNETH HUANG  
Chaplain

### A warm welcome

FaithActs management committee members and staff welcome Reverend Kenneth Huang as the Chaplain of FaithActs from January 2024. We are thankful for his prayer support and spiritual guidance.

## Pastor and Chaplain's Message

Twenty years ago, FaithActs began with a vision to help those in need and to make a lasting difference in our Queenstown community, starting at Commonwealth Drive. With the strong support of Faith Methodist Church, FaithActs has built an incredible legacy.

Today, FaithActs has expanded its boundary to include Block 118 Commonwealth Crescent, Block 13 Dover Close East and Block 40 Margaret Drive. We are deeply grateful to God for the faithful members of our Church who partner FaithActs' staff to befriend residents by visiting them and inviting them to FaithActs' regular Makan Together Block Party. These achievements are a testament to our collective faith in action.

We are thrilled that FaithActs has grown its services, providing more opportunities for the Church to continue its support. This growth allows FaithActs to reach out and deepen its impact to care for even more families in need.

We are grateful for the passion and dedication of our FaithActs' staff and volunteers. Their commitment to serving others has been a beacon of hope and love. May we continue to be guided by faith and compassion, inviting more to join us in our mission to serve and uplift our community. Together, we can achieve even greater things.



DR LEE WEE LEONG | Chairperson

## Chairperson's Message

It is with immense pride and gratitude to announce that FaithActs turns 20 this year. Over the years, FaithActs remained steadfast in our commitment to providing holistic, quality services and addressing social issues to meet the evolving needs of our community.

This year marks one momentous milestone in our community service, growth and transformation as we officially launched our fourth Centre at Margaret Drive on 30 March 2024. This second Active Ageing Centre is now fully operational and has become a vital hub for our seniors, providing a space for them to engage in social activities, receive care and maintain their sense of community.

We also saw substantial growth in our children and family services as we introduced new initiatives focusing on educational support, mental health and family bonding programmes. These activities have empowered many individuals and families to overcome challenges and thrive in their personal lives and within the community.

Looking ahead, we aim to grow our services further, focusing on digital literacy for seniors, health care support, and community resilience programmes. We are also exploring partnerships with other organisations to enhance our impact and to reach more beneficiaries.

I extend my deepest gratitude to our dedicated staff, volunteers, donors, and partners. Your unwavering support and commitment have been instrumental in our achievements. Thank you for being an integral part of FaithActs.

# Management Committee



**Dr Lee Wee Leong**  
Chairperson



**Ms Winnie Png**  
Vice Chairperson



**Mr Wong Kron Joo**  
Honorary Treasurer



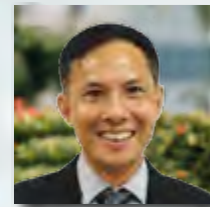
**Mrs Koh-Ang Ley Keow**  
Honorary Assistant Treasurer



**Ms Cindy Koh Yean Leng**  
Honorary Secretary



**Mr Nelson Tan Chin Leong**  
Honorary Assistant Secretary



**Mr Albert Lim**  
Member



**Mr Andrew Chan**  
Member



**Ms Athel Hu**  
Member



**Mr Liaw Chun Huan**  
Member



**Dr Vincent Nga**  
Member



**Mr Lim Boh Chuan**  
Member



**Ms Shirley Ng**  
Ex-Officio FaithActs Executive Director



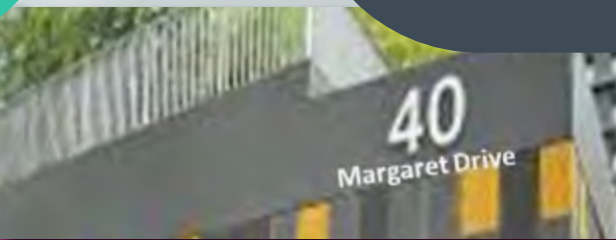
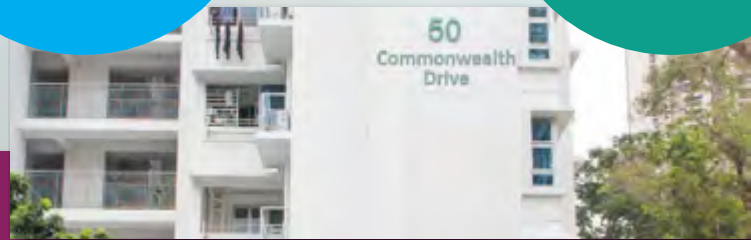
**Rev Reuben Ng**  
Ex-Officio Faith Methodist Church Pastor-in-Charge



**Rev Kenneth Huang**  
Chaplain Faith Methodist Church Pastor

# Staff Team

A group photo of the staff team with callout boxes for each member: Brian, Patricia, Jean, Sharifa, Sok Hwee, Shirley, Ivan, Helen, Stella, Shio Li, Celestine, Adeline, Kai Ying, Tricia, Jolene, Rachel, and Zane. Below the photo is a timeline of years from 2006 to 2024, with each year represented by a colored circle.



# Our 4 centres

## Figures at a glance

Block 50 Commonwealth Drive  
 - Started in 2004 at Block 76.  
 Moved to Block 50 in 2014



**Main Office**  
 (Children/Youth Hub | SG Cares Volunteer Centre @Queenstown | Active Ageing Centre)

**2148** CHILDREN/YOUTHS  
**1440** SENIORS  
**1484** COMMUNITY OUTREACH



Block 13 Dover Close East

**Seniors Activity Hub**

**214** SENIORS  
**228** COMMUNITY OUTREACH



Block 40 Margaret Drive

**Active Ageing Centre**

**165** SENIORS  
**305** COMMUNITY OUTREACH

Block 118 Commonwealth Crescent



**Enrichment Hub**

**136** CHILDREN/YOUTHS  
**70** SENIORS  
**499** COMMUNITY OUTREACH

**Total number of participants from 4 Centres and schools: 11,885**

Note: Other than programmes and services provided at the 4 Centres, FaithActs also conducts Learning Journey for 5,196 students from primary and secondary schools.



# Story of Goh Brothers and FaithActs (Hong Jie and Hong Wei)



Hongjie, as a badminton player in 2005 held on Saturdays.

The Goh brothers, Hong Jie and Hong Wei, have truly exemplified what it means to be part of the FaithActs community. Since joining in 2004 as some of the first youths at FaithActs' drop-in centre, their journey has been marked by participation, growth, and giving back. From sports to adventure and enrichment workshops, they embraced every opportunity FaithActs offered them. The friendships they forged and the values they learned during these years shaped them into the remarkable young adults they are today.



Hongjie and youth dancers at FaithActs Charity Golf Tournament in 2009.

Not only are they actively involved in special events like FaithActs' anniversaries and charity golf tournaments, but their sense of community and responsibility continues to shine through the years. Their dedication to these causes reflects the lifelong impression FaithActs has made on them.



Goh Brothers in a songwriting camp as part of FaithActs 6th Anniversary celebrations in 2010.

Even as they've entered adulthood, now in their early 30s, Hong Jie and Hong Wei remain deeply connected to FaithActs even though they are busy with their professional career. They volunteer regularly at key memorable moments like the Honours Night and rallying support for our causes. For them, FaithActs isn't just a place they visit, it's their "second home," a community that continues to nurture and inspire them as they give back.

Both brothers participated in and raised funds for Go, FaithActs Go! charity drive in 2012.



Invited as special guests at FaithActs 10th Anniversary and 20th Anniversary events.

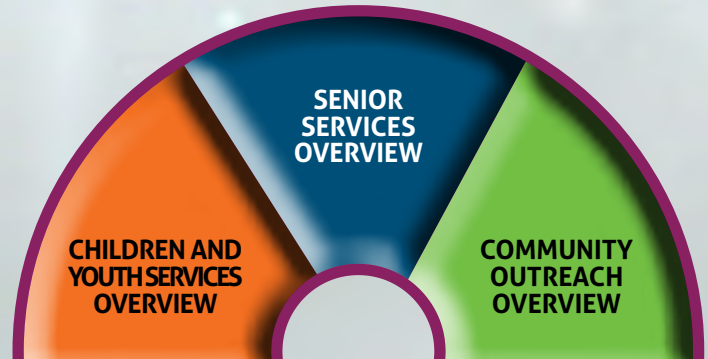


Volunteer in various capacities at FaithActs Honours Night events.



# FaithActs 20<sup>th</sup> Anniversary

Navigation through the years



- Our Other Centres
- Key Highlights Volunteer & Corporate Management
- Disclosure Report
- Acknowledgements

# Children & Youth Services

@Block 50 Commonwealth Drive

# Programmes At A Glance

Figures reflected are for FY2023-2024.  
The programmes are supported by a total of **820** volunteers.



Year Programmes started

Develop Individual's Potential | Academic | Creativity | Traits | Shared Values





# Sports, Adventure & Outing

## 2004

We offer a range of dynamic activities that encourage collaboration and mutual support. Through these activities, children and youth from diverse backgrounds are brought together to engage in thrilling challenges that highlight the importance of respect, inclusivity, and community living.



Date	Programme	Students
<b>2023</b>		
2-Sep	Missing Bunnies Amazing Race	19
5-Sep	Duck Tour by Lions Club of Singapore Enterprise	24
5-Sep	K-Pop Fitness	24
7-Sep	Amazing Race by SP CSCC	21
11-Sep	Outdoor Play by KE Hall	10
22-Sep	UOB Mid-Autumn Festival Art Workshop	21
27-Oct	Carnival Games by PHPPS	29
22-Nov	Terrarium Workshop by Lam Research	19
23-Nov	Science Laboratory Outing by NUSH	21
27-Nov	Outdoor Team Bonding Games Part 1 by ACJC	16
28-Nov	Amazing Race by ACJC	18
29-Nov	Outdoor Team Bonding Games Part 2 by ACJC	16
1-Dec	Arcade Games Outing by UOB	25
1-Dec	Overnight Cycling and BBQ	4

Date	Programme	Students
<b>2023</b>		
4-Dec	Tennis Workshop by Ignite Tennis Academy	18
5-Dec	Back-to-School Shopping by NORD/LB	47
8-Dec	Tennis Workshop by Ignite Tennis Academy	13
11-Dec	Young Educators in Science (YES) Workshop by NUS	20
12-Dec	Christmas Workshop by UOB	23
14-Dec	Science Centre Outing by UOB	24
15-Dec	Tennis Workshop by Ignite Tennis Academy	16
19-Dec	Basketball	12
20-Dec	Basketball	13
20-Dec	Project Move It: Badminton by NYGH	20
26-Dec	Ketchup If You Can: Sports Day 2023	14
27-Dec	Project Move It: Badminton by NYGH	16
28-Dec	MOH Christmas Carnival	15

Date	Programme	Students
<b>2024</b>		
3-Jan	Project Move It: Badminton by NYGH	31
9-Jan	Ketchup If You Can: Just Dance!	37
10-Jan	Project Move It: Captain Ball by NYGH	21
17-Jan	Project Move It: Dodgeball by NYGH	22
24-Jan	Project Move It: Dodgeball by NYGH	26
31-Jan	Project Move It: Dodgeball by NYGH	31
6-Feb	Ketchup If You Can: Frisbee	28
7-Feb	Project Move It: Captain Ball by NYGH	17
14-Feb	Project Move It: Captain Ball by NYGH	18
15-Feb	Project Pegasus: Basketball by HCI	6
5-Feb	Timezone Arcade Outing by YTL Starhill Global Property Management Pte. Ltd. & YTL Starhill Global REIT Management Limited	29

# Sports, Adventure & Outing 2004



Date	Programme	Students
<b>2024</b>		
6-Mar	Project Forel: Sports by NYGH	7
12-Mar	Ketchup If You Can: Frisbee	22
12-Mar	Intergeneration Programme: Singapore Chinese Cultural Centre Outing	10
15-Mar	Intergeneration Programme: Singapore Chinese Cultural Centre Outing	10
16-Mar	Southern Ridges Trail Walk	12
18-Apr	Project Pegasus: Basketball by HCI	7
14-May	Ketchup If You Can: Basic Yoga and Hwachae Making Workshop	30
27-May	Football by ASC(I)	22
29-May	Handball by NYGH	19
30-May	Dodgeball by NYGH	28

Date	Programme	Students
<b>2024</b>		
1-Jun	Bowling	28
3-Jun	Football by ASC(I)	21
3-Jun	Netball by NJC	25
7-Jun	Track & Field Sports by RGS	21
10-Jun	Bird Paradise Outing by MINDEF	25
11-Jun	Ketchup If You Can: Frisbee Competition	21
12-Jun	Frisbee by ASC(I)	21
13-Jun	Basketball by ASC(I)	25
13-Jun	Ho Bee Land Art Tour Outing by ArtBeat	25
14-Jun	Gardens by the Bay Outing by UOB	24

# Tuition - Mentoring 2005

Our weekly volunteer-driven Tuition Programme aims at supporting students in their academic journey. Our tutors-mentors are dedicated in offering their time and expertise to help students excel in their studies. The programme focuses on providing mentoring, addressing individual learning needs, and boosting academic confidence. This year, a total of 64 students were supported by 82 tutors. Overall, we have journeyed with more than 450 kids over the last 20 years.



# Groupwork, Talks & Workshops

## 2007

We emphasise fostering the growth and development of our children and youth through character building and imparting essential life skills. Through our programmes, we are able to provide different opportunities for them to pursue different interests while instilling social and community values.



Date	Programme	Students
<b>2023</b>		
2-Aug	Project Harmony: Electric Keyboard Class by RI	10
3-Aug	Project Limitless: Learning Korean Workshop by ACSI	3
4-Aug	Teacher's Day Card Making Workshop by Heartware Network	26
7-Aug	Project Roots: Light and Shadow Experiment by RGS	14
14-Aug	Project Resonance Music Class	10
14-Aug	Project Sing-Your-Story: Singing Class by RGS	6
21-Aug	Project Roots: Density Experiment by RGS	16
21-Aug	PassionateHeARTs: Canvas Painting Workshop	8
23-Aug	Project Resonance Music Class	15
23-Aug	Project Sing-Your-Story: Singing Class by RGS	7
24-Aug	Project Limitless: Learning Countries Part 1 by ACSI	4
25-Aug	Talk: Singapore's Hawker Culture	27
28-Aug	Project Resonance Music Class	6
28-Aug	Project Sing-Your-Story: Singing Class by RGS	7
28-Aug	PassionateHeARTs: Oobleck	4
29-Aug	Clementeen: Upcycling Workshop by CTSS	18
4-Sep	Project Roots: Osmosis and Diffusion Experiment by RGS	14
6-Sep	Project Resonance Music Class	10
6-Sep	Project Sing-Your-Story: Singing Class by RGS	6
8-Sep	Art Jamming: Canvas Painting Workshop	12
8-Sep	Project Shooting Stars: Dance Class by RGS	25
11-Sep	Project Resonance Music Class	6
11-Sep	Project Sing-Your-Story: Singing Class by RGS	2

Date	Programme	Students
<b>2023</b>		
18-Sep	Project Roots: Plant Transport System and Paper Chromatography by RGS	13
20-Sep	Project Resonance Music Class	11
20-Sep	Project Sing-Your-Story: Singing Class by RGS	8
21-Sep	Project Limitless: Learning Countries Part 2 by ACSI	6
25-Sep	Project Resonance Music Class	15
29-Sep	Talk: Be Your Best You	23
16-Oct	PassionateHeARTs: Origami Workshop	14
18-Oct	Project Resonance Music Class	6
18-Oct	Project Sing-Your-Story: Singing Class by RGS	8
23-Oct	Project Resonance Music Class	10
23-Oct	Project Sing-Your-Story: Singing Class by RGS	6
23-Oct	PassionateHeARTs: Paper Cutting Art Workshop	6
30-Oct	Project Roots: Center of Gravity and Surface Tension Experiment by RGS	18
31-Oct	Plants vs Animals Science Lesson	16
9-Nov	Animal Facts Workshop by UOB	16
10-Nov	Project Estela: Origami Workshop by HCI	10
14-Nov	Board Games Workshop by UOB	19
15-Nov	Project Sing-Your-Story: Singing Class by RGS	7
16-Nov	Project Sing-Your-Story: Singing Class by RGS	7
20-Nov	Project Resonance Music Class	16
24-Nov	Project Estela: Outdoor Games and Urban Sketching by HCI	18

Date	Programme	Students
<b>2023</b>		
24-Nov	Talk: Kindness Tree by UOB	25
27-Nov	Arts & Crafts Carnival by ACJC	23
28-Nov	Ice Cream Making Workshop by ACJC	18
29-Nov	Project Resonance Music Class	11
30-Nov	Sustainability Workshop by Heartware Network	18
4-Dec	Project Resonance Music Class	22
6-Dec	Christmas Movie Marathon	19
6-Dec	Indoor Teambuilding Games by NYGH	16
7-Dec	Christmas Fashion Show	18
8-Dec	Project Dimsum: Storytelling by HCI	15
13-Dec	Financial Literacy Workshop for Primary 1 and 2 by UOB	8
15-Dec	Recycling Workshop by SP Environment Club	9
18-Dec	Project Resonance Music Class	12
20-Dec	Financial Literacy Workshop for Primary 3 and 4 by UOB	12
21-Dec	Project Conventionot: STEM Workshop by RGS	16
22-Dec	Project Dimsum: Neo-Chinese Culture in Singapore Workshop by HCI	10
26-Dec	Jazz Music Class	13
27-Dec	Kids Save Christmas by SP MAD	14
28-Dec	Fruit Mocktail Workshop	17
29-Dec	Project Dimsum: Traditional Games by HCI	12
29-Dec	Talk: Being Generous	18



Date	Programme	Students
<b>2024</b>		
5-Jan	The Learning Hub Orientation	32
11-Jan	Makan Mia: Ice Breaker Games	12
16-Jan	Giant Ang Bao Craft	8
24-Jan	Project Forel: Storytelling by NYGH	9
26-Jan	Talk: Change is constant	25
31-Jan	Project Forel: Storytelling by NYGH	8
1-Feb	Teambuilding Games by FMSS	9
2-Feb	Project Young Voices: Public Speaking Workshop by HCI	20
7-Feb	Project Forel: Storytelling by NYGH	8
16-Feb	Storytelling and Dumpling Making Workshop by CICC	16
16-Feb	Makan Mia: Pineapple Tarts	5
23-Feb	Talk: Self-love is Important	27
27-Feb	Project Young Voices: Persuasive Writing and Pronunciation Workshop by HCI	8
28-Feb	Project Forel: Self-Care Box Craft by NYGH	6
1-Mar	Makan Mia: Tortilla Pizzas	8
7-Mar	Pizza Making Workshop by RedDot Brewhouse	8
11-Mar	You(th) Can Do It: Storytelling and Watercolouring Workshop	20
12-Mar	Project Young Voices: Storytelling Workshop Part 1 by HCI	20
13-Mar	Project Estela: Team Building Games by HCI	15
13-Mar	Mini Carnival by ACS	20
14-Mar	Project Move It: Outdoor Games by NYGH	18
14-Mar	Project Young Voices: Storytelling Workshop Part 2 by HCI	18

Date	Programme	Students
<b>2024</b>		
15-Mar	Makan Mia: Oatmeal Banana Pancakes	12
22-Mar	Talk: Being Responsible	43
25-Mar	Country and Cultural Sharing (Vietnam) by ZEDRA	14
26-Mar	Project Young Voices: Subject-Verb Agreement English Workshop by HCI	8
28-Mar	Project Forel: Book Reading by NYGH	8
2-Apr	Project Young Voices: Speaking Confidently Workshop by HCI	10
4-Apr	Lava Lamp Experiment by FMSS	18
5-Apr	Project Roots: Circulatory System by RGS	18
9-Apr	Ketchup If You Can: Healthier Food Choices Workshop	15
11-Apr	Storm In A Cup Experiment by FMSS	24
11-Apr	Chiffon Cake Making Workshop by RedDot Brewhouse	9
16-Apr	Project Young Voices: Landmarks in Singapore by HCI	10
18-Apr	Static Electricity Experiment by FMSS	15
19-Apr	Project Roots: Motion by RGS	19
19-Apr	Makan Mia: Pancakes	5
26-Apr	Talk: Sustainability by MINDEF	31
29-Apr	Country and Cultural Sharing (Japan) by ZEDRA	17
2-May	Project Forel: Book Reading by NYGH	9
3-May	Project Roots: Cells by RGS	9
3-May	Makan Mia: Spring Rolls	5
7-May	Money Planning Workshop	8
9-May	Project Forel: Reading and Drawing Workshop by NYGH	7

Date	Programme	Students
<b>2024</b>		
10-May	Project Turning Pages: Harry Potter Reading Workshop by ACS(I)	4
16-May	Project Forel: Reading Workshop by NYGH	7
17-May	Project Roots: Photosynthesis by RGS	19
17-May	Makan Mia: Microwave Lava Cake	6
21-May	Project Turning Pages: Reading Workshop by ACS(I)	9
23-May	Project Pegasus: Bird Clay Sculpture by HCI	6
27-May	Financial Literacy Workshop by ZEDRA	22
27-May	First Aid Workshop Part 1 by NYGH	22
28-May	Project Young Voices: English Workshop by HCI	19
29-May	First Aid Workshop Part 2 by NYGH	19
30-May	Project Young Voices: English Workshop by HCI	24
31-May	Project Young Voices: Treasure Hunt by HCI	31
31-May	Talk: Painting Your Own Dreams by MINDEF	45
4-Jun	Project Doodle: Art Workshop Part 1 by CHIJ	26
4-Jun	Project Young Voices: English Workshop by HCI	24
5-Jun	Project Doodle: Art Workshop Part 2 by CHIJ	22
5-Jun	GRAIN: Caring Bucket Craft Workshop	22
6-Jun	Project Young Voices: English Workshop by HCI	20
11-Jun	Makan Mia: Cupcake Baking Workshop	26
12-Jun	Intergeneration Programme: Pebble Painting Workshop by GRAIN	15
12-Jun	You(th) Can Do It: Arts & Crafts Workshop	22
18-Jun	Intergeneration Programme: Straw Flute Craft Workshop	12



Date	Programme	Students
<b>2024</b>		
18-Jun	Watercolouring Workshop Part 1 by ArtLink	13
20-Jun	Watercolouring Workshop Part 2 by ArtLink	23
24-Jun	Financial Literacy Workshop by ZEDRA	13
28-Jun	Talk: Compassion	36
1-Jul	Catapult and Parachute Craft by MINDEF	16
5-Jul	Project Roots: Biome by RGS	10
5-Jul	Reading Activity by ASC(I)	8
8-Jul	Robot Building Workshop Part 1 by FMSS	10
11-Jul	P5 & P6 Revision Class: Models	5
12-Jul	Treat 4 Trees: Deforestation & Greener Communities Workshop by ASC(I)	20
12-Jul	Project Pegasus: DIY Hydrodipping Cups Workshop by HCI	6
16-Jul	Turning Pages: Reading Workshop by ASC(I)	7
18-Jul	Project Forel: Storytelling (Kind and Grateful Drawing) by NYGH	9
19-Jul	Baking Cookies Workshop by RedDot Brewhouse	10
19-Jul	Treat 4 Trees: DIY Green City Workshop by ASC(I)	10
22-Jul	Robot Building Workshop Part 2 by FMSS	14
25-Jul	P5 & P6 Revision Class: Models	3
26-Jul	Talk: Leadership	31
29-Jul	Country & Cultural Sharing (Malaysia) by ZEDRA	14
31-Jul	Board Games by RVHS	9



# Junior Chef

Thursdays,  
(3pm to 5pm)

## 2011

The Junior Chef programme is designed to allow kids to experience the joy of cooking while teaching them essential culinary skills and healthy eating habits. Through fun and interactive cooking sessions, children learn to prepare various dishes, understand food safety, and appreciate the importance of nutrition.

Highlights of the year include:

- **Hands-On Cooking Classes:** Weekly sessions where kids learn to cook a range of healthy and delicious meals.
- **Nutrition Education:** Workshops focus on the benefits of a balanced diet and making healthy food choices.

The Junior Chef programme continues to foster a love for cooking and healthy eating habits among children.

# P6 Graduation Programme

## 2012

The first Graduation Party was conducted for New Town Primary School on 9 Nov 2012. The students wrapped up their 6-year journey reminiscing their growing up years in the school with their cohorts and teachers. The children wrote their gratitude notes to their teachers who had imparted significant values to them. We celebrated with 154 students in the graduation party last year. Since 2012, a total of 1,078 students have joined in the graduation party.



# Experiential Learning Journey

## 2013



Started in 2013, FaithActs provides opportunities for students from School of Science and Technology, Anglo-Chinese Junior College, Queensway Secondary School and Raffles Girls School (Secondary) to engage with the community through our initial Food Centre Clean Up! Campaign. This initiative expanded to include block cleaning and today, students participate in home cleaning, decluttering, and organizing mini-carnivals for residents on a regular basis. Since its inception, a total of 5,768 students have participated in the programme.

# KidsLEAP

## 2014

KidsLEAP is 10! Over the years, 144 students and 90 volunteers have participated in the programme. Evolving from a general class to support children with the English language, KidsLEAP now has 3 sub-classes targeted at children from various ages.

**Weekly on Mondays,  
3pm to 4.30pm**

### Basic (Reading)

Through engaging story books and interactive activities, our dedicated volunteers make learning English fun and enjoyable for our P1 and P2 students. Besides skills like word recognition, spelling and handwriting, we aim to boost their confidence in expression and foster a lasting interest in the language. This past year, 15 kids and 8 volunteers were engaged in our programme.

**Weekly on Wednesdays,  
3pm to 4.30pm (From Feb – May & Jul – Nov)**

### Advanced

For our students, we shift to a more targeted curriculum that mirrors the topics they will be tested on in school. Our volunteers will delve into grammar rules, reading comprehension, and compositional writing during the weekly sessions. We aim to help them build stronger language foundations as they transit into their exam-taking years. This year, we also opened a new class at our Centre at Block 118 Commonwealth Crescent and were joined by 21 kids and 12 volunteers.

Date	Programme	Participants
<b>2023</b>		
1-Nov	Graduation Party	7

### Specialised Individual Learning

When required, children with additional learning difficulties, such as dyslexia, can receive support from a trained volunteer tailored to their pace and needs. This arrangement is available to individual students who are not part of our other regular programmes.



# Culinary Appreciation Workshop 2014

The first session commenced on 9 September 2014 with 13 students. Our collaboration with the school has been a remarkable journey, inspiring and equipping students with essential culinary skills through the programme. Over the past decade, we have had the privilege of teaching 151 students. The lessons have not only introduced students to the fundamentals of preparing nutritious meals but also instilled in them a lifelong appreciation for healthy eating and the joy of cooking.

Through hands-on classes, students have learned to navigate the kitchen with confidence, understanding the importance of teamwork, discipline, and creativity. We are motivated to see this programme grow from the school to the broader community, fostering parent-child bonding through cooking.

# The Learning Hub

2017

Our after-school educational programme, The Learning Hub, offers primary school children a stimulating and supportive environment beyond the classroom. Through our partnership with dedicated volunteers, we provide consistent academic support alongside enriching and engaging activities. By blending educational support with fun activities, we aim to cultivate a love for learning in our children.



Over the years, we have supported 123 children and engaged 2,913 volunteers. This year, 45 of these children continue to participate in our programme regularly.



# Early Learning Programme Plus

Weekly on Tuesdays,  
3pm to 4.30pm (from Mar – May, Jul – Nov)

2019

To support graduating students of ELP in strengthening their grammar foundation, ELP+ utilizes a specially designed curriculum by Learning Vessels during our weekly sessions with the P2 students. Since its inception in 2019, ELP+, in collaboration with EDIS Cares and our team of volunteers, has supported 104 students with the help of 120 volunteers. This year, 19 children and 20 volunteers participated in this programme. Additionally, ELP+ has opened a weekday class at Block 118 Commonwealth Crescent centre.

For children who may have learning difficulties, specialist evaluations are available to facilitate early intervention measures.

Date	Programme	Students
<b>2023</b>		
4-Nov	Graduation Party + Market Day Carnival	9





# Girls' Empowered (GEm) 2019

GEm began as an opportunity for the girls at our centre to explore various interests and build relationships with one another. Over the past five years, 67 girls have participated in the programme as we expanded our range of activities, providing an open space for social conversations. We also aim to instill values that will guide them through their adolescence. GEm is conducted at both our centres at Blocks 50 Commonwealth Drive and 118 Commonwealth Crescent.



Date	Programme	Girls
<b>2023</b>		
18-Aug	GEm@50: Girls' Talk - Growing Up	8
22-Aug	GEm@118: Girls' Talk - Growing Up	5
27-Sep	GEm@50: Building Friendship Gardens	11
19-Sep	GEm@118: Friendship Fences	4
25-Oct	GEm@50: Friendship Fence Lines	9
29-Nov	GEm(combined): 3D Card Making Workshop	7
19-Dec	GEm(combined): Christmas Tree Tessellation	8
<b>2024</b>		
16-Jan	GEm@50: 3D Paper Architecture (Upper Primary)	9
19-Jan	GEm@50: 3D Paper Architecture (Lower Primary)	5
23-Jan	GEm@118: 3D Paper Architecture	5
20-Feb	G <sup>2</sup> Em@118: Loving Yourself with Words	9
28-Feb	GEm@50: Self-Affirmation	10
18-Mar	GEm@50: Beads Craft	10
21-Mar	G <sup>2</sup> Em@118: Beads Craft	11
12-Apr	G <sup>2</sup> Em@118: Climate Change and Suncatcher Workshop	5
17-Apr	GEm@50: Discerning Influences with DIY Hand Drum	10
29-May	GEm(combined): Getting To Know Each Other	13
6-Jun	GEm(combined): Photo Walk and Bonding Session	8
15-Jul	GEm@50: Same but Different	7

# Walk-The-Talk 2020

The programme is designed to inculcate positive life values in boys. Through a series of interactive activities, workshops and mentoring sessions, it focuses on building character, promoting ethical behaviour and developing leadership skills. The "Walk the Talk" programme continues to make a positive impact, helping boys grow into responsible and respectful individuals.

"Walk-the-Talk programme taught me important values about distinguishing right from wrong and how to assist those in need. It also helped me understand the importance of empathy, encouraging me to put myself in someone else's shoes. One of my favourite activities in the programme was cleaning up trash from the neighbourhood, which taught me to be more civic minded."

Shakeel, 11



Tuition & The Learning Hub:

# A Catalyst for Personal Growth & Academic Excellence

Enrolling in FaithActs has been a transformative decision in my life, significantly enhancing both my academic performance and personal development. My journey began in Primary 2 with their tuition programme aimed at improving my grades, and it deepened further when I joined the Learning Hub, an after-school initiative, when I was Primary 4.

The Learning Hub offers more than just a place for homework; it creates a nurturing environment designed to support students in all aspects of life. The structured routine helped me develop the discipline and time-management skills I previously lacked. This balance between work and play became a habit I carried into my daily life, allowing me to prioritise tasks effectively.

A key aspect of The Learning Hub is its emphasis on character building. The staff and volunteers at FaithActs serve as role models, guiding me through challenges and encouraging responsibility. They instilled essential values such as accountability and empathy, making me more aware of how my actions affect others. This awareness has stayed with me throughout my secondary school years.

Additionally, The Learning Hub fosters a strong sense of community and teamwork. FaithActs encourages collaboration, problem-solving and mutual support among peers. This environment taught me the importance of empathy and cooperation, enabling me to navigate group dynamics and communicate effectively — skills that are invaluable in building strong relationships.

Resilience was another critical quality cultivated at The Learning Hub. As I progressed through school, I faced setbacks, particularly in my studies. However, the support I received—whether through a listening ear or extra guidance—taught me not to give up. I learned to view challenges as opportunities for growth rather than obstacles, shaping how I approach both academics and personal life.

Continuing with FaithActs Tuition in secondary school further reinforced my learning by providing crucial academic support. The programme kept me on track with my goals,



especially during intense exam preparations in Secondary 4. My tutor was patient and thorough, helping me build confidence in my abilities.

What sets FaithActs apart is its commitment to both academic success and character development. Each semester begins with value-added workshops that set a positive tone for the term. This holistic approach, combined with goal-setting sessions, has helped me focus not only on grades but also on personal growth.

Ultimately, my successful admission into the competitive Pure Chemistry and Pure Physics stream in Secondary 3 reflects the combined efforts of FaithActs Tuition and The Learning Hub. I am profoundly grateful for the guidance and opportunities they have provided, and I look forward to continuing this journey of growth with them. Thank you, FaithActs!

## Jaswant Yoon, Secondary 4

Valedictorian of 2024 Cohort (Secondary)  
Vice President of the Student Council EXCO  
Vice Head of National Police Cadet Corps  
Head and Director's Award for Red Cross  
Student Counsellor in Sec 2 to 4  
Lower Sec Class Leader Rep in Sec 1 & 2  
Prefect in Pri 4 to 6  
Liaison Officer of Prefectorial Board EXCO

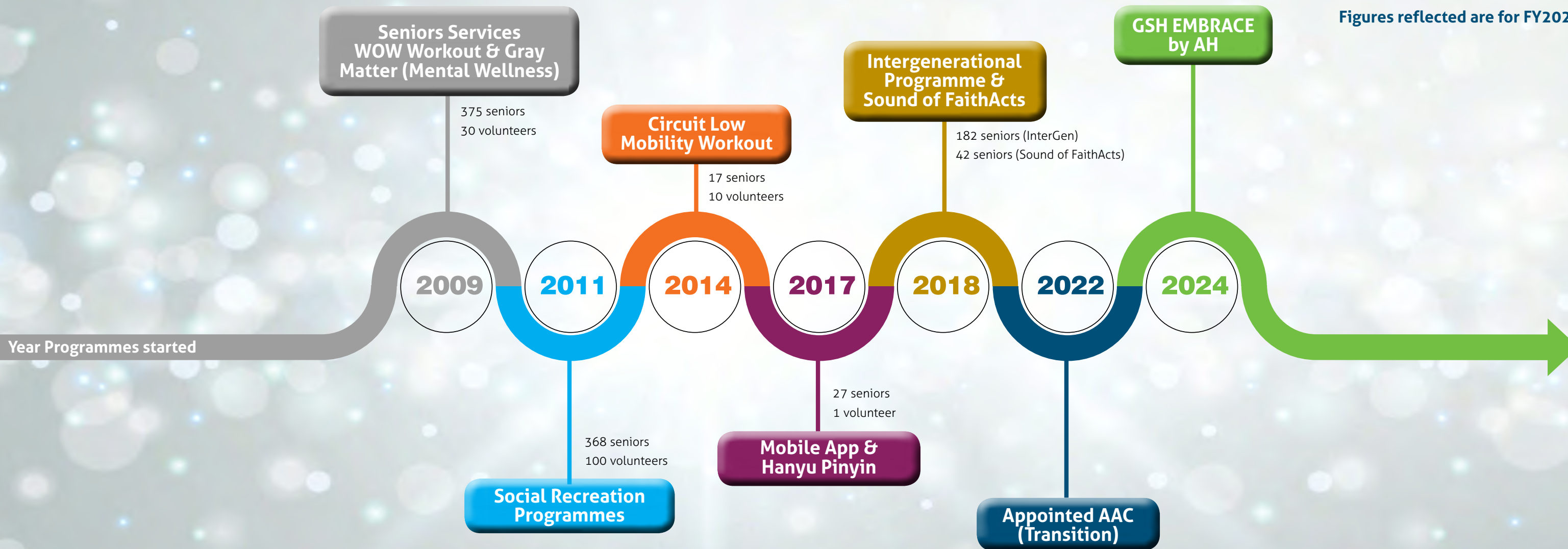


# Senior Services

Active Ageing Centre @Block 50 Commonwealth Drive (since 1st Oct 2022)

# Programmes At A Glance

Figures reflected are for FY2023-2024.



Promote Wellness

Body

Mind

Social

Learning

Volunteer

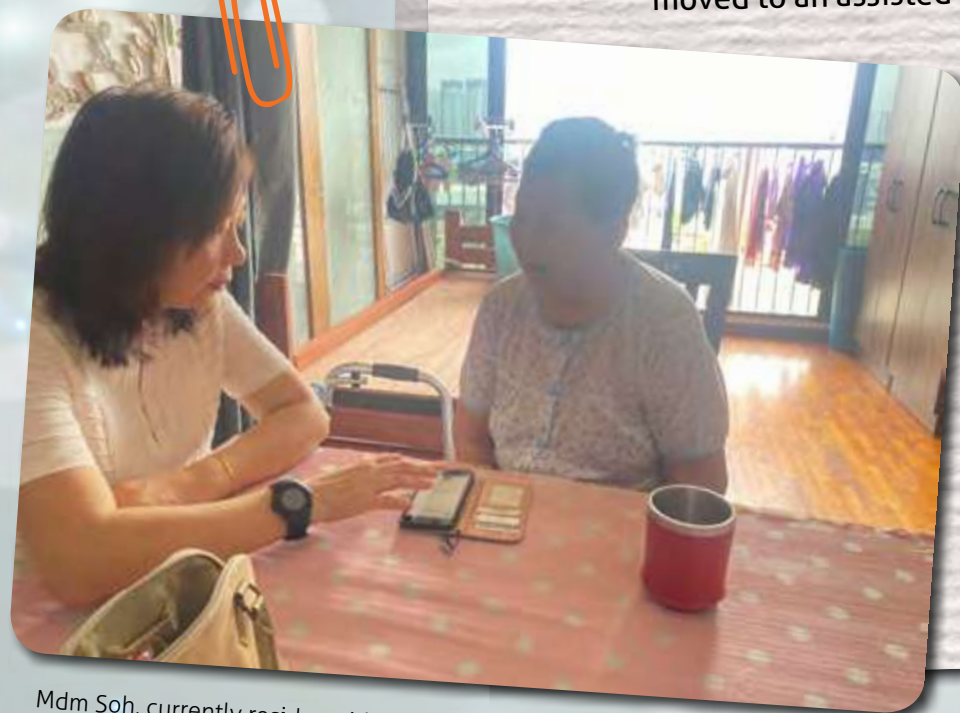


## Story of Mdm Soh

Mdm Soh, aged 92, was referred to FaithActs after experiencing severe depression following a failed eye surgery that left her with impaired vision. Struggling with feelings of isolation and overwhelming suicidal thoughts, she confided in her social worker, expressing that she no longer found meaning in life. Her despair led to a suicide attempt, but after this incident, Mdm Soh was moved to an assisted living apartment where caregivers provided her with daily support, including meals and medication.

FaithActs played a pivotal role in her journey toward healing. A dedicated team of befrienders regularly visited her, offering emotional support, and her social worker brought her essential supplies, such as diapers, as she was largely bedridden. Initially, Mdm Soh felt she had no one to rely on, but over time, the regular visits and interactions with caregivers and fellow seniors helped her regain a sense of community. Today, she enjoys social interactions within the assisted living environment, and her FaithActs social worker continues to visit, offering her ongoing encouragement and support.

Mdm Soh, received a carepack from her social worker at her home during the pandemic.



Mdm Soh, currently resides with 4 other seniors at the assisted living apartment.

# WOW Workout

## For Fit/High/Low Mobility

**2009**

**Weekly on:** (Each session is an hour)  
**Wednesdays** 9am, 10am & 11am;  
**Fridays** 9am, 10am & 11.30am (Conducted by AH)  
**Saturdays** 9:30am.



The WOW workout caters to seniors of all mobility levels. Led by our experienced fitness instructors and physiotherapists from Alexandra Hospital, the workout focuses on core strengthening and balancing series of exercises. It's designed to help seniors stay active, improve their stability and reduce their risks of fall.



### WOW @ CW50

Day	No. of Seniors	New Participant(s)	No. of Volunteer(s)
Wed	149	25	9
Fri	137	26	7
Sat	35	3	14
Total	321	54	30

## What exercises can do for you?

Mr. Chan, an 86 year-old resident of Block 50, is lovingly cared for by his daughter. Recently, he became a dedicated participant at our AAC@Block 50 Commonwealth Centre, engaging in low-mobility exercises. Despite joining just three months ago, Mr. Chan takes pride in his perfect attendance, consistently attending his one-hour exercise sessions every Wednesday and Friday.

His dedication has yielded positive results, as his recent medical examination showed improvement in his heart condition. More importantly, Mr. Chan has noticed significant changes in his daily life. He has no more wrist pain and now experiences an overall sense of well-being. He deeply appreciates the exercises, which have contributed to his renewed health and vitality.

It's truly inspiring to see how commitment and care can lead to such positive changes.



# Gray Matter Learning

## 2009

The programme offers seniors a variety of opportunities to learn through lessons, talks and training sessions. These activities aim to enhance their knowledge, making their lifestyle more purposeful and enriching.

### Ukulele

Through weekly lessons, 33 seniors have learned everything from basic chords and strumming techniques to playing complete songs. A mini in-class showcase brought familiar tunes to life with singing and playing. The programme has fostered not only musical skills but also a sense of community and accomplishment among our seniors, especially when they perform at our corporate events.

**Thursdays,**  
11:30am to 12:30pm

**33** Participants



### Therapeutic Dance

Our dance workout and ball drumming programmes offer a fun and engaging way for participants to improve their physical and mental well-being. By incorporating music, dance and hand movements, it promotes co-ordination keeping their minds sharp and fosters social connection. Our seniors were also invited to perform at some events such as Singapore University of Social Sciences Convocation and One Punggol Family Day.

**Thursdays,**  
9:30am to 11:30am

**40** Participants  
**6** Volunteers



### Creative Cooking Demo

Led by our passionate volunteers, an average of 62 seniors learned to create dishes such as pumpkin rice, cauliflower "fried rice", soups and delightful desserts. These cooking sessions not only provided new culinary skills but also offered tips to enhance their cooking.





## Yakult Factory Learning Trip

On January 25 2024, Anglo Chinese Junior College's teachers organised an exploratory trip for 20 seniors. The event seamlessly combined learning with enjoyment, offering seniors valuable insights into gut health through informative talks and an educational tour of the production facilities. This enriching experience fostered connections and enhanced their knowledge.



## Mind Stimulating Games

Rummikub helps sharpen the players' sequencing, pattern recognition and planning skills. As the game progresses, the players must adjust their game plan to use up all their tiles on hand. The game is stimulating and allows players to strategise their moves to complete all their tiles. On average, 14 seniors come together regularly for this popular game.



## What social recreation activities can do for you?



Affectionally known as Aunty Ah Whay, she is a regular participant at FaithActs Saturday workout class since 2015. Its like her second home. She is often accompanied by her 79-year-old husband, Mr Lim. At 73, Aunty Ah Whay first noticed our van assisting low-mobility seniors was interested to know about FaithActs activities from the Centre.

Since joining, Aunty Ah Whay's health has improved significantly, making her feel more alert and energized. This has motivated the couple to visit the Center up to four times a week. Mr. Lim, who has dementia, enjoys intergenerational activities and has developed a fondness for the children at the centre.

Over the years, they have formed deep connections with other members, finding joy in activities like playing Rummikub. The FaithActs community supported them warmly when Mr. Lim was hospitalized for two months. One of Aunty Ah Whay's proudest moments was performing drumming with her peers at various events, and she treasures the many photographs capturing her precious memories at FaithActs.

## The Straits Times

SINGAPORE - Former Commonwealth resident Tee Tong Hua, 83, fondly remembers the bowling alley below Queenstown Cinema, which she used to visit some 40 years ago.

Despite moving to Pasir Panjang a few years ago, she still visits Commonwealth frequently because of the memories and friends she made there.

Ms Tee was part of a group of 20 seniors aged 60 and above who took part in a walking tour of housing development SkyVille@Dawson on Dec 19. Together with 10 volunteers, they viewed wall murals by local artist Troy Chin, depicting scenes from Dawson and Queenstown's past and present.

These include scenes of void deck and hawker centre activities, and the present-day Dawson neighbourhood with iconic landmarks such as SkyVille@Dawson and Alexandra Canal Linear Park.

The session was part of a pilot programme launched by the National Heritage Board (NHB) and FaithActs, a non-profit community care service, which wants to tap existing heritage resources in the neighbourhood to improve the well-being of seniors in Singapore.

The Heritage for Well-Being programme is part

of NHB's efforts to pioneer heritage-based interventions for health and well-being under the recently launched Our SG Heritage Plan 2.0, which charts the way for Singapore's heritage and museum sector over the next five years.

In total, three pilot sessions will engage about 60 seniors, and the programme is expected to be officially launched in the middle of 2024.

NHB's deputy chief executive Alvin Tan said it hopes to extend the sessions to more parts of Singapore and work with other social service agencies.

The mural scenes were selected because they were familiar to the seniors, he said.

"(We) felt that they can spark memory recall and help seniors generate conversations with volunteers and among themselves.

"What we wanted to do was to increase opportunities for group-based heritage and cultural activities for seniors and, in doing so, we really hope that by participating in these activities, we increase their sense of social connection with other seniors, with volunteers in the community, and contribute to their overall well-being," added Mr Tan.

## Remembering the good old days: NHB pilot uses heritage resources like murals to engage seniors



Seniors viewing wall murals by local artist Troy Chin during their walking tour of SkyVille@Dawson.  
ST PHOTO: GAVIN FOO

**Thian Wen Li**

UPDATED DEC 20, 2023, 07:32 AM →





The programme also involves a rooftop tour on the 47th floor of SkyVille@Dawson, where seniors can enjoy scenic views.

They were later invited to FaithActs centre in Commonwealth where they customised their own tote bags with drawings inspired by the walk.

The 90-minute styrofoam printing workshop was conducted by a certified art therapist and aims to improve the seniors' motor skills and provide an outlet for their creativity.



Madam Lim Kim Moi, 85, posing with NHB's deputy chief executive Alvin Tan with the tote bag she painted. ST PHOTO: GAVIN FOO

Ms Chow Wai Fong, 72, who has not done art in many years, said her favourite activity of the day was "playing around with paints".

"It's good to go to the murals and see the pictures, and I can chat with others about the old days," she said, adding that she hopes more of such outings can be organised for seniors.

"They can be taken out for an outing to socialise and they would be very happy."



Seniors touring the rooftop of SkyVille@Dawson, as part of the Heritage for Well-Being programme launched by NHB and FaithActs. ST PHOTO: GAVIN FOO

Madam Siti Mohd Nor, 74, has lived in Commonwealth, which is part of Queenstown, since her 20s, and has watched her children grow up there. She said she has many good memories of the area, especially with its wide array of food options.

Describing the food depicted in the murals, she said food plays a big part in the Singaporean identity.

Similarly, the murals elicit fond childhood memories from Ms Tee, who reminisced about her kampung days of catching earthworms, climbing trees and plucking guavas to eat. She recalls having a close encounter with a water snake as she went into a river to catch fish.

So much has changed in the Commonwealth estate, she said. "I'm happy to see memories from the past so beautifully carved into the walls."



# Social Recreation Programmes

## 2011

Seniors can engage in various activities to discover new hobbies, join group outings, and build a sense of community. These programmes aim to enhance their quality of life, expand their social circles, and foster a healthy self-image.

### Chair Zumba

The programme is popular with 79 seniors who enjoy the music with low-impact exercises and time for social interaction. Our Chair Zumba sessions are versatile and easy to adapt. Led by our volunteer, Beng Hock, our seniors particularly love the oldies played during the class, coupled with simple and manageable movements.



### Flyer Outing

40 seniors had an enjoyable afternoon at the Singapore Flyer on 11 August 2023. Many were awestruck by the breathtaking views of Marina Bay. It was a memorable experience for all. They also expressed gratitude for the meals and goodie bags.



### IMM Outing

20 seniors had a special day out at IMM On 3 October 2023. This outing was particularly for seniors who live alone and those who are frail. Volunteers accompanied the seniors for shopping and thereafter enjoyed meals provided by the mall's tenants.



### Sentosa Golf Club Outing

On 22 August 2023, 80 seniors were delighted with their nostalgic comfort food, "Teochew Muay" or porridge. The variety of side dishes evoked fond memories of home-cooked meals, bringing both physical and emotional warmth to everyone.



## A Bag of Colours

The colouring session on 23 November 2023, engaged seniors in a creative and relaxing pastime. This activity enhanced fine motor skills, reduced stress, and promoted mindfulness. The colouring time fostered a sense of community as seniors shared their artwork and experiences, creating a supportive and vibrant environment.



## Calligraphy

In view of Chinese New Year celebration, we organized a calligraphy class for 21 seniors on 30 January 2024. The activity, conducted by our volunteer, Mr Chua Aik Hong, allowed participants to learn Chinese calligraphy and create festive decorations. The class promotes creativity, social interaction and cultural appreciation among our senior members.



## Chinese New Year Celebration

On 18 February 2024, 80 seniors gathered to celebrate Chinese New Year. Seniors enjoyed a fun Bingo game and Lohei, followed by a delicious buffet lunch.



## Christmas Celebration

120 seniors had a Heart-warming Christmas celebration on 8 December 2023. Enthusiastic volunteers kicked off the event with an exercise session, followed by a lively sing-along featuring Christmas carols and well-loved Chinese classics. The celebration concluded with a delightful buffet lunch and traditional log cakes.



## Esplanade's Coffee Morning & Afternoon Tea

40 of our seniors enjoyed the outing on 3 June 2024. They were treated to nostalgic performances of 70s and 80s golden hits. These events featured classic tunes by artists such as Ouyang Feifei, Chen Hsiu-chen, Irene Yeh, and Paula Tsui. The music brought back fond memories allowing our seniors to reminisce and connect over shared experiences.



# Circuit Low Mobility Workout

**2014**

**Weekly on Tuesdays,  
9am to 10am**

Designed for seniors who are frail and at high risk of falling, this programme aims to enhance balance and mobility through targeted muscle-strengthening exercises. Paired with dedicated volunteers, seniors complete a circuit of stations, each focusing on specific muscle groups to improve overall mobility. Last year 10 seniors joined the programme. To date, 61 number of seniors have benefited from the sessions.



# Mobile App & Hanyu Pinyin

**Weekly on Tuesdays,  
1.30pm to 3.30pm**

**2017**

Since its launch, our Mobile Application and Hanyu Pinyin class has been equipping 41 seniors with vital digital skills. Under the guidance of our dedicated volunteer, Mdm Kwan, the class creates a fun and welcoming environment for seniors to learn Hanyu Pinyin. This foundational knowledge helps them navigate mobile apps and communicate more effectively on their devices. This year 41 seniors attended the class regularly.



# Intergenerational Programmes

~ Bridging Generation

2018

## Sparkletots

The FaithActs intergenerational programme unites seniors and children from Sparkletots each month for engaging activities such as crafts, dance and music. This initiative promotes learning and fosters positive connections between generations, creating a vibrant and supportive community. Last year, 46 seniors participated in this programme.



## Raffles Girls School (Secondary)

The Learning Journey aims to foster connections between generations to strengthen community bonds and to promote mutual respect and understanding. The activities include:

- **Home Cleaning/Decluttering.** Students assist seniors with basic cleaning, decluttering and checking on expired foodstuffs ensuring a safe and tidy living environment.
- **Mini-Carnival.** Students organize games, performances, etc., to bring joy and excitement.

Through these activities, seniors received practical help, reduced the feelings of isolation and joy from social interactions. For students, the activities fostered empathy, a sense of community service and provided valuable life lessons through interactions with the seniors.



# The Sound of FaithActs

## ~ Let's Learn to Sing

**2018**

**Weekly on Wednesdays,**  
2pm to 4pm

The singing class is led by our dedicated volunteer, Mdm Yip, since 2018. She brings joy to a group of 25 to 30 seniors, who regularly attends her lesson. Mdm Yips teaches Mandarin and Cantonese songs, creating a lively and engaging atmosphere for all participants. Every senior has a chance to sing, and Mdm Yip offers tips on how to improve their singing. The seniors enjoy the music, camaraderie and fun!



# Appointment as

## Active Ageing Centre (AAC)

**2022**

FaithActs at Commonwealth Drive was designated as an Active Ageing Centre in October 2022. As an AAC, we offer social activities to keep seniors active and provide support to those living nearby in the community. Our goal is to foster strong social connections among seniors aged 60 and above.

FaithActs at Commonwealth Drive serves seniors residing at blocks 89 to 91 Tanglin Halt Road and blocks 50 to 53 Commonwealth Drive.

FaithActs Active Ageing Centre 惠爱活跃乐龄站						
Blk 50 Commonwealth Drive #01-506 (S142050) Contact 联络: 63397611 / 91787659						
	Mon 星期一	Tues 星期二	Wed 星期三	Thu 星期四	Fri 星期五	Sat 星期六
09:00 - 12:30	Letter Reading 阅读信件	Circuit workout for Frail seniors 低灵活运动 Community Health Post (SHED) 社区保健站	High Mobility Exercise 高灵活运动	Dance Workout 舞蹈操	High Mobility Exercise 高灵活运动	High Mobility Exercise 高灵活运动
	Info & Referral 转诊服务	Recreational Programme* 社交娱乐节目*		Ukulele 尤克里里	Low Mobility Group Exercise 低灵活运动	Centre Close
Lunch 午餐						
1:30 - 3:00		Hanyu Pinyin 汉语拼音	Sound of FaithActs 惠爱之歌	Board Games 棋盘与拉密游戏		Opening Hours: Mon - Fri: 9am - 4pm Sat: 9am - 11am Closed on Sundays and Public Holidays  营业时间: 星期一至五: 9am - 4pm 星期六: 9am - 11am 中心关闭: 星期天和公共假日
3:00 - 4:00	Newspaper Reading 阅读报纸		Letter Reading 阅读信件	Info & Referral 转诊服务		

Board games & Rummikub: Tuesday to Friday, 9am - 3pm 棋盘与拉密游戏星期二至五: 9am - 3pm  
Recreational Programme (SRP)\* Includes cooking demo, crafts, music, intergeneration 社交娱乐节目\* 手工, 游戏, 烹饪, 讲座

# Geriatric Services Hub (GSH) - Empowering Better Resilience, Active 2024 Community Engagement (EMBRACE)



This programme from Alexandra Hospital collaborates with community partners to proactively identify pre-frail and frail seniors. The primary aim is to provide a one-stop comprehensive geriatric assessment, coordinate personalised care plans and empower seniors with advice to support their journey towards healthy and confident ageing.

Additionally, we refer suitable individuals to our physiotherapy, occupational therapy and dietitian services to provide further assessment and follow up. The first introductory talk was conducted on 19 April 2024 which was attended by 29 seniors. The first session was held on 30 July 2024.

## From a Participant to a Volunteer

Mdm Chow, 73, lives just a block away from FaithActs. She was invited by FaithActs last year to join a block "Makan Together" event, where she learned about the WOW Workout programme. After participating in the exercises, Mdm Chow noticed her stiff joints and neck pain had disappeared.

Feeling a strong connection with her community, she decided to give back by volunteering. Through her volunteering, she has met more residents, enriching her social life. She regularly supports the Workout programme by taking attendance, monitoring seniors' blood pressure and providing other logistical assistance. Volunteering gives her a sense of purpose and fulfillment.



## Driving Compassion Forward

Uncle Chwee, 82, and Aunty Kim, 78, live a few blocks away from our Centre. This couple have been volunteering with us for the past 14 years. When Uncle Chwee retired as an ambulance driver, he eagerly took on the role of our seniors' handicapped van driver. Uncle Chwee also taught the seniors

how to make Chinese New Year's decorations using ang bao packets. Using his skills to benefit the residents boost his confidence and brought him joy and a sense of worth in his senior years. Inspired by his passion, his wife joined him as van attendant, and helping seniors with their craft. She finds fulfillment and satisfaction in giving back to the community.



# Active Ageing Centre @Block 40 Margaret Drive

## 2024

FaithActs celebrated the opening of its fourth centre at Margaret Drive on 30 March 2024. The newly appointed Active Ageing Centre was launched by the Senior Minister of State for Communications and Information and National Development, Mr Tan Kiat How. The Margaret Drive Centre is the first pilot project in Singapore to integrate Ibasho principles in an active ageing centre. Ibasho, in Japanese means a place where one belongs is founded by Dr Emi Kiyota. FaithActs collaboration with Ibasho seeks to empower the elderly to play a vital role in our communities with their knowledge and experience. As a key partner of Health District @ Queenstown, FaithActs seeks to bring to the residents a happy and healthy range of services for their enjoyment.





# Exercise Programmes

**2024**

**Weekly on Mondays & Wednesdays,  
9am to 10am**



## Hui Chun Exercise

Since its inception on 1 April 2024, our Hui Chun Exercise group has grown from 12 to 81 enthusiastic seniors.

The exercises are designed to improve their health, vitality and memory. Through a series of movements, it promotes relaxation, reduces stiffness and overall well being.



**Weekly on Wednesdays & Thursdays,  
11am to 12pm**

## WOW Workout & Graduation Party

Similar to the workout conducted at Commonwealth Drive, our sessions are led by our trained fitness instructors and physiotherapists from Alexandra Hospital. The inaugural session on 3 April 2024, started with 41 seniors has grown to 118 participants by 31 July 2024. These workouts focus on core strengthening and balance, helping seniors stay active, improve their stability and reduce the risk of falls.



After 10 weeks of exercise, the seniors celebrated with a graduation party, enjoying their favourite Bingo game, a sing-a-long session and a delightful meal.



## Piloxing

Monthly, Monday,  
2pm to 3pm

Piloxing is a comprehensive fitness programme that targets strength, flexibility and cardiovascular health. With 50 seniors participating, the class offers a fantastic opportunity for them to bond with friends while staying active. Piloxing incorporates muscle toning and building exercises, and the energetic music and fun movements help boost their mood.



## Chair Zumba

Monthly, Tuesday,  
10.30am to 11.30am

Our chair Zumba sessions provide a lively and enjoyable way for 68 seniors to stay active. Led by our volunteer, Beng Hock, these classes blend the joy of music with aerobics movement, fostering both physical activity and a sense of community.



## Board Games

Carrom and rummikub are classic board games enjoyed by many. Rummikub was introduced on the day of our official launch on 30 March 2024. Started with about 8 seniors, we now regularly have more than 10 seniors playing into the late afternoon.

Board games foster social connections and strengthen bonds among players, making it a great way to spend time with friends. The engaging nature of the games provides a fun distraction from daily stressors, promoting relaxation and mental well-being.



## Line Dance

1st & 2nd Saturdays,  
2pm to 4pm

This fun-filled social dance involves performing choreographed steps in lines or rows. Started on 11 May 2024 with 24 seniors, it now boasts 42 social dancers. The volunteer teacher is well-liked by the seniors for her gentle and patient demeanor. This programme is suitable for all ages and fitness levels, making it a popular activity for social gatherings. Line dancing not only provides a great workout but also helps improve coordination, balance, and memory. Plus, it's a fantastic way to meet new people and enjoy music together!



## Men's Workout

Weekly on Tuesdays,  
2pm to 3.30pm

Launched on 7 May 2024 with just 2 men, our programme has now grown to 9 participants. This initiative is specifically designed for senior men residing in Margaret Drive community. Led by our in-house trainer, the programme incorporates sled training, which involves pushing or pulling a weighted sled to enhance muscular strength, endurance and cardiovascular health. This type of training is excellent for building lower body strength, improving core stability, and increasing overall fitness. By focusing on safe and effective exercises tailored to individual capabilities, it helps to strengthen and condition the body for health and well-being.



## Creative Cooking Demo

Quarterly,  
10.30am to 11.30am

The programme is led by dedicated volunteers who teach our seniors how to prepare healthy dishes such as Vietnamese spring rolls, bean curd wrapped with glutinous rice, green bean soup with wolfberries, and various cakes. Our 73 seniors eagerly anticipate these sessions, looking forward to trying new and exciting recipes.



## Community Walk

Quarterly, Saturday,  
10am to 12pm

On 27 July 2024, a group of volunteers from Margaret Drive began to lead a morning event for seniors. The event started with a warm-up session, followed by a leisurely walk through the Margaret Drive estate. Volunteers guided the group, sharing interesting facts to spark conversations among the 14 participants. They enjoyed the outdoors, engaged in physical activity, and connected with their community.

## Fairprice Shopping with DBS @Vivo City

On 19 April 2024, 40 seniors participated in a shopping spree supported by 40 volunteers from DBS. The initiative provided a practical and engaging platform for seniors to enhance their digital literacy and financial management skills. Volunteers guided the seniors step by step through the self-checkout process, offering practical tips and guidance. It was an educational and fun filled afternoon, with seniors picking up new knowledge and skill.



## Cooking Mama

10 & 11 June  
1pm to 4pm

Six seniors and 21 student-volunteers participated in this intergenerational cooking class, bridging the gap between young and old. The class offers a hands-on approach where seniors share their cherished recipes and cooking techniques. Students have the opportunity to learn as the seniors guide them through the preparation of traditional dishes. Beyond just cooking, the activity fosters a sense of community and cultural exchange.



## M.Y World Preschool Ltd

Twice monthly

On 1 July 2024, FaithActs began collaborating with the preschool's Start Small Dream Big programme. FaithActs seniors engaged with the children through reading, workout and craft sessions. They enjoyed these activities together and the children even performed for the seniors.



# Community Outreach

@Block 50 Commonwealth Drive

# Programmes At A Glance

Figures reflected are for FY2023-2024.



Year Programmes started

Supporting our community    Befriend    Bond    Care



# Casework and Counselling 2005

FaithActs supports individuals and families in need in Queenstown through three key services: counselling (youths, families and seniors), financial assistance and information & referral. Our goal is to help each person gain a better understanding themselves and feel assured that they are not alone in overcoming their challenges. Over the past 20 years, we have assisted 967 clients through our casework.

No. of cases as of  
last financial year is  
**424**

## The Resilience of Sarah

Sarah, a 22-year-old undergraduate in the NUS Biological Science course, has faced life's challenges with unwavering strength since she was just 18. Her journey is a testament to resilience and determination.

At the tender age of 11, Sarah lost her father to a rare form of blood cancer, multiple myeloma. Tragedy struck again when her mother, Mdm Lee, was diagnosed with stage 3 breast cancer during Sarah's Secondary 3 year. Despite her brave fight, Mdm Lee passed away when Sarah was in her first year of Polytechnic.

The late Mdm Lee was the sole breadwinner who worked full-time at National University Hospital. Her husband's death deeply affected both her and Sarah. Overwhelmed by many issues, Sarah dropped out of school. In desperation, Mdm Lee turned to FaithActs for help, hoping to encourage Sarah to return to her studies. With extensive counselling and support from FaithActs, Sarah found the strength to resume her education after a nine-month hiatus.

She completed her 'O' levels and progressed to Polytechnic. However, the family faced severe financial strain due to her studies and Mdm Lee's medical expenses. FaithActs continued to support Sarah, providing essential resources and socio-emotional assistance. Sarah became a regular recipient of FaithActs Bursary and Scholarship. Mdm Lee also received support through our Single-Parent-In-Need (SPIN) fund.

Despite her circumstances, Sarah has been an active participant and dedicated volunteer at FaithActs. Her commitment to giving back to the community is truly inspiring. She has shown a genuine passion for helping others, evident in her numerous volunteer activities at A\*STAR and overseas teaching assignments. Sarah's involvement in various FaithActs programmes has enriched the lives of many and significantly contributed to the community.

In addition to her volunteer work, Sarah has demonstrated extraordinary dedication to her academic studies. Driven by personal experience, she aspires to pursue a career in cancer research. Her motivation and determination to excel in this field is a testament to her strong character and desire to make a meaningful impact in the world. Balancing her academic pursuits with managing her household alone is a remarkable feat.



# Bursary 2008

Bursary	2023-2024	2022-2023	2021-2022
No. of recipients	110	100	104

The FaithActs Bursary Awards were introduced in 2008 to support needy students and special needs students with their educational expenses. Over the years, a total of 1,196 students have received our bursaries.



# Scholarship for Secondary School 2010

In 2010, we extended the Scholarship Awards to Secondary 3 students from selected schools, and in 2012, to students from ITE College West. Each year, more than 100 full-time students living or studying in Queenstown benefit from the bursary and scholarship scheme. Since 2010, a total of 109 students have benefitted from the Scholarship Awards.



Scholarship Level	2023-2024	2022-2023	2021-2022
Secondary	2	5	3
ITE	4	4	5
Polytechnic	1	2	3
University	1	1	1

# Scholarship for ITE/Tertiary 2012





# Home Wellness 2010

TEAM FaithActs was launched in October 2010 to engage youth in community service, encouraging them to care for the less privileged in our community. The initiative involved youth in painting, cleaning and moving furniture for the needy and seniors.



As the population ages, the need for home cleaning and decluttering, especially for frail seniors living alone has grown. To meet this demand, the programme was extended to students as part of their community learning journey. Since 2011, students from Raffles Girls School (Secondary), corporates and groups have regularly helped our seniors clean and organize their homes, ensuring hygiene and safety.

Our volunteer handyman team also assists with home repairs, such as fixing light bulbs, water taps and minor repair works. List of homes cleaned by our volunteers last year.



28 Sep 2023:	Republic Polytechnic	2 homes
1 Nov 2023:	Raffles Girls School (Secondary)	5 homes
5 – 8 Mar 2023:	Raffles Girls School (Secondary)	24 homes
Feb – July 2024:	Woh Hup	8 homes
May 2024:	PwC	5 homes

Over the years, 1254 volunteers have cleaned 209 homes.



# FaithActs

## – West Legal Clinic

### 2015

The Legal Clinic was established at FaithActs in 2015 to offer residents legal advice on personal matters (excluding Syariah Law). Our qualified pro-bono lawyer provides 20-minute consultations for each client on Saturday mornings, once every two months, from 10am to 12pm. This access to legal services is crucial for individuals facing legal challenges or needing to understand their rights. Since its inception, a total of 114 clients benefitted from this service.



# Makan

## Together

### 2017



The first event was held On 9 September 2017, with 90 residents from Block 103 Commonwealth Crescent coming together for a simple breakfast of all-time favourites. Our goal is to connect residents within their block and neighbourhood, fostering a closer knit community. These interactions also help us understand their needs better, allowing us to design more targeted activities and services. This event has since become a regular occurrence. Last year, on 27 July 2024, 119 seniors and their caregivers from Blocks 50 to 53 at Commonwealth Drive participated. Over the years, FaithActs has organized these session for 400 residents.



# Community Involvement & Engagement

## 2020

As a community care service provider, our involvement and engagement are essential for creating a supportive environment. Since COVID-19 pandemic, these efforts have increased. Our staff and volunteers collaborate to design various activities that meet community needs and raise awareness of FaithActs' programmes and services.



### Block Outreach

Door-to-door goody bags distribution, which started during the pandemic, continues with different volunteer groups and at various locations.

Date	Group	Location	No. of Homes
4 Feb & 23 May 2024	Project 100 & ProLogis	Blocks 103 – 107 Commonwealth Crescent	290
6 Jun 2024	Tanglin Trust	Block 1 Holland Close	70
8 Jun 2024	Association of Banks (ABS)	Queenstown Town	156
1 Jul 2024	Project R.I.C.E & Sparkletots	Block 50 – 53 Commonwealth Drive	178

Date	Group & Activity	Location	No. of Residents
20 Sep 2023	Mid-Autumn Festival	Margaret Drive	80
14 Oct 2023	Tony Gui's Group – Flea Market	Commonwealth Drive	80
28 Dec 2023	MOH – Christmas Celebration	Margaret Drive	140
5 & 8 Mar 2024	Raffles Girls School – Mini Carnival	Margaret Drive	90
6 & 8 Mar 2024	Raffles Girls School – Mini Carnival	Commonwealth Drive	114



## Community Functional Screening

In collaboration with the Silver Generation Office, the functional screening programme is designed for Singaporeans aged 60 and above to detect age-related declines in vision, hearing, and oral health early. The screenings are simple, pain-free and affordable, promoting preventive health measures and enhancing the overall quality of life for seniors. These screenings were conducted on:

- **23 Aug 2023** – 60 seniors were screened @ Block 50 Commonwealth Drive
- **22 Mar 2024** – 54 seniors were screened @ Block 40 Margaret Drive



## Christmas Party @ Margaret Drive

Since 2022, we have collaborated annually with PA@QT, Queenstown Baptist Church and Ibasho volunteers to reach out to residents at Margaret Drive. On 10 Dec 2023, more than 150 residents joined us for the Christmas celebration.





# Personal Wellness 2021

## Personal Grooming

We offer hair and nail cutting services to enhance the quality of life for our seniors. For those who are homebound, our hairdresser will visit them at their residence to provide haircuts.

Trimming of toenails is challenging to many of our seniors due to poor vision and difficulty in bending. Regular toenail maintenance is crucial to prevent discomfort, infections and other foot-related health issues.



## Personal Health Care Consultation

In partnership with Alexandra Hospital since August 2021, SHED (Social and Health Enabling Destination) serves as a community health post for residents aged 40 and above. The weekly services at four Centres have benefitted 248 residents since inception. The dedicated Care Managers provide advice on:

- Basic health and geriatric assessments
- Health coaching for disease prevention
- Care referral and coordination
- Chronic disease monitoring and self-management education
- General advance care planning (ACP) discussions
- Means testing for low/no income clients



## Medication Management & Medical Escort

Many seniors face challenges with taking multiple medication at the correct times, which can lead to missed doses or incorrect usage. We assist by pre-sorting and organizing their medications to ensure proper adherence.

For seniors who have difficulty travelling to and navigating through the hospital systems for their medical appointments, we provide the necessary support to make the process smoother. To date, more than 300 trips have been arranged for staff or volunteers to accompany our clients for their medical appointments.



# Community Partnership

## Ibasho ~ A Health District Project @Queenstown

2022

Queenstown has been selected as the pilot site for the Health District due to its status as one of the oldest populations in Singapore. Since its official launch on 20 October 2021, various development and rejuvenation plans have been underway to promote healthy and purposeful lives for the residents.

### FaithActs x Ibasho @Margaret Drive

A pilot project with Ibasho has been introduced at the new FaithActs centre at Margaret Drive. The collaboration aims to foster a vibrant community where older persons feel supported and have a sense of purpose and belonging. The Ibasho principles are integrated into the Active Ageing Centre in empowering seniors to contribute to the community and create activities that benefit other residents. A working committee of 25 members, aged 19 to 85, meets monthly to discuss ways to encourage more seniors to come together to co-create a space where local culture and traditions are respected, communities are environmentally, economically and socially sustainable, where the growth of the community is organic as it embraces imperfection gracefully. The team has initiated the various activities.

- **Digital Clinics:** Helping seniors learn essential mobile skills to enhance their digital literacy. Held on 1st and 3rd Saturdays, 9am to 12pm.



- **Handicrafts and Upcycling:**

Engaging in creative projects. Held on 4th Saturdays, 10am – 12pm



- **Movie Screenings:**

Reminiscing old movies. Held on 4th Thursdays, 2pm to 4pm.



- **Mini Café & Sharing:**

Reminiscing old movies. Held on 4th Thursdays, 2pm to 4pm. Communal dining on every Wed.



# Community Partnership 2022

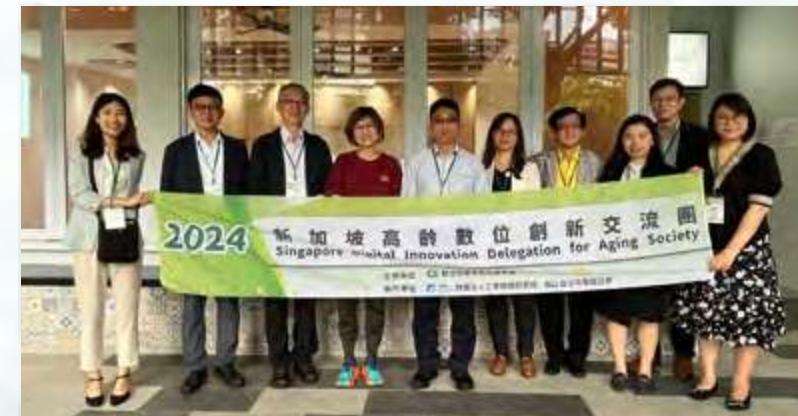
## National University of Singapore (NUS)

FaithActs partners the gerontechnology students from the Department of Biomedical Engineering, to co-design and address challenges faced by disadvantaged individuals through technological solutions. Last year, the students designed "WheelLift" to improve accessibility during transfers involving varying heights. This innovation promotes a sense of autonomy and safety.



## Visits by Overseas Delegates

Following the pilot launch of Ibasho at the new centre, numerous overseas delegates have shown interest in understanding how the concept is being implemented in an Active Ageing Centre. On 6 and 7 May 2024, two groups of these delegates visited the centre as part of their participation in the World Ageing Festival.



# Community Partnership

## Community Link (ComLink) Programmes

**2023** - In partnership with MSF Social Service Office (SSO) - Queenstown

This initiative was rolled out by Ministry of Social and Family Development (MSF) in April 2019 to pro-actively reach out to families with children living in rental flats, helping them achieve stability, self-reliance and social mobility. Families receive close case support by leveraging community resources to provide customised services. Together with SSO, FaithActs was involved in the following programmes.

### KidsLearn

KidsLearn is an enrichment programme designed to help preschoolers improve their literacy. Volunteers from Youth Corps Singapore befriend the children and facilitate learning in a fun and engaging way using the Khan Academy Kids app and games. Each term consists of 8 sessions held on Saturdays from 2pm to 3.30pm. Since the programme's introduction in 2023, it has grown from the initial 8 children to the current size of 20 per term. The children eagerly look forward to attending the class.



### FUN Starters

FUN Starters is a multi-sport programme that engages children aged 5 to 12 through curated sports, physical fitness and wellness activities. Organised by SportCares, this weekly programme helps children develop new skills, build confidence and enhance self-esteem. So far, the children have participated in sepak takraw, tchoukball, floorball, boxing and futsal. These activities teach teamwork, adaptability and leadership, ensuring a well-rounded experience that caters for diverse interests and abilities of the children. Since its inception in 2023, the programme has been held every Monday from 5pm to 7pm, benefiting 61 children.



### Gift-A-Family

This initiative aims to provide household essentials for ComLink families. Since its launch, FaithActs has supported 15 families in procuring their basic home items.



# Our Other Centres

At a Glance

# Block 118 & Dover Centres

**Dover New Centre**

**Lim Hng Kiang**  
Minister for Trade and Industry (Trade)

Like Follow Share

Timeline About Photos Likes More

Attended the launch of FaithActs new interim centre at Dover Estate. FaithActs has been engaging our seniors by conducting a weekly morning exercise programme, and the response from our residents has been good. They shared that some of them with mobility difficulties had improved their condition through the programme. With the launch of their new interim centre, they hope to reach out to more seniors as well as youths in the estate. They will also be providing Legal Aid Clinics and Financial Literacy Workshops for families in Dover.

*I am glad to see many VWOs and organisations playing a vital part in the community. - LHK*



## SPECIAL MENTION ON DOVER IRH

The Centre was inaugurated on 18 July 2015. FaithActs provided educational support to children, casework and counselling, and assisted numerous families with their resettlement. Due to redevelopment, FaithActs also had to relocate.



Enrichment Hub

@Block 118  
Commonwealth Crescent

Senior Services

@Block 1 Dover Road and  
Block 13 Dover Close East



# Enrichment Hub

@ Block 118 Commonwealth Crescent

# Programmes At A Glance

Figures reflected are for FY2023-2024.



Educate Engage Enrich Empower

Senior Services

@Block 1 Dover Road and Block 13 Dover Close East



# WOW Workout @118

for Fit / High / Low Mobility

2017

The WOW workout, which began on 3 Aug 2017, is a comprehensive programme designed to keep seniors physically, emotionally and socially engaged. This initiative helps improve their balance, endurance, flexibility and strength over time. Initially starting with 15 seniors, we have observed a significant increase in the number of participants over the past year to 79.

**Thursdays,**  
(Each session is one hour)

8.30am, 9.30am, 10.30am



# The Learning Hub @118

Since 18 Apr 2017, The Learning Hub has been dedicated to supporting working families by providing a safe and enrichment environment for their children. We offer academic progress and social development in a nurturing space. Children and youth are encouraged to explore their interests and enhance their skills. The programme not only fosters academic and personal growth of children but also provides peace of mind for their caregivers, allowing them to work and provide for their families, knowing their children are in capable hands.

Since its inception in 2017, the programme has served 67 beneficiaries with the help of 394 volunteers. This year, we have reached out to a total of 32 beneficiaries, a feat made possible by the support of 171 generous volunteers.



**Weekdays,**  
2pm to 6pm



# Early Learning Programme (ELP)

## 2018

Since 7 April 2018, the Early Learning Programme has been providing support to pre-primary children struggling with foundational literacy and numeracy. Trained volunteers conduct one-on-one sessions with the children. In collaboration with EDIS Cares and Learning Vessels for the curriculum, ELP has engaged 169 volunteers who supported 85 children over the past six years, helping them prepare for the pace of primary school. In the 2024 run, we have 14 kids and 26 volunteers. With the support of Singapore Polytechnic's Mentors, we have also been able to open an additional class during the weekdays at both Block 50 Commonwealth Drive and Block 118 Commonwealth Crescent.

Date	Programme	Children
11 Nov	Graduation Party + Market Day Carnival	11
20 Jul	Memory Workshop by SP Mentors and SP Memory Sports	15



# Tuition - Mentoring

Tuesdays,  
7.30pm to 9.30pm

Night tuition provides personalised academic support with a 1:2 tutor-to-student ratio, thanks to our dedicated volunteer tutors who build strong and healthy relationships with their students. By fostering a warm and inclusive environment, we encourage children and youths to feel comfortable and motivated to learn and develop both academically and socially. Our tutors mentor their students, helping them build confidence and motivation to face life's challenges.

Since its inception in 2018, Night Tuition has supported 40 children and youths with the help of 92 volunteers. This past year alone, 20 youths were guided by 46 volunteers.



# Girls Empowered (GEm)

2021

This programme has positively impacted the girls at Block 50 Commonwealth Drive and was expanded to include those at Block 118 from 5 Feb 2021 onwards.

The participants have gained insights into their personal interests and self-awareness through diverse activities. We also emphasize relationship building and communal living. Over the past 4 years, including 2021 to 2024 total 67 girls have participated in the programme.



# SHED @118

1st/3rd Tuesdays,  
9am to 12pm

2022

Started on 11 Oct 2022, the Social and Health Enabling Destination (SHED) by Alexandra Hospital is a community health initiative aimed at supporting residents aged 40 and above. The key emphasis includes:

- **Community Health Post:** SHED serves as a community health post
- **Care Management:** Care Managers assist residents with various health and social needs, ensuring they receive appropriate support and services
- **Focus on Seniors:** The service is particularly targeted to help seniors maintain their health and well-being within the community.

Since its inception, 48 residents have benefitted from the service.



# Seniors Social Recreation

@Block 118

2023 - 2024

A wide range of diverse activities keeps our seniors occupied. There are many opportunities to learn, socialise and apply their knowledge to daily living.



6 Sep 2023 | Digital Clinic – by Standard Chartered Bank



18 Dec 2023 | Seniors enjoyed the spirit of Christmas with the sing-along session, games and buffet



19 Feb 2024 | Seniors celebrated Chinese New Year together as a family, with 100 participants joining the festivities.



1 Mar 2024 | Seniors well-being activity – by National Heritage Board



6 Apr 2024 | An intergenerational event with National University of Singapore

# Children's Enrichment Programmes

@Block 118

2023 - 2024

The enrichment programmes aim to provide a holistic development experience, helping children discover their interests and talents while building valuable life skills.



**Cooking Class | Junior Chef** expanded to Block 118 on 17 Oct 2023. Children learn essential cooking skills, explore new recipes and understand the importance of nutrition.



**Interactive Workshops** | Hands-on activities that cover a wide range of subjects, from science experiments to storytelling.



**Educational Talks** | Sharing knowledge on diverse topics, fostering curiosity and a love for learning.



**Arts & Craft** | The session encourage creativity and fine motor skills as children create unique art pieces using various materials.



**Sports Activities** | Physical fitness and teamwork are emphasized through fun and engaging sports sessions.



**Games** | Playing games with children builds relationships and promotes communication.

# Senior Services

@Block 1 Dover Road and Block 13 Dover Close East

# Programmes At A Glance

Figures reflected are for FY2023-2024.

Year Programmes started



Educate Engage Enrich Empower

Enrichment Hub

@Block 118  
Commonwealth Crescent





# WOW Workout @ Block 13 for High & Low Mobility

**2019**

The WOW workout, which began on 3 Aug 2017, is a comprehensive programme designed to keep seniors physically, emotionally and socially engaged. This initiative helps improve their balance, endurance, flexibility and strength over time. Initially starting with 15 seniors, we have observed a significant increase in the number of participants over the past year with 30 seniors now attending the workout weekly.

**Wednesdays,  
2pm to 3pm**



# Line Dance Intermediate & Advance

**Mondays,  
2pm to 4pm**

**Thursdays,  
9:30am to 11:30am**

**2020**



Started on 21 Sep 2020, line dancing is an engaging activity that unites people through synchronized movements to the rhythm of the music. It fosters joy and a sense of community, promoting physical fitness, coordination and mental sharpness, making it an excellent exercise for all ages. Over the past years, our line dance programme has seen enthusiastic participation with 15 to 20 attendees returning regularly to enjoy the camaraderie and social engagement.

# Ukulele

**Thursdays,  
2pm to 4pm**

The class was formed on 6 Jan 2020. The group, comprising of about 13 members, enthusiastically jams and practices weekly, and has been performing regularly during FaithActs' corporate events.



# Chair Zumba @Block 13 2020

Chair Zumba started on 7 Jan 2020 and is conducted by the trainer from Health Promotion Board. By combining energetic dance moves with the support of a chair, participants can enjoy a full-body workout that enhances cardiovascular health, flexibility and coordination. Over the past years, our Chair Zumba sessions have been met with enthusiastic participation, providing a fun and engaging way for everyone to stay active and healthy. There are about 15 to 20 seniors who come weekly for the class.

**Tuesdays,  
2pm to 4pm**



# Senior Chef 2022

This programme is more than a cooking demo by seniors or volunteers. Initiated by a few seniors, the programme started on 1 July 2022, with the aim of sharing recipes and gathering under the theme of 3-Fs: "Feast, Fun and Friends". The Senior Chef programme has consistently attracted 15 to 20 enthusiastic participants, with many seniors enjoying the opportunity to cook, share and savor their culinary creations.

**2nd/4th Fridays  
of the month,  
2pm to 4pm**



# Handicrafts

**Wednesdays,  
10am to 12pm**

The programme offers a variety of crafting activities that involve upcycling and repurposing unused materials to create items like bags, key pouches and hand towels. It is designed to engage seniors in creative expression. There are about 5 to 8 seniors who regularly attend the class.



# SHED @Dover 2023

The Social and Health Enabling Destination (SHED) by Alexandra Hospital was expanded to Block 1 Dover Road and Dover Close East on 10 Feb 2023. The session alternates between Block 1 and Block 13.

The Community Health Post has been well received by the residents. Since its inception, a total of 93 residents have consulted the case managers regarding their respective medical issues.



SHED session @Block 1



SHED session @Block 13

**Fridays,  
9am to 12pm**

# WOW Workout @ Block 1 Dover Road for High & Low Mobility

The open space workout at Block 1 Dover Road began on 4 April 2014. Due to the growing number of participants on Fridays, a second session was introduced on Thursday mornings. Since its inception, a total of 115 seniors have joined the programme. Last year 89 seniors from both Thursday and Friday groups participated in the weekly exercises.

**Thursdays  
& Fridays,  
9am to 10am**



# Seniors Social Recreation

@Dover

2023 - 2024

Digital Clinic  
by Google



Intergenerational bonding  
activity with NUS Residential  
College 4 students



WOW Graduation Party



Heritage Walk with Anglo-  
Chinese Junior College  
Historical Club students  
around Dover Estate



Health Innovation  
Focus Group  
Discussion

# Key Highlights and Volunteers

& Corporate Management

# Programmes At A Glance



## Giving In Action

“There can be no greater gift than that of giving one’s time and energy to help others without expecting anything in return.” – Nelson Mandela

Engage    Serve    Support



# Corporate Highlights

## (Opening of FaithActs 4th Centre @ Margaret Drive)



Participants shaping a pair out of small towels at the opening of the FaithActs x Ibasho Margaret Drive Centre on March 30. For a start, the centre will run three activities - upcycling craft workshops, digital clinics to help seniors use technology and a cafe where they can conduct cooking workshops and share snacks. It will add more activities as more ideas are generated. ST PHOTO: GAYN FOO

### Seniors take active role in planning and leading activities here



Senior Minister of State for National Development Tan Kiat How speaking with residents at the centre's launch. Ibasho aims to provide a safe and comfortable space where people of all ages and backgrounds can interact as a community.

Pilot project at new centre in Queenstown helps seniors to lead healthier, more productive lives

By Tan Wen Li  
Singapore's first project began in 2012 in Japan, after the Great East Japan Earthquake of 2011. This is the first Ibasho project in Singapore. Supported by the Health Districts of Queenstown, the pilot programme supports residents to lead healthier and more productive lives.

Queenstown is one of Singapore's oldest towns, and more than 20 per cent of its population are seniors. It is a place where seniors can contribute to their community and lead active lives. Ibasho projects have been shared in Japan, the Philippines and Nepal. At most centres for older adults, the activities are usually the recreational ones. But with Ibasho, seniors are encouraged to lead active lives. Queenstown is one of Singapore's oldest towns, and more than 20 per cent of its population are seniors. It is a place where seniors can contribute to their community and lead active lives. Ibasho projects have been shared in Japan, the Philippines and Nepal. At most centres for older adults, the activities are usually the recreational ones. But with Ibasho, seniors are encouraged to lead active lives.

BREAK FASTING TIME Day 20 | 7:14pm

女皇镇 活跃乐龄站

## 鼓励年长居民 自主学习互惠互助

王佳慧 报道 jiahui@sph.com.sg

受惠社区中心与非营利机构Ibasho携手合作，在女皇镇保健区（Health District of Queenstown）推出活

“Ibasho”概念源自日本，旨在预防社会孤立，尊重长者的贡献，促进社会和代际融合。为了实践Ibasho项目，

从小就喜爱手工的她，平时会上YouTube自学手工技能，因此在得知Ibasho项目时，主动参与策划工作。她坦言，一开始



陈杰豪（右二）走访了解林金兰（左三）负责策划与教授的手工艺课程内容。（图/联合早报）

### 鼓励与年轻居民 分享智慧与学识

国家发展部兼通讯及新闻部高级政务部长陈杰豪鼓励年长居民在学习新技能的同时，也与年轻居民分享智慧与学识。

陈杰豪今早为FaithActs x Ibasho玛格丽特道中心主持开幕仪式。他在致辞时引用俗语“家有一老如有一宝”，鼓励大家一起为年长者打造足以安享晚年的互动环境与空间。

负责女皇镇基层事务的文化、社区及青年部兼社会及家庭发展部高级政务部长陈杰豪也通过视频致辞，表示女皇镇

联合早报 LIANHE ZAOBAO

2024年03月31日 星期日

早 X f o zaobaosg

## 年长者可自行组织活动并传授技能 本地首个日式“居场所”乐龄中心开幕

“居场所”创始人清田英已副教授说：“我们希望扭转社会对年长者的刻板印象，他们不是中心参加活动，不是来等着被照顾，被服务的。他们可以自主地组织工作坊，把自己的技能传授给同伴或者下一代。”

女皇镇社区通过四部分工作坊，引入“居场所”活跃乐龄概念。新中心不只提供一个温馨舒适的社区空间，也是一个让年长者有机会和同龄人、跨代的社区成员接触，并传授技能给年轻人。



本地首个以“居场所”概念打造的活跃乐龄中心开幕仪式现场，通讯及新闻部兼国家发展部高级政务部长陈杰豪（左一）与年长者互动，感谢他们积极参与。图/联合早报



# Key Highlights

(News and social media)

14 August 2021

<https://www.youtube.com/watch?v=YUt9QmUasRk>

## CNA Insider

**With amenities lacking near their new flats, former Tanglin Halt residents keep going back**

The elderly residents who moved to Margaret Drive have been relying on shuttle services to their old neighbourhood to eat, shop and hang out at their activity centre. But there is good news on the horizon.

<https://cnalifestyle.channelnewsasia.com/cna-insider/tanglin-halt-dawson-relocation-elderly-impact-291241>



SCAN TO READ

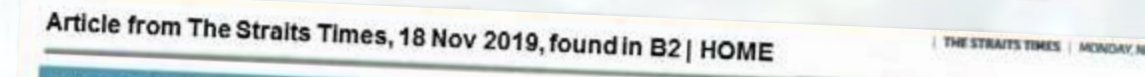
Published on 27 August 2022



# Key Highlights

(News and social media)

For the past two decades, FaithActs has been humbled to participate in various events that have positively impacted our clients. We were also honoured to welcome the newly appointed President, Madam Halimah Yacob, in 2017, who visited FaithActs at Block 50 Commonwealth Drive.



President Halimah Yacob and four children supported by FaithActs raised donations under President's Challenge. ST PHOTO: CHONG JUN LIANG



Four children supported by FaithActs were the first ones to build the Istana 150 commemorative Istana models launched today. Through the donations raised under President's Challenge, social service agencies like FaithActs can continue their mission in empowering and enriching the lives of those in need. We would like to thank everyone who donated and volunteered at the Istana open house today. May we all continue to unite as one community for the community.



President Halimah Yacob and her husband, Mr Mohamed Abdullah Ahabshee, launch an exclusive Istana model using Lego bricks to commemorate the 150th anniversary of the Istana. ST PHOTO: CHONG JUN LIANG



President Halimah Yacob (seen in photo) with service users from the Republic of Singapore Navy's (RSN) fast craft unit at Navy@Vivo yesterday. Her husband, Mr Mohamed Abdullah Ahabshee, also seen.



# Key Highlights

(News and social media)



21 Sep 2019 | Meet-&-Greet Renault F1® Team Driver, Daniel Ricciardo



让有需要的家庭可以凭着餐券到小贩中心免费换取食物

19 Apr 2018 | 958一步一脚印] 女皇镇的故事  
<https://www.facebook.com/watch/?v=1861557583876879>

**FAITHACTS YOUTHS WITH MS LOW YEN LING**  
 FaithActs Youths visited the F1 Village with Parliament Secretary for Ministry of Education and Ministry of Trade and Industry Ms Low Yen Ling.

# President's Challenge

FaithActs youths and seniors join then President Tony Tan In ARPC Carnival in 2017 and 2015



07 Aug 2017 | With FaithActs youths playing stack box



01 Aug 2015 | With FaithActs Seniors

FaithActs (Dance Group) performed before then President S R Nathan at Istana (15 Oct 2010)



# Featured for Channel 5 Programmes



12 Sep 2017 | With Zoe Tay as guest



7 Apr 2016 | Our seniors travelling on Virtual Reality



15 Dec 2015 | Our clients receiving Christmas gifts



03 Oct 2013 | With Mr Gurmit Singh as guest

## President's Star Charity Show

## Not The 5 Show

A variety show that weaves relevant social and topical issues programme



# Featured for Channel 8 Programmes

8 Oct 2012 | Project Dream Home filming

#I Love You Mum Challenge - A Gift for Mum  
 妈妈的礼物  
 S1 Ep 13 Finale  
**2017**

<https://www.mewatch.sg/watch/I-Love-You-Mum-Challenge-A-Gift-for-Mum-E13-Finale-76517>

**I LOVE YOU MUM CHALLENGE - "A GIFT FOR MUM", MEDIACORP PRODUCTION**

A Gift for Mum programme featured Mdm Lee, a widow and her 15-year-old daughter Sarah. They received a home improvement from the programme hosts, Ben Yeo & Vivian Lai.




24 Apr 2014 | Star Off Day (Channel 8)



In this home décor concept, one person will decide how he/she wants to pleasantly surprise a person of their choice with a makeover that entirely catches him/her off guard. Each week focuses on one profile, and he/she will share the story behind why they would like to reward a person of their choice to give the surprise on. Using simple décor tricks and touch-ups, this profile will have 3-4 days to makeover a part of the house of the person of their choice.

Published 28/11/12 Views: 12026



# Key Highlights (Awards)



**Queenstown Community  
Champion Award**



Dear FaithActs,

We greatly appreciate FaithActs for uplifting disadvantaged children and their families. Due to your partnership, SSD has been able to extend support to the ComLink+ community in Queenstown, far beyond what we would have been able to do alone. Thank you for working with us to uplift ComLink+ children and families!

Social Service Office @ Queenstown, Clementi, Jurong East



# Key Highlights

(Awards)

## Partners' Appreciation



Youth Corp  
6 July 2024



Project V Closing Ceremony on  
22 February 2024



# SG Cares Volunteer Centre @ Queenstown



In our third year as the SG Cares Volunteer Centre @ Queenstown, we have made significant strides in collaborating with volunteers and community partners. Our role has allowed us to broaden our network of resources and partnerships, enabling us to address community needs in diverse ways.



At our annual Networking Session on 26 April 2024, titled "Queenstown's GEM ~ Generations Empowering Many", we successfully built relationships among 116 attendees from 41 partners, including Social Service Agencies, Schools, Corporates and Religious Organisations. The event provided a platform for brainstorming new ideas for intergenerational collaborations. A highlight of the session was a presentation by NUS Residential College 4 students, who shared their experiences working with seniors and secondary school students on an Intergenerational Olympics, "Bridging Gaps, Creating Memories". This initiative aimed to demonstrate how different generations can come together to engage on a common platform.



We partnered with The Association of Banks in Singapore (ABS) to host "The Community Giveback" event, a first for our community. This initiative allowed over 150 needy families in Queenstown to shop for household items at no cost, providing much-needed relief for those struggling with rising living expenses.



# Volunteer Management & Development

As FaithActs celebrates her 20th anniversary, we honour our dedicated volunteers who are the foundation of our work and community engagement. Working with our staff, they use their skills and talents in numerous ways to uplift and inspire our beneficiaries. Our staff creates a supportive environment and assign volunteers to relevant programmes. Together, we aim to leave a lasting, positive impact on the lives of our beneficiaries.

## Individual volunteer who.....



Coaches the children



Plays with the children



Cuts nails



Shares culinary skills



Haircut



Taking blood pressure



## Group volunteers

On 5 Dec 2023, the staff of Germany's Norddeutsche Landesbank Girozentrale (NORD/LB) took our children shopping for their school essentials in preparation for the start of the school term.



A digital workshop was conducted by the staff of United Overseas Bank on 1 March 2024.



Volunteers from PwC came together to paint, clean and declutter our senior's home on 24 May 2024.



Members from Faith Methodist Church support our weekly dance and workout sessions.



# Students Volunteers



Our seniors were invited "back to school" at NUS for an event organized by the students



Students from Singapore Polytechnic engage our children in indoor and outdoor activities.



Project Estela from Hwa Chong Junior College regularly volunteers at our Centre. The pictures show them teaching the children how to do origami.



Project Roots consists of students from Raffles Girls' School (Secondary) who regularly conduct science experiment workshops for our children.



Anglo-Chinese Junior College students did an activity with our children from The Learning Hub.



Kent Ridge Secondary School students engage with our seniors through Chair Zumba.



Students from Raffles Institution conduct cooking classes for our children.

# Corporate Social Responsibility & Partnerships



Thanks to our generous donors, we successfully reached our campaign targets last year through *Enhanced Fundraising Programme*



## K-ACTS Plus A-Thon! Campaign

We are deeply grateful for your generous support of our mission. Your contribution is instrumental in creating a nurturing environment where every child can reach their full potential. With your help, we can ensure that our children build a strong foundation in both their education and character.

Your donation enables us to develop our children holistically in areas such as Academics, Creativity, Traits, and Shared values (ACTS). Plus you are encouraging them to learn and grow according to their strengths, interests, and personalities on their personal life journeys.



## A Story of Hope and Perseverance from our Family-In-Need (FIN) Campaign



Attended a luncheon sponsored by our partner



Attended a mid-autumn festival celebration.

At 61, Mdm Kiang, who is a single mother, faces severe health challenges that have left her unable to work. Her struggle with arthritis has significantly impaired her mobility and balance, complicating her role as a caregiver. She dedicates herself to the full-time care for her younger daughter, an adult with special needs requiring regular therapies and psychiatric treatments. Adding to the family's difficulties, her eldest child battles chronic depression but manages to sustain herself through a home-based craft business.

Mdm Kiang's youngest son, John, a recipient of our bursary awards, exemplifies the transformative power of education. Recently graduating with a diploma in Electronic Engineering, John is now serving his National Service in Combat Engineering. His journey, marked by determination, has seen him grow from self-doubt to a confident young man with strong sense of purpose, committed to lifting his family out of adversity.

FaithActs has been instrumental in supporting this family. The assistance they receive helps cover basic living expenses, while Mdm Kiang finds solace and support through FaithActs' Social Recreational Programme for seniors. This programme offers her much-needed emotional and social connection, providing a reprieve from her demanding caregiving duties.

*The Kiang family's journey is a testament to resilience. With continued support, they navigate life's challenges with hope and perseverance, embodying the strength and determination to overcome adversity.*



Attended a Christmas carnival sponsored by our partner



Participated at a charity booth at our Open House at Margaret Drive.

## Second Annual Christmas Song Medley

We are grateful to our contributors for supporting the Christmas Song Medley fundraising project from 6 to 31 December 2023. Special thanks to our volunteer fundraiser, Ms. Grace Chew, and her dedicated friends amid their tight schedules. Their efforts produced a festive music video featuring the talents of Maia Goh, Nathan Zhang, and volunteer Tony Gui. Happy holidays!

Dressed in red, Ms Grace Chew, performers, and the BTS crew gathered for a memorable shot and it's a wrap for supportive viewership on social media!



Rebel Legion's outpost, held over 2 days on 9 to 10 December 2023 at **Singapore Comic Con - SGCC** done and dusted! We had so much fun and adventures.

We thank the **thousands of rebel supporters** who have visited and taken part in our mission, in support of FaithActs.



Youth volunteers Caius, Maia, and Simai stood proudly at the Resistance outpost to welcome fans, who came dressed in impressive costumes to support the cause.

*Meet, Tony Gui, the man who wears many hats for a good cause.*

*(From a former Chairman of HPE Social Impact Committee to fund raiser, emcee, magician, singer and costumer.)*

My journey with FaithActs has been incredibly rewarding, allowing me to give back to the community in diverse and meaningful ways. As the former chairman of the HP Enterprise Committee, I dedicated myself to various causes and initiatives. Raising funds through the HP Carnival was a significant part of my efforts, contributing to the resources needed for the organization's initiatives.

I am proud to continue supporting FaithActs even after leaving HPE.

One of my favorite roles has been volunteering as an emcee, where I could feel the vibrant energy of the community during the Charity's Honours Night award ceremony. I also enjoy organizing community flea markets, which not only help raise funds but also bring people together, fostering a sense of unity and purpose.

Dressing up as a Spider-Man mascot has been a delightful experience, especially seeing the joy and excitement it brings to children. It's a small gesture that can make a big difference in their day. Additionally, participating in home cleaning activities allows me to make a tangible impact on the lives of people in need, providing them with a cleaner, more comfortable living environment. My group of church's friends and I also revisit these families during the festive season.

One of the highlights of my volunteer work is participating in last year's Christmas Song medley to raise funds. Singing and spreading holiday cheer while supporting a good cause is incredibly fulfilling.

Another highlight of my special relationship with FaithActs is hosting the Chinese New Year Celebrations for seniors. Joining my ex-colleagues in bringing joy and festivity to the seniors has deepened my connection to the community and highlighted the importance of preserving traditions.

As a long-time supporter, I am grateful for the opportunity to be a part of such a vibrant and giving community. Volunteering has truly been a cornerstone of my life, and I look forward to continuing this journey and making a positive impact wherever I can.



## Celebrating Festivities with Corporate Partners

On 8 December 2023, we celebrated Christmas with 120 seniors, an unforgettable day filled with joy and community spirit. The festivities began with special greetings from Mr. Ow Yew Heng, Executive Director and Chief Executive Officer of Singapore Shipping, followed by mass singing, fostering a warm and inclusive atmosphere. The highlight of the day was the "Happy Workout," a fun and engaging exercise that got everyone moving, and their smiles and laughter were a testament to the event's success. Following the workout, the celebration continued where everyone enjoyed sumptuous food, served by the staff from Stamford Land Corporation and Singapore Shipping Pte Ltd.



## Strong partnership with HP Inc and SIGMA

Special shout out to Special Interest Group for Music and Arts (Band Sigma) and volunteers from HP Inc Singapore who organized the Lunar New Year celebration for 80 seniors on 19 February 2023 to enjoy! The staff also dressed up as a mascot to surprise the participants as they tossed a special new year, "Yusheng", as a gesture of happiness and good health to everyone. Thank you once again for being such a reliable and generous CSR partner. We look forward to continuing this successful partnership and working together to achieve even greater milestones in the future.



## Fly High with Stone Forest on National Day

On 11 August 2023, our volunteers from RSM Stone Seniors brought 38 seniors to new heights on the Singapore Flyer for a special CSR activity. The panoramic views of iconic landmarks brought back fond memories of their contributions to building our nation. The journey through the Time Capsule exhibit, highlighting Singapore's rich history, was both nostalgic and enlightening. The seniors had their group photo taken through the staff guidance. We concluded with a delightful hi-tea, where our seniors shared their treasured stories, leaving us with memories to cherish forever.



## Culinary Experience & Hospitality at Sentosa Golf Club

On 22 August 2023, 90 FaithActs seniors were graciously hosted by Sentosa Golf Club for a delightful Teochew meal and engaging activities. The event featured a Teochew cuisine buffet spread meticulously prepared by Chef KK. The culinary experience included hot piping porridge and a variety of delectable dishes served buffet style.

The seniors were immensely pleased with the quality and taste of the food, which added a touch of nostalgia and comfort to the afternoon.

Prizes were generously given away, creating a lively and joyful atmosphere. The seniors participated enthusiastically, and the games fostered a sense of camaraderie and fun among them.

The event significantly impacted our seniors, providing them with an opportunity to enjoy a special day out at the picturesque club. The thoughtful gestures by Sentosa Golf Club staff, combined with the excellent meal and engaging activities, left the seniors feeling cherished and appreciated.



# Welcoming CSR Partnerships

## FaithActs Youths Quack-tastic Adventure

On 5 September 2023, Sally Seow, President of Lions Club of Singapore Enterprise sponsored an outing for our children. Along with other club members, they were attentive to the needs of our 22 young participants throughout the day. The event was a success, thanks to the thoughtful contributions of our sponsors. The children thoroughly enjoyed the day, and the thoughtful arrangements made for a memorable experience.



Left: Sally Seow, Lions Club of Singapore Enterprise, President and our kids.

## Journey to sustainability at Lam Research

We extend our heartfelt thanks to Lam Research Singapore for generously hosting our children on 22 November 2023, for an engaging terrarium-making workshop. Your commitment to corporate social responsibility shines brightly through this initiative, 18 kids get to enjoy a unique and creative experience that they will cherish. Your support not only inspires but also fosters a sense of wonder and learning among the children. We deeply appreciate your dedication to making a positive impact in our community. Thank you for being a wonderful partner in nurturing young minds!



## CICC embrace tradition at The Learning Hub

An initiative by staff from China International Capital Corporation during Chinese New Year, on 16 February 2024, brought joy and educational learning to the children through a variety of fun-learning activities. These activities were thoughtfully designed to engage the children and included sharing traditional folklore and hands-on dumpling making, providing a rich tapestry of cultural heritage for the children to explore. The children responded with great enthusiasm, and gained a deeper appreciation for their cultural roots.



## Paper Monkey Theatre: Pumpkin Rice Magic

On 3rd May 2024, Vincent Ong, General Manager of Paper Monkey Theatre, a unique Singapore bilingual puppetry theatre visited FaithActs 4th Centre at the Margaret Drive community. The company staff displayed enthusiasm and warmly engaged more than 30 seniors during the cooking demonstration. They even played a video highlighting the Paper Monkey Theatre productions to entertain our seniors. We look forward to having them back again!



Left: Benjamin Tan, Founder and the staff from Paper Monkey Theatre Ltd





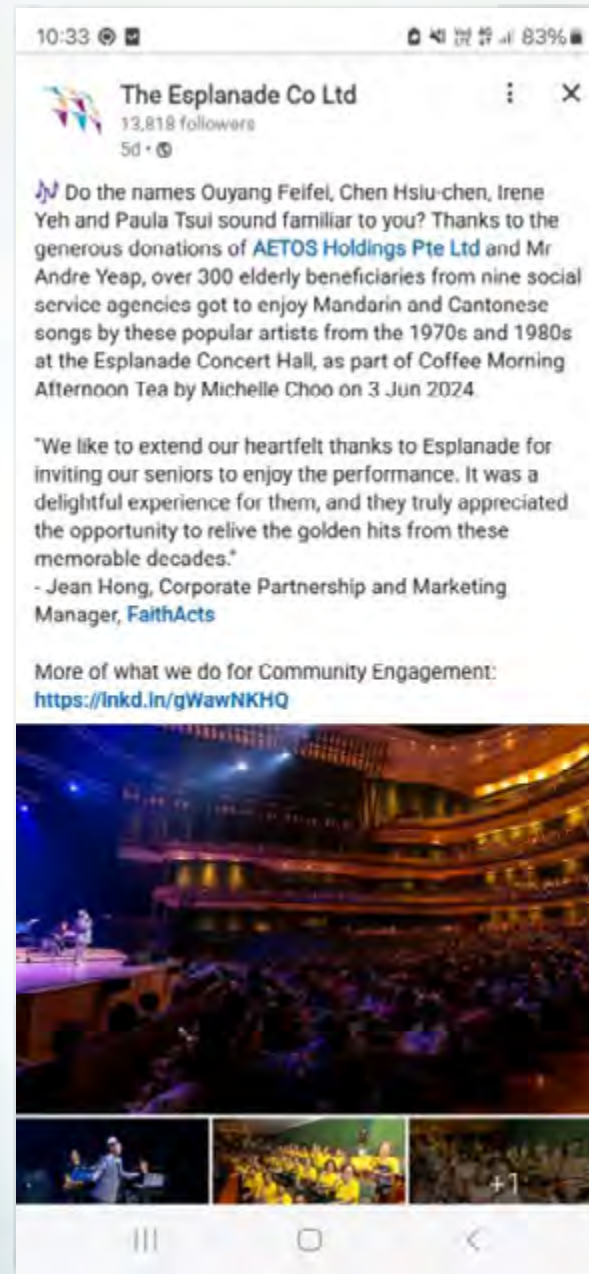
## FaithActs X Partners on Social Media

It truly is heartwarming to see such support and community spirit. The contributions from The Esplanade Co Ltd, AETOS Holdings Pte Ltd, and Mr. Andre Yeap have indeed brought immense joy to the FaithActs seniors, particularly those from the singing class. These memorable experiences help foster a sense of community and belonging, making a significant positive impact on everyone's lives.



Front row, 5th person from left, dressed in red, Mdm Yip is accompanied by her husband

Mdm Yip Meng Chee, a dedicated volunteer trainer for Sound of FaithActs, actively participated in and thoroughly enjoyed the recent performance outing. She sang along enthusiastically throughout the event. This outing marked a significant milestone as it was the first opportunity for all participants to come together and enjoy a live performance experience. The event was a resounding success, fostering a sense of unity and joy among everyone involved.



FaithActs is thankful to the 23 volunteers from Leprino, CapitaLand, China International Capital Corporation and Tokio Marine for their dedication in the seniors engagement through the STAR\$ for GOOD Campaign (Oct – Dec 2023).



## Moving with Families-in-Need Campaign

FaithActs provides a holistic approach to support families in need, addressing their immediate necessities such as food, transportation, utilities, rent, and school fees. We also offer personal health essentials, guidance, and support to strengthen family bonds. Additionally, we provide counseling and guidance to help clients upskill and seek gainful employment. The funds raised will significantly impact these families' lives, easing their financial burdens and enabling them to achieve a better quality of life.

## New Campaigns



THANK YOU FOR BEING A PART OF OUR STORY. TOGETHER, WE ARE CREATING LASTING CHANGE.

Your donations have made a significant impact on our beneficiaries. We seek your continued generosity for our new campaigns *through Enhanced Fundraising Programme*

[Donate](#)



## K-ACTS Plus & More Campaign

We identify the needs of children and youth to provide opportunities for their growth and personal development. We believe that every child can attain their full potential in a nurturing environment. Our aim is to help children develop holistically in (A)cademic, (C)reativity, (T)raits and (S)hared values [ACTS]. We encourage them to learn and grow according to their strengths, interests and personalities through group-based workshops and hands-on activities, fostering confidence and lifelong learning regardless of life circumstances. The funds raised will go towards meeting the children's learning needs, including educational peripherals, specialist intervention expenses, school necessities and enrichment programmes.

Please support generously towards our Charity Golf 2025 where the proceeds will go towards this campaign.

# Disclosure Report

## RESERVE POLICY and RESERVE POSITION

RESERVE POSITION as at 31 July 2024		FY2023/2024	FY2022/2023
A	Accumulated Fund-Unrestricted	3,147,397	2,857,420
B	Designated Fund	205,005	70,298
C	Total Fund	3,352,402	2,927,718
D	Total Annual Operating Expenditure	1,131,514	1,244,485
E	Ratio of Funds to Annual Operating Expenditure (A/D)	2.78	2.30

The audited financial statements are posted on our website: [www.faihacts.org/about.html](http://www.faihacts.org/about.html)

### Reserve Policy

FaithActs will maintain a reserve of not less than six months and not more than thirty months of the yearly expenses. The amount of reserves that is required will be reviewed regularly.

For FY2023/2024, the higher reserve ratio of 2.78 is due to lower operating expenses and support from Ministry of Health for the funding of the Active Ageing Centres and lower operating expenses.

## FY23-24 DISCLOSURE OF BOARD MEMBERS ATTENDANCE

Name	Current Position	Appt to Current Position	Date Assumed Position	First Appt to Board	Board Atten.	Company
1 Lee Wee Leong	Chairman	21/11/2023	11/11/2017	22/10/2009	6/6	Singapore University of Social Sciences Director, Educational Technology & Production Learning Services
2 Winnie Png Pei Shan	Vice-Chairperson	21/11/2023	21/11/2023	23/11/2021	6/6	Workforce Singapore Assistant Director
3 Wong Kron Joo	Honorary Secretary	21/11/2023	29/10/2019	6/2/2004	5/6	Nanyang Academy of Fine Arts Director, Finance Office
4 Koh-Ang Ley Keow	Honorary Assistant Secretary	21/11/2023	29/10/2019	13/9/2009	5/6	Retired
5 Koh Yean Leng Cindy	Honorary Treasurer	21/11/2023	29/10/2019	29/10/2019	5/6	The Write Stuff, Owner
6 Tan Chin Leong Nelson	Honorary Assistant Treasurer	21/11/2023	29/10/2019	14/11/2017	6/6	Peerless Asia Pacific Pte Ltd Regional Sales Engineer
7 Chan Chee Yin Andrew	Member	21/11/2023	21/11/2015	6/2/2004	3/6	Allen & Gledhill Partner
8 Liaw Chun Huan	Member	21/11/2023	29/10/2019	19/3/2019	3/6	KTC, Chief Financial Officer
9 Lim Boh Chuan	Member	21/11/2023	29/10/2019	19/3/2019	5/6	Retired
10 Lim Song Khiang Albert	Member	21/11/2023	29/10/2019	6/2/2004	3/6	El-Shaddai Resources Pte Ltd C-Suite & Owner
11 Niam Susan	Member	21/11/2023 R-21/11/2023	17/11/2019	19/10/2011	1/1	Ministry of Health Chief Allied Health Officer
12 Tan Chow Boon	Member	21/11/2023 R-21/11/2023	11/11/2017	23/10/2008	0/1	Altara Ventures Pte Ltd General Partner
13 Nga Diong Weng Vincent	Member	21/11/2023	21/11/2023	21/11/2023	4/5	National University Hospital, Head & Senior Consultant, Division of Neurosurgery, Department of Surgery
14 Hu Jiamin Athel Jenell	Member	19/3/2024	19/3/2024	19/3/2024	3/3	College of Alice & Peter Tan Lecturer



### Conflict of Interest

There are documented procedures for Board members and staff to declare actual or potential conflict of interest to the Management Board.

Board members make annual declarations of actual or potential conflicts of interests to the Management Board.

Board members abstain and do not vote or participate in decision-making on matters where they have a conflict of interest.

### Staff Related To Board Member

	2024	2023
Number of staff	1	1

### Related Party Transaction

No trustee of other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year.

### Whistle – blowing Policy

FaithActs’ Whistle-blowing policy aims to provide an avenue for employees to raise concerns and offer assurance that they will be protected from victimisation for whistle-blowing in good faith.

### Key Management Compensation

Key management personnel comprise the Executive Director and the Heads of Departments which are essential to the running of the Society.

Number of Staff	2024	2023
Between S\$100,000 – S\$200,000	2	1
Below S\$100,000	4	5

Date of appointment of Executive Director: 22 August 2011

### Banks

1. DBS Bank
2. OCBC Bank

### Auditor

Law & Law Assurance & Advisory Services

# Governance Evaluation Checklist (GEC)

for the period Aug 2023 - Jul 2024

S/N	Guidelines	Code ID	Response
<b>BOARD GOVERNANCE</b>			
1	Induction and orientation are provided to incoming Board members on joining the Board.	1.1.2	Complied
	<b>Are there Board members holding staff* appointments?</b>		<b>No</b>
2	Staff does <b>not chair</b> the Board and does <b>not comprise more than one third</b> of the Board.	1.1.3	
3	There are written job descriptions for their executive functions and operational duties, which are distinct from their Board role.	1.1.5	
4	There is a <b>maximum limit of four consecutive years</b> for the Treasurer position (or equivalent, e.g Finance Committee Chairman or person on Board responsible for overseeing the finances of the charity). Should the charity not have an appointed Board member, it will be taken that the Chairman oversees the finances.	1.1.7	Complied
5	All Board members submit themselves for <b>re-nomination and re-appointment</b> , at least once every three years.	1.1.8	Complied
6	The Board conducts <b>self evaluation</b> to assess its performance and effectiveness once during its term or every 3 years, whichever is shorter.	1.1.12	Complied
	Are there Board member(s) who have served for more than 10 consecutive years?		<b>Yes</b>
7	The charity discloses in its annual report the <b>reasons for retaining Board member(s) who has served for more than 10 consecutive years.</b>	1.1.13	Complied
8	There are <b>documented terms of reference</b> for the Board and each of its Board committees.	1.2.1	Complied
<b>CONFLICT OF INTEREST</b>			
9	There are documented procedures for Board members and staff to declare actual or potential <b>conflicts of interest</b> to the Board.	2.1	Complied
10	Board members <b>do not vote or participate</b> in decision-making on matters where they have a conflict of interest.	2.4	Complied



# Governance Evaluation Checklist (GEC)

for the period Aug 2023  
- Jul 2024 (Continued)

## STRATEGIC PLANNING

11 The Board **periodically reviews and approves the strategic plan** for the charity to ensure that the activities are in line with its objectives. 3.2.2 Complied

## HUMAN RESOURCE AND VOLUNTEER<sup>2</sup> MANAGEMENT

12 The Board approves **documented human resource policies** for staff. 5.1 Complied

13 There is a **documented Code of Conduct** for Board members, staff\* and volunteers\* (where applicable) which is approved by the Board. 5.3 Complied

14 There are processes for regular supervision, appraisal and professional development of staff.  
Are there volunteers serving in the charity? 5.5 Complied  
**Yes**

15 There are **volunteers\* management policies** in place for volunteers\*. 5.7 Complied

## FINANCIAL MANAGEMENT AND INTERNAL CONTROLS

16 There is a documented policy to seek the Board's approval for any loans, donations, grants or financial assistance provided by the charity which are not part of the charity's core charitable programmes. 6.1.1 Complied

17 The Board ensures that **internal controls for financial matters** in key areas are in place with **documented procedures**. 6.1.2 Complied

18 The Board ensures reviews on the charity's internal controls, processes, key programmes and events are regularly conducted. 6.1.3 Complied

19 The Board ensures that there is a process to **identify, and regularly monitor and review** the charity's **key risks**. 6.1.4 Complied

20 The Board approves an **annual budget** for the charity's plans and regularly monitors its expenditure.  
Does the charity invest its reserves, including fixed deposits? 6.2.1 Complied  
**Yes**

21 The charity has a **documented investment policy** approved by the Board. 6.4.3 Complied

## FUNDRAISING PRACTICES

Did the charity receive cash donations (solicited or unsolicited) during the year? **Yes**

22 All collections received (solicited or unsolicited) are **properly accounted for and promptly deposited** by the charity. 7.2.2 Complied

**Did the charity receive donation-in-kind during the financial year?** **Yes**

23 All donation-in-kind received are **properly recorded and accounted for** by the charity. 7.2.3

## DISCLOSURE AND TRANSPARENCY

24 The charity discloses in its annual report:  
i. Number of Board meetings in the year; and  
ii. Individual Board member's attendance. 8.2 Complied



# Governance Evaluation Checklist (GEC)

for the period Aug 2023  
- Jul 2024 (Continued)

	<b>Are Board members remunerated for their Board services?</b>		<b>No</b>
25	<b>No</b> Board member is involved in setting his or her own remuneration.	2.2	
26	The charity discloses the <b>exact</b> remuneration and benefits received by each Board member in its annual report.		
	<b>OR</b>		
	The charity discloses that no Board members are remunerated.	8.3	
	<b>Does the charity employ paid staff?</b>		<b>Yes</b>
27	No staff is involved in setting his or her own remuneration.	2.2	Complied
28	The charity discloses in its annual report:		
	i) The total annual remuneration (including any remuneration received in its subsidiaries), for each its three highest paid staff*, who each receives remuneration exceeding \$100,000, in bands of \$100,000; and		
	ii) If any of the 3 highest paid staff* also serves on the Board of the charity.		
	The information relating to the remuneration of the staff must be presented in bands of \$100,000.		
	<b>OR</b>		
	The charity discloses that none of its staff* receives more than \$100,000 in annual remuneration each	8.4	Complied
29	The charity discloses the number of paid staff* who are close members of the family* of the Executive Head or Board Members, who each receives remuneration exceeding \$50,000 during the year, in bands of \$100,000.		
	<b>OR</b>		
	The charity discloses that there is no paid staff* who are close members of the family* of the Executive Head or Board Member, who receives more than \$50,000 during the year.	8.5	
<b>PUBLIC IMAGE</b>			
30	The charity has a documented communication policy on the release of information about the charity and its activities across all media platforms.	9.2	Complied



# Acknowledgements

We acknowledge with grateful thanks to our donors and corporate sponsors FY2023/2024

Alisha  
Ang Lay Peng Jessica  
Ang Mei Feng Karen  
Ang Soo Kim  
Apoorva Anubhuti  
Apple  
Auw Kam Hing Henry  
Brown Geoffrey  
CapitaLand Hope Foundation  
Chan Hwee Tuan  
Chan Kok Sim George  
Chan Pei Chi  
Chan Poh Lin  
Chan Soak Lai  
Chang Hwee Han  
Chang Xiaoran  
Charissa Goh  
Chee Jian Ning Cadence Faith  
Chen Jinhua Ian  
Chen Renjie  
Chen Sheau Ling Pauline  
Chen Zhang  
Cheng Iris  
Cheng Yao  
Cheoh Chin Leong  
Cheok Kheng Yeow  
Cheong Maggy  
Cheung Emily  
Chew Grace  
Chew Leong Kiong

Chew Li Min  
Chia Alex  
Chia Aloysius  
Chia Fook Whye  
Chia Him Meng  
Chia Sheng Kai Charles  
Chiang Siew Hwa  
Ch'ng Teck Heong Alan  
Chok Soo Hoon Mildred  
Chong Lih Shy  
Chong Ling Hui Samuel  
Chong Theresa  
Chua Chin Tiong Alan  
Chua Chor Mui Helen  
Chua David  
Chua Mei Shan  
Chua Richard  
Chua Wee Meng Eunice  
Chuah Eng Bee Amanda  
Chuan Yun Huang  
Cody Hunt  
Comic Con  
Dai Haizhong  
Dat Nguyen  
Dianne Narvasa Ignacio  
E Ci Qin Caleb  
E.id Projects Pte Ltd  
Eng Ing Jieh Christopher John  
Er Ge Feng  
Fong Kok Weng

Foo Say Twang  
Foo Tian Yew Marcus  
Fu Jiahui  
Gan Hui Tin  
Gan William  
Goh Annie  
Goh Charissa  
Goh Foundation Ltd  
Goh Hock Guan  
Google  
Gui Choon Hock Tony  
Han Angelina  
Han Juae Leng  
Han Tock Mui Kelly  
He Zixiang Eddy  
Heng Wee Kheng  
HK  
Ho Annie  
Ho Chin Han Alexis  
Ho Chye Ming  
Ho Mei Ping Cindior  
Ho Ngai Meng  
Holland Village Methodist Church  
Hoo Mary  
Hsing Szu Fen  
Huang Caterin  
Huang Deborah  
Huang Yixian  
Huy Dung Doan  
Indayani Sudargo

Johanne Duroy  
Khoo Angeline  
Khoo Ee Ling Gabriel  
Khoo Shu Hui  
Khoon Song Koh  
Kimberly Cynthia Wijaya  
Ko Koon Patrick  
Koh Ai Gek  
Kong Weizhao Benjamin  
Kotte Srikanth Babu Muhd Tawfeeq  
Kow Hui Meng  
Kristina Abu Bakar  
Kwan So Han Sharon  
Kwan Yu Hang Wilson  
Kwek Seow Hong  
Lai Hui Lin Linda  
Lam Chet Kok  
Lau Kok Yew Eddy  
Law Elliot  
Law Sylvia  
Leasha Sonam  
Lee Bee Hong  
Lee Dexter  
Lee Foundation  
Lee Gee Aik  
Lee Hung Young Mark  
Lee Jee Jeng Vivian  
Lee Loo Ee  
Lee Luk Yin  
Lee Malcolm

Lee May Yin  
Lee Thiam Soo  
Lee Wen Jun  
Lee Ying Ting Germaine  
Leong Carissa  
Leong Kenneth  
Leong Pei Hun  
Leong Wah Hoong David  
Leow Kim Liat  
Li Tze Jiun  
Li Yuan  
Lian Qihui  
Liang Qunxia  
Lim Boon Liau Daniel  
Lim Cheng Yong  
Lim Cher Lam  
Lim DIng Wei John  
Lim Kim Chuan Harold  
Lim Phay Tiang Jane  
Lim Phay Yen  
Lim Pheng Weng Joseph  
Lim Teck Chai Danny  
Lim Wee Sern Vincent  
Lim Yan Kian Jonathan  
Lim Yan Tat Jeremy  
Lin Danni  
Lin Yin-Tung Lynn  
Liu Alice  
Liu Yifei  
Loh Choy Mun



Loh Keh Chuan  
Loh Wai Yee  
Loh Yui En Daniel  
Loke Sau Yeen  
Long Jee Jong  
Low Jen Joo Joanna  
Low Kah Tzay  
Low Siaw Tat Dennis  
Lua Wei Chung Alvin  
Lun Jin Lan Kenneth  
Lun Jinglan  
Lye Pek Ling  
Mah Chor Kiat  
Maki Tamami  
May Yin Lee  
Microsoft  
Ming Zhu  
Muhammad Akid binAbd Rahman  
Neevan s/o Punjoonath  
Ng Jonathan  
Ng Joo Then  
Ng Keat Teng Karen  
Ng Pek Hwee  
Ng Shu Qin Pamela  
Ng Vincent  
Ng Wai Ching Wendy  
Ng Wei Yang Dillon  
Ng Xi Mi Wendy  
Nga Diong Weng Vincent  
Niam Susan

Nihal Chauhan  
Nimrata Sandhu  
NTUC Fair Price Foundation  
OCBC Bank  
Ong Kian Wee  
Ong Lucy  
Ong Yean Hong  
Ow Siew Lin Susan  
Pan Zishu  
Pang Chay Boon Lara  
Pankaj Mohan Gupta  
Partner Reinsurance Asia Pte Ltd  
Pavinee Ratanavibhas  
Pavitra Krishnaswamy  
Pedrilio Jr Leyson  
People's Association  
Phui Jun Qiang  
Poh Patrick  
Pok Bee Cheng  
Prasad  
Qin Mei Xia Melissa  
Rajnish Negi  
Raul Tadina  
RGS  
Sage Foundation  
Sangbu Kim  
Seacold Seafoods (S) Pte Ltd  
Sergii Kushniriuk  
Shee Zhiping Edric  
Sia Wee Hong Raymond

Siew Chen Way  
Sim Lim Ai Jeannie  
Singapore Shipping Agencies Pte Ltd  
Smitha Kuchadi  
Soh Huang Jin William  
Soo Dexian Danny  
Soo Veiter  
Soong Wei San  
Stamford Land Corporation Ltd  
Sunitha Razu  
Sushil Makhija  
SUSS  
Tai Yin Yee  
Tan Beng Yew Eugene  
Tan Chow Boon  
Tan Chuan Wei Jonathan  
Tan Geok Mui  
Tan Jia En Rachel  
Tan Kiat Chuan  
Tan Li Xuan  
Tan Meng Chen Steven  
Tan Meng Hui Benjamin  
Tan Peck Meng  
Tan Siow Kiat  
Tan Tau Sing Ivan  
Tan Terence  
Tan Tiem Phong  
Tan Tiong Tee Christie  
Tan Wei Ling Jean  
Tan Wei Tat

Tan Shaun  
Tan Yong Lee  
Tan Zheng-Rong John  
Tang LY  
Tay Cindy  
Tay Ying Ying Brenda  
Tay Zi Hao Alex  
Tee Yong Seng  
Teo Yeu Hern Jeremy  
Tham Foon Yong  
Thanalatchimi  
The Capitol Group  
The Ngee Ann Kongsi  
Theng Kai Xuan  
Thi Kim Lien Nguyen  
Third Opinion Partners Pte Ltd  
Tjipto Apolo Leonardus  
Toh Lee Hong  
Toh Lee Hong (Birdy)  
Toh Soon Lee  
Ure Andrew  
Venkidupathi Ramasamy  
Wang Xiao Han  
Wee Been Hoon  
Wee Liang Din Sonny  
(In Memory of Mdm Chia Gek Kiang)  
Wong Kok Leong Jensen  
Wong Kron Joo  
Wong Liping Florence  
Wong Oi Mei

Wong Shi Hui  
Wong Yee Peng Helen  
Wong Zeng Jie  
Xiu Yi Tit  
Xu Hui  
Yan Yulong Allan  
Yap Ha Moi  
Yawen Xiao  
Ye Z  
Yee Pei Xin  
Yeo Benjamin  
Yeo Chye Whatt Kenneth  
Yeo Eng Seang  
Yeo Hui En Sharon  
Yeo Peak Hoon Linda  
Yeo Shi Jie  
Yeo Wenqing  
Yeong Hui Jing  
Yu Chuen Tam  
Yue Bryan





# Make FaithActs a place you show your love and care by volunteering with us

## Seniors Services (mainly mornings)

### Befrienders for Seniors Services

- Desired traits and skills: Warm personality, conversant in Mandarin and other dialects
- Availability: 3 to 5 hours on any day except Mondays & Sundays

### Facilitator of Mass Exercises for Seniors

- Desired traits and skills: Physically healthy (training will be provided)
- Availability: 1 to 2 times on any day except Mondays, Tuesdays & Sundays

### Van Driver

- Desired traits and skills: Patient and helpful with seniors
- Availability: 3 to 5 hours in the morning (will schedule the day of availability)

### Facilitator for Creative Activities for Seniors

- Desired traits and skills: Creative, resourceful, able to teach
- Availability: 3 to 5 hours weekly (day TBA)

## Community Care and Support Services

### Outreach/Befrienders/Medical Escorts

- Desired traits and skills: Friendly and passionate about engaging people
- Availability: 2 to 3 hours/Ad hoc

### Home Wellness Team

- Desired traits and skills: Friendly and helpful
- Availability: 3 to 4 hours/Adhoc

## Children and Youth Services (mainly afternoons)

### Tutors

- Desired traits and skills: Teaching
- Availability: Weekly on Tue, Wed & Thu nights, 7.30pm – 9.30pm

### The Learning Hub

- Desired traits and skills: Befriending, supervising children's homework, organizing activities
- Availability: Daily except weekends from 3pm – 4.30pm to help with homework/assessments, and/or 4.30pm – 6pm to engage children in activities

### KidsLEAP

- Desired traits and skills: Teaching (training will be provided)
- Availability: Weekly on Thu (from Mar – May & Jul – Sep), 3pm – 6pm

### ELP+

- Desired traits and skills: Teaching (training will be provided)
- Availability: Weekly on Tue (from Mar – May, Jul – Sep & Sep – Oct), 2.30pm – 5pm

### Junior Chef

- Desired traits and skills: Befriending and teaching culinary skills
- Availability: Weekly on Thu, 3pm – 5pm

