



## **SOCIETY OF SHENG HONG WELFARE SERVICES**

We were set up as a registered Society in April 2000, gazetted as a charity since May 2000. We were accepted by National Council of Social Service (NCSS) as a Central Fund Member and were given IPC status in November 2000. We were a Full Member of NCSS since November 2001.

### **OUR PROFILE**

Society of Sheng Hong Welfare Services (SSHWS) was set up as the welfare arm of Lorong Koo Chye Sheng Hong Temple Association with the objective of carrying out relevant good work and welfare activities to relieve hardship as well as to bring benefits to the society and the community. Membership to SSHWS is open to all of age 18 and above, sharing the same objectives irrespective of race, colour, creed, religion, language, sex and social status.

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### **OUR MISSION**

SSHWS aims to provide assistance, welfare & relief, financial or otherwise to all people, without discrimination as to race, languages, creed or religion, to promote education, and to foster friendship & community cohesion.

### **Our Services**

We provide management & funding support to the following centres:

Hougang Sheng Hong Family Service Centre  
Hougang Sheng Hong Student Care Centre  
MacPherson Sheng Hong Childcare Centre



# **Hougang Sheng Hong Family Service Centre**

Block 237 Hougang St 21, #01-406, Singapore 530237

## **OBJECTIVES**

Hougang Sheng Hong Family Service Centre provides a variety of programmes and services for the following objectives:

- To provide relief & assistance to the distressed and the needy;
- To promote personal growth & inner healing for individuals who experienced distress or trauma at different life stages;
- To facilitate reconciliation for broken relationship and family disputes, and to strengthen family relationship;
- To foster a caring and harmonious community.

## **SERVICES OF FSC**

- 1) Information & Referral
- 2) Casework & Counseling
- 3) Children service – Rainbow Connection
- 4) Youth service – Teens Canopie
- 5) Elderly service
- 6) Family Life Education programmes
- 7) Financial Assistance

### **1) INFORMATION AND REFERRAL**

As a first-stop community-based centre, we provide advice or information on handling of simple family-related issues. Anyone can simply make a call to our centre, or walk in during centre opening hours, or email to the centre to obtain such information as parenting resource, advice on basic care for elderly parent, and so on. When we are unable to serve the requestor's needs in our area of expertise, we will link the requestor to appropriate community resources and other service providers.

### **2) CASEWORK AND COUNSELLING SERVICE**

Casework and counselling service is normally provided when individuals or families are in crisis or under stress. The service may involve a series of face-to-face interview, home visits, and other forms of intervention. Interviews could be conducted with individuals, couples or with family members. The services are provided by trained social workers & counsellors.

Types of issues which may be suitably handled by casework and counselling service include family violence, parenting issues, care-giving difficulties, marital issues and financial difficulties.

### **3) CHILDREN SERVICES - RAINBOW CONNECTION**

'Rainbow Connection' is a special project for primary school-age children (Primary 1 to Primary 6) from low income families with the primary objectives of promoting their interest in studies, and their development of good character & positive values.

'Rainbow Connection' consists of the following programmes:

1) Tuitions

In order to strengthen the children's academic capability, 'Rainbow Connection' runs weekly tuition sessions for both the **English** and **Mathematics** subjects during school terms. The tuitions are facilitated by volunteers or tutors and are conducted in small group basis. Periodic English and Mathematics clinics will be run during school holidays to give the children additional boosters.



2) Interest Classes

Throughout the school terms, 'Rainbow Connection' runs a variety of interest-based activities so as to enhance the children's participation and to encourage the formation of pro-social behaviour. These activities are designed with the aim of enriching the lives of these children who could be deprived of such opportunities due to the lack of resources in their families.



3) Outings & Excursions



'Rainbow Connection' organises outings, excursions and camping during school holidays. These fun-filled activities are usually welcomed by our children. They are also the best opportunities for the children to learn to share responsibilities, to work or play as a team, to make friends and to learn a new skill or research on a new topic, such as recycling and environmental protection.

Parents and their family members are often encouraged to join in during the outings, camps and excursion, so as to foster stronger family bonds and relationship.

## 4) YOUTH SERVICES - TEENS CANOPIE

'Teens Canopie' is a dynamic activity-based project dedicated to youth of age 13 to 19. There are three main programme objectives:

- 1) To develop youth's character, capability & potential;
- 2) To engage youths in healthy activities;
- 3) To enhance their connection with peers, family members and the larger community.

To engage youths with different interests and talents, 'Teens Canopie' consists of the following interest groups:

### Wolverines Football Club

'Wolverines' is a football club that caters to those who are physically fit and enjoys outdoor sports. Besides the weekly training and football drills, the club also organise friendly matches, participate in soccer competition. Besides learning how to play football, it is an excellent platform for instilling discipline and fostering teamwork. Training sessions are mainly held on Saturday morning.



### IN10cFy Dance Club



For those who enjoy music and movement, *IN10cFy* welcomes you! It is a place that you can immerse yourself in the world of Jazz Funk, Lyrical, Modern Dance and Hip-hop. Besides the footsteps, you will find yourself grow with grace and confidence. The club welcomes both boys and girls!!! ☺

### Chromatix Guitar Club

For those who would like to learn how to play guitar, you may consider joining *Chromatix*. *Lessons on guitar playing are given totally free of charge.* Furthermore, we provide you the use of guitar while you are learning. Come and make new friends who share your interest!



### SNAP@Shenghong



Photography is fun and is for everyone and anyone. Through the lens of their camera, young people see the world to project their images and stories. In Snap@Shenghong, we help youth to appreciate the aesthetics of photography. Topics taught during weekly gathering include basic photography skills, principle of photography and also image manipulating techniques. Youths are encouraged to build their own portfolio with

sharing of ideas and experiences among their peers.

### Rainbow Studio

Music has the potential to satisfy the soul of any one. It has the power to stimulate the mind in any direction. Rainbow studios allow musicians to develop on their skills and maximising their potential. At the same time, members will develop their team-spirit and cooperation. The bands will be involved in community performances to showcase their talents and skills.



### Japanese Drum

It is a newly formed interest group for youth to enjoy drumming in a group. Japanese drumming is a performing art that is challenging as it involves the coordination of the drummer's hands, legs and bodily movement together with the rhythmic beat of the drums. It also allows the drummers to further develop on their cooperation and team work.

## 5) ELDERLY SERVICES



In promoting active ageing and healthy living, the centre organised many social and educational activities to enhance interaction amongst seniors.

Karaoke singing classes are held twice weekly at the centre for the seniors. Together they shared their singing passion by performing in public events like Chinese New Year party.

## 6) FAMILY LIFE EDUCATION

### Parents Education Programmes

Parenthood can be a very challenging task in today's fast paced society. The Parent Education Programme aims to equip and empower parents with up-to-date parenting knowledge and skills. Effective parenting is the foundation for strong and resilient family.

The Parent Education Programme is conducted through talks and workshop in either Mandarin or Malay. The topics include:

- Effective child management skills;
- Parents as role models;
- Improve parent-child relationships;
- Other challenges issue such as sexuality and cyber wellness.

### Marriage Preparation Programme

Marriage Preparation Programmes gives couples a healthy start for an enriching marriage. Through structured sessions, couple learn of their roles & responsibilities, ways for effective communication & resolving differences, expectations on financial management, family planning and in-laws relationship. Through psychological inventory test, they can know how their similarities and differences, their family of origin will have an impact on their marriage.

### Transnational Marriage Preparation Programme

This special design Mandarin programme is tailored to address the rising trend of transnational marriage, a local Singaporean marrying a foreign spouse who speaks Mandarin.

Besides the usual ingredients for a marriage preparation programme, this specially designed programme will explore how the differences in history and culture will carry an impact on the marital union. It aims to assist the couple to overcome the possible issues arising from cross-cultural and transnational marriages, such as cultural differences, communication barriers, expectations on roles and responsibility, money management and in-laws relationship. Couples who have completed the programme will be eligible for fee rebate.

### Marriage Enrichment Programmes

Maintaining strong marriages can be a challenging task for married couples today. Couples are facing with multiple demands from work, childcare issues and even elder care issues. Often times, little attention would be afforded to give marital relationship the necessary care and nourishment.

A strong marital relationship is the cornerstone for a healthy and stable home which, in turn, provides warmth and security for their children. The support and understanding received from the spouse strengthen the marital relationship. It enhances each other's capability to remain resilient in facing life obstacles. It boosts self-esteem and self-confidence.

Through the Marriage Enrichment programmes, we hope to assist married couples to grow in their knowledge of each other's needs, to enhance in their skills of good listening and communication and to strengthen their commitment in making their marriages successful and lasting.

## **7) FINANCIAL ASSISTANCE**

We assist individuals and families in financial difficulties through tapping into community resource and other resources as provided by our agency. Our social workers will assess and take the necessary steps for application and referrals for relevant schemes of assistance, such as School Pocket Money Fund, Children and Youth Assistance Fund and other schemes under Northeast Development Council and others.

### **Hougang Sheng Hong Student Care Centre**

Block 238 Hougang Ave 1, #01-292, Singapore 530238

#### **Objectives**

- To support working parents with a quality day care programme for their school-going children from Primary 1 to Primary 6;
- To provide a safe and nurturing environment for the children who do not have sufficient support and supervision from home;
- To organize activities that enhance children's physical, intellectual, social and emotional development;
- To build in children good moral values, sense of responsibility and capability of self-reliance and resilience;
- To strengthen parent-child relationship



The centre is fully air conditioned with provision of adequate facilities for meals, study, play and baths. We cater to children of all races and religion. Our enrolment policy remains such that we welcome all school-going children from P1 to P6 levels, especially those with working parents. Subsidies will be available to assist those parents with financial constraints such that no children who are in need of our support will be denied to receive the service.

Our Opening hours:

Monday to Friday      from 7 am to 7 pm  
Saturdays                from 7 am to 2 pm

Our Fees:

\$ 250 per child per month

# MacPherson Sheng Hong Childcare Centre

175 MacPherson Road, Singapore 348537

## Our Mission

To provide a quality early childhood education for preschool-aged children in a joyful, nurturing and safe learning environment

## Our Objectives

In partnership with parents, we aim to promote the holistic development among young children, with an interest in learning, positive moral values, good social skills and relevant problem-solving skills. We strive to provide quality care and give every child a healthy and memorable experience in their growing up years.



## Our Philosophy



We are dedicated to provide each child quality care with a safe and nurturing environment, a holistic education with a creative and developmentally appropriate curriculum.

We recognize and respect the uniqueness and potential of each child. We strive to provide opportunity to meet the developmental needs of every child attending the centre.

Our staff members are dedicated to supporting each child to develop a healthy self-esteem, a positive attitude towards learning and abilities in interacting with others.

Our staff is committed to provide warmth, loving care and guidance to our children. We strive to work together with parents and families to assist children to grow and learn in the best possible way.

**Our Capacity:** 192 students

## Our Facilities and Environment

Our centre offers a stimulating environment and facilities that support creative and active learning. Facilities include:

- Playground
- Waterplay Area
- Sandplay Area
- Gym Room
- Music & Movement Room
- Tricycles & Cars
- Basketball Court
- Reception Area
- Children's Library
- Study Garden



## Our Staff



Our team of teaching staff is well qualified in Early Childhood education, with qualifications ranging from Diplomas to Degrees. They are dedicated, passionate and committed to provide a warm, nurturing environment for our little ones. Harmonious and cohesive team work is highly valued in our school.

Our teacher-child ratio is significantly lower than that was recommended by MCYS. We adopt small group teaching approach. The low teacher-child ratio allows us to provide better support and attention to each child. Additional Childcare Assistants are provided in our Toddler and Playgroup classes. They provide close supervision over the toileting and other personal care needs of individual child. Hence, teachers can conduct class activities with little interruption and disruption.

Our school provides the teachers with adequate teaching resources, including reading and writing materials, and well-equipped facilities for their design and development of meaningful learning activities. Our school's premise is a double storey building with a huge compound that provides us ample indoor and outdoor areas. Group activities can be conducted within each classroom. Other shared facilities include an indoor gymnasium, a music-dance studio with full-length mirror; sand play and water play areas, learning garden, library and computer corner, cycling area, basketball court, playground and canteen.

## Our Programs

We provide early childhood education from 18 months onwards until the child is ready to enter primary school. Our curriculum focuses on learning basic concepts and skills through hands-on experiences and activities. We utilize themes, projects and units to encourage learning. Developmentally appropriate activities are planned for each content area to give success and challenge to each age level.



Some learning centers are designed to develop gross and fine motor skills while others are more academically oriented. We strive to provide an exciting environment with opportunities for discovery, initiative, inquiry, creativity, imagination, and self-expression.

Through our programs, each child is given the tools needed to encourage the growth of the whole child.

Each child's progress is monitored through teacher's observation, anecdotal notes, and some informal assessments. The assessments are provided to parents in discussion during the parent teacher conferences.

## Volunteers Opportunities

Depending on your interest, skills and availability, our Volunteer Coordinator will match you to the suitable areas of service. Below is an overview of our current services that require volunteers' support:

S/N	Programme Name & Job required	Target Group	Key Requirements
1	Rainbow Connection - Tutor	Primary school age children	Interested to work with children; Able to afford two hours per week for a minimum three months
2	Rainbow Connection – Interest group facilitator	Primary school age children	Interested to work with children; Able to teach a skill, e.g. handicraft, musical instrument, etc.
3	Rainbow Connection – programme facilitator	Primary school age children	Interested to work with children; Able to organise or implement activities or programmes during school holidays
4	Teens Canopie	Secondary school age youths	Interested to work with youths; Able to teach a skill, e.g. soccer, drums, dance, photography, guitar etc.; Able to assist in organising outdoor activities, camps etc
5	Hougang Sheng Hong Student Care Centre	Primary school age children	Interested to work with children; Able to organise games and group activities
6	MacPherson Sheng Hong Childcare Centre	Children from 18 months onwards	Interested to work with very young children; Able to assist in providing personal care for young children, e.g. feeding
7	Family Service Centre	Lonely or sick Elderly	Interested to work with elderly; Able to speak major dialects; Willing to visit elderly at home
8	Family Service	General	Able to help on ad hoc basis; Interested in community event

Those who are interested please contact our Volunteer Coordinator, Mr Ali, at 62895022 or email [ali@shenghong.org.sg](mailto:ali@shenghong.org.sg) for more details.