

Brightening Lives 2023 Grantee Partner Stories

Youths who are struggling with depression	
Grantee Partner	Write Up
Boys' Town	<p>About Boys' Town Boys' Town is a charity in Singapore that equips children and youth in need with skills to become socially integrated, responsible and contributing members of society.</p> <p>Programme(s) To build mental strength and resilience for youths through adventure therapy. Since 2016, Boys' Town Adventure Centre (BTAC) has connected children and youths to outdoor adventure through their individualised programmes. The Adventure Specialists at BTAC are trained professionals in the fields of outdoor adventure, psychology, and social work. "We use the adventure-based activity as a medium for engagement because it can exact therapeutic effects without the potential stigmatisation attached to being in therapy. There is [still] stigma attached to mental health issues so this becomes the barrier to entry and it's a lot lower, because there's an activity. [The youth] have something else to focus on." – Lim Teck Koon, Senior Adventure Specialist, Manager (BTAC).</p> <p>The Majority Trust also supports Boys Town's Little Hearts, Big Hearts programme, a three-phased programme that includes: (i) public outreach to raise awareness on mental health issues, (ii) micro adventure based activities with children and youth, and their caregivers, and (iii) targeted intervention for children and youth identified from the micro adventure-based activities who have been assessed with risk of depression. When the COVID-19 pandemic peaked worldwide and in Singapore, Boys' Town Adventure Centre team recognized the urgency of addressing children and youth mental health at the early onset. This is in part due to the higher incidence of mental health issues reported by the media. This led them to kickstart a new public awareness programme to destigmatise mental health issues and depression. The team focused on providing resources for caregivers and parents of youths experiencing mental health issues through roadshows and</p>

	<p>parent-child engagement sessions for their services.</p> <p>Feature Story Aldrich Jai Kishen Ramakrishnan entered Boys’ Town in 2007 after displaying various “rebellious behaviours”, including smoking and skipping class.</p> <p>He was in residential care at Boys’ Town throughout Secondary School, before graduating from the charity in 2010. Jai eventually returned to Boys’ Town as a youth worker in 2016.</p> <p>Now 28, the senior youth worker organises regular street outreach programmes and engages with youths who face a range of issues such as self-harm, struggles in school, and conflict in relationships, as part of Boys’ Town’s YouthReach programme.</p> <p>“A lot of these boys did nothing to be in Boys’ Town, especially now that we have a lot of child protection and complex trauma cases. As a former resident, I can relate to that experience where, as much as I loved my time there, I hated that I was stuck in a place I didn’t want.</p> <p>Knowing that and giving the boys the space to talk about their situation, and how they can make the best of it, is what I hope to impart to my boys. To have that renewed outlook. I feel their struggle and I’m now in a position to support.”</p>
<p>Limitless</p>	<p>About Limitless Limitless is a nonprofit organisation founded with the desire to give every youth the opportunity to live out their potential. On average, it takes youths with mental health conditions up to 6 years to seek help. Many often struggle but don’t seek help due to multiple reasons including the stigma of seeking help or for fear of being ridiculed. To reach these youths who are struggling, Limitless developed outreach and awareness initiatives using popular online channels among youths.</p> <p>Programme(s) An online Safe house for youths to get mental health support from volunteers and counsellors. Leveraging technology, Limitless provides counselling support on the instant messaging platform, Discord. Named SafeHouse, the online discord server created by Limitless enables youths to</p>

	<p>message and receive help from trained mental health professionals on the platform at any hour of the day. Youths can approach Peer Support Specialists on the channel for therapeutic support.</p> <p>Feature Story “We want to create barrier-free access to treatment in the youth mental health space.” – Asher Low, Founder and Executive Director of Limitless</p> <p>The 34-year-old started Limitless in 2016 to level the odds for the youths-at-risk that he saw through the cases he handled. “I wanted to go beyond just a social worker for the young people’s parents, for them to come direct to us and open up about their issues.”</p> <p>As a teenager growing up and struggling with body image woes and mental health problems, Asher understood the difficulty faced in reaching out for help. It was for this reason that Asher saw the need for youths seeking help to have dignity restored to them in the process of doing so.</p> <p>“A lot of the youths are familiar with each other’s journey, they talk about their small wins, share their anxieties or mental issues, or they just simply hang out with each other online,” says Asher who has seen youths with suicidal tendencies become the voice of reason and empathy for other young persons. That, he describes, is the empowerment that Limitless aims to give to those who struggle with mental health issues.</p>
The Tapestry Project SG	<p>About The Tapestry Project SG Founded in 2014, The Tapestry Project SG is an independent, not-for-profit online publication that empowers mental health recovery through first-person stories.</p> <p>Programme(s) Helping youths to work through issues by expressing their thoughts and emotions through journaling.</p> <p>One of Tapestry’s flagship initiatives, The Re:story programme is an early intervention, strengths based programme that utilises expressive writing and narrative therapy to help youths facing stress and anxiety develop identity and resilience.</p> <p>Feature Story There is power in sharing one’s story. For Nicole, the Founder and Executive Director of Tapestry Project SG, it was her mental health journey that led her to start the online publication aimed at sharing stories that</p>

	<p>empower and heal. As a youth, Nicole battled severe anxiety and depression and spent close to five years largely homebound.</p> <p>“The Internet became my window to the world,” she says. It was then that she chanced upon an international make-up artist’s depression story and that impacted her to think about sharing her story.</p> <p>The lack of personal first-hand accounts online by those going through mental health challenges also seeded the idea for The Tapestry Project SG. Nicole had hoped to create a safe space for young people struggling with their mental health to share their challenges, feel heard, and find acceptance.</p> <p>“I wanted people to not feel alone as I once did, it was also my mission to eradicate the stigma behind mental illness. You don’t need a diagnosis to say that you are struggling with mental health, you don’t need to write a story that always ends with recovery.”</p>
Impart	<p>About Impart</p> <p>Impart is a charity in Singapore that supports youths facing adversity through educational support, sports engagement and passion projects. In a world where circumstances can often hinder one's dreams, Impart has been working tirelessly to brighten the lives of youths facing adversity – many of whom others have given up on.</p> <p>Programme(s)</p> <p>One-on-one support to journey with youths facing adversity and mental health challenges. One of its flagship initiatives, the “Jetpack” programme provides academic and career support to these struggling youths through tailored educational support sessions with trained volunteers, career exploration and mentoring opportunities, as well as a financial literacy curriculum with a savings matching programme.</p> <p>Feature Story</p> <p>Maleha is one of many youths who have benefited from Impart's support. The 21-year-old overcame abuse, depression and eating disorder, excelling at A levels, and is now on track to pursue her dream of studying psychology.</p> <p>Maleha's journey was far from easy. Despite a strong desire to study, family and life circumstances forced her to drop out before completing her O-Level examinations.</p>

	<p>Through a chance encounter with a volunteer from Impart, Maleha's life took an unexpected turn. Enrolling in Impart's Jetpack programme, Maleha was attached to 5 volunteer tutors that supported her academically and emotionally throughout her A-Level examinations preparation journey. Her hard work coupled with their guiding light led her to achieve remarkable grades.</p> <p>Maleha credits Impart for shaping her future and is building towards her aspiration to be a teacher for children with special needs.</p> <p>Today, she is a volunteer at Impart and is journeying with and supporting other youths like herself.</p>
<p>Character & Leadership Academy (CLA)</p>	<p>About Character & Leadership Academy (CLA) Character & Leadership Academy (CLA) is a youth development charity that seeks to engage, empower and equip youths of today, both local and international, with essential personal development and leadership skills, alongside appropriate character traits for an ever-changing world of tomorrow.</p> <p>Programme(s) Equipping youths with resilient building and mental wellness skills to manage stress.</p> <p>The HAPPYOUTH Programme runs workshops, assembly programmes, and conferences that equip youths with a coping mechanism to better manage stressors of life and improve their mental health.</p> <p>CLA's focus on equipping youths with resilient building and mental wellness skills to manage stress plays a crucial role in their suicide prevention efforts.</p> <p>CLA not only improves the resilience of their beneficiaries but also multiplies their impact as their beneficiaries are better equipped to spot and provide support for peers who may be under significant stress.</p> <p>Feature Story "Pause. Think. Choose. Act." (PTCA) This simple acronym has empowered students with the ability and skills to manage overwhelming emotions in stressful situations.</p> <p>This is one of the coping tools that CLA teaches at the HappYouth workshop for primary, secondary and</p>

tertiary students. Lionel, Project Lead of HappYouth 3.1 shares how a trainer used PTCA to work with Jake, a participant of the programme. Jake struggled with anger and bullied everyone around him. However, the trainer knew that Jake was struggling with a lot of stress back home with his family.

During the programme he hurled vulgarities often as he was easily angered. The CLA trainer spoke to him in private and said "Why don't we do this, every day I am going to give you a count of how many times you can be angry. Let's try this, you will decide the count."

On the first day, Jake gave himself a limit of 50 times to get angry. But there was a catch. Each time Jake wanted to be angry, he had to raise his hand and wait for the trainer to acknowledge his request. Jake was then free to decide if he wanted to spew vulgarities. Jake was happy because he had the freedom to express his anger.

That day, he used up all 50 counts. The next day, he asked for 100 times but interestingly, he only used up slightly more than 40 counts for himself. The trainers would praise him for doing so. Over time with encouragement, they saw big improvements in Jake; having fewer outbursts and scolding less vulgarities.

He eventually found himself not caring about what people did to him and had no desire to be angry.

He was exercising PTCA each time he raised his hand in that moment of anger. He paused to raise his hand and had to wait for the trainer to acknowledge him.

This lag between when he raised hand and the trainer responding, was when he could cool down and think about what he would do next. After a while, Jake told the trainers that he did not see the point of getting angry. He had learnt PTCA (Pause Think Choose Act) from the trainer though not explicitly with specific instructions.

Isolated elderly persons living with dementia and their caregivers

Grantee Partner

Write Up

Enable Asia

About Enable Asia

Enable Asia is a social enterprise dedicated to raising awareness about dementia and advocating for persons with dementia and their caregivers to live a life with dignity and grace.

Programme(s)

Raising awareness and understanding of dementia in the community to build an inclusive dementia-friendly society for persons living with dementia and their caregivers.

A key initiative, The Enabling Festival is an annual community event focused on building awareness and facilitating discussions around dementia, as well as providing a channel of support and enablement for persons living with dementia and their caregivers.

The festival curates talks, workshops and experiences meant to increase understanding of dementia and what caregivers can do to bond with their loved ones.

Feature Story

“You cannot do this alone, be open to sharing this with the community you live in.”

One of the founding partners at Enable Asia, Daniel’s first-hand experience as the sole breadwinner and primary caregiver to his parents was beyond gruelling.

Journeying through mounting challenges, he realised the importance of a safe refuge where caregivers can share their worries and gain support in a trusted community. It was then when he decided to start Enable Asia.

“Enable Asia was born out of a need to share with others like myself, who are struggling with balancing caring needs for their loved ones. It is a place for caregivers to feel psychologically safe and be able to share their experiences to enable others to smoothen their learning curves when caring for their loved ones.”

Vintage Radio	<p>About Vintage Radio VintageRadio.SG is a not-for-profit social enterprise that provides a digital service that is available online and via mobile apps that are designed for Seniors, aged 60 and above, to keep them informed, entertained and engaged while helping them keep up with the evolving digital world.</p> <p>Programme(s) Helping seniors meet their emotional and mental health needs with vintage songs and oldies that spark connection and belonging.</p> <p>Vintage Radio, more than just an online platform, has become a lifeline for seniors seeking connection and a sense of belonging. With its curated playlist of familiar songs from the 50s to 70s, Vintage Radio offers a vibrant community for seniors to reminisce, share personal anecdotes, and access valuable resources.</p> <p>Feature Story Recognising the digital divide faced by older seniors, media personality Mark Richmond and former radio presenter Aloysius Tan conceived Vintage Radio during the Circuit Breaker. They aimed to fill a void in music streaming platforms that neglect the beloved classics treasured by seniors.</p> <p>Vintage Radio has opened doors for seniors to be heard, fostering intergenerational connections and combating isolation.</p> <p>By offering a chance for conversation, storytelling and activities like Tea Dance, Vintage Radio has become a meaningful and powerful tool for seniors to reclaim their sense of belonging.</p> <p>Amidst Singapore’s rapidly ageing population, Vintage Radio SG aims to encourage and galvanise more in the community towards healthier, more active lives — an endeavour that can improve health span and foster a more inclusive society for seniors to age with grace and dignity.</p>
Voices of Singapore	<p>About Voices of Singapore Voices of Singapore is the nation’s largest singing organisation that is transforming lives through music and choral singing.</p> <p>Their choirs and programmes are guided by a commitment to artistic excellence and making an impact</p>

	<p>through the arts on underserved communities such as special needs, elderly, children-at-risk and society at large.</p> <p>Programme(s) Using music to promote the emotional and mental well-being of seniors.</p> <p>Silver Voices is a year-long singing programme for seniors over 50, specially designed to enhance the well-being of struggling seniors, particularly those at risk of or in the early stages of dementia.</p> <p>To promote inclusivity, it is extended to both seniors living with and without dementia. The programme not only aims to improve cognitive functions through music-making but also seeks to provide a safe social space for seniors to interact.</p> <p>Silver Voices not only creates a like-minded community but also provides vital support for seniors at risk of or coping with dementia. With a holistic approach focused on cognitive stimulation and emotional well-being, the programme nurtures a sense of belonging and purpose among participants.</p> <p>Voices of Singapore's Silver Voices programme illuminates the lives of struggling seniors through the enchanting and healing qualities of music.</p>
St Luke's Hospital	<p>About St Luke's Hospital St Luke's Hospital was the first hospital in Singapore dedicated to the elderly sick. They have expanded their services beyond the elderly to enrich more lives. An Institution of a Public Character, they care for 2,300 inpatients and 3,500 outpatients each year, regardless of race, language or religion. As illnesses may be long and chronic, they care holistically for patients' physical, emotional and psychosocial well-being.</p> <p>Programme(s) Empowering meaningful connections and support for Persons living with Dementia and their loved ones.</p> <p>St Luke's Hospital received a grant to sponsor the "Connect With Me!" Activity Toolkit for Persons Living With Dementia (PLWDs).</p>

	<p>The toolkit was curated to sustain the cognitive and functional levels of PLWDs with the aim to enhance meaningful engagements between them and their caregivers.</p> <p>Within the toolkit are accessories to support caregivers to help PLWDs rebuild connections and caregivers can modify the activity engagements based on PLWDs' interests.</p> <p>St Luke's Hospital would arrange regular check-ins by the occupational therapist team to monitor their progress through the usage of the toolkit.</p> <p>Feature Story Occupational Therapist Joseph Chua shared that the Connect with Me Toolkit is a gateway to connection-building activities. "The toolkits are meant to be an entry point for the family to see that their PLWD loved ones can still be engaged in various activities. Caregiver can modify or facilitate the activities based on PLWD's ability or preferred mode of engagements". The ultimate goal is for caregivers to transfer what they have learned from the resources in the toolkit to come up with their own activities based on the interests of their loved ones.</p> <p>Joseph observed that dementia symptoms would often overwhelm caregivers' focus, forgetting their personality and interests outside of the disease. "The behavioral concerns of a PLWD would often stand out as primary concern by caregivers. With the usage of the Toolkit, engagement with PLWD will help caregivers to see past the behaviorals and see the person within surfaced with the ability to reconnect with their loved ones."</p> <p>Over time in his regular check-ins with caregivers, many reported they have gained new perspectives on their PLWD loved ones. "As we journey with caregivers, at the start, they struggled with behaviours of concern from their PLWD loved ones. Eventually along the care journey, caregivers learnt to go with the flow of their PLWD loved ones by diminishing the need to impose what should be done or has to be done. They became flexible to their needs by stepping into their loved one's shoes."</p>
Dementia Singapore	<p>About Dementia Singapore Dementia Singapore was formed in 1990 as Alzheimer's Disease Association to better serve Singapore's</p>

growing dementia community, increase awareness about dementia, and reduce the stigma surrounding the condition. As Singapore's leading Social Service Agency in specialised dementia care, Dementia Singapore aims to advocate for the needs of people living with dementia and their families; and empower the community through capability- building, knowledge and consultancy; as well as deliver quality person-centred care innovations.

Programme(s)

Creating better awareness and understanding of the unseen needs and struggles that persons with dementia face through virtual reality.

Combating the stigma surrounding dementia, the EDIE (Educational Dementia Immersive Experience) project aims to develop localised VR scenarios for dementia public education activities and training programmes. By incorporating local VR scenes into dementia education and training, participants are able to appreciate the challenges faced by persons with dementia in the local context and apply the concept of reablement to empower persons with dementia to live a more active and meaningful life.

Dementia Singapore developed VR scenarios that replicate the sights and sounds of familiar surroundings that most persons with dementia would encounter, such as an HDB flat, a Dementia Daycare Centre, and a local supermarket. The team uses the scenarios to train volunteers to gain a deeper understanding of what persons with dementia experience.

Feature Story

Now people without the condition can learn about the problems dementia sufferers face by using a virtual reality (VR) application.

The Educational Dementia Immersive Experience (Edie), developed by Dementia Australia, is being used in Asia for the first time as part of a three-hour workshop conducted by the Alzheimer's Disease Association (Dementia Singapore) to help more healthcare professionals and the public understand dementia.

Participants in the first pilot workshop wore headsets and earphones to enable them to see and hear through the eyes of a man in his early 60s beset by young-onset dementia while being cared for by his wife.

They went through scenarios of finding their way to the toilet in the early hours of the morning before and after improvements for dementia patients were made to the home.

Participant Tony Kee, 50, said that the workshop helped him to empathise even more with his 83-year-old mother-in-law who has moderate dementia.

"The workshop helped me to see the world of people with dementia, and understand and empathise with them," said the insurance agent.

"It's not that they want to make life difficult for you - they would do things themselves if they could - but sometimes we as caregivers don't know and think that they're trying to create havoc."

The association hopes that more than 1,000 people will use the application, including staff from hospitals, senior care facilities and the social service sector, as well as educators and architects.

It also plans to develop localised scenarios within three years.

Migrant workers who don't always feel a part of our community

MigrantxMe

About MigrantxMe

MxMe seeks to build an inclusive Singapore for the migrant worker community with experiential programmes, through educating Singaporean youths and empowering them to interact with and understand the migrant worker community better.

Their aspiration is for youths in Singapore to learn to treat everyone, especially migrant workers, with dignity and respect.

Programme(s)

Experimental programmes, learning journeys and volunteer opportunities for youths to understand the struggles of the migrant community and build connections.

Through immersive experiences and education, Migrant x Me aims to bridge the divide between Singaporean youths and migrant workers. By breaking down stereotypes and fostering empathy, they strive to create an inclusive society that embraces the migrant worker community.

“Their families are all the way back home and they’re coming here as a sacrifice. They put everything on the line just to work here and ensure that their family has a roof.” – Kynan 14, Youth who attended Migrant x Me’s immersive programme

Migrant x Me continues to pave the way towards a more inclusive and compassionate Singapore. Through their dedication and the empowerment of youths, they are brightening the lives of migrant workers and fostering an inclusive society built on dignity, respect, and solidarity.

HealthServe

About HealthServe

Established in 2006, HealthServe is a registered charity dedicated to bringing healing and hope to the migrant community in Singapore.

Programme(s)

	<p>They serve disadvantaged migrant workers through the provision of holistic and affordable care, from medical and mental health services to casework support and other forms of social assistance.</p> <p>“Healthserve has helped me feel secure in a foreign country and reminded me to not be lonely or afraid if i need emotional or mental support.” Rona, Shipyard migrant worker and client of Healthserve.</p> <p>HealthServe has become a vital support system and community for migrant workers in Singapore. Beyond medical and mental health services, HealthServe also fosters a safe and supportive space where migrant workers can find solace, connection, and support and navigate the challenges they face in a foreign land.</p>
Pro Bono SG	<p>About Pro Bono SG Pro Bono SG is a registered charity with IPC status. It started as a department within The Law Society of Singapore and later became Law Society Pro Bono Services.</p> <p>In line with their mission to enable access to justice for all, Pro Bono SG fills a critical inclusion gap in the legal aid ecosystem by providing crucial and holistic legal support for vulnerable persons through legal awareness, guidance and representation.</p> <p>Programme(s) Connecting the migrant community with locals through a cricket tournament to build a more inclusive society.</p> <p>As part of fostering inclusivity, Pro Bono SG hosted a 5-week long friendship-building cricket tournament, Migrant Justice League which brought together 6,000 individuals from both the local and migrant worker communities.</p> <p>Beyond bridging the gap between locals and migrant workers, it was also an opportunity to lower the barriers to legal access for migrant workers as they learnt where to look for help when in a legal crisis, and build rapport with the legal community.</p>
Starlight Collective	<p>About Starlight Collective Starlight Collective is a joint effort by 6 organisations and ground-up groups who are actively supporting migrant workers’ well-being and positively reshaping the narratives surrounding migrant workers. They</p>

include Sama Sama, Welcome In My Backyard (WIMBY), Homeforall Migrants, Tzu Chi Foundation (Singapore), 24 Asia and A Good Space.

Starlight Collective has also included school students, volunteers from other social organisations such as Big at Heart and collaborated with companies when carrying out events. This has given various opportunities for the society at large to come together, interact and have meaningful conversations with one another. This helps in building a stronger lasting impression which can last a lifetime.

Programme(s)

Inclusive events and activities, such as Feast with Strangers conversation, Making Waves campaign, to empower migrant workers with enriching experiences, growth opportunities, and stronger connections with society.

Feature Story

Starlight Collective is a stellar example of a successful ecosystem of organisations with a sustained working relationship.

The Collective thrives because of its strong partnership between its member organisations. While Starlight Collective was formed in 2021, its member organisations had previous experience working together. Their history gives them a firm understanding of each other's strengths and their leaders are friends outside of their work. This lays the foundation for honest and open discussions about the programmes, where everyone's input is valued. The ecosystem allows them to leverage on each organisation's strengths to tackle migrant worker issues that cannot be solved alone.

Their close collaboration was key in enabling them to organise large-scale events in 2021. Even though restrictions for locals were gradually easing up, safe distancing measures had not yet eased for the migrant workers living in dormitories. Their movements were restricted to the dormitories and recreational centres.

Group size restrictions also hindered large gatherings. Rather than bring migrant workers out, Starlight Collective brought events to the dormitories and recreational centres.

This was no easy feat - Starlight Collective navigated ever-changing restrictions and had to earn the government's trust. Their flexibility and adaptability paid off, enabling them to gain exclusive access to these restricted premises to host events. Their success is also evident from the overwhelming response from the

	<p>migrant worker community.</p> <p>What was initially planned as a 1000 person event received an overwhelming 3000 sign-ups, showing how the events are popular and much-needed by migrant workers here.</p> <p>Starlight Collective's events have also facilitated organic growth of efforts in the migrant worker space.</p> <p>Nicole, Lead of Welcome In My Backyard(WIMBY), spoke of a polytechnic student group that went from volunteering with Starlight Collective to organising events for migrant workers with support from WIMBY. Through volunteering, the students gained a deeper understanding of needs on the ground and gained knowledge on how to create their own initiatives.</p>
24 Asia	<p>About 24 Asia 24 Asia is a volunteer-run initiative that empowers the migrant worker community through training, social counselling and mental health initiatives.</p> <p>They believe migrant empowerment, community collaboration, career upgrade, and mental health are keys to creating a positive impact to our societies.</p> <p>Programme(s) Curated workshops to equip migrant workers with essential skills in digital literacy, financial literacy, and communication.</p> <p>24 Asia was provided a grant to offset the cost of renting venues for their training workshops for up to 600 migrant workers, in the areas of digital literacy (Microsoft Office skills), financial literacy (money management) and communication (public speaking).</p> <p>24 Asia, predominantly run by migrant worker volunteers, is led by its founder Nazmul, who shares his personal journey and motivations for supporting fellow migrant workers; their initiatives empower migrants through training courses and creating a platform for graduate workers to return as facilitators/trainers, supporting their fellow workers.</p>

Vulnerable individuals and families with limited resources

KampungKakis

About KampungKakis

KampungKakis is a neighbourhood buddy system aimed at supporting isolated and frail seniors, by connecting resident volunteers with their neighbours-in-need based on proximity, assistance type and spoken language.

A ground-up initiative founded during the Covid-19 crisis in Singapore, KampungKakis provide psychosocial support to over 500 isolated/frail seniors who were even more vulnerable, isolated and confused at the height of the pandemic.

Programme(s)

Bringing back the Kampung Spirit to support vulnerable elderly in need.

Kampung Kakis provides a safe and inclusive platform for longer-term friendships to blossom between seniors and their neighbour volunteers, who help by befriending the seniors and becoming their pillar of support. Low-income seniors also receive support in the form of personalised grocery packs, medical escort services.

Today, KampungKakis is a registered non-profit with the same goal - to reduce social isolation amongst seniors by reigniting the kampung spirit of neighbours-helping-neighbours.

Feature Story

“Kampung” means village in Malay, and “Kakis” is the local term for buddies. So the #KampungKakis platform taps on help from those within the neighbourhood.

To minimise travelling, Kakis are paired with a kaki-in-need who lives within a walking distance of 20 minutes. Depending on the needs of the beneficiaries, Kakis may help in various ways, like buying groceries or checking-in on a neighbour. The flexibility allows more volunteers to chip-in within their capabilities and around their busy schedules.

For the elderly living alone, their interaction with neighbours and volunteers is essential to their daily lives. For some, this interaction is their only form of contact with the outside world.

	<p>“The human touch is irreplaceable,” said Ms Lau, a medical social worker in a hospice and the chairperson for Hong Kah North Zone 7 Residents’ Committee. “Neighbours and community assets are often untapped strengths in the social environment that we live in,” she added.</p> <p>Even as the country has eased its restrictions from the Circuit Breaker, many routines and activities for these elderly have not resumed as they are encouraged to stay home and away from crowds. For others, the disruption to their lives may have been overwhelming, and not all know where to seek help.</p> <p>During the Circuit Breaker, a man from a low-income family had lost his job and needed to care for his children, as well as his sick, elderly parents. He did not know where to turn.</p> <p>When #KampungKakis heard about his plight, they matched him to a Kaki, who offered to cook meals for his family. This was done for a month until #KampungKakis found another organisation able to provide him and his family with meals. The family also received a laptop for their children’s home-based learning classes. Eventually, the family was put in touch with other organisations that could help him in the longer term.</p> <p>Apart from pairing volunteers to beneficiaries, #KampungKakis also puts beneficiaries in touch with the right agencies for help. The group has partnered many other organisations to meet the needs of their beneficiaries. This includes student tuition support from NTU undergraduates, daily meals by Willing Hearts and additional financial assistance from the Mind the Gap Fund through A Good Space and the Cassia Resettlement Team.</p>
Ray of Hope	<p>About Ray of Hope Ray of Hope is a registered charity and Institution of Public Character (IPC) that connects donors, clients, partners and volunteers to build a stronger, more inclusive community.</p> <p>As Singapore’s first and only crowdfunding charity, they are able to mobilise the community’s resources and support for those who need short-term financial assistance.</p> <p>Through enabling and facilitating these connections, Ray of Hope strives to build a stronger, more tight-knit community where everyone is valued and empowered.</p> <p>Programme(s)</p>

	<p>Enabling everyone to chip in to support people in need through crowdfunding donations of any amount and volunteering opportunities.</p> <p>Ray of Hope commits to serving the needs of low-income and vulnerable individuals and families from all backgrounds, including persons with disabilities, desistors, single parents, migrant workers, isolated seniors, and the unhoused.</p> <p>With funds from donors, Ray of Hope provides beneficiaries some relief, from worrying about the next meal or electricity bill. Often this break can enable them to get back on their feet and move forward.</p> <p>Beyond crowdfunding, Ray of Hope also engages with their community and social impact partners to explore collaborative approaches that provide community support and opportunities for their beneficiaries to become more self-reliant.</p>
Happee Hearts Movement	<p>About Happee Hearts Movement Happee Hearts Movement was founded to advocate for the healthcare needs of a very invisible and forgotten group of people amongst us - People with intellectual disability.</p> <p>People with intellectual disability have poorer health and lower access to healthcare services compared to the general population. This is made even more challenging as they and their caregivers age.</p> <p>Programme(s) Providing comprehensive and affordable care service and support to adults with intellectual disabilities and their family caregivers.</p> <p>By reducing the barriers to access and improving the awareness of appropriate healthcare amongst medical practitioners, the team enables people with intellectual disability and their families to live with dignity.</p> <p>Besides a specialised ID Health clinic to provide holistic yet subsidised care for their patients, the team also provides counselling and house visits services.</p>

<p>Art:Dis</p>	<p>About ART:DIS ART:DIS aims to create learning and livelihood opportunities for people with disabilities through the arts.</p> <p>Founded in 1993, ART:DIS has been running successful art programmes, workshops, competitions and art exhibitions for the special needs community, creating awareness among members of the public of their immense talent and resilience.</p> <p>It is estimated that there are about 518,585 persons with disabilities in Singapore. This means that roughly 1 out of every 7 individuals identifies as having a physical disability, a sensory disability, an intellectual disability and/or a developmental disability.</p> <p>Beyond using art as a form of discovery and healing, ART:DIS supports their students to become artists by providing them with a structured pathway to upskill towards professionalism.</p> <p>Programme(s) Empowering Persons with Disabilities through the art of ceramic making.</p> <p>ART:DIS' Ceramic Art Programme trains Persons with Disabilities (PWDs) in ceramic artwork. The training provides opportunities to improve the participant's social and artistic skills while generating income with commission earnings through the sale of the ceramic artworks created. Teachers have reported increases to participants' social skills e.g. the development of appropriate eye contact and the ability to initiate and comfortably share about their day. 29 of the participating artists have since received commissions for their artwork.</p> <p>Feature Story "I enrolled Timothy into ART:DIS to improve his art skills. As time passed, I not only noticed his improvements in his speech but also his potential to be a full fledged artist. I hope he can make a successful career for himself as an artist." – Mother of a beneficiary of ART:DIS.</p>
<p>3Pumpkins</p>	<p>About 3Pumpkins 3Pumpkins is a socially-engaged arts organisation set up as a non-profit (CLG) entity in 2019.</p> <p>They specialise in relational work, creating opportunities to strengthen human connections, especially for</p>

vulnerable communities.

For children and youth who may lack consistent guidance and a stable family environment, strong community relationships and support can have a transformative effect - nurturing them into confident and resilient individuals.

Programme(s)

Engaging vulnerable children in rental flat communities through participatory activities spanning across the arts, freestyle play, reading, sports, cooking and permaculture.

3Pumpkins' Tak Takut Kids Club, is a community space that engages vulnerable children and youth aged 7 to 14, especially those living in rental flat communities. Their aspiration is to build stronger communities that empower and uplift children and youth from challenging backgrounds.

Occupying a ground-floor shophouse in Boon Lay Drive, Tak Takut Kids Club welcomes any child who walks in. Participatory activities that span across the arts, freestyle play, reading, sports, cooking and permaculture are curated to meet the interests and needs of the community.

This creates an inclusive and safe space where children can express and discover themselves as well as connect and learn from one another.