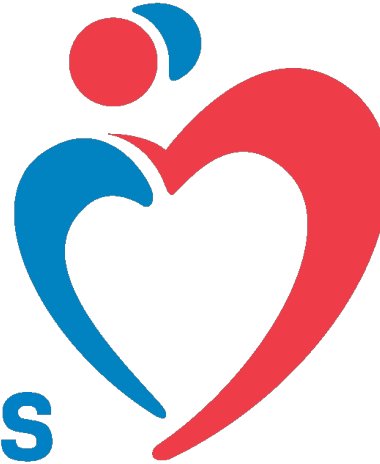




Bethesda
Care Services



Management Team & Staff Dedication



Management Team

Dr Peng Chung Mien Chairman

Mr Lok Vi Ming Vice Chairman

Mr William Loke Executive Director

Mr Wong Chee Boon Honorary Treasurer

Mr Lai Choy Tong Honorary Secretary

Ms Wong Li Tein Committee Member

Mr Chua Seng Lee Committee Member

Mr Foo Ming-En Mark Committee Member

Mr Peng En Wei Committee Member

Mr Eio Wee Hiong Joseph Committee Member

Mr Choo Ming Lien Cavin Committee Member



Management Team



Gina Tan, Christine Bok and **Ivy Tan** stepped down as members of the Management Committee.

On behalf of Bethesda Care Services, we would like to express our thanks and gratitude for their many years of faithful service as members of the Management Committee.

We warmly welcome **Mark Foo, Peng Enwei, Joseph Eio** and **Cavin Choo** to the Management Committee.





Elderly Services

Wong Yoke Yee Senior Social Worker

Sharon Goh Programme Executive

Mandy Chua Programme Executive

Active Ageing Team

Lee Shu Shan Programme Executive

Kitchen Team

Alex Long Cook

Chen Ruiping Social Worker

Lee Min Fang Social Work Associate

Shawn Low Social Work Associate

Janet Tay Programme Assistant

Cheong Mei Leng General Helper





Elderly Services

Home Help Team

Dennis Choong Driver

Joseph Leong Driver

Eric Lee Home Help Assistant

Mary Lim Home Help Assistant

Angie Ng Home Help Assistant

Susan Kee Home Help Assistant

Richard Cheng Home Help Assistant

Christina Ng Home Help Assistant

Chee Eng Ann Home Help Assistant

Jenny Tay Home Help Assistant

Lim Kwee Peng Home Help Assistant

Yip Yow Chai Home Help Assistant

Joseph Chiang Home Help Assistant

Clare Tan Home Help Assistant





Student Care Centre

Chua Jun Ping HOD, Centre Supervisor

Goh Imm Neo Assistant Supervisor

Eling Koh Senior Prog Coordinator

Geraldine Woon Prog Coordinator

Connie Fong Prog Coordinator

Irene Teo Prog Coordinator

Jasmine Tan Prog Coordinator

Benjamin Lee Prog Coordinator

Karen Lim Prog Coordinator

Chen Qiao Hong Asst Prog Coordinator

Kum Ying Mei General Helper





Family Services

Kathleen Yee HOD, Senior Social Worker

Hannah Chow Senior Social Worker

Valerie Soh Counsellor

Lim Cheng Kai Social Worker

Diinabandhu Chia Youth Worker





excITE @ College East

Michelle Low HOD, Programme Manager

Dennis Tan Senior Youth Worker

Chris Ngon Programme Executive





Admin Department

William Loke Executive Director

Tu Huai Chieh Support Operations Manager

Michelle Low Volunteer Manager

Jade Tan Accounts Executive

Ang Xin Yi Angeline Admin Executive

Sng Kai Lin Senior Corporate Communications Executive

Roselind Law Receptionist

Wee Gim Lan Receptionist



Congregation Prayer



Pray for:

- Management and Staff Team to work together in unity and clarity of purpose to fulfill BCS Mission
- Every staff and volunteer in BCS to walk in divine health and healing with divine protection from COVID-19
- God's provision of every need to carry out every good work
- In this new normal, pray for every BCS staff and volunteer to remain joyful in service, to innovate in adversity and to be united in love



A glowing lightbulb is shown growing out of a mound of dark, rich soil. To the left of the lightbulb, a small green plant with two leaves is also growing from the soil. The background is a soft-focus green, suggesting foliage. The lightbulb is illuminated from within, casting a warm glow.

BCS Awareness Week

**THRIVING,
BEYOND
SURVIVING**



Psalm 1:1-3

1 Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful; **2** but his delight is in the law of the Lord, and in His law he meditates day and night. **3** He shall be like a tree planted by the rivers of water, that brings forth its fruit in its season, whose leaf also shall not wither; and whatever he does shall prosper.



The Righteous Man finds delight in the Lord

- is firmly rooted (planted) by the Lord;
- is fruitful;
- is successful.

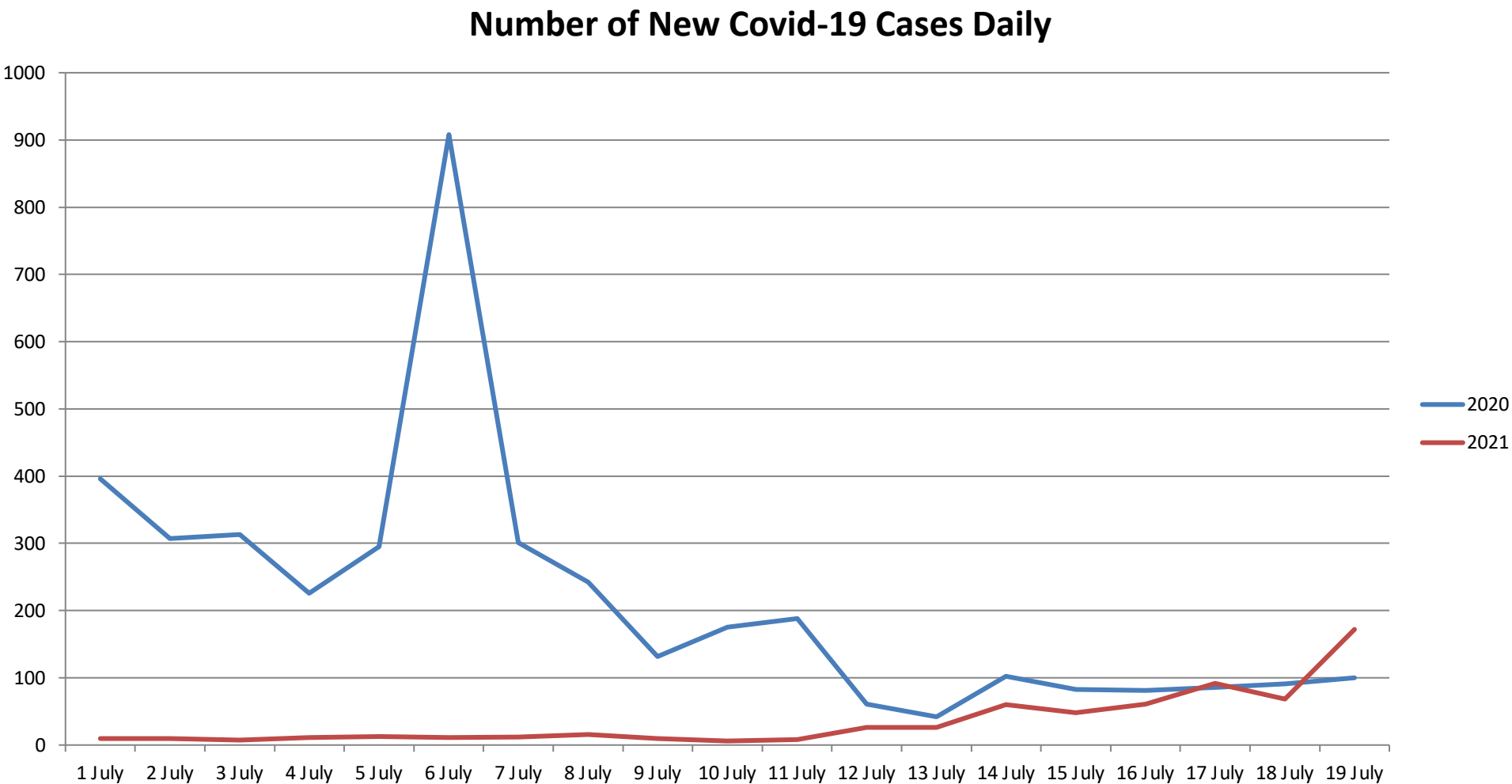
A photograph of the Singapore skyline at dusk, featuring several prominent skyscrapers like the Marina Bay Sands and the Esplanade - Theatres on the Bay. The sky is filled with soft, grey clouds, and the city lights are beginning to glow. The water in the foreground reflects the buildings and the sky.

What's happening to Singapore?

Just in the last few days:

- Record COVID-19 spread in the community
- Suspected murder at one of our schools

Record COVID-19 spread in the community

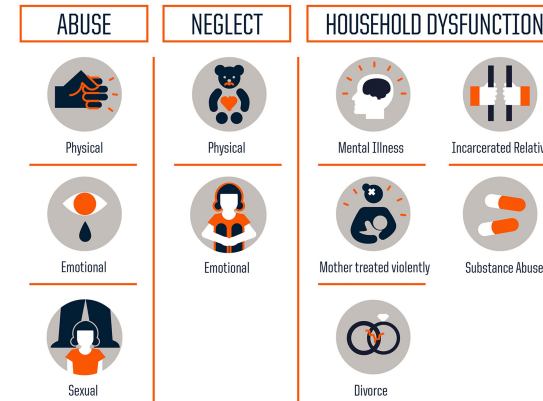


Adverse Childhood Experiences 2020



Mental Health

	N	weighted %
Emotional neglect	2013	46.45
Physical neglect	259	5.90
Living with household members who were substance abusers	248	5.33
Living with household members who were mentally ill or suicidal	225	6.02
Battered mother/ female guardian	382	8.17
Living with household members who were imprisoned	221	4.47
Parental separation, divorce or death of a parent	1090	21.84
Emotional abuse	331	7.98
Physical abuse	232	5.02
Sexual abuse	144	3.73
Bullying	90	1.97
Any ACE [#]	2842	63.90
Number of adverse childhood experiences		
- 1	1575	35.62
- 2	677	15.21
- 3 and above	590	13.07



ACEs are **common** in the population

Emotional neglect is the most frequently reported ACE – higher than that reported elsewhere

Sexual abuse **reported more among females than males**

Physical abuse and **Battered mother** were associated most significantly with mental disorders

ACEs associated **more significantly with mental** rather than physical disorders

Subramaniam M et al 2020

SOS Services : Compared to April 2019 – March 2020

New service introduced. The nos are alarming

37% increase in calls with suicide risk

11% increase in calls with other forms of crisis

Compared to FY19/20

CRISIS SUPPORT

4,181 outgoing phone calls
> 4,305 SMSes sent to



1,000 distressed individuals

COUNSELLING

545 counselling sessions for
88 clients with complex grief and suicidality

40% increase in outcalls made
35% increase in counselling sessions

LOCAL OUTREACH TO SUICIDE SURVIVORS

132 new families reached
211 new bereaved individuals served

25% increase in man-hours supporting clients in distress and in grief

HEALING BRIDGE

19 support group sessions provided to 30 members

CARE TEXT

4,689 texts received since July 2020



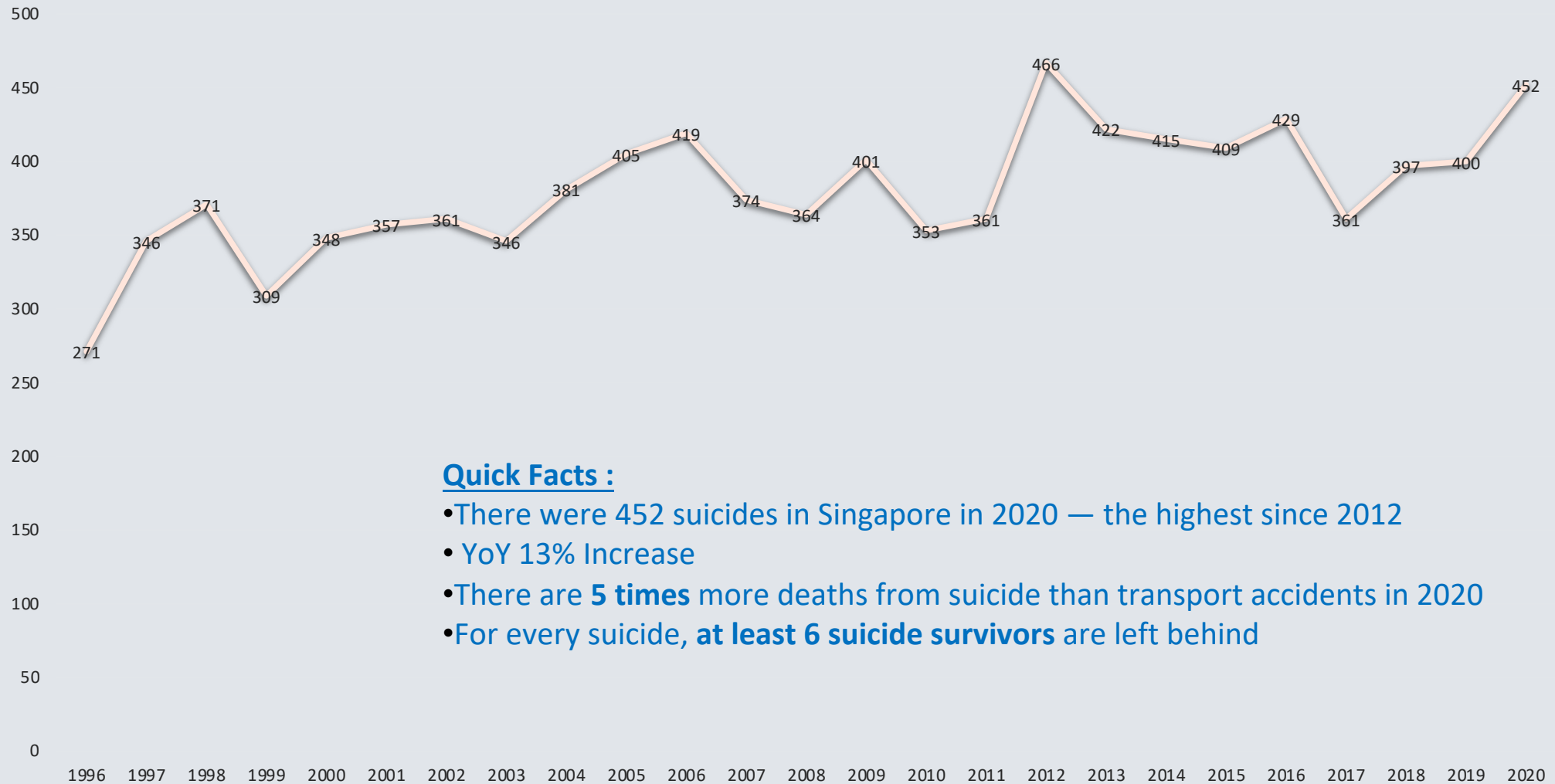
CAREMAIL

Rebranded Email Befriending to CAREmail

14,635 emails sent out to follow up with
1,949 writers



No of suicides in Singapore since 1996



Quick Facts :

- There were 452 suicides in Singapore in 2020 — the highest since 2012
- YoY 13% Increase
- There are **5 times** more deaths from suicide than transport accidents in 2020
- For every suicide, **at least 6 suicide survivors** are left behind

This Year...

"Most worryingly, **39 per cent** say they have considered suicide at some point, with **5 per cent** saying they think of it **every day** and **8 per cent once or twice a week**. Unemployed people were most likely to consider suicide every day or once or twice a week," the report said.

At a virtual press conference on July 2, Ms Malati Afridi, co-author of the study, said **48 per cent** of people **under 35** had **considered suicide at least once** in the past year, while the rate was **50 per cent for those with children under the age of six**.

The survey was conducted by marketing communications agency Wunderman Thompson between February and March 2021 with a total of 1,000 Singaporeans aged between 18 and 70 across various income groups, education levels, races and professions.

Mental wellness an important issue amid Covid-19 pandemic: Shanmugam

<https://www.straitstimes.com/singapore/mental-wellness-an-important-issue-amid-covid-19-pandemic-shanmugam>



Commentary: Worries over COVID-19 situation are taking a mental toll on Singapore



By Anthea Ong

30 May 2021 06:00AM

(Updated: 30 May 2021 09:58AM)



Bookmark



<https://www.channelnewsasia.com/news/commentary/covid-19-coronavirus-singapore-mental-health-hotline-resource-14899148>

The sources are multifold. In the #AreWeOkay poll by SG Mental Health Matters conducted between March and April, 51.2 per cent of respondents said the restrictions on social activities and interactions have negatively impacted their mental health. Forty-four per cent said that changes to work and school had a similar effect.



[Singapore](#) [World](#) [Big Read](#) [Gen Y Speaks](#) [Adulting 101](#) [Commentary](#) [Voices](#) [Videos](#) [Brand Spotlight](#) [8 DAYS](#)

Suicides in Singapore reach 8-year high in pandemic-hit 2020, with elderly suicides highest since 1991



By **DARYL CHOO**

Published JULY 08, 2021

Updated JULY 08, 2021

620 SHARES





Video #1 - Mdm Lim

Thrive

Life is not just about work. It's about family,
it's about community. Befriend an elderly,
help them remain connected to the community.



- The feeling there was nothing much she could live for.
- Life is not just about work. It's about family, it's about community. Befriend an elderly, help them remain connected to the community.
- Serve, help and outreach together as a cell group.
- Help in creative ways.

Thrive

Help them not just to survive,
Help them to thrive.



Mark 2:1-12

1 And again He entered Capernaum after some days, and it was heard that He was in the house. **2** Immediately many gathered together, so that there was no longer room to receive them, not even near the door. And He preached the word to them. **3** Then they came to Him, bringing a paralytic who was carried by four men. **4** And when they could not come near Him because of the crowd, they uncovered the roof where He was. So when they had broken through, they let down the bed on which the paralytic was lying.



Mark 2:1-12

5 When Jesus saw their faith, He said to the paralytic, “Son, your sins are forgiven you.”

6 And some of the scribes were sitting there and reasoning in their hearts, **7** “Why does this Man speak blasphemies like this? Who can forgive sins but God alone?” **8** But immediately, when Jesus perceived in His spirit that they reasoned thus within themselves, He said to them, “Why do you reason about these things in your hearts? **9** Which is easier, to say to the paralytic, ‘Your sins are forgiven you,’ or to say, ‘Arise, take up your bed and walk’?



Mark 2:1-12

10 But that you may know that the Son of Man has power on earth to forgive sins"—He said to the paralytic, **11** "I say to you, arise, take up your bed, and go to your house." **12** Immediately he arose, took up the bed, and went out in the presence of them all, so that all were amazed and glorified God, saying, "We never saw anything like this!"



**Come together
as friends,
helping one another,
help others.**



Video #2 - Mr & Mrs Lou



Thrive

All this while, I never saw my children
that happy. They were smiling...





- All this while, I never saw my children that happy. They were smiling ...
- The journey is fruitful.
- We feel very thankful and grateful ... for Bethesda.
- We sincerely thank you for all your help.

Thrive

Help them not just to survive,
Help them to thrive.

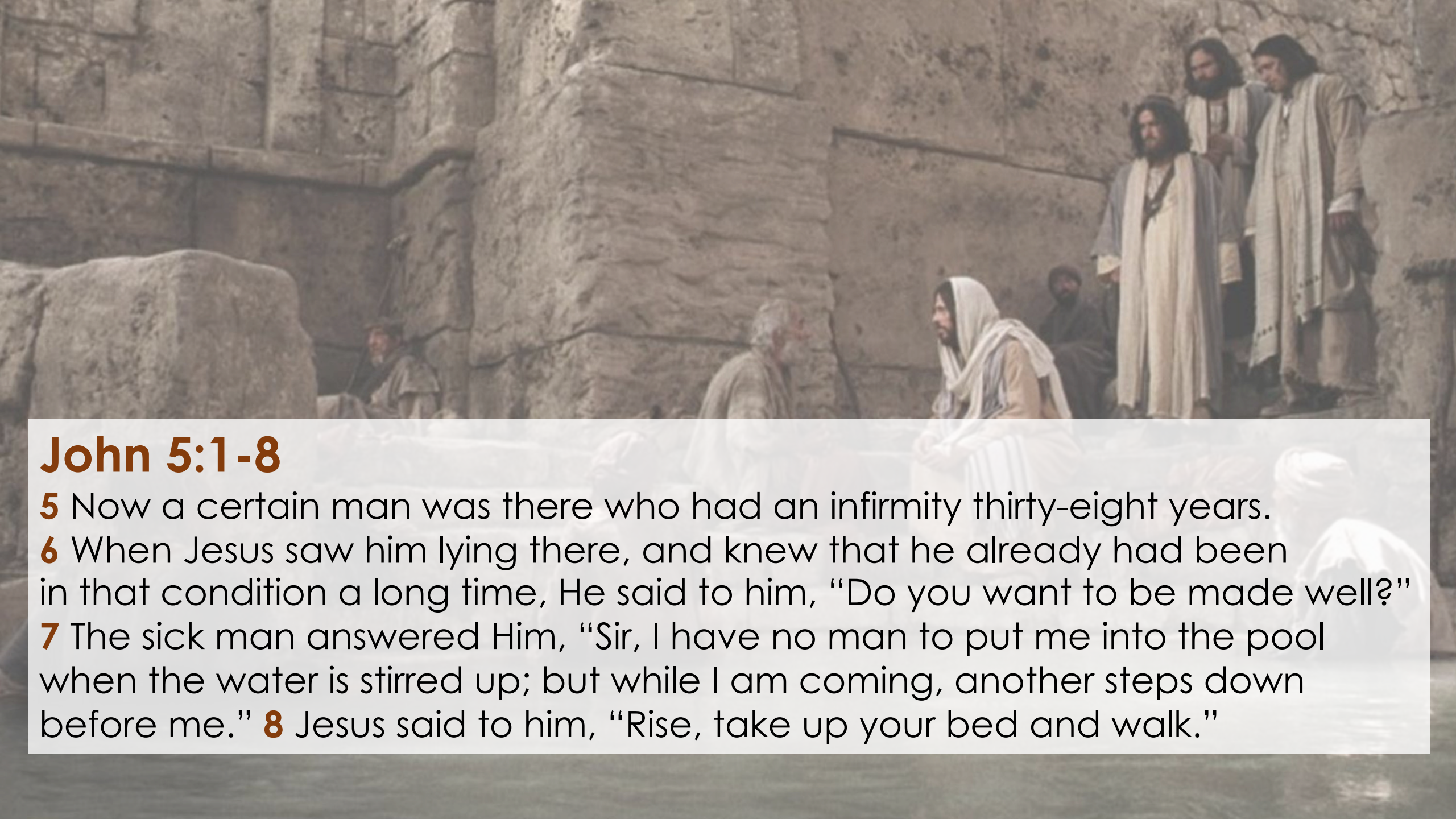
CONCLUSION

Bethesda: **Beth**
House of Mercy/Grace



John 5:1-8

1 After this there was a feast of the Jews, and Jesus went up to Jerusalem.
2 Now there is in Jerusalem by the Sheep Gate a pool, which is called in Hebrew, Bethesda, having five porches. **3** In these lay a great multitude of sick people, blind, lame, paralyzed, waiting for the moving of the water.
4 For an angel went down at a certain time into the pool and stirred up the water; then whoever stepped in first, after the stirring of the water, was made well of whatever disease he had.



John 5:1-8

5 Now a certain man was there who had an infirmity thirty-eight years.

6 When Jesus saw him lying there, and knew that he already had been in that condition a long time, He said to him, "Do you want to be made well?"

7 The sick man answered Him, "Sir, I have no man to put me into the pool when the water is stirred up; but while I am coming, another steps down before me." **8** Jesus said to him, "Rise, take up your bed and walk."



John 5:1-8

5 Now a certain man was there who had an infirmity thirty-eight years.

6 When Jesus saw him lying there, and knew that he already had been in that condition a long time, He said to him, “**Do you want to be made well?**” **7** The sick man answered Him, “Sir, I have no man to put me into the pool when the water is stirred up; but while I am coming, another steps down before me.” **8** Jesus said to him, “Rise, take up your bed and walk.”

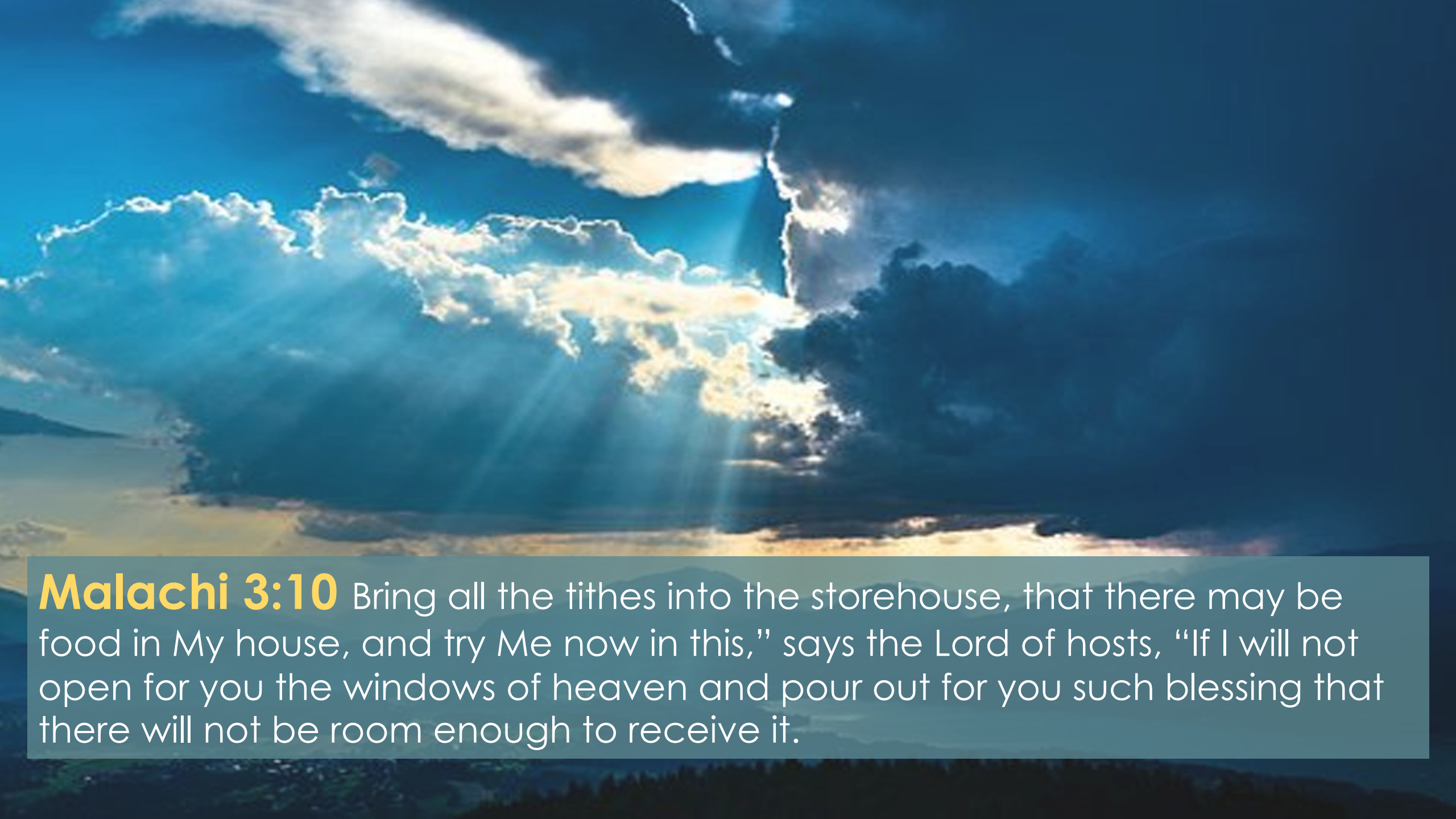


John 5:1-8

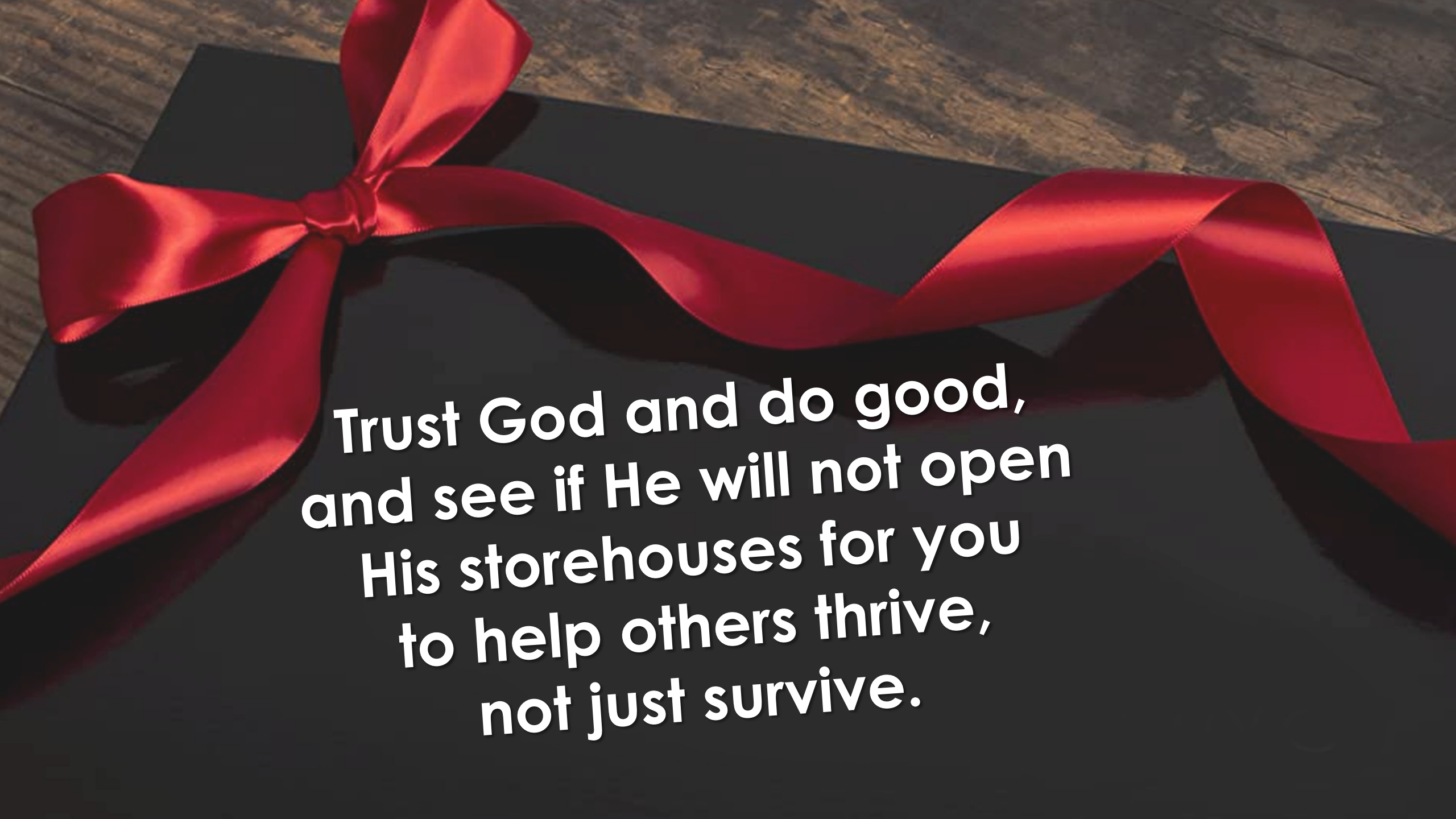
5 Now a certain man was there who had an infirmity thirty-eight years.

6 When Jesus saw him lying there, and knew that he already had been in that condition a long time, He said to him, “Do you want to be made well?”

7 The sick man answered Him, “**Sir, I have no man to put me into the pool** when the water is stirred up; but while I am coming, another steps down before me.” **8** Jesus said to him, “Rise, take up your bed and walk.”



Malachi 3:10 Bring all the tithes into the storehouse, that there may be food in My house, and try Me now in this," says the Lord of hosts, "If I will not open for you the windows of heaven and pour out for you such blessing that there will not be room enough to receive it.

A vibrant red satin ribbon is tied into a large, elegant bow on top of a black gift box. The box is placed on a dark, textured wooden surface. The lighting creates soft shadows and highlights the sheen of the ribbon. The text is overlaid on the lower right portion of the image, in a white, bold, sans-serif font.

**Trust God and do good,
and see if He will not open
His storehouses for you
to help others thrive,
not just survive.**

GIVE to the work of BCS to help our community thrive



***Every dollar you donate to #THRIVE
will be matched dollar-for-dollar
under the government's Enhanced
Fund-Raising Programme (EFR).***

***Donations above \$10 are eligible for a
250% tax deduction.***

SHARE the works of BCS

Be an Advocate!



Give voice to the needs of the community. Your support will help us reach out and touch more lives!

Receive WhatsApp and emails from us and share with your friends and family about the needs of the community and what we do.

SERVE the community together with BCS



*Come alongside us we serve the community.
Some of the urgent volunteer areas include:*

- 1. Meals-on-Wheels (MOW)***
- 2. Befriending with Elderly (Knock Knock)***
- 3. Exercise Buddy with Elderly***

1. MEALS-ON-WHEELS (MOW)



Help us in our daily distribution of 300 food packs to the frail and homebound seniors staying in the Eastern part of Singapore.

Requirement:

- *Self Drive (Preferred with own vehicle)*
- *Once a week for at least 3 months between Mon-Sun 10.30am to 1pm or 2.45pm to 5pm*

2. BE-FRIENDING ELDERLY (KNOCK-KNOCK) PROGRAMME



Aims to improve the overall emotional and psychological well-being of elderly living in the east. Visits to alleviate loneliness and to identify areas that can improve their day-to-day environment

Requirement:

- Conduct home visitation at least once a month*
- Volunteers need to be friendly and preferably able to speak a dialect*
- Mon to Fri 10am to 12pm or 2pm to 5pm*

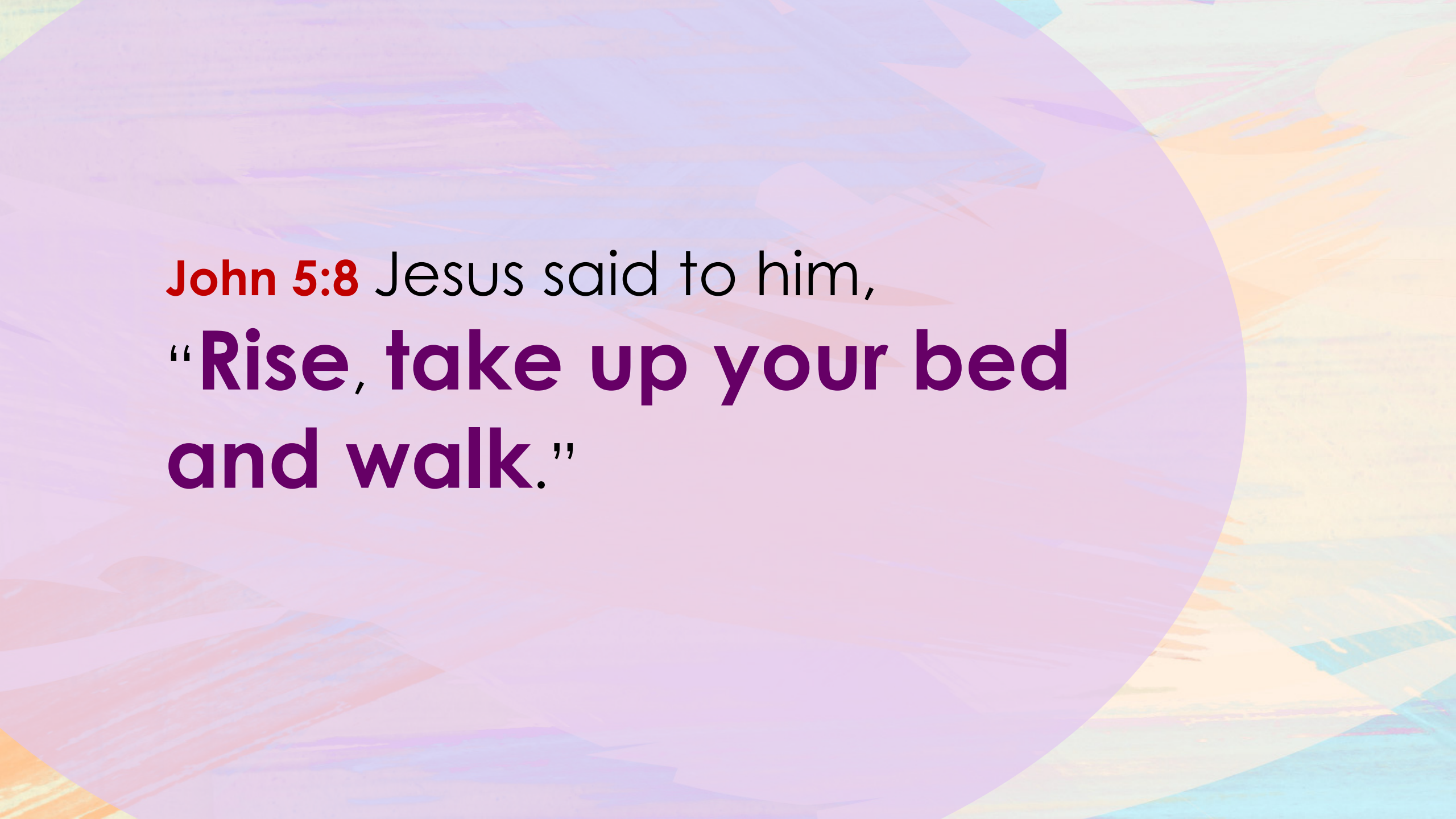
3. EXERCISE BUDDY WITH SENIORS PROGRAMME



Befriender needed to visit our seniors at home to reduce isolation and do simple exercises with them. Onsite training will be provided.

Requirement:

- *Able to communicate with seniors*
- *Commit 1 hour weekly for 6 months to 1 year*
- *Mon to Fri (Timing is flexible to match between elderly and volunteer buddy)*



John 5:8 Jesus said to him,
“**Rise, take up your bed
and walk.**”



Thrive

Help them not just to survive,
Help them to thrive.



Empower disadvantaged individuals and families to overcome their situations.

Find out more at

bethesdacare.sg/thrive

Every dollar you give will be doubled!

