



The Red Feather News, Singapore

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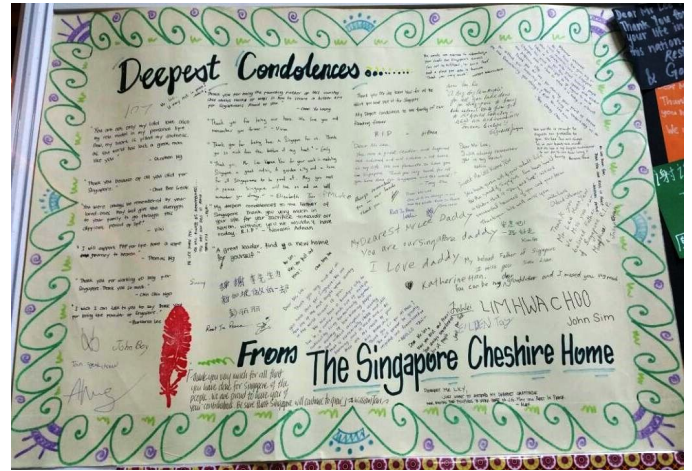
The Editor, The Red Feather News, The Singapore Cheshire Home, 159 Serangoon Garden Way, Singapore 556056

From the Editor:

We are affected and moved by many things that happened this year. As a nation, we had gone through times of uncertainties, been greatly encouraged in moments of pride, suffered together in times of distress and anguish, and united in times of need.

SG50 seems like a year that we must grow up very quickly. Having lost our Founding Father of modern Singapore, we all grieved and dabbed teary eyes, even as we watched the many telecasts reminding us of how much we owe the great man for the present-day Singapore. Overwhelmed, writing condolences was an outlet for the people. We the residents too, felt the need to pen our condolences, which we did, on a big piece of vanguard paper, but no word was appropriate enough to express the feelings of deep gratitude and great loss.

In the wake of his demise, I started reading books about Lee Kuan Yew and his ideas. I began to understand then, why he did what he did and where he got his ideas. Indeed, he was a great leader with extraordinary foresight, seeing far into the future and making plans ahead of his time. We are lucky to have him and yet unequivocally sad that we should lose him in the year of our golden jubilee.



Moving on, our nation took pride in our progress and came up with many innovative ways to mark the milestone of our 50th anniversary. The residents and staff got together for a little sing-a-long at The Singapore Cheshire Home. We were surprised and touched to receive many red SG50 T-shirts from donors, Mrs. Puja Sherwani and her husband. They purposely bought the Hang Ten T-shirts so we could wear them on National Day. Thus, Cheshire Home was bright and cheerful with the colour red, and visitors were visibly impressed to see us on National Day. By one kind act, Mr. and Mrs. Sherwani had affected so many others in a wonderful way.

On the negative side, the haze from the burning forest of Indonesia affected us so much that some of us had to be hospitalized to recuperate from the effects of the haze. If we had difficulty breathing, I wondered, how about those ordinary folks who live near the burning peat-land. It was a catastrophe that forced the world to take action that would safeguard our environment for the future. We have our part to play, by being more conscious of how we act as consumers.

Indeed, every one of us plays a part that affects the world and our future, in big ways and small. The year 2015 had presented us with many events to invoke our feelings of joy and sorrow, shock and assurance. We have been affected. But we can turn around to affect the world too, by taking charge and choosing the way we respond and act. May our actions affect others positively, and steer us all in the right direction towards a better world.

Yours, Elizabeth Tan

Sharing Session: Using A-H Concept

by Resident Hisham Rahim

I was given the opportunity to conduct a sharing session with some students from Hougang Secondary School. It took me three weeks to conceptualize how I should conduct my session. I thought of a concept, then, that would ease the sharing of my life story. As my target audience was a group of young students, I had to simplify as much as possible. Thus, for my concept, I crafted a theory using the alphabets from A-H to convey my story.

Before I began my sharing, I implemented the basic house rules of having mobile phones put on silent mode and stating that only one person should speak at a time. Then I started, as I normally would, by getting the participants to introduce themselves, and to share their aspirations. I asked them to guess what I am suffering from. None of them could.

I began by introducing myself and showed a montage of photographs of my younger days. The throwback spoke for itself. I started to explain using the montage of photographs, sharing my past compared to that of the present youngsters. The discipline master among the audience echoed my passion of playing football in the rain, going fish-catching in "longkangs" (drains) and spider-catching among bushes.

After that, I began speaking using the concept of the sharing session, which was crafted in an alphabetical order as follows:

Acceptance

In "acceptance" I disclosed about how I felt after my surgery, which resulted in complications. I displayed to the world an image of myself, slightly about two months after the surgery, with a smiling face. I emphasized to the participants that I was trying to act cool then; behind the smiling face hid many uncertainties. I told them of the countless "4W1H" that was crowding my mind. The 'where', 'when', 'who', 'which', and 'how' were thrown out to the listeners to evoke the feel of what I was going through at that time.

Believe

The "believe" slide showed pictures of me at the Society for the Physically Disabled. The images displayed me showing one of the works I had done for K. K. Hospital for the launching of the breast cancer awareness support group. I did the logo for them. With me at the launch were two distinguished guests: Her Royal Highness, the Princess of Thailand and the Managing Director of Microsoft Singapore.

Courage

The "courage" I wished to convey here was especially important for people with disability. I encourage and urge them to have the courage to come out into the society. People with disability should mingle in the society because by doing so, they will build up self-confidence.

Determination

For "determination", I referred again to the work I had done for K. K. Hospital. It was the result of the training I had gone through that had paid off. I have learnt to operate Adobe Creative Suite on Web Design as well as Digital Media.

Emotions

I reminded the audience of the images shown earlier in "Acceptance" and emphasized acting "cool" despite the uncertainties and worries. I stressed the importance of not letting our emotions overwhelm us. In the nutshell, we must be the ones to control our emotions, not vice visa.

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Faith, Family & Friends

This slide makes the most interesting point of all. I did not elaborate much on "faith", as it is a sensitive issue since everyone has his own faith and religion. As for "family", I related that my family is my pillar of strength. They are the ones who have given me the motivation and the strength to move on in life.

And as for "friends", I began by asking the students about how many friends they have in their Facebook account. 100? 500? 1000? Next, I asked if any of them are still in contact with their Primary schoolmates. I believed some of these Secondary Three students may still be in touch with their Primary school friends. I confessed that I am a loner; the number of close friends I have can be counted on the fingers of one hand. The message I wanted to send across is this: quality of friends is more important than quantity of friends.

Gratitude

"Gratitude" is something that we can cultivate. Human beings tend to be forgetful most of the time. They forgot the people who had helped them when they were in need. People who are successful, somehow or rather, always owe it to someone who had, at some point or other, contributed to their success. Sad to say, they often forget these people.

Happiness

In general, "happiness" is a choice. It does not matter that you have gotten up on the wrong side of the bed or had a bad day, happiness is a choice. You can choose to be happy or miserable.

I conducted a debrief where I re-emphasized on the concept of A-H and instructed the students to reflect and create their own A-H concept to help them achieve their aspirations. I believe my sharing session had made a significant impact on the students. They felt motivated after the session.

E-Transform Curriculum Building

by Resident Hisham Rahim

I attended a workshop organized by the Institute of Adult Learning at Lifelong Learning Institute. As I am an Adult Educator Network member, this course is complimentary for me. The other reason for me to attend such courses is to understand what is happening in the current market industry and to stay relevant.

First of all, I must say that I felt very insignificant, as some of the existing industry players and facilitators tend to use pompous words during our group discussions as well as in presentations. The trainer did not address this issue however. She drove and facilitated the group to discuss and brainstorm the ideas on what e-curriculum content should consist of. Well, as they say, if you cannot beat them, you join them.

The basics of transformation of curriculum building are derived from The Training Needs Analysis. Usually, the business consultant will gather information based on the feedback from the stakeholder. All the information that was received, from the top management to the operational level, will be used as the data to analyze further so as to determine the type of training that is needed for an organization.

The fundamental of learning is based on knowledge, skills and attitudes. However, as a consultant or the developer, we have to look at the cognitive domain, the psychomotor domain and the affective domain. This has its basis in the Bloom Taxonomy Theory, which categorize 'know' and 'understand' under the cognitive domain, 'analyze' and 'synthesis' under the psychomotor domain and 'evaluate' under the affective domain.

The next thing is to decide which part of the curriculum can be converted into electronic learning, and the type of learning to adopt and develop. There are three types of learning to be considered: Face to face learning (classroom based), electronic learning (a.k.a. e-learning), and workplace learning. As a curriculum developer, one has to consider how best to construct a module that makes effective use of the three different learning methods.

The whole process of developing an e-learning curriculum involves several people; The SME (Subject Matter Expert) would create the storyboard, which is passed on to the LMS (Learning Management System) specialists, then, a programmer takes on the job as the author and develop it into an e-learning platform. In conclusion, developing an e-learning curriculum is not a one man job. The SME, curriculum developer, the LMS specialists, as well as the trainers, need to work hand in hand, to develop effective learning material for the learners.

Rhythms Wellness Workshop

By Chua Mui Leng, Senior Executive (Social Service Department)

The Singapore Cheshire Home started a 10-session drumming workshop for 15 residents in October 2015. Lasting an hour per session in the Therapy Room II from 3:00p.m. to 4:00p.m. every Tuesday, the Drumming workshop, termed "Rhythms Wellness", was conducted by One HeartBeat Percussion Pte. Ltd.



The Home was granted a fund called the "WeCare Arts Fund" for conducting this drumming workshop. "WeCare Arts Fund" is a grant scheme by the National Arts Council and the People's Association, which aims to support VWOs in Singapore through the Community Development Councils:

- a. to broaden access for VWOs to engage their beneficiaries through the arts, and
- b. to enable VWOs to deepen the engagement with their beneficiaries through the arts.

The "Rhythms Wellness" workshop allows our residents to experience spontaneous self-expression through the "voices" of the drums. It gives the residents a platform to unleash a portion of their personal freedom through the collective action of drumming together. It is an empowering process that provides a fun, inspiring and safe environment for our residents to explore their inner creativity, to reconnect, to be playful and supportive of one another through rhythmic expression; at the same time, they discover and develop new perspectives of team synergy, connectivity, context changing, leadership and the art of listening.

Residents play and experiment with a wide range of global drums and percussions from African and Latin origins. There is an array of musical sounds through varying timbres, tones and rhythms. The instruments include Drums, Shakers, Wood Blocks and Cowbells.

Here are some feedback from the residents participating in this drumming workshop:

Michelle — "I always feel joyful when I am drumming."

Anton — "I feel much energized after each drumming session. It allows me to move my hands freely with the rhythm of the drums and percussions"

Jia Wei — "I always feel excited each time when there is a drumming session. I am able to let go of my stress when I do the drumming."

Ee Nah — "I am able to have a chance to try different types of drum and hand-held percussions. I truly enjoy myself throughout the session."

Selvan — "I feel very good after each drumming session. I am looking forward to show case and perform what we have learned during the sessions."

Yong How — "I truly enjoy my time during the drumming session. It keeps me awake when I get myself fully immersed in the sound of the rhythms."

Newsflash!

- 04.07.15 - Performance, games and lunch sponsored by Jacobs Engineering Singapore Pte. Ltd.
- 04.07.15 - Dinner for residents and staff sponsored by Ms. Lilian Jiang.
- 10.07.15 - Performance and games by IBM Singapore.
- 11.07.15 - Bowling Outing by Rolls Royce Singapore Pte. Ltd.
- 15.07.15 - Dinner for residents and staff sponsored by Mr. Paul.
- 15.07.15 - Cleaning of Home compound by A.E.T.I. - G.B.A.D.
- 23.07.15 - Performance and bingo by White Sands Primary Scouts.
- 24.07.15 - Performance and games by N.U.S. FLAG.
- 25.07.15 - Visit by Minister Dr. Yaacob Ibrahim (Ministry of Communications and Information) with lunch organized and sponsored by National Library Board.
- 29.07.15 - Performance and bingo by Singapore Chinese Orchestra.
- 29.07.15 - Performance and handicraft by MINDS.
- 31.07.15 - Annual Charity Golf Dinner 2015 by Lodge St. Patrick.
- 01.08.15 - Performance, games and lunch sponsored by Kim Seng Y.E.C.
- 06.08.15 - SG50 National Day Observance by The Singapore Cheshire Home.
- 12.08.15 - Birthday celebration and lunch for residents and staff sponsored by Ms. Su Yeang and family.
- 22.08.15 - Performance by Ms. Wong Sow Yee and friends.
- 23.08.15 - Games and tea break sponsored by The Harvesters.
- 25.08.15 - Performance by S.J.I.I. Karaoke Club.
- 26.08.15 - Cleaning of Home compound by A.E.T.I. - G.B.A.D.
- 29.08.15 - Singing and games by BiJhar Singapore.
- 05.09.15 - Founder's Day Celebration by The Singapore Cheshire Home.
- 09.09.15 - Singing and games by Xinmin Secondary School.
- 09.09.15 - Games and tea break sponsored by Singapore Tourism Board.
- 19.09.15 - Dinner and party for residents and staff sponsored by Olsen Family.
- 22.09.15 - Mooncake Festival celebration by Joyous Volunteers.
- 23.09.15 - Cleaning of Home compound by A.E.T.I. - G.B.A.D.
- 25.09.15 - Temple dinner sponsored by Mr. Simon Tay.
- 27.09.15 - Lunch for residents sponsored by Hwi Yoh Ville R.C.
- 27.09.15 - Charity Dinner by Joyous Volunteers.
- 27.09.15 - Music and dinner for residents and staff sponsored by Lodge St. Patrick.
- 02.10.15 - Outing to Gardens by the Bay by Temasek Holdings Pte. Ltd.
- 04.10.15 - Bingo and tea break sponsored by The Sowers.
- 17.10.15 - Birthday celebration and tea break sponsored by Mr. Adrian Lee (Resident Danny Lee's brother) and family.
- 24.10.15 - Performance and tea break sponsored by Ms. Alice and friends.
- 25.10.15 - Dinner for residents and staff sponsored by Lodge St. Patrick.
- 31.10.15 - Tea break for residents sponsored by Ms. Anne Low.
- 05.11.15 - Performance and tea break sponsored by C.H.I.J. Our Lady of Good Counsel.
- 14.11.15 - Buffet lunch for residents and staff sponsored by Mr. James Chew and friends.
- 14.11.15 - Dinner for residents and staff sponsored by Mdm. Sng Ewe Moey.
- 18.11.15 - Cleaning of Home Compound by A.E.T.I. - G.B.A.D.
- 20.11.15 - Buffet lunch for residents and staff sponsored by Mr. Chandra.
- 21.11.15 - Performance and tea break sponsored by S.T. Kinetics.
- 21.11.15 - Christmas Light Up Celebration by myVillage.
- 28.11.15 - Handicraft Sale at Japanese Association.
- 30.11.15 - LGT Young Soloist Concert at Singapore National Museum sponsored by LGT Bank.
- 01.12.15 - Dinner for residents and staff sponsored by Mr. Patrick and friends.
- 02.12.15 - Tea break for residents sponsored by Ms. Helenne Tan.
- 04.12.15 - Christmas event by Pan Pacific Singapore.
- 05.12.15 - Viewing of Christmas Lights in Orchard by Care In Action volunteers.
- 06.12.15 - Buffet lunch for residents and staff sponsored by The Sowers.
- 08.12.15 - Christmas Celebration by Joyous Volunteers.
- 12.12.15 - Residents' Christmas Party by The Singapore Cheshire Home.
- 16.12.15 - Day Activity Centre Christmas Party by The Singapore Cheshire Home.
- 16.12.15 - Distribution of BB Share-A-Gift by Boys' Brigade and Credit Suisse.
- 19.12.15 - Games and tea break sponsored by Marc, Sam and friends.
- 19.12.15 - Buffet dinner for residents and staff sponsored by Dr. Yvonne Soong and family.
- 22.12.15 - Dinner for residents and staff sponsored by Cleaning Express Pte. Ltd.
- 24.12.15 - Singing and games by A.E.T.I.
- 27.12.15 - Dinner for residents and staff sponsored by Lodge St. Patrick.
- 31.12.15 - Lunch for residents and staff sponsored by Mr. Thiru.

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The farewells:

Three staff had left the Home. We wish them all the best. They are: N.A. Chamal (left on 08.06.15), Senior N.A. Ranil (12.08.15) and our Senior Social Worker, Mr Lim Hian Guan (30.09.15).

New staff:

We welcomed many new staff who have joined the Home in the second half of 2015. They are N.A.s Iresh Udayanga (11.06.15), Fritz Gerard (17.06.15), Seint Seint (21.07.15) and Gayan (15.09.15), T.A.s Melvin (11.07.15) and Nanette (16.10.15), Executive (Accounts/HR) Ms Chua Lilian (01.09.15) and S.W. Ms. Judith Koh (01.10.15).

New residents:

We welcomed two new residents to the Home in the second half of the year: On 29.08.15, Tan Lay Choo and Salfura Binte Alias came on board.

In memoriam:

Our condolences goes to the family of the Late Resident Anna Chua Seo Meng who passed away on 17.09.15.

* N.A. = Nursing Aide, T.A. = Therapy Aide, S.W. = Social Worker.

Joining The Purple Symphony

By Resident Huang Lizhen



Our Home's Executive, in-charge of Volunteer & Programme Management, Mr. Jason Chee approached me to tell me that the conductor from the Singapore Chinese Orchestra (SCO) came to ask if there is any resident in The Singapore Cheshire Home who plays a musical instrument.

The SCO conductor was forming a musical group consisting of people with various forms of disability to come together to play music. Jason asked Doris and me if we were interested in joining. He would get the conductor to come down for a meet up with us if so. We both agreed to it!

The conductor came and met up with Doris and me. We chatted and found out more about the musical group. It is called The Purple Symphony. In The Purple Symphony, we will be playing The Purple Medley. The four songs in the medley are 'Chan Mali Chan', 'Munevru Vaaliba', '月亮代表我的心' (The Moon Represents My Heart) and 'You Raise Me Up'.

The Purple Symphony was launched, when it made its debut on 31st July 2015 at The Singapore Conference Hall. Following that, we had our second performance in The Purple Parade at Hong Lim Park on 31st October 2015. Prime Minister Mr. Lee Hsien Loong was the Guest-Of-Honour for that day!

After The Purple Parade, we geared ourselves up for a much bigger event in early December 2015. The 8th ASEAN Para Games, hosted by Singapore, would have the Purple Symphony performing at its closing ceremony. With President Tony Tan as the Guest-of-Honour, and people from around the world in attendance on that day, it would certainly be a grand event and a wonderful experience for both Doris and me!

NCSS Invitation to PWDs to Envision Their Future Through FGDs

By Resident Elizabeth Tan

Late on the evening of 19th November 2015, from 7:00p.m. to 9:30p.m, eight residents gathered in the Therapy Room II for serious business. We were there to share our stories in a Focus Group Discussion (FGD) being conducted by Duxton Consulting. National Council of Social Service (NCSS) had appointed the consulting firm to undertake research for the upcoming Disability Awareness Public Education Campaign in 2016, as well as to influence the planning for future social services. We understand that the research aims to find out more about how Persons With Disabilities (PWDs) envision their future to be.

The FGD was supposed to be held at the NCSS HQ at Ghim Moh Road. Ms. Florence Chow, our General Manager, made the request to have it held in the comfort of our Home instead. Two personnels, Marianne and Ram, from the consulting company turned up, and put us at ease immediately. They went so far as to buying apples, bananas and egg mayonnaise sandwiches from Delifrance for our refreshments. Mr. Ryan IK, Senior Manager, from the Disability Services under Service Planning & Development Group of NCSS, came to listen in on our group discussion. We also had our new Social Worker, Ms. Judith Koh, with us. They were supportive of us, and listened to our feedback with interest. At the end of the two hours of discussion, we thanked our visitors for their time and effort. They were pleasantly surprised when, on behalf of the Home, I presented to each of them a token of our appreciation: a special edition Christmas Teddy Bear (handmade with white face towels by our residents).

We wish NCSS and its team collaborator every success in this research project. May their research yield fruitful results that will help make Singapore a better society for the disadvantaged.

