

# The Red Feather News

The newsletter of Singapore Cheshire Home

Volume 01/18 MCI (P) 041/09/2017, A Publication by the Residents of The Singapore Cheshire Home

## News, Views –

All that has been happening at the Singapore Cheshire Home over the past six months.

## Inspiration - Stephen Hawking

**Hydroponics** and its history. How hydroponics is being used in Singapore Cheshire home.

**Volunteers** - getting to know them.

## Jokes and Puzzles



# Letter from the Editor

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## CESHIRE HOMES HISTORY

The Cheshire Homes were founded by Sir Leonard Cheshire who was a much decorated second world war British Airman. After the war, in 1948, Leonard Cheshire heard of a fellow service man, terminally ill, with no family, no means and nowhere to go. Leonard Cheshire took him in and cared for Arthur until his death. This started a lifetime of humanitarian work with disabled people, fighting injustice and working towards a society in which everyone was equally valued.

In 1948, Cheshire founded the charity now named Leonard Cheshire Disability, which provides support to disabled people throughout the world. At the beginning of 1949, eight patients were staying at his first home. There are now over 200 homes around the world Singapore Cheshire Home was established in 1957 and was the first in the Far East. It cares for seriously disabled people of no or limited means. It has a capacity for 90 residents.

## Hello Readers,

The Red Feather Newsletter is back again! In this issue we shall be reliving what we have been enjoying over the past six months.

The most significant event the past year was the 60th anniversary of our Cheshire Home here in Singapore. 2017 also marked one hundred years since the birth of our founder, Lord Cheshire.

To celebrate these milestones a team from Pan Pacific Hotels Group kindly set up a magnificent dinner. Their intention was to make it seem as if we were dining in the elegance of their hotels. We were even served by their charming and highly trained staff. We felt very privileged. Mr. Tan said that he hoped that the Government would do more to help the less fortunate in the community over the coming years. As part of the occasion, Mr. Tan witnessed the planting of a time capsule in the garden. He then ate and chatted with the residents.

Of course, our year would not be complete without our annual Residents party. Our feast was provided by the Four Seasons group and the banquet was much appreciated by the residents. Big thanks to Mrs. Vivien Loh. She provided the fantastic sushi and the lovely bags. Residents were also able to take part in the lucky draw which had fabulous prizes. Mrs. Lynda Kinne must be thanked for working so hard to attract donors for us. It was a blessing for everyone.

The entertainment did not stop there. Osland's friends came to stage some musical performance. Teresa's aunt also came to sing for us. The highlight of the evening was the performance of our staff as well as the entertainment from MediaCorp artistes.

This year our Residents party was a little different from previous years. Why was that? This year the party was planned by the residents and the Welfare Committee. I was involved in the planning along with seven other residents. This took place over some months and involved discussions and planning over timing, catering and prizes. This was my fifteenth annual party at the Singapore Cheshire home and I really felt that 2017 was one of the best.

On a final note, we have several new faces joining us at the Singapore Cheshire Home. We welcome you. The increasing number of residents makes for a livelier community here at our home. Our seventy-five residents are fortunate to have a number of events to participate in and of course the attention and care given by our dedicated and committed staff.

From the Editor  
Chan Yu Leong

# 60<sup>th</sup> Anniversary by Resident Chan Yu Leong

Singapore Cheshire Home celebrated its 60th anniversary last year. We were honored to have Mr. Tan Chuan Jin, Minister for Social and Family Development, as our guest of honour to preside over this significant event.

We were also grateful to the team of Pan-Pacific for creating a restaurant ambience style for our grand dinner.

Without much further ado, let us look at some of the snapshots highlighting this significant event.



Council of Governor Chairman Mrs Chan introducing the residents to the Guest of Honor



Cake Cutting - Ms Florence Chow, Mr Ho, Mr Tan, Mrs Chan, Mrs Loh & Ms Lim



Singapore Cheshire Home Mini Orchestra!!



Mr Tan planting the Time Capsule



Resident Katherine Han presenting her drawing to Guest of Honor Mr Tan



Overseas visitors, Japan Cheshire gracing our big occasion

# Christmas Party 2017 by Resident Salfura Bte Alias

Christmas is an annual festival commemorating the birth of Jesus Christ on December 25. It is a religious and cultural celebration among billions of people around the world. We had some performances from our own foreign staffs, dancing and sing along session. Not forgetting, the most highlighted of the event was the lucky draw for all residents.



Bollywood dance by staff



Duet singing performance



The guests are waiting for the performance to start.



Dance performance by our Home Therapy



Dance performance by staff

## SUMMARY ABOUT EVENTS by Resident Noraini Bte Adnan

Students of the United World College Singapore have been coming to Singapore Cheshire Home for years, interacting with the residents. They do nail painting and drawing with some of the lower functioned residents. Some of the UWC students were also assigned to read books to them. Mr Gary McKnight has been faithfully bringing the students for more than 16 years now. We always look forward to meet the students every Monday and Thursday.

We also have handicraft session with some of the volunteers and residents. We do towel dolls; eggs shell coasters and many others.

We had batik painting sessions from January to March. It was interesting and enjoyable! Glad that the residents and the volunteers are still interested in handicraft even if it is just once a week, every Thursday. The residents are also assisted by the volunteers and the Therapy Aides.

Music and Movement program is run by the Japanese Association ladies. They come fortnightly. The program is more for the lower function residents. They enjoy the interaction and the blowing of the bubble soap during the music session.



**Batik  
Painting**



**Coloring session with volunteers from Japan Embassy**



**An outing in February 2018 – Airshow, sponsored by AETI**



**Puppet Show performance by The Finger Players**



**An outing to Chinatown January 2018**

The Singapore Cheshire Home is enormously indebted to its staff, sponsors and most importantly to its volunteers.

We thank those who have given generously of their time, their skills, their sponsorship or any contribution that they have made to make our time at the home more enjoyable and more worth-while.

Our volunteers - we are very grateful for your support.

## Spotlight on volunteer –Tamiya & Friends

by Resident Perera Anton Fernando

Tamiya and Friends gave us therapy programme in the morning in the first and third week of every month. They spent with us about two hours each session. They monitored and supervised us as we did the morning work-out from head to toe. We also managed to do some stretching, passing of balls and lastly blowing of bubbles. We ended each session with them by saying good-bye and seeing them again.

It was fun to work with them. We were sorry to see them leave us, especially Mrs. Tamiya who conducted our therapy team for 22 years. She has retired and returned to Japan.

We have a different group of volunteers called 'Happy Myna'. This new group has come up with a totally different strategy and programme. We have settled ourselves to this new group and are continued with our normal exercises.

They are very cheerful and active people.



Tamiya & Friends



Happy Myna

# Hydroponics

By Resident Noraini Bte Adnan

Hydroponics was first started in England. The whole idea was inspired by Francis Bacon. The main objective of hydroponics was achieved by growing vegetables by using liquid and the soil nutrients. I came to learn about hydroponics at Singapore Cheshire Home in 2016. I slowly learned the steps from the beginning to the end. The involving steps ranged from measuring the correct PH level and how much nutrients is needed. Not forgetting the water level. The water level had to be measured accurately.

Each and every one of the steps must be well planned for the hydroponics to take place. Normally, our harvest would include lettuce, spinach and “Kang Kong”. Hydroponics at Singapore Cheshire Home is a kind of therapy for the residents. I will gather all involving resident at 8.30am for the event. The last time we even sold our harvest at Cold Storage. Last year, the State Court bought the vegetables. Our vegetables are also being bought by some members of the Management Committee.

Each year we receive generous donation of the seedlings. This year, very close to the Chinese New Year, the team panicked and was terrified when the pump malfunctioned. However eventually, everything turned out all right. All the staff and residents of Singapore Cheshire Home managed to have lettuces for the Chinese New Year annual steamboat. All the same, I was worried because of the leaking problem of the hydroponics.

Time passes fast. I have been in charge of hydroponics for two years. My last planting was on 29th March 2018. I would like to thank all the Therapy Aides who have been a great help to me with the hydroponic. They have really put their efforts into it. I would also like to thank Occupational Therapist Vincent for giving me the opportunity to learn about hydroponics.

Before leaving my post, I would like to invite everybody to be interested in learning and trying to appreciate nature’s life. I hope that Singapore Cheshire Home will continue to have hydroponic for many more years to come.

Enjoy the vegetables from our Singapore Cheshire Home.



Planting



“Spinach”



Harvesting

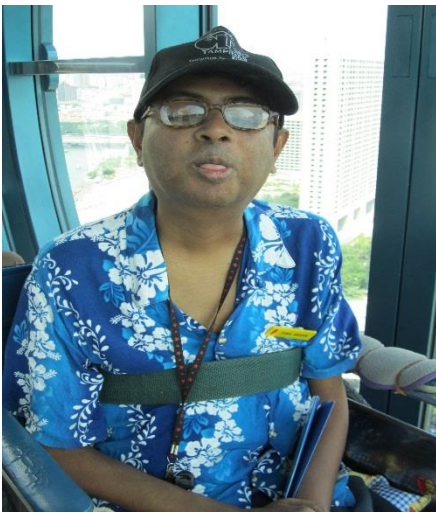
# In memoriam of residents whom we missed....

by Resident Vinayagan s/o Mohan



## **Woo Chong Leong (1949 – 2018)**

- *Could not talk*
- *Made noises whenever his sitting posture was incorrect or whenever his body was in pain.*
- *Loved to watch TV, especially Channel 8 dramas*



## **Zainul Abideen Bin Eusoff (1963 – 2017)**

- *Loved to watch Tamil movies.*
- *Liked to participate in Outdoor /Indoor events.*
- *A man of few words*
- *Loved to interact with volunteers*



## **Ang Hoe Chiat (1947 – 2017)**

- *Loved to smile.*
- *Consumed water a lot.*
- *Was especially happy when he went for a stroll or outing.*



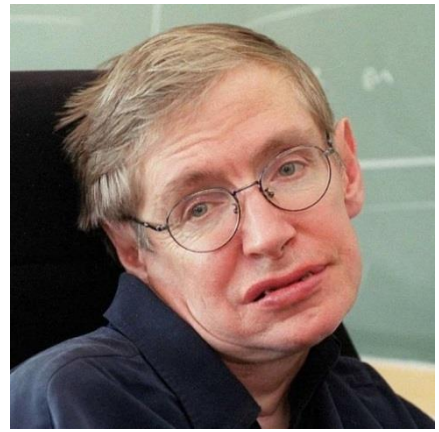
## **Osland Bin Othman (1961 – 2018)**

- *Used to worked as a HR trainer*
- *Always kept himself upgraded.*
- *A talented singer. He was always approached to sing a song or two during special events.*
- *Was gracious and role model to others*
- *Loved to watch soccer.*

# People Who Inspired Us

## STEPHEN HAWKING

In 1963 at the age of 21, Stephen Hawking was diagnosed with motor-neuron disease. He was only expected to live two more years. Fortunately for us, the disease was slower than predicted and fifty years later in March 2018 he passed away in England, the brightest star in the firmament of science.



He began to use crutches in the 1960s, but long fought the use of a wheelchair. When he finally relented, he became notorious for his wild driving along the streets of Cambridge, not to mention the intentional running over of students' toes and the occasional spin on the dance floor at college parties.

Hawking eventually lost the use of his voice and had to speak through a voice synthesizer. Hawking had an absolute determination not to let anything get in his way. "He thought He didn't have long to live, and he really wanted to get as much as he could have done at that time."

In 1974 Hawking drew on quantum theory to declare that black holes should emit heat and eventually pop out of existence. For normal-sized black holes, the process is extremely slow, but miniature black holes would release heat at a spectacular rate, eventually exploding with the energy of a million one-megaton hydrogen bombs.

Hawking's run of radical discoveries led to his election in 1974 to the Royal Society at the young age of 32. Five years later, he became the Lucania professor of mathematics. At Cambridge, arguably Britain's most distinguished chair, and a post formerly held by Isaac Newton, Charles Babbage and Paul Dirac, one of the founding fathers of quantum mechanics.

But it was his book "A Brief History of Time" that rocketed Hawking to stardom. Published for the first time in 1988, the title made the Guinness Book of Records after it stayed on the Sunday Times bestsellers list for an unprecedented 237 weeks. It sold ten million copies and was translated into 40 different languages.

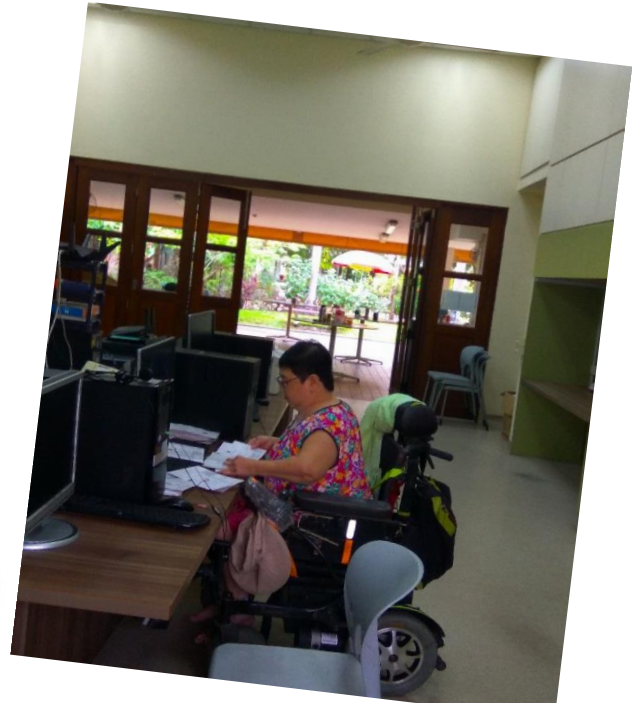
Hawking was not, perhaps, the greatest physicist of his time, but in cosmology he was a towering figure. There is no perfect proxy for scientific worth, but Hawking won the Albert Einstein award, the Wolf prize, the Copley medal, and the Fundamental Physics prize. The Nobel Prize, however, eluded him.

Those who live in the shadow of death are often those who live most. For Hawking, the early diagnosis of his terminal disease, and witnessing the death from leukemia of a boy he knew in hospital, ignited a fresh sense of purpose. "Although there was a cloud hanging over my future, I found, to my surprise, that I was enjoying life in the present more than before. I began to make progress with my research," he once said. Embarking on his career in earnest, he declared: "My goal is simple. It is a complete understanding of the universe, why it is as it is and why it exists at all."

For fellow scientists and loved ones, it was Hawking's intuition and wicked sense of humor that marked him out as much as the fierce intellect that, coupled with his illness, came to symbolize the unbounded possibilities of the human mind.

What astounded those around him was how much he did achieve. He leaves his three children, from his first marriage to Jane Wilde, and three grandchildren.

# Residents at Work



We have 11 residents working in the Home (Home based employment). They work as a data entry job, administrative assistant, photoshop and etc.



Besides Home Employment, we have eight residents who are working outside the Home namely Open Employment. They are employed in a Sheltered Workshop, full-time IT Consultant, part-time Sales assistance and etc.

# RESIDENTS' COMMITTEE ELECTION 2018

Election was held on 2 March 2018. The Committee comprise seven residents.



## Residents Committee 2018 -2020:

Vinayagan s/o Mohan, Salfura Bte Alias, Noraini Bte Adnan (Vice Chairman), Khong Jiawei, Apollo Tan (Treasurer), Pang Lee Lee and Chan Yu Leong (Chairman)



## Editorial Board for Red Feather Newsletter

Vinayagan s/o Mohan, Noraini Bte Adnan, Chan Yu Leong (Editor), Salfura Bte Alias, Anton Perera Fernando

# Just for Laughs by Resident Salfura Binte Alias

- ❖ When I see lovers, names carved in a tree, I don't think it's sweet. I just think it's surprising how many people bring a knife on a date.
- ❖ My wife divorced me recently because I'm a compulsive gambler. All I can think about now is how to win her back.
- ❖ A wife complains to her husband: "Just look at that couple down the road," how lovely they are. He keeps holding her hand, kissing her, holding the door for her, why can't you do the same?" The husband: "Are you mad? I barely know that woman!"
- ❖ Police: "Open the door!" Man: "I don't want any balls!" Police: "What? We don't have any balls!" Man: "I know."
- ❖ Patient: Oh doctor, I'm just so nervous. This is my 1st operation. Doctor: Don't worry. Mine too.
- ❖ Doctor: Hello, did you come to see me with an eye problem? Patient: Wow, Yes, how can you tell? Doctor: Because you came in through the window instead of the door.
- ❖ What does a crocodile say when it eats a clown? "Tastes funny somehow!"
- ❖ How do you know the ocean greets you? It waves.
- ❖ A man asks a farmer near a field, "Sorry sir, would you mind if I crossed your field instead of going around it? You see, I have to catch the 4:23 train. "The farmer says, "Sure, go right ahead and if my bull sees you, you'll even catch the 4:11 one."



## WORD PUZZLE

G	H	K	C	C	S	L	D	L	H	N	D	N	D	G	A	H
J	D	R	C	S	N	E	S	T	C	L	I	E	N	T	S	Y
N	H	S	Y	I	C	L	W	D	H	D	R	R	F	H	H	D
V	O	L	U	N	T	E	E	R	S	E	E	A	S	I	T	R
K	M	L	D	G	D	O	D	E	S	C	R	L	E	R	I	O
F	E	D	N	A	E	L	S	S	O	C	I	A	L	T	E	P
I	N	C	E	P	S	D	U	I	I	T	H	N	P	I	F	O
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N	C	S	R	S	H	H	I	T	P	I	C	O	S	H	S	S
O	T	N	Y	E	L	R	E	S	I	D	E	N	T	I	A	L

Cheshire  
Home  
Singapore  
Residents

Volunteers  
Therapy  
Handicraft  
Hydroponics

Residential  
Independence  
Social  
Clients