

The Red Feather Newsletter

The newsletter of The Singapore Cheshire Home

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Letter From The Editor

Hi Readers

Happy blessed New Year!! A new beginning to all. The year 2018 was somewhat full of ups and downs. As expected for all residents as well as the staff. Good news is that staff managed to find job employment for some of the residents.

Namely quite a few, Pang Lee Lee, Anton, Tock Hwa and Lay Choo who are currently in SPD Sheltered Workshop programme. Jiawei, Tsui Ling, Ah Her and LiZhen are currently undergoing job training at Agape Village. Hopefully by the end of their training, they would be employed full time as a customer service agent there. In both instances, transportation arrangement is being fixed to bring the residents to and fro.

We also welcome new residents as time goes by. Naming a few are Jeffrey Chuang, Aaron Wong and Norsuwali. They are now more adapted to their environment, talking and laughing with each other. While there is good news, there is also bad news. We have missed the residents who passed on recently. They have passed on just simply because of their illnesses on and off. Most passed on in hospitals within a couple of days. These residents are Mary Kaw, Ahmad Hisham, Lee Chuan Chooi and Vivien Tang. Although these residents passed on, they still live in each and every one of us in our hearts.

Happy reading!!

From the Editor
Chan Yu Leong

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A Visit from the Singapore Police Force, Ang Mo Kio Division

by Resident Chan Ka Chun Patrick

On Tuesday morning, 29th January 2019, Singapore Cheshire Home was deeply honoured by the presence of Singapore Police Force (Ang Mo Kio Division) or SPF (AMK). The group of SPF (AMK) volunteers were dressed in their smart casual uniform – attire of police-themed T-shirts and dark long pants. It was fresh to see them wearing something different, rather than donned their usual police uniforms when at work. With Chinese New Year Songs playing softly in the background, we commenced with the residents' favourite game – Bingo.

Bingo is a number-matching game whereby one random number will be drawn and announced from a pool of 1 to 90. And if there are any matching numbers on the player's 5 x 5 grid of randomised numbers, they are marked out. As soon as having five consecutive numbers in a row, column or diagonally, the player shouts out loudly "BINGO!" That is when that player is rewarded with prizes.

A typical game of Bingo starts off slow, then after the midpoint, it tends to snowball into a pandemonium, hereby a lot of people will shout "BINGO!" while the volunteers frantically go around distributing prizes to the lucky winners. Fortunately, the team of SPF (AMK) who came down consisted of more than twenty volunteers. This was not their first time in conducting Bingo games. Hence, they were highly organised and efficient in terms of handling the distribution of prizes.

The game of the day ended with the one and only top prize to the first player who shouted "BINGO!" with the number 46 as the fifth number to make a consecutive row. That top prize was presented by Deputy Assistant Commissioner (DAC) Yeo Yee Chuan. After that, DAC Yeo went around the compound. He personally gave out one red packet and two mandarin oranges to every resident.



Commanding Officer Serangoon NPC, Superintendent Hoe Kun Yuan wishes resident Yam Peng 'hual ah;



Deputy Assistant Commissioner Yeo Yee Chuan distributing mandarin oranges to Resident Ang Ee Nah. Looking on is Sister Elizabeth Jacques.



One....two...three..CHEESE!!!!

Group photo with Singapore Police Force, Ang Mo Kio division volunteers.

A buffet lunch for the residents, sponsored by the SPF (AMK), followed after the Bingo game. With the help of The SPF (AMK) volunteers, together with the in-house helpers, food was distributed quickly and in an orderly fashion. The volunteers helped in feeding the residents and also took the opportunity to mingle with them. The event ended with a group photo of the residents with the SPF (AMK) volunteers. The amount of time and effort volunteered by them were worth every ounce of applause we gave them as they made their departure from Singapore Cheshire Home.

My Stay in Singapore Cheshire Home

by Resident Prabhakaran Sashwin

Hi! I am Prabhakaran Sashwin. I am writing to share with you about my first-year experience staying at Singapore Cheshire Home. I was first being referred to Singapore Cheshire Home by a social worker from Serving People with Disabilities (SPD) in February 2017. I was then asked to stay only as a respite for one month.

I decided to take up the offer then, as there was nobody to take care of me during the day at my own place. One month stay in Singapore Cheshire Home made me realize that I was fortunate to be taken care of by the staff. Everything was being taken care of for me. I do not have to worry about my meals.

I felt secure, compared to the time I was being left alone in my own place waiting for meals to be delivered. I also felt alone, as there was nobody to talk to. In simple words, I was left to my own devices at my own house whenever my brothers left for their training at National Services. I was then constantly worried about the food lodgings, and what time they would be back.

I did not wish to lead such a worried lifestyle again, hence, after my one-month probation in Singapore Cheshire Home. I quickly applied to be a resident. I was very happy to learn that Singapore Cheshire Home accepted me in March 2018.

March 2018 marked a new chapter in my life, as I envision myself being well taken care of by the staff of the Home. No need to worry over my meals. I also made a lot of friends who were also fellow residents of the Home. Time passed very swiftly as I interacted with the residents as well as the staff. I also realize that there are many core values to take note of. Value of being loving, patient and being humble to one another are the qualities which make my stay in Singapore Cheshire Home worthwhile living.

Thank you once again Singapore Cheshire Home for accepting me.



Interaction with volunteer from Ernst & Young



Handicraft session - Showing my skill of drawing directly on the fabric as part of design in batik

An Evening of Stars by Resident Prabhakaran Sashwin

I am part of the Cheshire Home family since March 2018. This is my first-time contributing articles for the Red Feather Newsletter, and I am going to write about the resident's Christmas Party 2018. It was an amazing evening with stars from all walks of life.

We had our year-end Christmas celebrations with stars. On Saturday, 8th December 2018. It was the first Christmas Party at Singapore Cheshire Home for me. The amazing evening made me excited and I looked forward to it eagerly. The celebrations began with a lucky draw to create an evening of anticipation. The draws were split into four. As the guests made their slow entrance, it was time to begin the first performance of the evening. The first performance was by Resident Tony, who sang a few Chinese love melodies.

As Tony's performance ended with a sweet message, the next performance brought us back in time. It was a performance by our first special guest, Mr. Reito. He was good at impersonating Elvis Presley by singing some of Elvis's greatest hits.

Followed by a special performance from Mr. Gurmit Singh. He was then requested to announce the third part of the draws, with his humorous accent.

There were some Christmas carols sung by Megan Baker and family. Coming up next was a piano recital from Eunice Olsen. I was told that she was crowned Miss Singapore Universe 2000, as well as a nominated Member of Parliament. Wow! And that was not the end of the evening yet,

Singapore Cheshire Home staff entertained us with their amazing dances. We were also greeted by Santa Claus. Finally, the celebrations came to an end. We had a sumptuous buffet dinner.

The Christmas Party was a successful event, and of course, we need to thank all those volunteers and friends who made it possible. I really loved it and look forward to next year's party.





Band performance by James & friends



Dance performance by Therapy Aides



Mrs Chan Choo Ling, Japanese Ambassador Mr Yamazaki and spouse, Ms Florence Chow & others



Happy faces...buffet dinner....Yummy!!



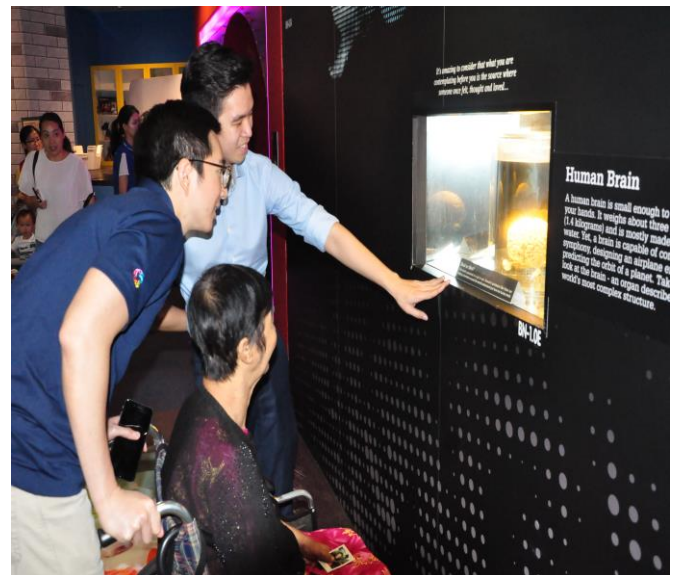
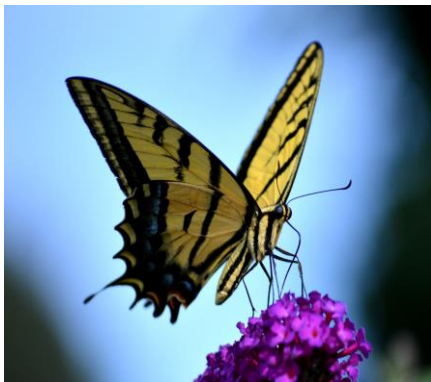
A lucky winner was drawn by Santa Claus



First prize winner - Resident Goh Sin Beng....Wohoo....

Outing to Science Centre and Butterfly Park by Resident Salfura Bte Alias

On 30th November 2018, 16 selected residents went to the Science Centre organized by the volunteers from Temasek Holdings. Upon reaching the destination, we were divided into two groups A and B. As I was in the group B, we went to the Butterfly Park first to admire all the beautiful butterflies flying around us. Then we had our tea break. We chatted with the volunteers and got to know them even better than before proceeding to the Omni Theatre. Before we returned home, we had a group photo taken and we had this photo as a memento of our interesting and enjoyable outing



The Far East Roadshow of Singapore Cheshire Home

By Resident Noraini Bte Adnan

Last year, Singapore Cheshire Home was given a great opportunity to hold a roadshow at Far East Plaza from 7th to 11th of October. The five days' roadshow was to bring about public awareness of how the residents spent their time at Singapore Cheshire Home. Displaying at the roadshow were the residents' handicrafts and Paintings.

We also had a live demonstration by the residents to show the public on how we did our handicrafts with the Help of volunteers. Various board games being played by the residents also brought about good social skills as well as interactions with one another. Mini orchestra was fully equipped to bring out their very best talents to the public.

Also displayed were the old photographs from the old Singapore Cheshire Home in Changi Greek, telling people of its history. Recent photos of Singapore Cheshire Home in Serangoon Garden Way were also being put up. These past and present photos were nicely displayed on a banner with short introductions explaining who and what was in each of the photos.

The public was unaware that Singapore Cheshire Home is a residential home with disabilities. They thought that Singapore Cheshire Home is a nursing home. Throughout these five days of roadshow, we hoped to change the public misconception, and make them more aware what Singapore Cheshire Home was all about. It was hard work for everybody. Residents were being rotated each day to the exhibition, doing whichever tasks were assigned to them on each particular day. Admin, junior and senior staff were also present.

Mrs Chan, our Council of Governors Chairman was present all the five days! It was such an inclusive roadshow. Staffs and residents worked together as one team to make this roadshow successful. I would like to thank Far East Organisation for use of the atrium for the five days' roadshow. Hopefully, by the end of the five days' roadshow, the public would be more aware of what was going on at Singapore Cheshire Home.



With the guidance of TA Mario, residents were showcasing their handicraft talents to the public



Mini Orchestra performance by Residents

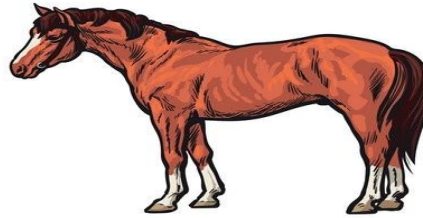
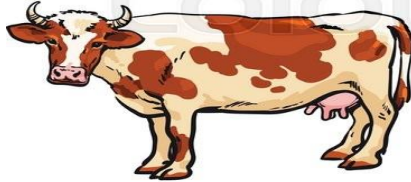
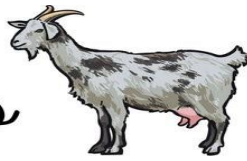


Group photo of Volunteers, staff and residents



Mrs. Chan Chooi Ling, Chairman of Council of Governors with some committee members. They were joined by members of Happy Myra Group

Farm Animals



Farm Animals - Word Search

From the bull to the turkey, it's pretty easy to spot all the animals in this puzzle. The words in this word search are hidden across and down, no backwards.

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

- | | | | |
|---------|--------|-------|---------|
| BULL | COW | GOOSE | PIG |
| CALF | DONKEY | HEN | ROOSTER |
| CAT | DUCK | HORSE | SHEEP |
| CHICKEN | GOAT | LAMB | TURKEY |