



The Red Feather News

The newsletter of the Singapore Cheshire Home

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A Publication by the Residents of the Singapore Cheshire Home

From the Editor's desk

By Apollo Tan

How time flies In a blink of an eye and 6 months has passed since our last issue.

For this issue we have a brand-new editorial team. Really hope we could come up with a newsletter that is interesting and informative.

In this issue, we would like to let everyone get to know more about the residents in our Home. We have three articles written by our residents telling us about an experience or their thoughts. We also have not one, but two residents showcasing their talent in sketch-work.

You will also find a short introduction of the authors and artists after each article and sketch.

Happy reading.

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Outing to Water Venture Park @ Pasir Ris

By Salfura Binte Alias

On Saturday 4th of May 2019, 4 selected residents: Siew Lian, Ali, Yong How and I went to the Water Venture Park at Pasir Ris for an outing organized by the National Council of Social Service (NCSS), in collaboration with the People's Association (PA). We were accompanied by four Cheshire Home staff: Senior Occupational Therapist, Social Worker and 2 Therapy Aides.

Upon arrival, we were told by the volunteers that we had to get ourselves registered individually before we could enter the 'carnival'. After that, our first activity for the day was the MOBI WHEELS (it is like a sun-tanning chair fitted with four wheels that float). We had to wear life jacket for safety precautions before we were being pushed into the sea. It was actually a very relaxing experience where we could enjoy the sea and see all the big ships. I could even see the *kelong* at Pulau Ubin in front of us. After 15 minutes, we were pushed back to the shore to get ourselves cleaned up and into dry clothes.

I was the first person who finished putting on dry clothes. While waiting for the others to finish changing into dry clothes, I was wheeled by social worker to explore what other games were available for me to participate in. The first game that I joined was archery. Although I did not know how to play, there was a volunteer who instructed me the necessary tactics and yup! I did it. YEAH!

Next, we played was a ball game called Bocce. We were split into 2 groups whereby my teammate was social worker and the opposing team was Siew Lian and Senior OT. Seriously, I was clueless with regard to the rules of the game so I just threw the ball aimlessly. As a result, my team lost 3-1. Nevertheless, my team challenged the opposing team to an archery showdown. Surprisingly, we won and Senior OT rewarded our effort by treating us ice cream. HAHA!

That was my first exciting and enjoyable outing at the sea and I really hope there will be more upcoming outings of this kind again in the future.

This is a girl who enjoys going to places that are fun and interesting or somewhere new to her. In another word, she likes adventures. She is also very good with her hands and can make beautiful things just by following YouTube videos.



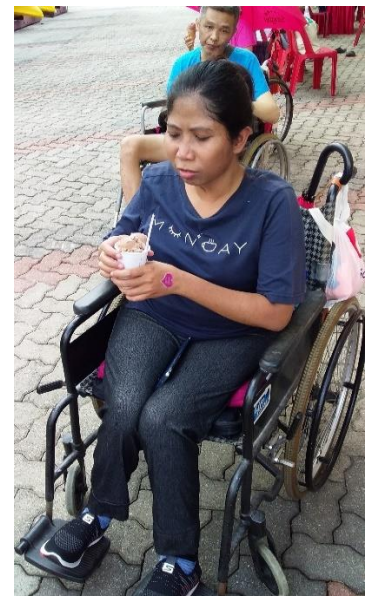
Splash around in the water while sitting on a floating beach wheelchair and other activities at Pasir Ris Park



Get on an adventure! Exciting new experience of hopping onto a Mobi-Chair, a floating beach wheelchair



It's a fun, fun sunny day...



6 Coolers and 3 Hours Without Electricity

By Elizabeth Tan

The weather can be very cold one day and extremely hot the next. When it is hot, the heat can be very unbearable.

In view of the rising temperature and the unbearable heat, the Home had bought 6 evaporative air coolers. These coolers lower the temperature of the room by blowing air cooled by water in their tanks.

The coolers are placed in the common area. We are able to use them in the computer room to make us feel more comfortable, and thus, be more productive in our work on extremely hot days.

Needless to say, these coolers need electricity to work. In our modernized world, we depend a lot on electricity and often take it for granted. Can you imagine a world without electricity? We had a taste of that on the 5th of May this year. We were told that the mains would be switched off from 3 to 6 pm on that Sunday afternoon. This was to facilitate the electrician working to put in a new switchboard in place of the old one which was giving us some problems.

What was 3 hours without the Internet? That was no big deal, we could do without that for a while. We could watch TV, right? No the TV would not be working. There would be no lights that was alright because we did not need the lights at all. The one thing that mattered a lot was the fans! It would not be working too! Oh no! 3 hours without the fans was unbearable on a hot, sweaty afternoon!

Fortunately, the clouds shielded us from the hot, blazing sun on that day. We bore the warm, humid afternoon as best we could. Some used hand-held battery-operated fans while others used the traditional rattan fans to fan themselves. The electrician completed the job sooner than expected. At 5.10 pm, as if our home team had scored the winning goal, we exclaimed in unison when the lights and fans came on.

Elizabeth has been a part of the Home for more than thirty years. Apart from working as a data-entry operator for a local logistics company, she does a lot of reading and writing. Who knows, one day you might see one of her books in the Popular bookstores.



Coolers placed at Computer and Therapy Room

Cheshire Got Talent

By P Sashwin

The Singapore Cheshire Home is filled with great minds and talents, yet to be discovered by the world outside the gates the Home. From the mind-blowing artists to the home decor team, amazing singers, aspiring writers of all kinds and eventually a future song writer. This is their place called Home. In future, perhaps, these residents will be ultimately recognized for their talents apart from the talents of the staff and caregivers of Cheshire Home. Here they wait patiently to be recognized by the public outside the pearly gates of the Home and beyond.

The Staffs, caregivers and Residents of the Cheshire Home have shown a remarkable example of resilience and determination to make life as normal as possible. You can do it too, if you put a little more time, daily practice and hard work into accepting Life. The ultimate key to success is when you start to believe in yourself, therefore my advice to you is to dream big and start small and start it now! Remember, your destiny is in your hands. However, before you do anything, ask yourself this question: "Am I doing this to benefit myself, or others as well?" Even the smallest thing you say or do will impact someone out there.

As such, make your destiny an impactful one! If not now, then when? If not you, then who? Start believing in yourself to make a change and embrace Life like me and many like-minded talents in the Singapore Cheshire Home.

Sashwin joined us about one year ago. He enjoys making new friends and is one of the youngest residents in the Home. That is why he is most popular among students that visits our Home. He is someone who has many dreams but do not know which to follow.



Siew Lian have a natural ability to paint



Bollywood dance by staff



Doris is a natural pianist.



Nursing staff perform hip-hop dance



Tote bag painting by Residents



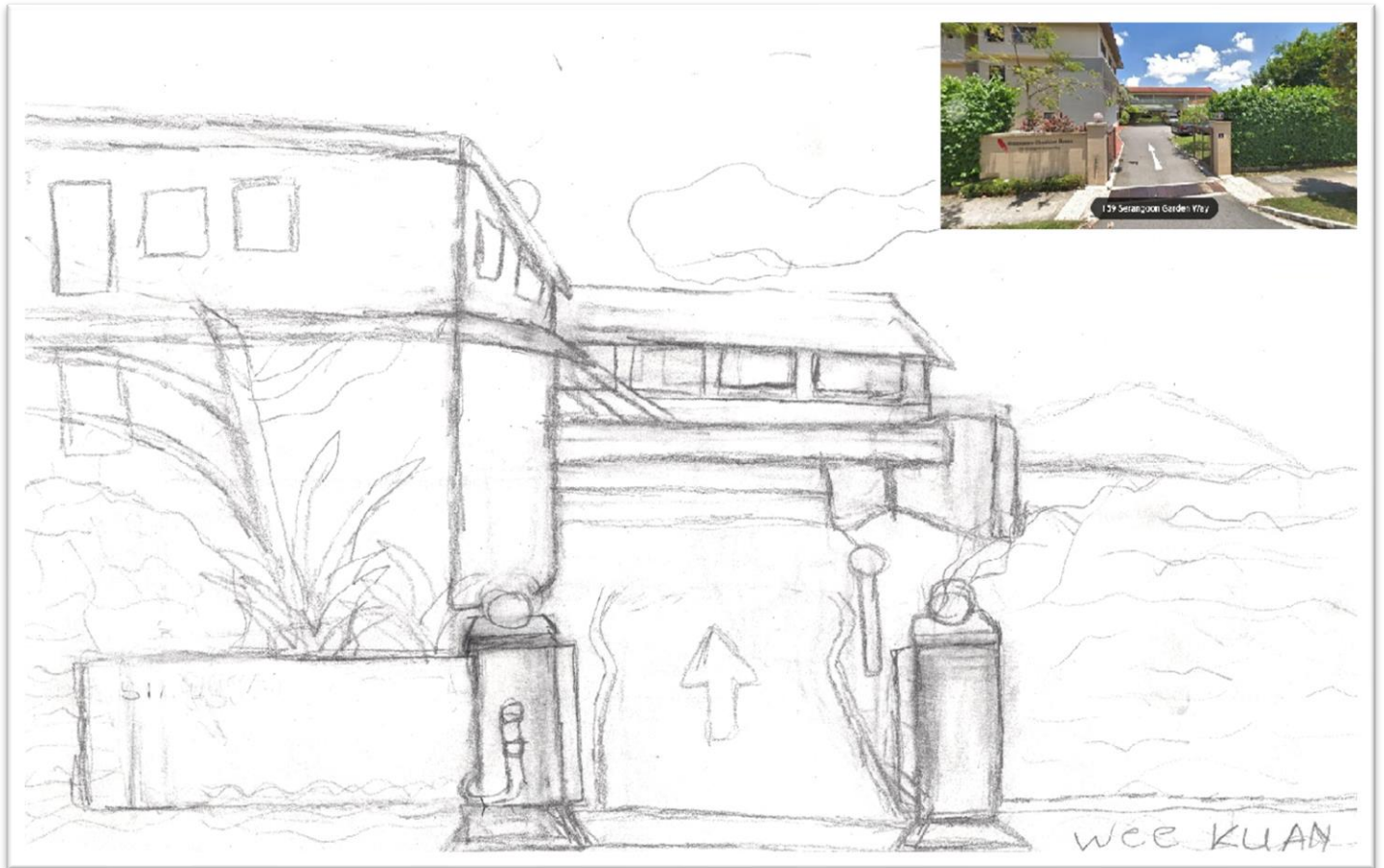
OCEAN LIFE by Tang Yong How



Making Towel roses in heart shape box

The Cheshire Home in Pencil Sketches

By Tan Wee Kuan & Phoebe Toh



An artistic interpretation of the Singapore Cheshire Home's entrance view by Tan Wee Kuan.

Wee Kuan has been a member of the Home for about a year now. He is quiet but friendly. He would normally play chess and other board games with students that come to volunteer. However, he would rather be drawing and sketching. Currently, he is also learning painting techniques from a volunteer art teacher.





An artistic interpretation of the Singapore Cheshire Home's Sensory Garden by Phoebe Toh.

Phoebe is the most recent resident of the Home. She is very friendly and has a very bubbly character. Now, we realize that she is very talented in sketching.



