



ISSUE 1 | JANUARY - MARCH 2021

Pertapis Newsletter



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ANNIVERSARY BOOK LAUNCH

Guest-of-Honour to unveil our 50th Anniversary Book.



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Children's Home

The Born Chef @ PCH – Chicken Teriyaki Wrap (15th February)

PERTAPIS Children's Home has initiated a basic cooking program for our kids to equip them with basic life skills. The program is conducted by our very own staff who was a former chef.

During the first session, the kids were taught how to make a Chicken Teriyaki Wrap. The kids thoroughly enjoyed the process of assembling the wrap which they eventually consumed during their tea break. Moving forward, PCH will be introducing them to more interesting recipes!



Children's Home

Character Building Camp (15th & 16th March)

PCH and some youth volunteers collaborated to conduct a 2-day Character Building Camp. The objectives of the camp were to instill a positive mindset and also inculcate good values to the children. The 2-day camp involved outings to the Singapore Zoo and to East Coast Park for cycling.



The Born Chef @ PCH – Brownie Making (17th March)

As part of our The Born Chef@ PCH program, our children learnt how to bake brownies during their 1-week school holiday. They were very much involved in the entire process – baking from scratch. They shared that they had enjoyed baking the brownies as they got to eat it for their tea break. They are definitely looking forward for more!





Children's Home

Anger Management Workshop & Art Therapy

(17th March)

PCH team came together to come up with a 3-hour workshop on anger management for the residents. They were taught the different types of emotional regulation exercises and ways to express their emotions - that is where the art therapy comes in. The residents were given art materials and a theme for them to express their creativity as well as their emotions at that moment.

The Born Chef @ PCH - Muffin Making

(18th March)

As a continuation from the brownie making session, the residents requested to make chocolate muffins. Guided by our staff, the children learnt how to make muffins from scratch and had it for tea break. They even baked some for the staffs to show their gratitude.

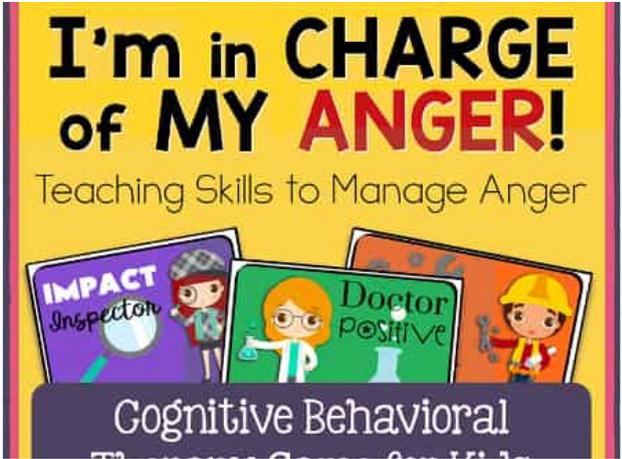
Carnival Day

(19th March)

PCH team had brainstormed to conduct a carnival day towards the end of the school holiday week. They played a few games such as Bottle Flip, Egg Race, Cookie Face, Ping Pong Bounce, and others. They even had face painting station where they could paint their favourite characters on their face. This included Spiderman, Wonder Woman or even a cat. The day ended with a movie night.

Children's Home

Anger Management Workshop & Art Therapy (17th March)



The Born Chef @ PCH - Muffin Making (18th March)



Carnival Day (19th March)



Centre for Women & Girls

KARVA Hairdressing Academy

(In-house program – every Tuesday and Thursday)

Since its inception in 2016, 75 residents have attended and benefitted from attending the in-house lessons. Out of these, 8 residents have been shortlisted by the trainer to be exposed to internship opportunities at 2 of KARVA participating salons located at Bussorah area. The internship opportunity provides our residents with paid professional work experience in a safe and structured environment with the help and guidance from experts.

Seeing the positive impact it has on the residents, the program has been expanded to include Henna Art and Pedicure & Manicure lessons.

From January to April, the residents will be going through modules on Henna Art. They will learn on its history, be introduced to the basic patterns, learn the different types of symmetrical patterns, the technique of holding the Henna cone & controlling its flow, and practice intricate patterns. They will also be given opportunities to create their own unique designs on tote bags.





Centre for Women & Girls

International Women’s Day – Bukit Timah Hike

(16th March 2021)

The Bukit Timah Trail (BTT) is organised by the Centre in conjunction with International Women’s Day. It aims to encourage our girls to challenge stereotypes surrounding women and empower them to overcome their physical limits by challenging themselves in this trail. We #ChooseToChallenge inequality with the hope towards a future with greater inclusion and lesser gender inequity. At Bukit Timah Summit, the girls took a photo with a banner they have design themselves to show their solidarity and support towards a greater future.



Centre for Women & Girls

Motivational Sharing & Career Talk with Entrepreneur Ms Nayla Khan

(18th March 2021)

PCWG has planned a series of Career Talk for our girls to provide information on various occupations within an industry. Its aim is to introduce our girls to the nature and scope of the work, as well as to educate them on the skills necessary to perform certain job functions.

On 18 March 2021, we welcomed Ms Nayla Khan and siblings to have a sharing session with our girls on their life experiences and journey to become an entrepreneur. Our girls are heartened with their presence and was delighted to be presented gifts from Ms Nayla and siblings! Looking forward to our next Career Talk session in June 2021!





Centre for Women & Girls

PPIS Bunayya Keluarga X'tra & Thrive Workshop

(18th March 2021)

8 girls participated in one of Bunayya's core program, Keluarga X'tra Workshop which is specially designed to support children going through parental remarriages and living with stepfamilies. The workshop covered on different types of families, understanding anxieties and past baggage, and focuses on coping with the changes and adjustments the children are experiencing. Successful stories of children living with step-families were also shared with our girls.



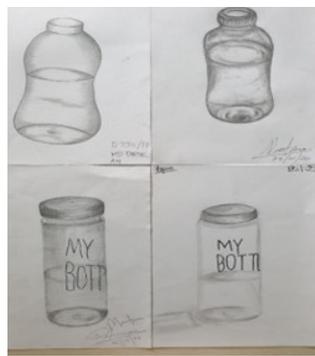
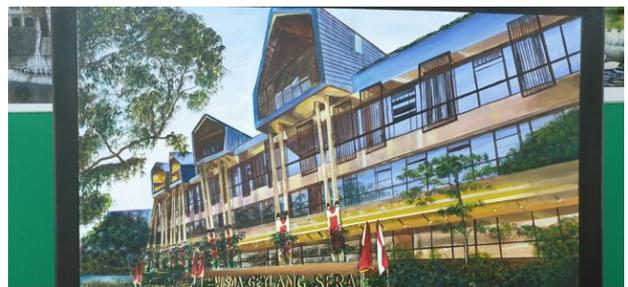
Halfway House

Fine Art Workshop

(In-house program – every Wednesdays)

Fine Art Workshop is conducted by one of PHH in-house resident. In this workshop, the participating residents learnt the creative process involved to create their artwork.

On 30 January, our resident-trainer completed a portrait of Wisma Geylang Serai which was then presented to Mr Fahmi Aliman – South East CDC Mayor – who was the Guest-of-Honour during the Mental Wellness Workshop conducted by PCCU for our TAJ beneficiaries.



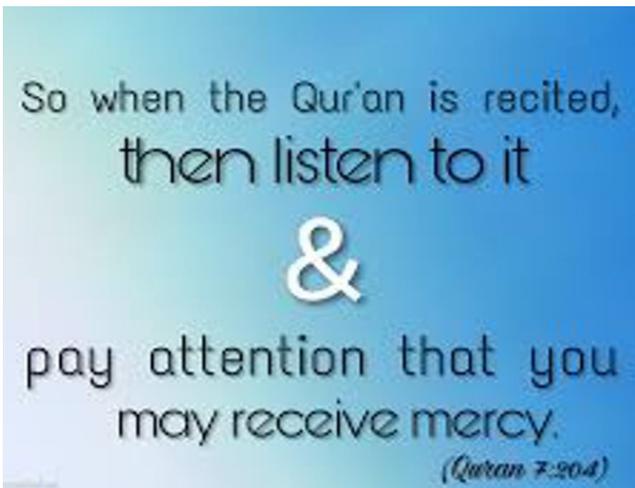
Timeline of Week 1 to Week 4 portray the creative process that residents go through to create their artwork. These were created over a period of 4 sessions.

Halfway House

Residents reciting the Quran

(In-house program – every Mondays & Wednesdays)

Residents taking part in the twice a week Quranic recitations session in efforts to facilitate in their healing and rehabilitation, and to support in their positive integration to family and community.



Participants of the Dad's for Life Program with Centre for Fathering

(Centre for Fathering – every Mondays & Fridays)

PHH Residents participating in Dad's for Life events together with their family members in efforts to develop a progressive relationship with their families, especially with their children, while in rehabilitation.



Halfway House

Drive for Change (DFC) (In-house Work Therapy Program)

The Drive for Change is an initiative supported by the Presidents' Challenge to facilitate better career chances for the residents to be equipped with basic driving license to begin a promising career in transport and logistics.



Nature Walk @ Bukit Timah Hill (25th February)

The trekking routes at Bukit Timah Nature Reserve provide different difficulties that is able to cater to the preference and health of everyone. Hence, this activity was extended to the older residents who have limited opportunities to participate in external activities beyond PHH. This also encourage our residents to exercise in natural settings and promotes bonding among them.



Halfway House

1-Star Kayaking Course @ Sembawang

(PAssion WaVe – 28th February & 6th March)

Pertapis Halfway House (PHH) organised a Kayaking activity at Sembawang PAssion WaVe for 7 residents.

Participants were tested on their water confidence at the beginning of the course, and learnt skills such as forward and reverse paddle, surviving a planned capsized, and rafted 'X' rescue.

Upon completion of the two-day course, residents received a certificate in the presence of their family members.

Most of the participants never had the opportunity to participate in such an activity and they managed to overcome their fears and meet the objectives.

The experience took the residents outside their comfort zones and encourages a more active lifestyle. All of them had fun and some had shown interest in pursuing to the next level, the 2-Star Kayaking Course.



Halfway House

Digital Art Workshop by ACAS (4th March)

PHH recently partnered with the Association of Comic Artist Singapore (ACAS) to conduct Digital Art classes for 10 residents. This course is extended to residents who expressed keen interest in deepening their skills and knowledge in digital art. Classes are held weekly from 4th March to 22nd April.

The participants are introduced to pen tablet technology and specialist software – exploring the latest techniques in digital colouring, drawing, inking, lettering and total page completion. This class offers the residents a new experience especially for many of those who have never had the opportunity to learn digital art.



Funeral Rites Course

(10th March)

On 10th March 2021, Pertapis Halfway House (PHH) has organized an in-house Funeral Rites Course conducted by Sinaran Baharu Pte Ltd.

In this 1-day program, the participants will learn on the method of Islamic funeral rites, on both its theoretical and practical aspects. To let different residents have the opportunity to be part of the program, it will be conducted on a quarterly basis in accordance to COVID-19 safety requirements.

The aim of this program is to educate our residents on their communal obligation (Fardhu Kifayah), and make them aware on their responsibilities towards their family members. It is also to make them aware that our life is temporary, encouraging them to self-reflect and to change for the better for the benefit of his self, family and society.



Senior Citizens' Fellowship Home

Activities amidst COVID-19

(In-house program)

As our residents fall under the vulnerable group, many of our programs are still put on-hold. In its place, residents were empowered to conduct in-house programs to keep the spirit up in the home.

One of our female residents regularly conducts aerobic lessons for the other residents every morning. Whereas our male residents regularly maintain the garden as part of their horticulture therapy. This has since become a regular program for the residents in the home.



Satay Donation by a regular donor

(19th February)

Residents of PSCFH were delighted to be able to eat Satay donated from a regular donor. It certainly made their day!



Senior Citizens' Fellowship Home

COVID-19 Vaccination for staffs & residents (10th February & 8th March)

In line with our nation's vaccination drive, our PSCFH staffs and residents receive their COVID-19 vaccinations on 10th February and 8th March.



Donation by Anak-anak D&J Family (11th March)

Anak-anak D&J family dropped by to send donations consisting of goodie bags and daily necessities. These donations would certainly help the home in our operations!



Senior Citizens' Fellowship Home

Kuih Keria Donation by a regular donor (16th March)

We received Kuih Keria donation from a regular donor. We truly appreciate the kind gesture!



Roti Boyan Donation (20th March)

A kind donor donated roti boyan to the residents of PSCFH which were gratefully enjoyed by the residents.





Tabung Amal Jariah Community Project

Monthly Ration Distribution

The COVID-19 pandemic has impacted many facets of our lives – at individual, organization, national & global level. Despite this, PERTAPIS TAJ still continue to provide much-needed assistance in the form of dry food rations and donated clothes to our beneficiaries. To adapt to the new norms, our Monthly Ration Distribution are now conducted across a span of 2 days with the necessary COVID-19 safety measures in place.





Tabung Amal Jariah Community Project

TAJ-SUSS Weekly Tuition

Since 2014, we have been partnering with student volunteers from Singapore University of Social Sciences (SUSS) where free weekly tuition are conducted to provide private tutoring and mentoring to help the children of our TAJ beneficiaries in their academic performance.



Tabung Amal Jariah Community Project

Seminar for TAJ Parents – “Challenges in Raising Children” (18th February & 17th March)

Some of our TAJ recipients are parents and caregivers who, like many others, face challenges to raise their children; and this is coupled with the challenges they faced to provide basic needs for their family.

This seminar is therefore organized, together with our counselling unit PCCU, with the aim to provide useful tools to assist them in their daily interaction with their children and improve parent & child relationship.





Tabung Amal Jariah Community Project

SUSS Campus Tour (17th & 18th March)

TAJ children & youth, along with children from New Life Children & Student Care, went for a campus tour at Singapore University of Social Sciences (SUSS).

Activities were conducted by SUSS student volunteers where the children learn about teamwork, cooperation and social skills. The participation of children from New Life also allow both sets of children to make new friends and foster racial harmony.



Free Haircut by Ciseaux Grindhouse Barbershop (20th March)

To prepare for the start of school's 2nd term, children from our TAJ beneficiaries got their haircut by the expert barber stylists from Ciseaux Grindhouse Barbershop located at Pasir Ris. The children decked out with clean and stylish hairstyles, all ready for school.



Counselling & Care Unit

Mental Well-being Workshop

(12th, 19th, 20th, 26th & 30th January)

In support of the Mental Health campaign, PCCU received funding from the NCSS/Tote Board to organize a series of workshop on Mental Well-being.

Mental stress can affect a person's overall well-being, from one's physical health to his social well-being. Through this workshop, participants learnt ways to de-stress, to adopt positive perspectives and to cope with the ups and downs of everyday life.

The workshops were conducted for 2 group of participants. The 1st group consists of PERTAPIS social workers & care staffs, whereas the 2nd group consists of our TAJ beneficiaries.



PERTAPIS
COUNSELLING & CARE UNIT

PERTAPIS Counselling & Care Unit (PCCU)
presents

**SERIES OF MENTAL HEALTH WORKSHOPS ON
'TRAUMA INFORMED CARE & MINDFULNESS'**

Guest of Honour
Mr Mohd Fahmi Aliman
MP Geylang Serai & Mayor, South East District

SATURDAY, 30 JANUARY 2021, WISMA GEYLANG SERAI

SUPPORTED BY:

NCSS
National Council
of Social Service

PERTAPIS

CENTRE FOR MINDFULNESS

WISMA GEYLANG SERAI

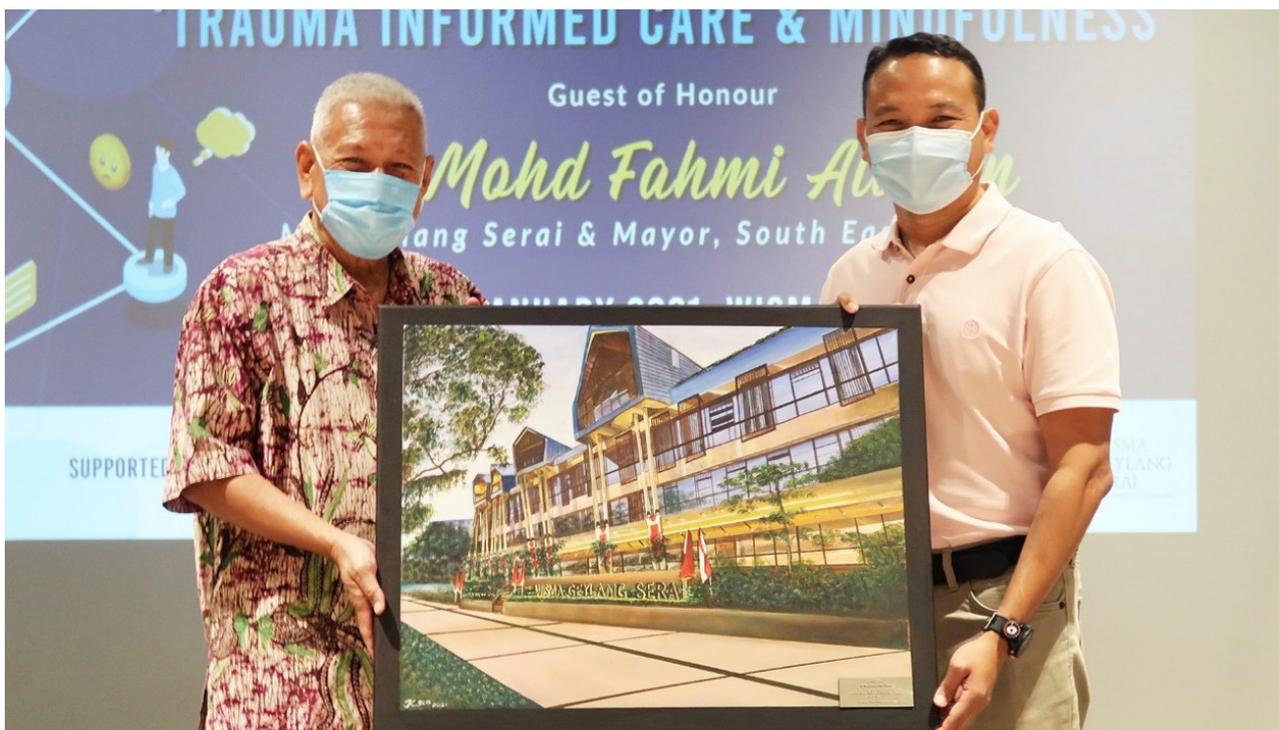
The workshop for our TAJ beneficiaries was held at Wisma Geylang Serai with Mr Mohd Fahmi Aliman, MP Geylang Serai & Mayor of South East District, as the Guest-of-Honour.

Counselling & Care Unit

G.O.H Mayor Fahmi and President PERTAPIS Mr Hussaini participated in one of the group activities.



Token of Appreciation presented to G.O.H Mayor Fahmi. It was specially air brushed by one of the talented resident artist from Pertapis Halfway House.





Counselling & Care Unit

PERTAPIS is GREEN Campaign



PCCU recently embarked on 'PERTAPIS is GREEN' campaign with the objective to educate our residents and staffs on saving the planet through Responsible Habits & Sustainability Efforts. Our Welfare Homes will implement various initiatives, headed by their respective Ambassador for Green (AFG), in support of this campaign.

A) Water & Electricity Conservation

The Homes have put up visual anchors via posters around their premise to remind residents and staffs to conserve electricity and water.





Counselling & Care Unit

B) Practice 3R (Reduce, Reuse & Recycle)

Efforts to practice 3R have started through the education of recyclable items and usage of recycling bins, as well as reducing the purchase of non-biodegradable items and reusing them into production of eco-brick and other uses.



C) Enhancing existing gardens

In addition, PERTAPIS Senior Citizen & Fellowship Home will be participating in the "Community in Bloom Garden" competition which motivates our residents to enhance the Home existing garden, improving our green spaces.



COMMUNITY IN BLOOM AWARDS 2021
(Educational Institutions and Organisations)

Be recognised for your creativity and hard work! The Community In Bloom Awards motivate community gardeners to raise your gardens' standards and promote gardening as a fun and healthy activity for all ages. Look out for the revised awards categories and prizes this year!



Visit go.gov.sg/ciba2021 or scan the QR code to find out more. Registration and submission period 8 Feb – 12 April 2021

Achievement Bands		Special Achievement Ribbons	
Platinum	\$300 gardening vouchers	Outstanding Educational Community Garden	
Gold	\$200 gardening vouchers	Outstanding Environmentally Friendly, Biodiversity Community Garden	
Silver	\$100 gardening vouchers	Outstanding Edibles –Growing Community Garden	
Bronze	\$ 50 gardening vouchers	Outstanding Community Engagement Garden	
Diamond Award		'My Green Space' – Indoor Garden	
\$1,000 cash & \$1,000 gardening vouchers		10 winning groups will receive \$100 gardening vouchers	
CIB Gardens of the Year Award			
\$500 gardening vouchers			

Email communityinbloom@nparks.gov.sg for more information

Major Event

Pertapis 50 Anniversary Book Launch

(24th March – The Istana Ballroom @ Tanjong Katong Complex)

50 years ago, PERTAPIS was started by a group of youths to provide community support to families in need. It has since then, evolved into a welfare organization that it is today, managing 4 welfare homes & assisting up to 500 needy families; and the number of people seeking assistance is increasing.

To commemorate 50 years of PERTAPIS serving the community, a Book Launch event was held on the 24th of March at The Istana Ballroom @ Tanjong Katong Complex.



We were honoured to have President Halimah Yacob gracing this milestone with us as the Guest-of-Honour to unveil our 50th Anniversary Book.



Major Event

Also in attendance are distinguished corporate donors who have been strongly supporting and contributing generously to PERTAPIS cause. We would like to extend our gratitude to them for making our work possible throughout these years.

- A) **Mr Mohamed Salleh Marican** –
Founder & CEO of Second Chance Properties Ltd
- B) **Mr Hasan Marican** –
Deputy CEO of Second Chance Properties Ltd
- C) **Ms Nancy Quah** – Director of Hoe Kee Hardware Pte Ltd
- D) **Mr Dennis Wong** – Director of Sin Ter May Pte Ltd



Major Event

The book is a historical collection of how PERTAPIS has got to where it is today with the enduring support from donors, volunteers and professionals. It also serves as an inspiration for future leaders to continue with the work, to strive and push ahead to face new challenges, and remain relevant to the future needs of the community.



THANK YOU

Thank you for your most generous donation! We are so fortunate to have caught the attention of people like you with large warm hearts.

Appeal for Donation



FULFIL YOUR ZAKAT & DONATION ONLINE!

*Donate to PERTAPIS Today!
Together, We can make a Difference!*

BANK TRANSFER

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OCBC

Account Number:

661-427229-001

Branch Code:

661

(Paya Lebar Square)

Bank Code:

7339

Swift Code:

OCBCSGSG

*To enjoy the tax exemption & receive an acknowledgement from us, please indicate your name in the bank transfer message box & email your full name, NRIC number & address to enquiries@pertapis.org.sg.



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Scan the QR code above with your paynow compatible bank app & ensure that the recipient is

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CHEQUE

Make a
CHEQUE payable to

“PERTAPIS”

and mail it to

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#04-1001,
Joo Chiat Complex
Singapore 420001**

GIVING.SG



Scan the QR code above to fulfil your zakat & donation online via giving.sg/pertapis

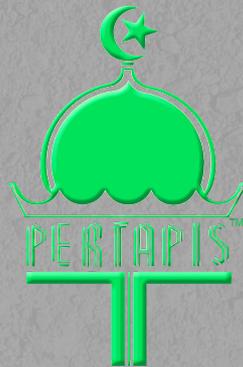
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PERTAPIS
Newsletter

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