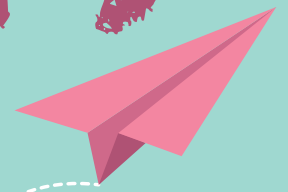


FOOTPRINTS

JOURNEYING WITH YOU



FEI YUE NEWSLETTER • 2015 - February

Moving Forward



Moving forward to
new beginnings...



Find out about a
special way you can
celebrate Singapore's
50th birthday!



Be the first to get the correct
answers to our quiz & win a
prize!

Also featuring...



GAC
Graduation



CFE goes to
Yogyakarta

& more!

From the Director – Leng Chin Fai



Dear Friends,

In a blink of the eye, a new year has arrived! We are excited about what is to come – new centres, new programmes, new ways to serve the community – and this quarter, we look at how we can assist the community to move forward in their individual lives. In the pages ahead, you

can read all about Nurul's story, as well as about the initiative some citizens from the public have put together for your participation!

We also look back on the past quarter, where we have experienced many landmark moments. The Transnational Support Programme has started to serve couples with foreign spouses, our Golden Age College seniors have graduated, and our youths from Coaching For Excellence went for their first overseas building project. Do join us as we recount these events.

Wishing that your new year is filled with courage to face the challenges ahead, thankfulness in remembering how you have overcome past difficulties, and joy for each new day!

Greetings from Fei Yue Community Services (FYCS) and Fei Yue Family Service Centre (FYFSC). Footprints will be published every quarter to bring to you highlights of what is up and coming, what event you had missed and how you can partner with us in various ways.

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Nurul's Story

Nurul was born with Down's Syndrome in 2008, and she enrolled at Fei Yue Early Intervention Centre in 2010. Typical of children with Down's, Nurul had low muscle tone, difficulties in speech, and was frequently hospitalised. In 2013, Nurul was moved to a slightly larger class of 7 children where she started learning some academic concepts. With persistent dedication from her class teacher, who collaborated daily with Nurul's mother, Nurul was actively encouraged to speak in phrases and sentences. By the end of the academic year, Nurul could name a variety of common and everyday objects and could respond to 'what is ___ doing?' questions by using the appropriate verb. Together with the Occupational Therapist and her teacher, Nurul learned how to hold a pencil with the appropriate grasps and was able to copy simple shapes by the end of the year. She also amazed her parents and teachers by learning to read 14 words within the span of a week.



A very cheerful Nurul

Much effort was placed into helping Nurul's mother better understand how to guide Nurul towards continual progress through the establishment of a strong teacher-parent working alliance. Through such a close working relationship, Nurul's mother learnt to handle Nurul's difficult behaviours and she understood the need to guide Nurul towards functional independence. Today, besides improving substantially in her academic skills; Nurul also excels at her self-help skills and she is able to bathe herself, placing her almost on par with her typically functioning peers in terms of adaptive abilities.

Nurul is currently waiting to enter Grace Orchard School when she leaves Fei Yue EIPIC at the end of the year and her parents remain grateful to the teachers, therapists, administrative staff and social workers at Fei Yue for their unwavering support, instruction and advice.

Celebrate Singapore 50

SG50 became a buzzword even before the year 2015 began. Our nation's 50th birthday unites all people of different races, languages and religions – everyone wants to be a part of remembering our shared history, our Singaporean quirks, as well as remembering those who are less fortunate in Singapore.

We are honoured to have been selected as a beneficiary of Celebrate Singapore 50 (CS50), a project that gives the public an opportunity to send their well wishes for Singapore's 50th birthday, and at the same time contribute to the work of 2 organizations, MINDS and Fei Yue Family Service Centre. What is unique about this project is that it can be accessed on both online and mobile app platforms, and users can contribute easily through payment modes such as PayPal, DBS PayLah, OCBC Pay Anyone, Dash etc., as the developers of this project wanted Singaporeans to be able to conveniently contribute to the less fortunate whenever they felt compelled to.

The money raised for Fei Yue Family Service Centre will be channeled to our Eldercare Services, as we often find ourselves in need of funds to support our work among seniors. One pertinent need is breakfast items for the elderly living in the rental blocks we serve. These breakfast items act as an incentive for the elderly to participate in centre activities that will help improve their mental, social and physical well-being, instead of becoming isolated in their homes.

Do your bit for the less fortunate by checking out the CS50 Project online (<http://www.celebratesingapore50.com/app/index.php>) or on the mobile app platform (<http://goo.gl/rUfmNa>), and celebrate our nation's birthday by blessing others! Your contribution will help our needy seniors to move forward by improving their health and their quality of life.

Celebrate Singapore's 50th by blessing the less fortunate!

Simply:



Choose a spot

to post a photo & greetings for Singapore's 50th year

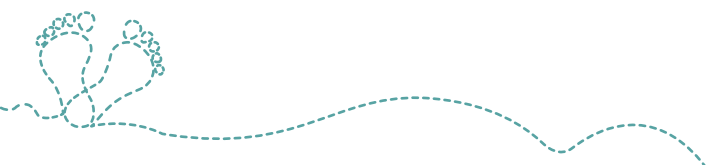


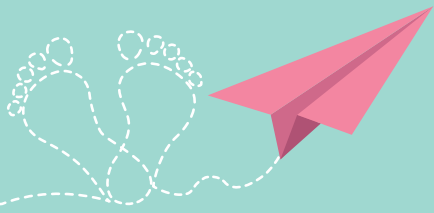
*"Cheers on Singapore's
50th birthday!"*

Contribute to the less fortunate
(starting from S\$1 per pixel)

Give or share to show you care!

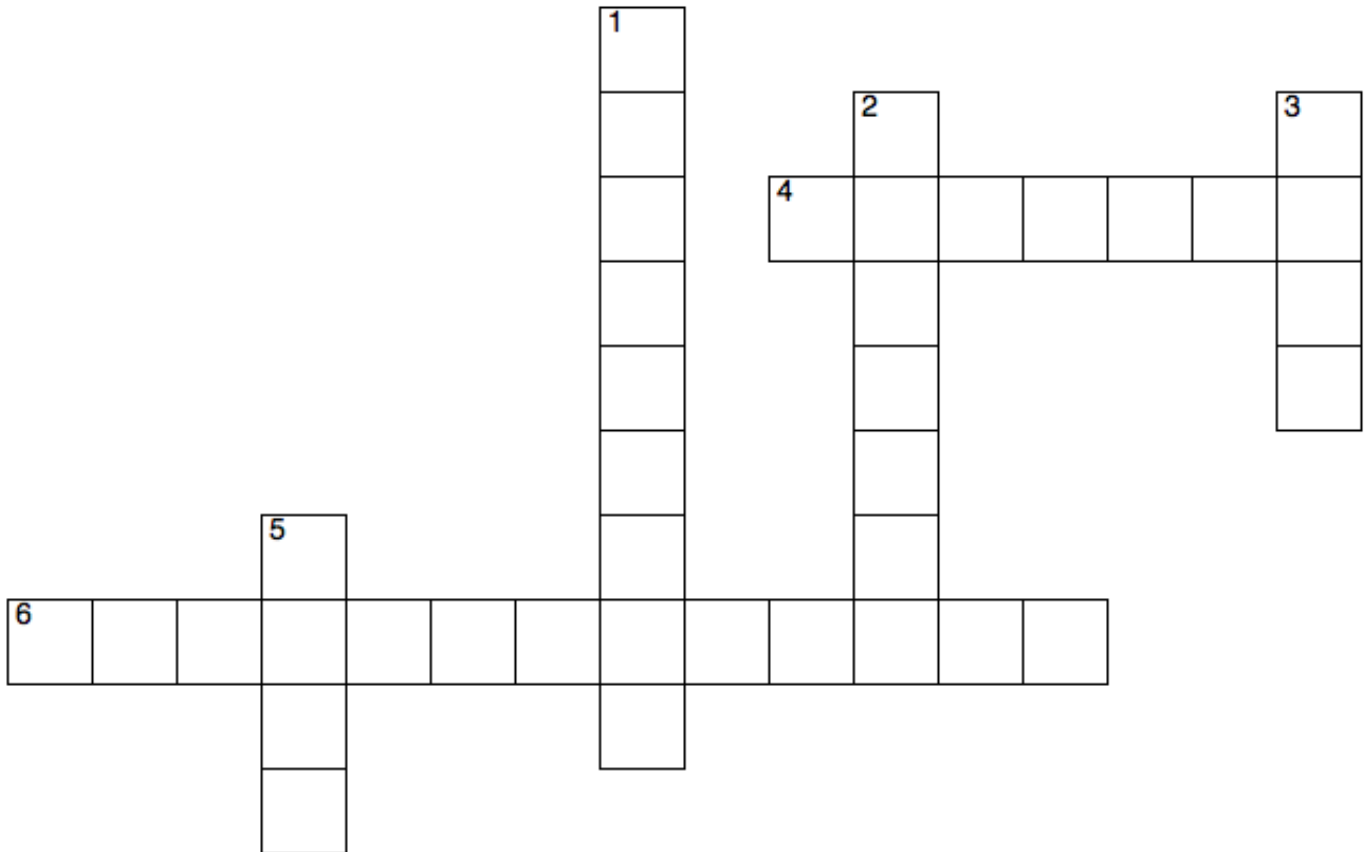
**SG
50**





Moving Forward Quiz

Often, in order to move forward, we have to gain something or take certain steps. Try guessing what some of them are!



ACROSS

- 4 Determination to move forward despite challenges
- 6 Given by others to cheer you on

DOWN

- 1 Information that will help you to better deal with what is ahead
- 2 Let go of a grievance against another person
- 3 Assistance offered by others
- 5 See the light at the end of the tunnel

Be the first participant to complete this crossword correctly, and send in your answers, along with your name, mailing address and contact number to apriding@fycs.org, and receive a special prize!

Transnational Support Programme



Marriage is never a simple affair. Even between two individuals from similar demographic backgrounds, there are differences in expectations, upbringing and maybe even simple things such as which end of the toothpaste to squeeze. So, what about couples where both individuals come from different countries?

The Transnational Support Programme is targeted to help these newly married couples through their first year of marriage through 3 components:

- **Marriage Preparation Programme**

This programme provides an overview of some challenges the couple may face, and is held daily at the Registry of Marriage (ROM).

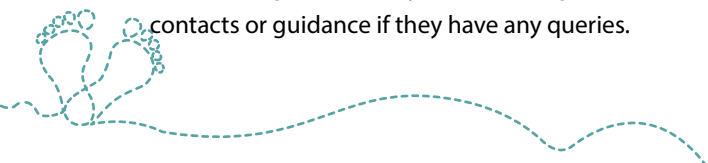
- **Marriage Support Programme**

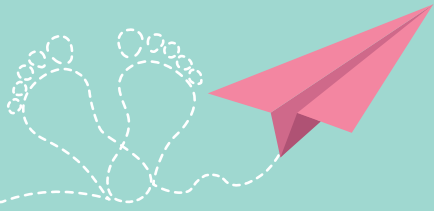
This programme provides a more in-depth look on certain topics of how cultural beliefs and practices may increase friction between the couple, and how to be aware and manage them.

- **Friendship Programme**

Couples are matched with a Buddy who would walk with them through their first year of marriage and provide local contacts or guidance if they have any queries.

Since our start on 1 December 2014, we have seen almost 30 different nationalities of foreign spouses attending our classes. It is wonderful to see how the couples continue to be amazed and develop an increased awareness as they learn to recognize how small matters could lead to bigger issues if not dealt with properly. Through the provision of quality social services, the team is excited to continue expanding the possibilities to help transnational couples move forward to develop healthy relationships, improve their quality of life and inspire them to sustain family life in Singapore.





Golden Age College Graduation



Congratulations to all Graduands from all of us!

On 1st October 2014, a double-celebration event was organised for the elderly graduands of programmes supported by C3A and organised by Family Central. Both events were held at National Library Board. The event commenced with "Time of Your Life - Learning Journeys for the 50plus" cum "I'm Senior & I'm Loving It" programme graduations. Our Guest of Honour, Mr Gan Kim Yong, Minister for Health, took the opportunity to praise the 200 graduands for exemplifying the spirit of lifelong learning, and showing younger Singaporeans that age does not matter in the pursuit of knowledge.

In the afternoon, the Celebration for the Active Learners was attended by 305 graduands of Active Ageing Academy, Golden

Age College and "I'm Senior & I'm Loving It". The air was charged with excited energy when the Guest of Honour, Ms Soh Swee Ping, CEO of C3A, guests and graduands were treated to the latest dance fitness craze in Asia - Kpop X Fitness. In no time, everyone was up and enjoying the workout as they moved and sashayed to the Kpop tunes.

Each graduation, we are reminded by the presence of these seniors that it is never too late to expand our knowledge. These seniors have taken the step forward to enrich their lives through learning, and move forward with new insights to live their lives more meaningfully.



Coaching For Excellence Goes To Yogyakarta



Last December, the Coaching for Excellence (CFE) team partnered with Habitat for Humanity Singapore (H4H) to send a team of 6 youths, between the ages of 14 to 16 years old, to participate in a building project at Yogyakarta, Indonesia.



A pre-trip briefing was conducted for the youths, to help them appreciate how their volunteerism contributes to the life of a home owner, Pak Hariyanto, and his family. The youths were filled with great excitement to use their hands and feet to serve in whatever ways they could. Yet, there was also a sense of apprehension as this was their first time taking a plane to a foreign land, being away from their parents for more than 5 days, and building a house.

The youths were introduced to Pak Hariyanto on the first day of building. As they shared the same language, the youths quickly warmed up to Pak Hariyanto and the H4H building team.

Throughout the 5 days, the youth did various tasks, including carrying 5kg bricks from one end to another, layering the bricks, bending wires, mixing cement, filling the ground and painting the zinc roof. Not forgetting taking some breaks in between to talk to the villagers and Pak Hariyanto.

At the end of the trip, not only did the youths learn about teamwork, perseverance and carrying each other's burdens, they also gained new insights about themselves and were determined to apply what they had learned in their daily life.

Below is just one testimony from Dashwini, a 16 year old youth.

"It's an unique experience for me as I have never built a house before in my life. And I have always wanted to help by volunteering my service. It was also fun being a construction worker for a few days. I get to experience how houses were built. Seeing and hearing for myself how others have been through this disaster, I learnt to have compassion for others and not take things for granted. This gives me greater intention to help more people. I have also learned to develop perseverance through the challenges faced in this trip.

Since school had started, I can feel the O level stress building up. In the past, I will tell myself that I won't be able to do it, and resort to complaining and chuck things aside. But not now, I will tell myself not to acknowledge the negative part and not succumb to stress, as things will turn out well in the end. I will choose to persevere on and take active steps by seeking academic help from teachers and friends."



Getting there ...

Last November, SGX organized their annual Bull Charge event, and raised a grand total of \$825,336.00 for various programmes and services conducted by Fei Yue Community Services for the low-income! We are thankful to all who have contributed through the event, allowing us to not only provide for our clients' basic needs, but to also improve their quality of life by addressing their largely-neglected skill and character-building needs.



We invite you to join our efforts through contributing of your time, resources or knowledge to the needy community – because we know that ultimately, we will be making it easier for someone else to move forward in their individual lives, despite their struggles.

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