



SERANGOON MORAL
FAMILY SERVICE CENTRE



A HELPING HAND
IN SERANGOON

实龙岗社区援助之手

EXECUTIVE DIRECTOR'S MESSAGE

Dear Readers,

Mask up, stay safe, keep a safe distance, measure your temperature and wash your hands! I believe these are common phrases that you are familiar with since the start of the Covid-19 pandemic. There is no denying that Covid-19 has brought about challenges and changes to our lives and pushed us to adjust our daily routines. What used to be familiar and safe and bring us comfort may no longer work now. Is the future then all bleak and hopeless?

I personally love this quote by Dara Kurtz, "Life is uncertain. We don't know what our future holds. All we can do is live in the here and now, with purpose and possibility." While we may not know what the future is going to be like, we can however make a choice to live a life that is purposeful and discover possibilities to face our challenges.

In the fourth edition of our newsletter, I hope you will be inspired by the dedication and perseverance that the Friends of SMFSC

have shown. Despite not being able to physically meet up, they have found creative ways to connect with one another and continue fostering a caring community. Thank you to all our services users, Friends of SMFSC and stakeholders who continue to believe in what we do and support us in our work to create a community that promotes *#forpositivechange*.

If you have any stories, suggestions, questions or concerns to share with us, please send them to the SMFSC Newsletter Editorial Committee at contact@smfsc.org.sg.



Yours sincerely,

Adeline Chew
Executive Director
 Serangoon Moral Family Service Centre



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Casework

Do you or anyone you know need support? At our Centre, we provide casework and counselling services by trained social workers to help individuals and families work through their personal, social and emotional challenges.



Financial Concerns

Marital/Couple Concerns



Parenting Concerns

Mental Health



Residents may choose to call, walk-in, write or email to the Centre to express their individual or family concerns and/or to obtain information on relevant community resources and services.

A social worker will attend to your concerns. After identifying and assessing your needs, he or she will decide if further follow-up is needed at our Centre or if you should be linked up with more appropriate community resources and services.



Even the Strongest Can Fall
 Ms S describes her eight-year journey with us and strongly emphasises seeking help when necessary.



Evolution of Parenting

养育方式的演变



By Muhammad Al-Hakim, Social Worker
作者: Muhammad Al-Hakim, 社工

Parenting is one of the most important jobs, and yet there are no formal training platforms to prepare soon-to-be parents to play their roles effectively. When I became a father, my career as a social worker forced me to reflect on how impactful the early years of a child are, and what that meant to me as a parent with four young children. Our parents became our first source of information as we watched them carry out their roles. They influenced our views of how parenting should be.



A YouTube video titled “I don’t know what I’m doing anymore”, reminded me of my role as a parent to my children. I see myself adopting different styles in parenting my eight-year-old daughter and my one-year-old son. And I foresee that the role will also keep evolving as they progress in their lives.

The evolution is due to the different needs a child has at different stages of his or her life. The evolution in parenthood has been highlighted by Ellen Galinsky, a researcher in 1981, where she proposed six parental stages that correspond to a child’s developmental stages. She proposed that each stage has different challenges which both the parent and child(ren) must tackle before moving on to the next phase.

So, the question is, “How do I understand which stage my child is at?” or “Which parenting styles should I adopt for my child?” One indicator that parents can use is the child’s age. However, we need to be mindful that some children mature more quickly than others. As such, it also helps to look out for changes in your child’s responses such as, “I want to be first!” to “It doesn’t matter anymore; mummy says she still loves me.” This idea of looking out for your child’s responses further reinforces the concept that children influence how parents play their roles.

养儿育女是人生最重大的职责之一。然而，我们却缺乏了正规的训练平台来帮助准父母们从容有效地应付即将扮演的角色。作为一名社工，当我升级当爸爸时，我的职业身份使我开始反思。孩子的幼年阶段对他们的未来有着很大的影响，而这对我作为四个年幼孩子的父亲来说，又意味着怎样的责任？父母的一举一动、一言一行从小都对我们有耳濡目染的影响，他们可说就是我们的育儿启蒙老师。



有条网络视频名为“我已不知道自己在做什么了” (I don’t know what I’m doing anymore)，让我想起了作为孩子们父亲的角色。我发现到自己在养育8岁女儿和1岁儿子时，采用了截然不同的方式。可以预见的是，随着孩子们逐渐成长，我的角色还将继续随之演变。

之所以出现这样的改变，是因为每个孩子在不同的人生阶段，会有不同的需求。研究员艾伦·加林斯基 (Ellen Galinsky) 在1981年强调了养育方式不断渐变的必要性。她根据孩子的发展阶段提出了六个不同的亲子阶段。根据她的学说，每个阶段有它各自的挑战，都需要亲子共同面对和应对，才能安然步入下一个阶段。

所以，问题是：“我怎么知道孩子处于哪个阶段？”或是“我该采取怎样的养育方式？”。在这方面，父母可参考的其中一个指标是孩子的年龄。但是我们必须留心谨慎的是，有些孩子比较早熟，不能一概以年龄而论。因此，细心观察孩子平时的反应变化，是非常有助于了解孩子的。例如从原本孩子可能会说，“我要当第一”到“不是第一名也没关系，因为妈妈说她依然爱我”，诸如此类的变化。这种观察孩子反应的想法，也进一步强调了孩子影响父母角色演变的概念。



400 Hours with SMFSC

Perlyn and Poh Yee share their internship experience!

PERLYN

Although there were times I felt close to drowning because of my inexperience in this field, the people around me – my clients, colleagues, supervisor and fellow interns – provided me with so much constructive feedback and psychological support that I would not exchange it for anything because it was THE breath of life which kept me going. Just like what my supervisor promised, I didn't drown. Instead, I found myself gaining strength and knowledge when I become more aware of my own attributes and areas for improvement after being exposed to diverse situations. Despite the Covid-19 situation which posed various challenges, it slowly became easier to swim on my own and traverse the vast ocean.



POH YEE

"Sometimes the smallest things take up the most room in your heart." – Winnie the Pooh

A little encouragement goes a long way. I am not someone who would verbally acknowledge a person's strengths or efforts. However, from this placement, I have learnt how words of affirmation can motivate and spark a change in a person's life. Hence, I have given myself the challenge to verbalise my appreciation to my family and friends.

Despite the split team arrangement where I alternated between working from home and the office, I was really grateful to be able to experience the placement in the midst of the Covid-19 pandemic. As Ms Adeline Chew said, this placement is truly a unique one!



Group Work

Group work involves participants in a group setting developing solutions to issues together and learning from each other.



My Experience As a Group Work Facilitator

By Wong Yi Lan, Senior Social Worker

As a new group work facilitator nine years ago, I was still young and there was initially only a small age gap between myself and the youths I was working with. When I started as a facilitator, the work appeared easy. I felt well-liked. Some youths remarked that they liked my makeup, while others were interested to find out about my life. I wanted to be a friend to them and fit in with them. However, I was soon hit by self-doubt and felt a sense of failure.

One memorable incident occurred at a group work camp I was involved in. I noticed that one of the youth seemed unhappy from the start of the camp. When it neared the end, she cursed me loudly for inconveniencing her parents to come down for the family session.

It was only later that I realised that befriending the youth was only an entry point to an intervention, rather than its end point. I had initially focused on the youth's verbal and non-verbal responses to me, such as whether she liked me as a facilitator and whether she enjoyed the activities and rewards I planned. On the other hand, I focused less on her personal needs and behavioural issues.

Subsequently, I did work with the youth on making sense of her thought process and behaviour. We looked into raising her self-worth and monitoring her emotional escalation. Following this, I also reflected on my reactions during the incident and worked on addressing my need to belong to the group and improving my case assessment skills.



Pit Stop is a form of group work for preteens (aged 10 to 12 years old) aimed at enhancing their functioning by inculcating healthy self-concept and self-esteem so that they can maximise their strengths, talents and abilities.



SCAN ME!



1, 2, 3 & Breathe

Feeling overwhelmed by your emotions? Try out this easy breathing exercise that was taught to our preteen children in Pit Stop!



Kampong Friends

Kampong Friends focuses on collaborating and co-creating with the community by identifying and mobilising existing, but often unrecognised assets and resources.

**Some photos were taken before Covid-19.*

Kampong Harvest

Kampong Harvest @ SMFSC is a community garden that aims to connect people in the community and promote physical and social well-being. Say hi to our friendly Kampong Harvest residents if you pass by Blk 238!



Even though we were initially surprised at the severity of the pandemic, it did not stop us from meeting online to connect with one another.



"Building a garden from scratch is a lot of hard work, but when the load is shared by so many of us, the task becomes easier."
Ee Lean, Kampong Harvest Resident



A tasty Thai basil minced pork dish whipped up by a Kampong Harvest resident, using basil harvested from the garden!



Sharing the harvest with our community.



Thanks to Mellissa who arranged a Microgreens Workshop for everyone!



"It was not an easy journey at the initial stages, I must say, plagued by the monsoon season, with terrible soil and terrain and then some. Toiling in the garden under sunny and humid conditions is no mean feat for many of the volunteers. Some suffered cuts, bruises, aches, and pains that turned chronic. However, these did not deter many of us from continuing our work in the garden. We have come a long way since and an even longer journey ahead if we want to achieve more significant outcomes."

Mellissa, Kampong Harvest Resident

EKJOT FROM KAMONG HARVEST TEACHES US 3 TIPS TO COMPOSTING



Cut your kitchen waste into small pieces to quicken the composting process.



Ensure that the waste has adequate moisture.



Keep a tight lid on the plastic container in order not to attract unwanted insects.



SCAN ME!



Compost at Home
Learn how to compost your food waste!

Kampong @ Lim Kopi



Lim Kopi was founded in 2016. It aims to strengthen the kampong spirit in Lorong Lew Lian by creating a space for seniors to come together and foster relationships with each other through active ageing activities.

Chat with Poh Lin

Poh Lin is our Lim Kopi Friend (volunteer) who has been helping to lead weekly Qigong exercises for our seniors. She regularly cooks for Lim Kopi's festive and birthday celebrations.

这几年来在 Lim Kopi 帮忙教导大家气功运动, 感觉如何?

How has the experience been for you, leading Qigong exercises for the past few years in Lim Kopi?

你为什么喜欢 Lim Kopi? 是什么鼓励您一直来参加?

What do you like about Lim Kopi? What motivates you to keep coming?

感觉很好, 因为住在这里所以本来就认识人, 参加 Lim Kopi 后认识更多新朋友。

Feels great. I live in this neighbourhood so I already knew some of my neighbours. I've made even more friends after joining Lim Kopi.

觉得节目很好很开心, 鼓励大家下来活动活动, 可以多接触讲话, 有什么事可以互相照应。鼓励分享的精神很好, 可以一起唱卡拉OK, 煮东西给大家我很开心。谁认识我都会有的吃!

Seniors who live alone can get to know fellow neighbours better, and help one another in times of need. The spirit of sharing and caring is great. I enjoy singing karaoke and cooking for everyone, anyone who knows me will get to enjoy!

Our Weekly Lim Kopi Session



Let's Exercise Together

Join Poh Lin in a simple hand (甩手) exercise!



Kampong Kakis

The revamped volunteer management team has been lovingly renamed as Kampong Kakis. We hope that our Friends (individual and group volunteers) will have a platform to share their interests, passions and skills to and with the Serangoon community. Check out some of the Friends we spoke to amid Covid-19 via Zoom.

MEET SOME OF OUR NEW FRIENDS



Kai Yi

"I would rather do something for my (physical) community, where I am living, where we share the same community spaces, so I think it will be really cool, if I could just help, in terms of proximity la. I have more feeling for groundwork in my community"



Wei Jie

"My experience there (at SMFSC) was pretty great, resident are very friendly. Both experiences (at Lim Kopi programme and supporting resident directly with technology) were great nonetheless!"



Saminath

"I can try my best to support the community between my professional work and free time ... the scam messages, that comes in daily, it is important for us to help our elderly be able to identify them as scam. So they know not to click on them."



Chat with Us

Let's work together, join us as a Friend today!



Kampong Friends' Blessings



Kampong Friends' Blessings (KFB) has received more than 3,600 donations since its launch on 20 February 2018, with more than 160 families involved in the programme. Maznah* shares her story with us.

“The last thing you want to do is going to bed at night thinking if your 4-year-old son are going to have a meal tomorrow.”

Maznah, a single mother of two, recalled having to stretch her salary to ensure that there was enough food at home for her family. She shared that while she had tried her best to budget and spend within her means, there were occasionally emergency situations, such as visits to the doctor, that would severely deplete her finances. However, Maznah is less anxious when these situations occur now, as she knows that there are programmes such as KFB which she can tap on to meet her immediate needs. Apart from food items, Maznah has also received items such as diapers and milk powder. Through this programme, Maznah is better placed to focus on the well-being of her children.

Realising the benefits of the programme, Maznah is hopeful that she will be able to give back to the community one day. She would also like to extend her appreciation to all the donors who have generously supported the programme.

**Client's name has been changed to protect her identity.*



SCAN ME!



Share Your Blessings

Keen to donate? Share the same vision as us?
Be part of this growing initiative!

Contact Us

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