

HCSA HAPPENINGS

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Blessing communities in need of support

On 13 May, staff and beneficiary representatives from HCSA Community Services joined over 20 other social service and community organisations for the launch of Bless Our City Grant Programme - a joint initiative by Far East Organisation and Central Singapore Community Development Council (CDC).

The Bless Our City Grant will allow HCSA Highpoint Halfway House to develop after-care support services for discharged residents, thereby supporting them in their transition back to society and reducing their chances of re-offending.

Graced by Deputy Chariman of The People's Association Mr Chan Chun Sing, the event opened with heart-warming performances by the Rare Disorders Society (Singapore) and The New Charis Mission. Participants were also invited to build their own 'Bless Our City' pack by picking out nutritious food items from the respective booths. They were then encouraged to pen a gift card and gift this pack away to bless it forward.

We are grateful to Central CDC and Far East Organisation for choosing HCSA Highpoint as a beneficiary partner for this programme! As what Ms Denise Phua, Mayor of Central Singapore District, rightfully said: "It's important for businesses to not just do well, but do good."



HCSA Community Services is a charitable organisation with the Institution of a Public Character (IPC) status and a member of the National Council of Social Service. As a family of dedicated staff, volunteer teams, corporate and community partners, we continue to serve some of the most vulnerable in society, to give them a future and a hope. Our beneficiaries include ex-offenders, single parents facing limited support, and teenage girls who have experienced the complex trauma of abuse.



Find out more about us and what we do at www.hcsa.org.sg



Celebrating the single mothers and fathers at SPIN

It takes an unbelievable amount of love, strength and courage to raise a child, even more so when you're a single parent, so every day is worth celebrating! To do so, we threw a combined Mother's & Father's Day celebration on 22 June for the single parent families at SPIN.

Our beneficiaries were treated to a nail bar by E&S Blessing and a leather crafting workshop by Semicolon Works where they learned how to make personalised coin pouches and key fobs. The event ended with the children presenting their parents with the beautiful floral cards they made at the science and floral card making workshop by Ferisia Singapore. All families were also gifted grocery vouchers by E&S Blessing and other sponsors.

We would like to extend our gratitude to all our volunteers and partners who took their precious Saturday morning off to celebrate our SPIN beneficiaries!

Zumba Night with PrimeTime Outreach



To fulfil their mission of creating positive change and raising awareness for activities that support the independence of women, PrimeTime Outreach organised a Zumba workshop for the girls at HCSA Dayspring Residential Treatment Centre during the recent June school holidays. It was a fun-filled Wednesday evening where the girls could let loose and groove to the beat, while working up a sweat at the same time. A big thank you to PrimeTime for dedicating their time to bring joy and laughter to our beneficiaries – we look forward to the upcoming events they have planned for the girls!

PrimeTime Business and Professional Women's Association is a non-profit society that provides a unique experience for women looking for professional, social and community fulfilment. Offering over 50 activities each year, PrimeTime is the most active professional women's group in Singapore and is also a member of the Singapore Council of Women's Organisations (SCWO).

Come and relive the Good Ol' Days!



This year, HCSA is honoured to have President Halimah Jacob, a strong supporter of our cause, grace our signature annual fundraiser – Night of Hope Gala.

Themed 'Good Ol' Days', the Gala will have nostalgic games like five stones, pick-up sticks and chapteh, rainbow bread ice-cream and kacang puteh booths, and a photobooth to capture your wistful memories! Show off your old school Singaporean outfit in our best dressed competition, and dance away to oldies but goodies hits performed by our live band.

We aim to raise at least \$700,000 in support of our various programmes for abused teenage girls, single parents in need, ex-offenders and their families, and other vulnerable individuals. From 1 April 2019 to 31 March 2020, donations to Institutions of a Public Character (IPCs) will be matched dollar-for-dollar through the new \$200M Bicentennial Community Fund (BCF), up to a cap of \$400,000 per IPC. With this matching, your donation will go twice as far with double the impact!

Join us as we relive the Good 'Ol Days and go back in time for an evening of feel-good classics, great food and good cheer - all for a meaningful cause!

Event Details

**FRIDAY
20 SEPTEMBER 2019**

6.30PM | One Farrer Hotel

Register your support

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Did You Know?

\$100 can provide an abused teenage girl with **one session of clinical therapy** that helps in her recovery from trauma.

Make A Difference Today



Scan QR code to donate

Key in HCSA'S UEN number **S97SS0023J** via your online banking app.

Under the Reference Number Field, please include your first name and contact number for tax deduction purposes.



Rediscovering the beauty in life

I spent 20 years going in and out of prison. During my term, I did a lot of in-depth reflection and realised that I was enslaved by anger, deceitfulness, fear and greed. I started using all these bad feelings as an excuse to abuse sleeping pills – soon I became addicted. Although I enjoyed how the pills made me feel, I was still filled with self-pity, regret, and bitterness within. Looking deeper, I was angry with everyone – even myself. I was not grateful with what I had in life and started to give up on everything. I needed help to be healed from my addiction. But first, I had to be truthful with myself – no more lies, fears and escaping. I gave myself another chance to move on.

HCSA Highpoint provided for all my physical and emotional needs. I was blessed with great residents and staff who encouraged me throughout my time there. They helped me become independent and disciplined. I even took up exercising again thrice a week and started eating more nutritiously for my health. In December last year, I successfully completed the programme. Through the many outings to various landmarks in Singapore, I realised how simple and beautiful life can be. My most memorable experience was being able to invite my mother along for the River Cruise outing. I had such a wonderful time being with her and seeing her so happy.

Now, I actively return to HCSA Highpoint as an alumni volunteer to encourage others like myself. I stopped having a self-defeatist mindset and am now filled with hope. I wish to encourage everyone like me to have faith in yourself and not give up. Pay attention to the little things around you, work on knowing yourself better, and prepare to fight for your recovery!

Narong, HCSA Highpoint resident from June to December 2018

From small beginnings come great things

HCSA has evolved greatly over the years! Learn more about our work in the latest HCSA Annual Report.



Scan the QR code to view the report



To request for a hardcopy, please email enquiry@hcsa.org.sg

Become the next Culinary Hero!



Have you met Joe? He's happy, in-control and one step closer to his dreams. Watch this video to find out how you can be like him by joining HCSA Academy's 6-week WSQ culinary course.



Scan the QR code to watch the video