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SSO | SCOOP

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Singapore 310490
Email: sso_tpy_admin@msf.gov.sg

For client's referrals, please email them to their nearest SSOs. Please provide basic information such as client's name, NRIC number, contact details and social report where available, for our follow-up. You may use our e-locator at <http://app.msf.gov.sg/dfcs/sso/default.aspx> to locate the relevant SSO by entering the client's postal code.

ComCare Hotline
1800-222-0000

At a Glance...

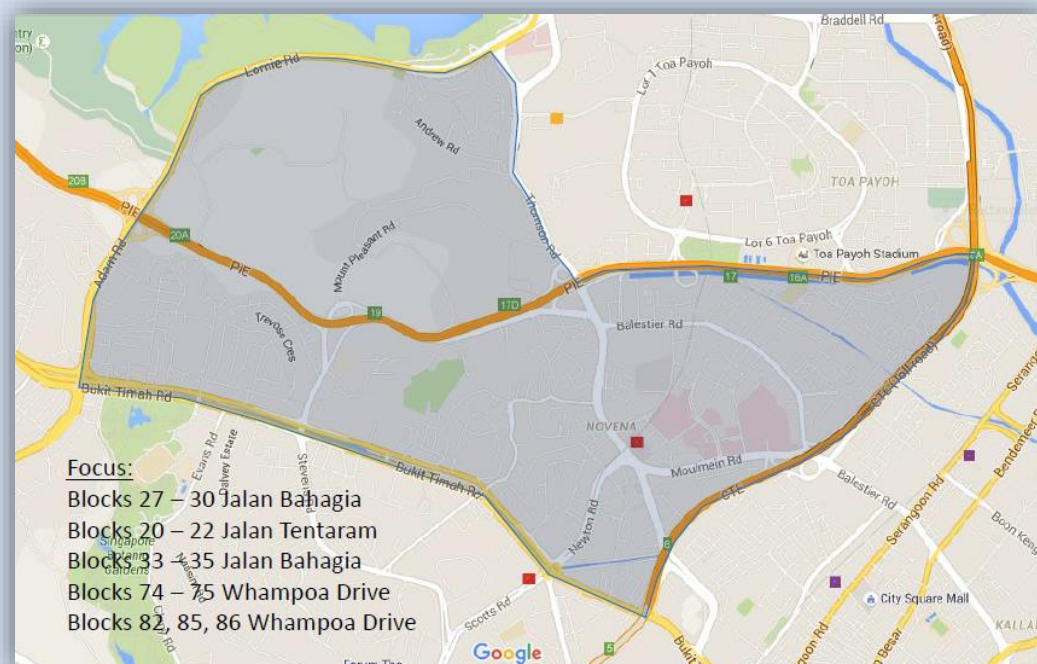
**Jalan Besar
Newsflash**
Whampoa Family
Service Centre

**Toa Payoh
Newsflash**
Abilities Beyond
Limitations and
Expectations Limited

Jalan Besar Newsflash: Whampoa Family Service Centre

About Whampoa Family Service Centre (WFSC)

WFSC was established in March 2016 to provide help and support to individuals and families residing in the Whampoa community. The WFSC team of social work practitioners provides professional services to cater to the needs of people at different life stages.



Whampoa FSC Service Boundary

Their services include:

- ✓ Information and referral;
- ✓ Casework and counselling; and
- ✓ Community and group programmes



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Jalan Besar Newsflash: Whampoa Family Service Centre (WFSC)



About Whampoa Family Service Centre (WFSC) [continued]

Through information and referral, WFSC can connect enquirers to appropriate and relevant resources. Families and individuals going through difficult times would benefit from counselling, group sessions or casework services provided at its centre. This is to ensure that each person's resilience is enhanced, one's family relationships strengthened and one's connections to the community increased.

The Whampoa FSC Team



The friendly Whampoa FSC team members are delighted to join the community. Ms Trina Tan, Director (4th from the left) are accompanied by her team members (from left) Mr Tan Jia Wei, Ms Linda Lim, Mr Benjamin Chua, Ms Joanne Chien and Ms Darryl Loh.

Collaborations

WFSC welcomes collaborations with residents and community stakeholders to create synergistic partnerships that benefit all, making Whampoa a better community to live in. As part of its efforts to reach out to the Whampoa community, staff from WFSC will run various community events to engage Whampoa residents and better understand the community's needs and strengths.

WFSC can be contacted at info@wfsc.org.sg or 63260300.



Toa Payoh Newsflash: Abilities Beyond Limitations and Expectations (ABLE)



Enabling People.
Changing Lives.

“With this program (*home-based respite*), I know my girl is taken care of and I can also take care of myself”
– **Doris Low, Caregiver**

“They (*therapists*) are very friendly so it’s easy to communicate. They will also take the time to go through the exercises to help improve my back”.
- **Allan Tan, former client**

About ABLE

Mission: To enable the physically challenged to live with dignity and to have a productive, meaningful and independent life.

Abilities Beyond Limitations and Expectations Limited (“ABLE”) was incorporated on October 2010 and is an affiliate of Caritas Singapore, the official social and community arm of the Catholic Church in Singapore. ABLE is certified as an Institution of a Public Character (IPC) since November 2010.

Through the generous support of their benefactors and using the Ministry of Health per capita household means testing, they are able to keep their programmes and services affordable for the physically challenged community and their caregivers.

ABLE’s Programmes and Services

Rehabilitation Centre

Operating in a new facility at the Agape Village, the centre adopts a holistic and differentiated approach to assisting Persons with Disabilities (PWDs). Services include:

- Assessment by a Multi-Disciplinary Team, comprising case manager, Occupational Therapist and Physiotherapist to map out client’s needs and goals.
- Pilates rehabilitation (probably the first of its kind in Singapore), amongst other conventional rehabilitation.
- A Return-to-Work (RTW) programme that aims to support clients to achieve sustainable open employment.
- Training to enhance client’s employability in the competitive job market.



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ABLE's Programmes and Services [continued]

Respite Centre

The centre offers respite programmes and services to Family Caregivers and their physically challenged Care Recipients. These include music therapy, computer classes and befriending services.

The centre's facilities include a programme room for Care Recipients, a respite area for Family Caregivers to rest and unwind, a media room and physically challenged friendly pantry for both Care Recipients and Family Caregivers. The centre is set up to provide a place for them to re-energise and a place to call their 'home away from home'.

ABLE also offers home-based respite services. Nurses are sent into Family Caregivers' homes to meet the Activities of Daily Living (ADL) needs of the Care Recipients. This service aims to alleviate Family Caregivers' stress and burnout.



(Above) Care recipients enjoying music therapy.

(Below) Family Caregivers bonding over games.



Transport

ABLE has a wheelchair accessible van to shuttle clients from their homes to Agape Village at affordable rates.

If you know of someone who may benefit from their Rehabilitation, Return to Work, and Respite programmes, please let them know about ABLE.

You may visit or contact ABLE at:

- 7A Lorong 8 Toa Payoh, Agape Village #02-09
Singapore 319264
- T | 68017460
- E | enquiries@able-sg.org
- W | www.able-sg.org

You may wish to join them at their

ABLE Open House

in conjunction with
Disability Awareness Day
on **Saturday 16 July 2016**

10am to 3pm



WRITE TO US!



Feedback or Suggestions?

Message for Community Partners?

Upcoming Programmes or Initiatives?

Email us @ allena_yan@msf.gov.sg or ryan_tan@msf.gov.sg



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