

# CONNECTABLE

VOL. 2 | DECEMBER 2015

ABILITIES BEYOND LIMITATIONS AND EXPECTATIONS

## Thank you to all our donors

### Charity Dinner at Imperial Treasure Restaurant 20 November 2015

Over 220 guests filled the Chinese Swimming Club Ballroom for the ABLE Charity Dinner at Imperial Treasure Restaurant on 20 November 2015. Over \$380,000 was raised from the dinner, pledge donations and the energetic and spontaneous wine and dining auctions. The evening even saw the auction of white truffle all the way from Italy. Guests enjoyed a sumptuous dinner hosted by Mr Alfred Leung, Imperial Treasure Restaurant, and were treated to lively jazz sounds by City Swing band. Imperial Treasure has partnered ABLE in the Charity Dinner for a second year.

Once again, our heartfelt thanks to all our guests for your generous contributions and support for ABLE's mission to integrate the physically challenged back into society.

Look out for more details of the next charity dinner in the second half of 2016 on ABLE's website.



ABLE Charity Dinner 20 November 2015



ABLE Charity Dinner auction

## NOW SERVING THE COMMUNITY AT AGAPE VILLAGE

Finally ABLE has moved into our new home in late October 2015 at Agape Village. From plans on the drawing board, our two centres – ABLE Rehabilitation & Training Centre and ABLE Respite Centre – are now open to serve the physically challenged in the community, to live with dignity and lead a productive, meaningful and independent life.

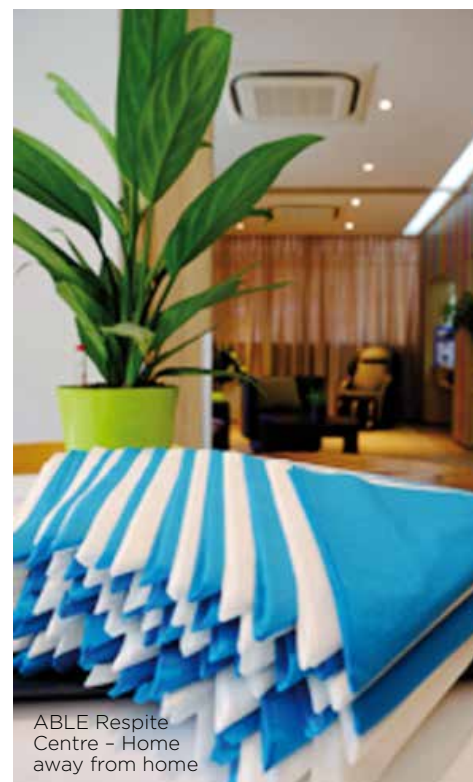
ABLE's new Rehabilitation Centre will be offering Pilates rehabilitation techniques (probably the first of its kind in Singapore) amongst other conventional rehabilitation to clients. The Pilates instructors are trained by Pilates Master Instructor Elizabeth Larkam, creator of The Moving Body program. We will also offer a Return-to-Work (RTW) programme that aims to support clients to achieve sustainable mainstream employment. Clients will initially be assessed by a Multi-Disciplinary team which includes a Case Manager, Occupational Therapist and Physiotherapist to map their needs and goals, before an individualized and client centred intervention program is planned.



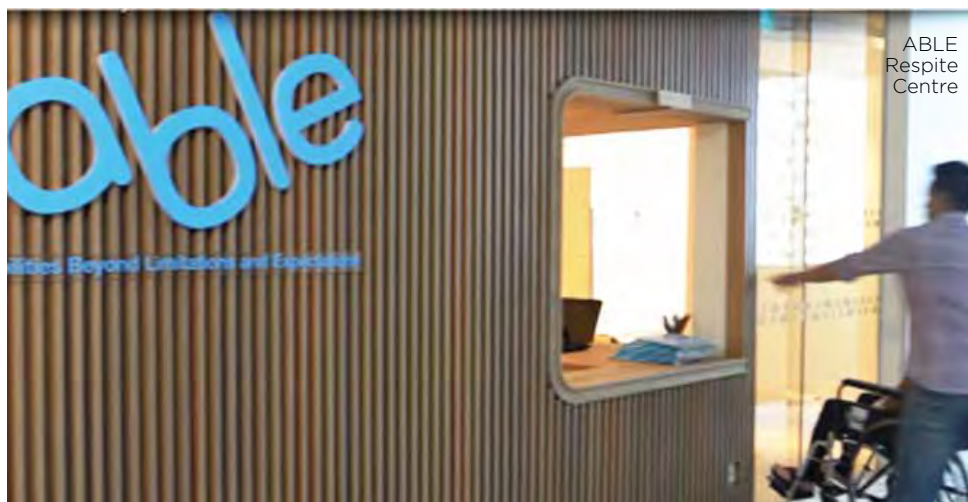
Pilates rehabilitation at ABLE



ABLE Rehabilitation Centre - Official Opening of Agape Village, 21 November 2015



ABLE Respite Centre - Home away from home



ABLE Respite Centre

The task of caregiving is a demanding one. Caregivers of persons with disabilities (PWD) often experience feelings of loss, stress, frustration and guilt. The Respite centre seeks to energise and refresh caregivers through social activities, support groups, training programmes and case management. All programmes are geared towards improving the physical and emotional well-being of the members in order that they may be better caregivers to their wards.



**OPEN HOUSE**  
All are Welcome!

**8 December - 22 December 2015**

**Tuesday and Thursday**  
**10AM to 12PM**

Stop by our facilities and enquire with our team

AS WE LEAVE YOU WITH OUR ABLE 2015 VIDEO

We Would Like To Wish Each And Every One A

**Blessed Christmas**

And

**HAPPY NEW YEAR IN 2016**

Click [HERE](#) to watch ABLE's 2015 Corporate Video.  
(from our ABLE Facebook page) <https://goo.gl/uYW3PT>

IF YOU KNOW OF SOMEONE WHO NEEDS HELP, PLEASE CALL +65 68017460



Please visit our Facebook page and follow us on Instagram for updates.

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