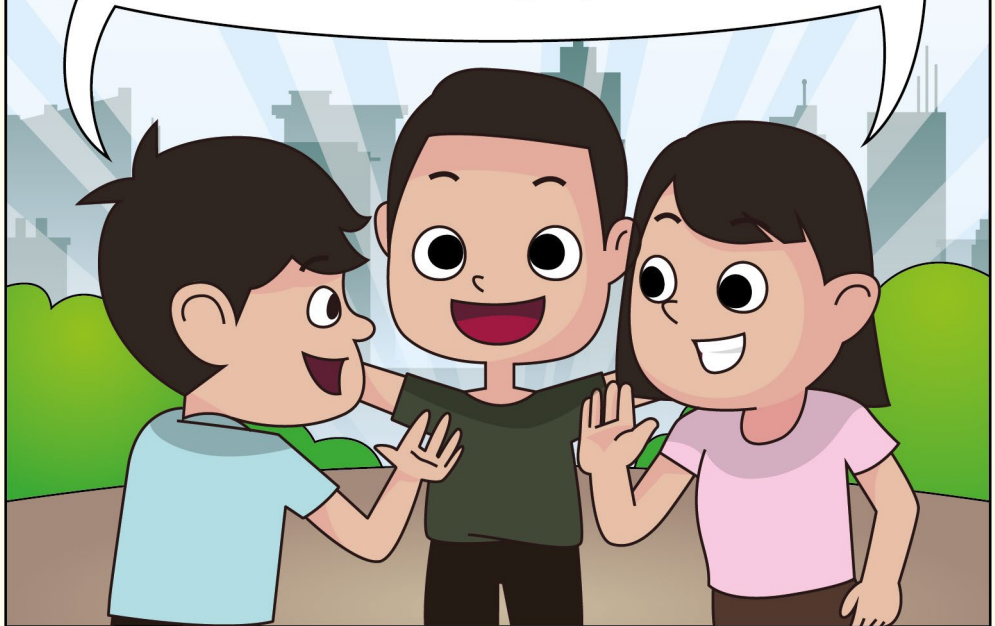


**CARE Singapore**  
**Annual Report 2018 -2019**



# TRANSITIONS

Moving strategically  
to CARE 2.0



# MESSAGE FROM THE CHAIRMAN

2018 marked the year we took bold steps towards **CARE 2.0**, a strategic reboot of sorts, aimed at bearing fruit from 2020. Hence, the "Transitions" theme of this Annual Report.

We undertook a major renovation project, establishing a new counselling centre and realigned our premises into a more collaborative workspace. We moved our admin records-keeping from paper to the Cloud and adopted online systems.

For services, we went beyond our staple school-based social work to launch new programmes like after-school engagement, mental wellness promotion and parent/family interaction.



Fueling **CARE 2.0** requires manpower talent and financial support. For the former, we have always invested heavily in staff development. For the latter, we are very grateful for continued help via donations, grants and contributions.

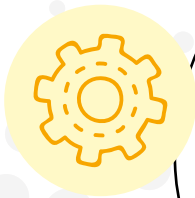
Thanks for believing in us and accompanying us on this journey of helping youths succeed.



Yours truly

**Mr Jeffrey Neo**  
Board Chairman  
May 2019

# THANK YOU



## SUPPORT RECEIVED

We are very thankful for the financial support we have received via grants, donations, contributions and programme fees.

Number of individual donors: **200**

Amount donated: **\$100,007**

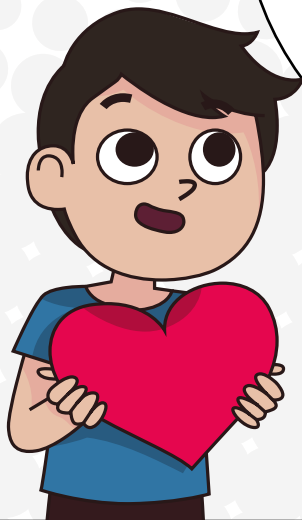
Number of organisation donors: **47**

Amount donated: **\$417,801**

Government programme grants: **\$727,231**

Care & Share grants: **\$500,819**

Programme fees & other income: **\$331,984**



### Children-At-Risk Empowerment (CARE Singapore)

Add: CARE Singapore  
428 Pasir Ris Drive 6  
#01-21  
Singapore 510428

Email: [care@care.sg](mailto:care@care.sg)

Web: [www.care.sg](http://www.care.sg)

UEN: T00550043E

IPC: IPC000150

Charity Registration No.: 1509





Bud was an angry 14-year-old. It didn't help that he was taller and bigger than his peers. It only made him stand out as a target, ironically, for taunts.

**BULLY TO BUDDY**

On top of that, Bud didn't speak well and struggled to express himself. He believed he was a failure, unable to succeed in anything. Brooding, he lashed out at his peers and was rude and defiant towards teachers.

**BUD, CAN YOU CONCENTRATE IN THE LESSON?**

**WHY, YOU NOT HAPPY WITH ME IS IT!**



The CARE youth workers reached out to Bud as caring adults, promising to journey with him through his challenges. They helped him see, and believe in, the potential of his latent strengths.

**DON'T WORRY, TAKE IT SLOWLY. I WILL GUIDE YOU!**



Bud experienced a breakthrough during Camp Synergy, a stay-in camp conducted by CARE at his school. He took on a new perspective of life, becoming more positive. He apologised to those whom he bullied, and also stood up for them when they were bullied by others. Bud began showing respect to his teachers. He collected motivational quotes, even sharing them with his teachers and youth workers.



With renewed focus and purpose, Bud worked hard over the next two years and did reasonably well in his N Level exams, qualifying for a good course at ITE, where he studies currently. He hasn't forgotten his secondary school. At a recent edition of Camp Synergy, he returned as a buddy to his juniors, caring for and helping them, paying forward the similar guidance he received before.



**BUD IS AWARE, HOWEVER, THAT HE'S STILL A WORK-IN-PROGRESS. YET, HE HAS TASTED SMALL SUCCESSES, DUE TO AN AWAKENED BELIEF IN HIMSELF. HE CREDITS HIS SCHOOL TEACHERS AND CARE FOR PLANTING THAT BELIEF, WHILE CARING FOR HIM, AT A TIME HE NEEDED THE MOST.**



# MAKING IMPACT...

## REACHING STUDENTS...

We served **935 students** from four secondary schools through our core programmes, **Uth Power!** and **The Scaffold Programme (TSP)**, receiving positive feedback from students like:

- "It helped me a lot with my anger...this programme help me a lot to change my negative attitude."
- "I learned to appreciate myself more and I learn I can improve myself to become a better person; to always work harder to achieve my dreams."

These are some of our programme **outcome indicators**:

	Proportion of students:
a) Feeling positive towards school and community:	92.1%
b) Reporting positive orientation to the future:	90.1%
c) Feeling motivated to do well academically :	96.7%
d) Reporting improved pro-social interactions with peers:	98.7%
e) Positively engaged during lessons and school activities:	97.3%



## ENGAGING STUDENTS BEYOND THE CLASSROOM...

Students participated in activities that included soccer-coaching, a special session with Olympian Joseph Schooling, flower arrangement workshops, hip-hop dance classes, go-karting, and a community service programme during Ramadan.

## MATCHING STUDENTS WITH MENTORS...

Selected students received additional help from caring adult volunteers serving as mentors.

This year, some 50 mentees were matched to mentors and were guided through one-on-one sessions, group meetings and other engaging activities.

## PILOTING A SPECIAL PROGRAMME FOR GIRLS...

Sensing a need, we piloted **Girl Power!**, a series of customised small-group sessions, aimed at empowering girls with a deeper appreciation of their bodies, minds and future.

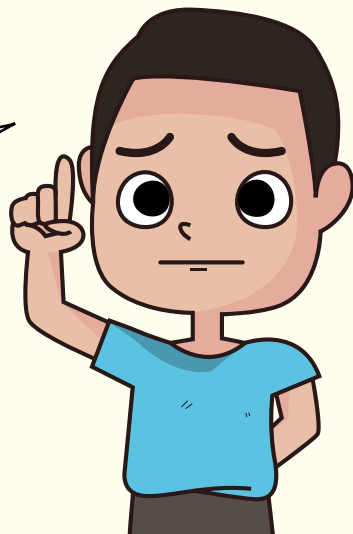
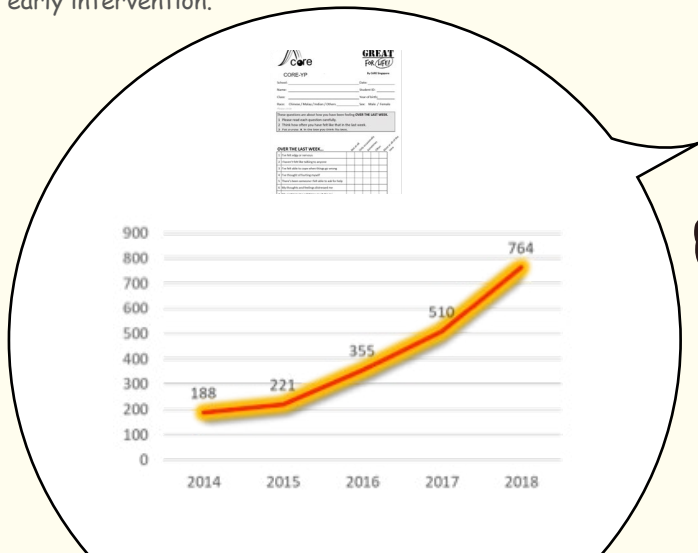
## CONNECTING PARENTS AND TEACHERS...

We reached out to our students' parents, conducted 123 family sessions and 24 workshops, serving over 1800 parents and family members, clocking more than 2100 hours. Over 90% of these parents indicated they gained more insights on how to positively support their children. One parent, Mdm J, remarked, "the CARE programme is a steady structure where students can turn to for help and seek respite."

We worked closely with 58 school personnel from our various partner schools. Response has been positive too. One teacher reported, "I really appreciate the home visit support given because it's almost impossible for us to do that many home visits..."

## FOSTERING MENTAL WELL-BEING...

A critical part of CARE's work lies in fostering mental well-being and resilience among students. These past few years, our counsellors have seen a sharp rise in complex cases concerning family matters, emotional issues, high stress and personal challenges. We recently adopted an assessment tool called YP-CORE to help us spot patterns early and institute prompt attention. Initial results are promising, indicating the efficacy of early intervention.



# POSITIVE MEMORIES, TOGETHER



Helping out at breaking-of-fast event



Parents' engagement - cook-off



Girl Power



Mentoring in progress



Go-Karting



Joseph Schooling session



Parent and child bonding through flower arrangement



Flower arrangement workshop



Baking together



Outside of classroom activity



Parents' engagement



Proud mentor and mentee