

WHERE WOMEN FIND PURPOSE & HOPE

NEWSLETTER for JUNE 2015



FEATURE

RIDE THE WAVE

Wave goodbye to abuse, catch the wave to new life

Since he was a boy, Brazilian artist and surfer Hilton Alves, 35, has loved the sea. In 2000 he began painting professionally, bringing the wonders of the ocean to cities around the world through oil, acrylic and airbrush works.

“As a surfer I’m in the ocean every day, seeing perfect waves, movement and sunsets,” Alves says. “I’d like to show people my vision for the marine world.”

Alves has never stopped challenging himself. In 2004 he began painting life-sized murals, which can be seen in Brazil and Hawaii.

Singapore, too, will have a piece of Alves’ magic soon. *Catch the Wave*, Alves’ fifth work in his *101 Perfect Waves International Mural Project*, will come to life in Sentosa from 12 to 21 November 2015. He will be painting the mural with 50 children whom he will host in a workshop.

The mural will also aim to offer a new vision for the vulnerable: *Catch the Wave* is a fund-raiser that seeks to meet the shelter and therapeutic needs of abused girls and unsupported pregnant women at DaySpring.



HOW TO CATCH THE WAVE!

Be a part of Alves’ art! As a donor to *Catch the Wave*, you will contribute to DaySpring’s work with abused girls and unsupported pregnant women. Donors can gain brand visibility through the various media and event platforms for *Catch the Wave*.

“It’s a worthwhile cause where individuals or companies can get involved in a lasting community art installation,” says Adelene Wee, Director of Partnerships at DaySpring. “The waves in Alves’ art represent the positive ripple effect of doing good for a community. And goodness is the business of every individual and organisation, even more so as Singapore celebrates her Golden Jubilee.”

To find out how you or your company can get involved, contact Adelene Wee at 9615 2828 or adelene@hcsa.org.sg

ABUSED GIRLS

DaySpring Residential Treatment Centre provides a caring, safe and structured environment to help teenage girls who have suffered the trauma of abuse

“WE LEARNT THE MAGIC OF HUMAN CONNECTION”

Letter from Australian interns



From left to right: Hayley, Dara (Assistant Resident Manager), Jasmine, Holly and Josephine

“A big hello from Australia! We are four social work students from Flinders University, Adelaide, Australia: Jasmine Chapman, Hayley Lepe, Holly Woodhouse and Josephine Wood. We were blessed to have spent our three-month attachment at DaySpring Residential Treatment Centre in Singapore.

On a professional level, we were surrounded by a very skilled and multi-disciplinary team. We had the opportunity to learn the skills needed in both clinical and residential settings. We were given the chance to absorb new theories, perspectives, cultures, methods of practice and more.

We also made meaningful relationships with both the staff and residents. We brought with us our own experiences and were able to build on that not only as learning professionals, but also as individuals.

One of our highlights was being invited to Camp Telunas! We were part of deep and meaningful moments, and witnessed fears being conquered. We also learnt the magic of human connection and are forever grateful.

We came with the expectation of a once-in-a-lifetime opportunity and were not disappointed! DaySpring welcomed us like family. We already feel their absence.

Hayley, Holly, Jasmine and Josephine

“IT’S NOT WORTH IT TO HURT MYSELF”

Letter from a DaySpring graduate

“I am Li Lin, aged 15 this year. I arrived in Singapore six years ago. I entered DaySpring for treatment and have graduated. This is my story.

When I was young, my family had financial problems. My parents fought often. I was alone at home and took care of myself. My father then came to Singapore to work. My mother and I joined him a few years later. Meanwhile, my father kept changing jobs. He was stressed and even beat my mother.

Later, my mother chose to return to China. As I wanted to finish my studies, I stayed in Singapore. I lived with my father and an uncle. The uncle sexually abused me, gave me drinks and cigarettes, and kept offering us money to get what he wanted. When I was in pain, the uncle didn’t care. He was ignorant about the harm he caused and the abuse was hurtful. Whenever the uncle was angry, my father scolded me for not doing anything for him – the fact was, I did, but I just couldn’t tell him the truth.

I started self-harming and did many things to try to kill myself. A teacher in school noticed I was going through a crisis. He gave me a piece of paper and pen to write everything down. He called my child protection officer and I was brought to the police station. My father and uncle kept calling but I was afraid to pick up the phone. I was sent to the hospital for a check-up and was warded. Later, I entered DaySpring for treatment.

It has been a long struggle to overcome my past. I kept blaming myself. I cut myself many times, even once on the neck in front of the DaySpring girls. After that cut, I began to learn: I realised that it’s simply not worth it to hurt myself. It doesn’t solve any problems.

I don’t self-harm anymore. I tell myself and others: “The past is past. Now is the present. Make sure you live in the present fully and positively.” I hope those who have gone through abuse can be stronger and not give up – even though it is difficult most of the time.”

Li Lin



I began to learn: I realised that it’s simply not worth it to hurt myself. It doesn’t solve any problems.

Li Lin has since graduated from DaySpring. She is reunited with her mother and is doing well in school. She thanks the volunteers, staff and donors for contributing to her recovery and healing process.

WOMEN WITH UNSUPPORTED PREGNANCIES

DaySpring New Life Centre provides timely, non-judgmental and holistic help to women with unsupported pregnancies so they can make life-giving choices

BABY STEPS TOWARDS MOTHERHOOD

Geraldine's parents were not around for her, so when she became a young mother, she barely knew what to do

When she was six, her mother left her. At 13, her father followed suit. So Geraldine, 20, never understood the concept of parents. "I've looked after myself since I was very young," she says.

Little did she know she would become a parent herself at a young age. Last year, Geraldine was pregnant with her first child. It was not something she was ready for.

Even more disheartening was that Geraldine lacked a support network. Without her parents around, Geraldine was clueless; also, the baby's father knew little.

Geraldine needed help. She was referred to DaySpring New Life Centre, where she lived for three weeks before the birth of little Joshua.

"I didn't know what to expect as a mother," she says. "But DaySpring was there for me, and the staff prepared me for what was to come."

More and more, the future seemed less frightening to Geraldine, and she became confident of bringing little Joshua into the world. After he was born, Geraldine lived in DaySpring for four more months.

"I learnt how to look after my child. I picked up practical tips, such as bathing Joshua properly. I was also advised on the intangibles, like taking care of my emotional health," says Geraldine. "DaySpring is all about sound advice and planning. Most important, I learnt how to plan for both Joshua and myself."

When asked if she was now more confident of facing the future, Geraldine was hopeful about it. "Yes, I am," she says. "I want the best for my child, and I have more skills and support to make that happen."



Geraldine now raises the child with the baby's father and his family. DaySpring NLC continues to be a source of support for her.

Names have been changed to protect the identities of our residents.

MORE THAN SKIN-DEEP BEAUTY

For several weekends, a team from Estee Lauder Companies' Global Information Services (GIS) helped set up New Life Centre's nursery room and garden.

Led by Leong Geok Hoon, APAC Director of Application Maintenance & Development Services, GIS, the team of 15 from the cosmetics company got their hands dirty pruning plants and growing fruits and vegetables for our residents.

Their support extended to the weekdays, when they actively collected donations within their company. This helped fund the renovation and facilities of our new nursery, now named Hope Nursery, which can accommodate four babies.

The team continues to take care of our garden and the vegetable plot, and 5 December has been earmarked as their annual volunteering day.



Volunteers from Estee Lauder Companies' Global Information Services with Member of Parliament Christopher de Souza (centre, in white)

New, Precious Miracles



Since we began operations in November 2014, we have been glad to support the births of six babies. Most of the mums and tiny ones have reunited with their families, who initially had been unsupportive. We currently have three women who are awaiting the births of their babies in residence.

Happenings

NO HIDING BEHIND MASKS

20 – 22 March

The theme for DaySpring’s annual therapeutic camp this year was Mask: it was all about tearing down our masks to confront and love our true selves.

Held at the picturesque Telunas Beach Resort on Sugi Island, Indonesia, the camp saw DaySpring staff and girls participating in activities that encouraged vulnerability.

In one memorable activity, we were each given a mask. On the outer side, we wrote down how we wanted people to perceive us. On the inner side, we wrote down who we felt we truly were. During a bonfire, we burnt the masks, which symbolised an attempt to do away with appearances and focus on authenticity.

At this year’s camp, we also enjoyed a new level of friendship. We made our own pizzas on the beach, relaxed in the sea, had

an Amazing Race team-building game, took turns to leap off the 9m-high deck and watched the sunrise together. We also helped a nearby village build a sepak takraw court!

The best part was still sharing our hearts out with one another – true, genuine sharing, with no holds barred.



THANK YOU, MUM

10 May

DaySpring girls had a great time bonding with their mothers at our mother-daughter event in celebration of Mother’s Day. Activities included pancake decorating and art. We thank our volunteers for organising such a wonderful evening!



CONGRATULATIONS, JENNIFER HENG!

6 June

One of the Ten Outstanding Young Persons of the World (TOYP) – Singapore 2015 was DaySpring’s very own Jennifer Heng, 39, Director of our New Life Centre for women with unsupported pregnancies.

TOYP is an annual award organised by Junior Chamber International. Prominent local winners include Prime Minister Lee Hsien Loong, Minister Vivian Balakrishnan and singer Stephanie Sun.

Mrs Heng dedicated her award to her mother, Rita Yeo. “My mother never stopped believing that I could be outstanding even when I was messed up, rebellious and with no awards to show,” says Ms Heng. “She is the original Outstanding Person!”



From left to right: Dato’ Seri Dr Derek Goh, JCI Senator, Chief Adjudicator; Victor Wang, National President 2015, JCI Singapore; Jennifer Heng, Director, DaySpring New Life Centre; Senior Minister of State Amy Khor, Ministry of Health and Ministry of Manpower

ABOUT DAYSPRING

Since 2006, DaySpring has been providing voluntary welfare service to women and youth-at-risk in Singapore. We operate as a programme under HighPoint Community Services Association (HCSA), which is a member of the National Council of Social Services and recognised as an Institution of Public Character (IPC).

Our vision is to see every girl and woman, especially those at risk, live a life of purpose and hope, make peace with her past, and find purpose in her present and renewed hope for the future.

DAYSPRING RESIDENTIAL TREATMENT CENTRE



In January 2011 we set up DaySpring Residential Treatment Centre (DaySpring RTC) to provide abused girls from the ages of 12 to 16 with a treatment programme in a small-group home environment. The first of its kind in Singapore, DaySpring RTC is approved and licensed by the Ministry of Social and Family Development.

TREATMENT PROGRAMMES

We offer our residents the following programmes during their stay with DaySpring:

RESIDENTIAL THERAPEUTIC PROGRAMME

A 12- to 18-month live-in programme where our residents experience a sense of belonging, love and safety under 24/7 care and supervision by counsellors and mentors. They learn to cultivate healthy ways of thinking, feeling and behaving. The programme includes a 3-month in-house alternative school, so the girls can integrate better when they return to school after their initial treatment.

VALUES PROGRAMME

Six-level values-based programme where our residents determine their personal values and work with coaches and mentors to align their values with their actions. They learn to control themselves and achieve authentic, self-driven change. New residents begin with Safety, and move on to the subsequent levels: Expectation, Connection, Discovery, Insight, Integrity and Interdependence.

CLINICAL PROGRAMME

Our residents are involved in various clinical therapies as part of their daily schedules. These include individual counselling; family counselling; art, dance, drama and pet therapy; anger management; emotional regulation; and trauma and abuse group. Using a team-based approach, our counsellors and staff work with the residents to help them achieve their clinical goals.

TRANSITION PROGRAMME

Six-month after-care programme where graduates of the Residential Treatment Programme continue their path of healing. They learn life skills necessary for living independently and with their families and for reintegration into society.

ABOUT DAYSPRING NEW LIFE CENTRE



DaySpring New Life Centre provides timely, non-judgmental and holistic help to women with unsupported pregnancies so they can make the best choices for themselves, their children (born and unborn) and loved ones. It comprises a residential service, where women stay in to receive the care they need pre- and post-birth; as well as support services in the areas of adoption, fostering, counselling, parenting, medical needs, legal needs, and more.

HELP OUR GIRLS

Would you like to partner us to help girls and women renew hope? Here are the ways you can help!

Support our Residential Treatment Centre, which helps abused girls:

\$2,000 helps a girl in the Residential Therapeutic Programme for 1 month

\$3,000 helps 2 girls in the Clinical Programme for 1 month

\$4,500 helps 3 girls in the Alternative School for 3 months

\$12,000 helps a girl in the Residential Therapeutic Programme for 6 months

\$48,000 helps a girl in DaySpring (Residential Therapeutic, Clinical and Education Programmes) for 1 year

Support our New Life Centre, which helps unsupported pregnancies:

\$2,400 provides an unsupported pregnant woman with 1 month of residential services

\$1,800 provides an unsupported pregnant woman with 2 months of supported services, e.g. counselling, prenatal classes and financial advice (without residential services)

\$1,000 provides a new mum with essentials for a newborn

\$500 provides a baby with diapers for 6 months

PLEASE FILL IN THE FORM OVERLEAF

GIVE TODAY!

YOUR DETAILS

Dr Mdm Mr Mrs Ms

Full Name

Address

Postal Code

Phone No.

E-mail

NRIC/FIN

Occupation

We respect your privacy and do not rent, sell or exchange our mailing lists.

CONTRIBUTION METHOD

Cheque No. / Bank

Payable to **HCSA DaySpring**

Bank Transfer No.

OCBC Bank Account No:

641-008602-001

Branch Code: 641

Bank Code: 7339

Swift Code: OCBCSGSG

MAIL THIS FORM AND YOUR CONTRIBUTION TO:

DaySpring Residential Treatment Centre

234 Turf Club Road

Singapore 287984

All donations entitle you to the prevailing tax deduction rate of 3 times the donated amount.

For partnerships and volunteering opportunities, contact Adelene Wee at 6276 8002 or adelene@hcsa.org.sg

THANK YOU FOR YOUR CONTRIBUTION!