



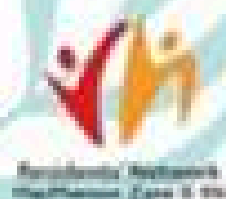
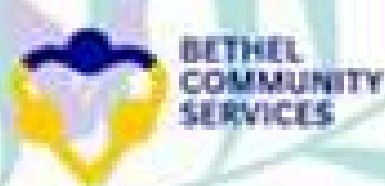
BETHEL  
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iCan Newsletter

Issue 1: Jan 2026 - June 2026

# Project KK



Scan here  
for more info



**WELCOME TO**

## Project KK 'Kampung Kelapa'

Join us for a time of community bonding and senior friendly exercises! Everyone is welcome!

欢迎大家一起来参加社区联谊和适合长者的友善运动！人人都欢迎加入！

**Every 2<sup>nd</sup> & 4<sup>th</sup> Tuesday of the month**

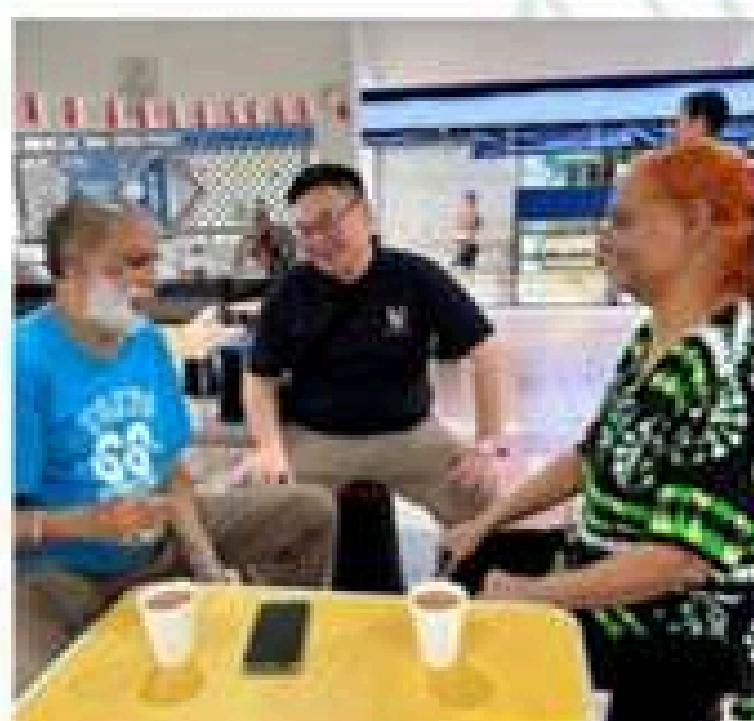
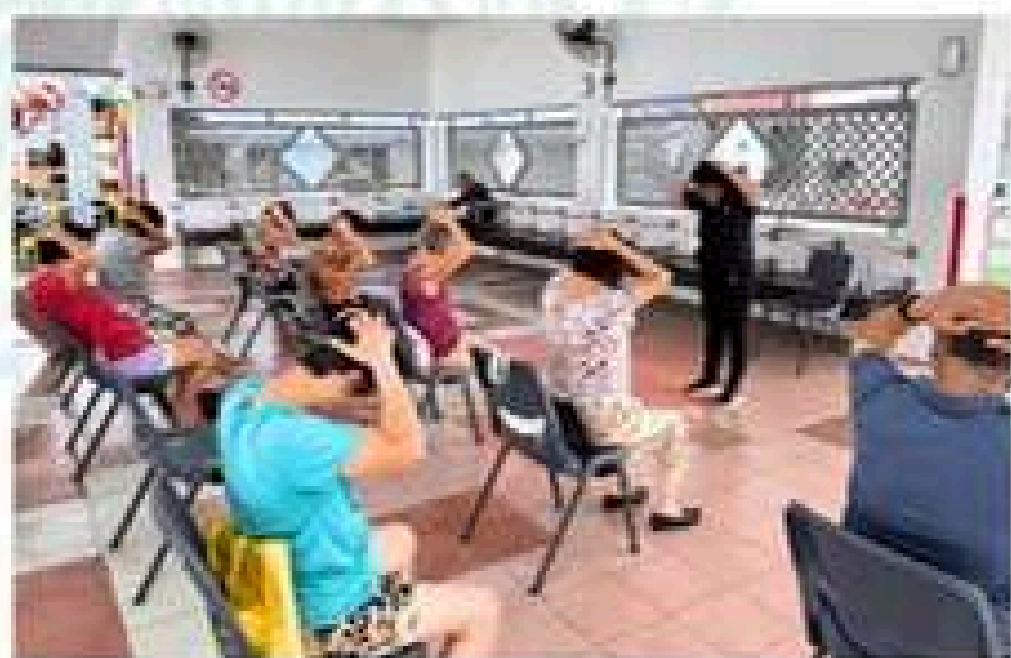
**每个月的第二和第四的星期二**



**Pop-Up Cafe**  
**快闪咖啡馆**  
9am - 12pm



**Senior Exercise**  
**银发族运动**  
9.30am - 10.30am



**CONTACT US @ 6744 7422**  
**65A CIRCUIT RD, SINGAPORE 371065**

Benjamin Lim  
Social Worker

## Project KK

### Reviving the Heartbeat of MacPherson

On the bright morning of August 26, 2025, the multipurpose hall of Blk 65A Circuit Road was transformed from a quiet thoroughfare into a vibrant hub of possibility. This day marked the launch of Project KK, a community initiative by Bethel Community Services (BCS) that stems from the social work methodology of Asset Based Community Development (ABCD). Over the past few months, this humble project has moved to become a flourishing ecosystem where residents are gradually becoming active contributors towards the community.

- **From Passive Space to Active Place**

One of the core objective of Project KK is to turn physical spaces into communal space that foster warm interaction. Project KK successfully converted the underutilized space at Block 65A into a welcoming environment for connection. Through the simple yet powerful medium of a pop-up café, freshly brewed beverages became the catalyst for conversation, turning strangers into neighbours and building the "social capital" that is essential for a resilient community.

- **Mobilizing Assets: Residents as Co-Producers**

Perhaps the most significant success of Project KK has been the shift in power dynamics. Rather than relying solely on external professionals, the project empowered residents to take ownership of their activities. During the weekly 1-hour exercise sessions, residents who were initially shy discovered their potential to lead groups while having fun. By moving from passive participants to active participants, they each demonstrated that every member of the community has a contribution to make. This not only meets the physical need for exercise but fulfills the deeper human need for purpose and contribution.







Benjamin Lim  
Social Worker

- **The Gifts of Hospitality and Talent**

We saw the gifts of the heart (hospitality) on full display during Deepavali, when residents spontaneously offered to prepare traditional snacks and curry puffs. This was not a service provided to them, but a celebration created by them—a distinction that lies at the heart of sustainable community development.

This spirit of contribution culminated in the December 2025 Christmas Block Party at Block 42A. The event featured carolling and instrumental performances, but the highlight was a powerful display of hidden talent. A brave resident, stepping out of her comfort zone, joined a BCS staff member for an impromptu harmonica performance of Silent Night and Greensleeves. Following this, she offered to share her musical expertise for future events—a classic example of how one identified asset (a talent for music) can multiply to enrich the wider community.

- **At the heart of it all....**

Project KK has reaffirmed a timeless truth: the "Kampung Spirit" was never extinguished; it was just simply waiting to be rekindled.

By shifting our lens from what the community needs to what the community has, we uncovered a wealth of capacity. Residents found smiles, laughter, and strength not just in professional assistance, but in each other. Those requiring casework support found it, but they found it within a network that also recognized their dignity and ability to contribute.

- **Partnership with community partners**

Project KK has also caught the eye of potential community partners and in collaboration with Macpherson Zone B RN since 28<sup>th</sup> November 2025, we seek to work together hand in hand to revitalize the kampung spirit together, and we do look forward to future collaborations and partnerships with other community partners as the project expands in the future.

The secret to a thriving MacPherson lies not in external interventions by social service organisations, but in recognizing and connecting the gifts, talents, and untapped strengths that were there all along within the precious community.







林伟才  
社工

# Project KK 重焕麦波申的社区活力

2025年8月26日的一个晴朗早晨，循环路（Circuit Road）第65A座的多功能礼堂从原本安静的过道，摇身一变成了充满无限可能的活力中心。这一天标志着 Project KK 的正式启动。这是伯特利社区服务（BCS）发起的一项社区倡议，其核心理念源于社会工作中的“资产为本社区发展”（Asset Based Community Development, 简称 ABCD）模式。在过去的几个月里，这个起初微小的项目已发展成为一个蓬勃的生态系统，居民们正逐步从服务的接受者，转变为社区建设的积极贡献者。

## 从被动空间到活跃场所 (From Passive Space to Active Place)

KK计划的核心目标之一，是将物理空间转化为能够促进温暖互动的“社区空间”。Project KK成功地将第65A座未被充分利用的空间，改造成了一个欢迎邻里联结的温馨环境。通过“快闪咖啡店”这一简单却有力的媒介，一杯现泡的饮料成了打开话匣子的催化剂，让陌生的邻居变成了朋友，并逐步建立了具有韧性社区为重要的“社会资本”（Social Capital）。

## 动员资产：居民成为共同建设者 (Residents as Co-Producers)

Project KK最显著的成功或许在于 主导权的转移。项目不再单纯依赖外部的专业人士，而是通过 赋权(Empowerment) 让居民主导自己的活动。在每周一小时的运动环节中，原本害羞的居民发现了自己带领团队的潜能，并在过程中找到了乐趣。从被动的参与者转变为积极的参与者，他们展示了每一位社区成员都有能力做出贡献。这不仅满足了运动的生理需求，更满足了人们对于 目标感和贡献感 的深层心理需求。

## 好客与才艺的礼物 (The Gifts of Hospitality and Talent)

在屠妖节期间，我们亲眼见证了“心的礼物”（Gifts of the heart，即好客精神）的充分展现——居民们自发地为社区准备了传统零食和咖喱角。这不是一项“提供给”他们的服务，而是一场“由他们创造”的庆祝活动——这种区别正是可持续社区发展的核心所在。这种奉献精神在2025年12月于第42A座举办的圣诞邻里派对上达到了高潮。活动不仅有报佳音和器乐演奏，更是一个发掘“隐性才艺”的舞台。一位勇敢的居民走出舒适圈，与BCS的工作人员即兴合作，用口琴吹奏了《平安夜》和《绿袖子》。随后，她更主动提出要在未来的活动中分享她的音乐专长。这是一个经典的案例，展示了当一个被发掘的资产（音乐才艺）被激活时，如何能倍增并丰富整个社区。

## 回归核心.....

Project KK重申了一个永恒的真理“甘榜精神”从未熄灭，它只是在静静等待被重新点燃。当我们转变视角，不再只关注社区“需要什么”（Needs），而是关注社区“拥有什么”（Assets）时，我们发现了巨大的潜在能量。居民们不仅在专业援助中，更在彼此身上找到了欢笑、笑容和力量。那些需要个案辅导支持的居民确实得到了帮助，但他们是在一个尊重其尊严、并认可他们贡献能力的支持网络中获得了这些帮助。

## 携手社区伙伴

Project KK也吸引了潜在社区合作伙伴的目光。自2025年11月28日起，我们与 麦波申B区居民联系网(MacPherson Zone B RN) 展开合作。我们寻求携手共进，共同重振甘榜精神，并期待随着项目的扩展，未来能与更多社区伙伴建立合作关系。麦波申社区蓬勃发展的秘诀，不在于社会服务机构的外部干预，而在于识别并连接那些一直存在于这宝贵社区内部的礼物、才艺和未被开发的潜能。







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Snr Pastor Wong Yew Keong  
Chairman

## Looking Beyond Ourselves

**“Let each of you look not only to his own interests, but also to the interests of others.”**

**Phil 2:4**

Registered as a Society in August 2004 and recognised as a Charity by the Commissioner of Charities, Bethel Community Services (BCS) has been a full member of the National Council of Social Services (NCSS) with the Institution of A Public Character (IPC) status since July 2007.

Over the last 20 years, BCS has evolved from one that focuses primarily on children and student care, to one that gravitates towards the elderly in the Geylang East Central (GEC) community. The GEC community is one where there are many poor and needy; with many staying in rental flats. Most of these elderly residents are either living alone or with just their spouses. Quite a few households are on social assistance from the government or other social agencies.

The bible teaches that we should not look only to our own interests, but also to the interests of others. As this is where God has placed us, BCS seeks to extend God's love to the less fortunate and disadvantaged folks in our GEC community. We hope to uplift those who are vulnerable through compassion and practical support; seeking opportunities to Bless, Care and Share with them, and make a difference in their lives.

Through our weekly activities such as TCM clinics, breakfast conversations, birthday celebrations, karaoke, bingo games, food distributions, line dancing and Seniors' exercises etc, BCS hopes to create meaningful relationships and bring joy and purpose to the elderly. As they make new friends, deepen relationships and share life experiences, we hope the seniors' community in GEC will have a renewed zest for life.

Finally, I would like to thank all our donors, partners and volunteers for their generosity and incredible support, without which we would not be able to run many of these programmes and activities. In addition, I want to thank all the staff of BCS and our amazing volunteers, for their dedication and tenacity in making things happen.

May BCS be a hub where residents in our community gather to connect and enjoy themselves; and may the Lord continue to bless the works of BCS!



Snr Pastor Wong Yew Keong

主席

# 走出自我，关怀他人

## “各人不要单顾自己的事，也要顾别人的事。”

### 腓立比书 2:4

伯特利社区服务（Bethel Community Services，简称 BCS）于2004年8月注册为社团，并获慈善专员认可为慈善机构。自2007年7月起，BCS 成为国家社会服务理事会（NCSS）的正式会员，并拥有公共机构资格（IPC）。

在过去的20年里，BCS 从最初主要关注儿童与学生照护，逐渐发展为更着重服务芽笼东中区（Geylang East Central，简称 GEC）的年长者社区。GEC 是一个贫困及有需要人士较多的社区，许多居民居住在租赁组屋中。大多数年长者不是独居，就是仅与配偶同住；相当一部分家庭依靠政府或其他社会机构的社会援助维生。

圣经教导我们，不要只顾自己的利益，也要顾念他人的需要。既然上帝把我们安置在这里，BCS 便致力于将上帝的爱带给 GEC 社区中较不幸和弱势的人群。我们希望透过怜悯与实际的支持，扶助那些处于弱势的人，寻找机会去祝福、关怀并与他们分享，从而在他们的生命中带来改变。

透过每周的各类活动，如中医诊所、早餐交流会、生日庆祝、卡拉OK、宾果游戏、食物派发、排舞及长者健身操等，BCS 希望与年长者建立有意义的关系，为他们带来喜乐与人生目标。在结交新朋友、加深彼此关系及分享生活经历的过程中，我们盼望 GEC 的长者社区能重新燃起对生活的热情。

最后，我要衷心感谢所有捐款者、合作伙伴及义工的慷慨与大力支持；若没有你们，我们无法开展许多项目与活动。同时，也要感谢 BCS 全体员工及我们出色的义工们，感谢你们的投入、坚持与不懈努力，让一切得以实现。

愿 BCS 成为社区居民聚集、彼此连结并共享欢乐的中心；也愿主继续祝福 BCS 的各项事工！





Grace Tan  
Executive Director

## Making A Difference Together

As businesses grow and evolve, so does their influence on society. Forward-thinking organisations recognise that success is not measured solely by financial outcomes, but also by the positive difference they make in the lives of others.

Corporate Social Responsibility (CSR) provides organisations with a meaningful platform to translate values into action. By investing in social and environmental initiatives, companies strengthen stakeholder trust while contributing to sustainable social, economic, and environmental change. At Bethel Community Services (BCS), we are encouraged to see a growing number of corporate partners stepping forward to embrace this responsibility and journey alongside us.

In 2025, BCS had the privilege of collaborating with several companies on impactful projects and events that brought hope, joy, and encouragement to individuals and families in need. One such partnership was with Global Airfreight International Pte. Ltd., who supported our Christmas “Make A Wish” initiative. Through the generosity of their staff, gifts were sponsored and personally delivered to children on Christmas Eve - creating heartfelt moments and lasting memories.

We were also deeply grateful to Busways Pte Ltd, who sponsored a special movie screening for our students and thoughtfully prepared gift bags for them. For some children, this was their first experience in a movie theatre - an unforgettable opportunity made possible through corporate care and generosity.

Another valued partner is ABB Singapore. BCS was matched with ABB through the NCSS and National Volunteer & Philanthropy Centre (NVPC) Project V initiative in 2023, and since then, ABB has supported us across various programmes, making a meaningful and lasting impact.

Every organisation, regardless of size or industry, has the capacity to make a meaningful difference. Whether through volunteering, sponsorship, or collaborative initiatives, each contribution plays a part in building a stronger and more compassionate society. At BCS, we believe that true impact is created when purpose-driven organisations come together with a shared heart to serve.

We invite your company to partner with us in creating positive, lasting change. No effort is too small, and every step taken makes a difference. Let us journey together to uplift lives and strengthen our community.

**For collaboration opportunities, please contact  
us at **6744 7422** or email **[admin@bethelcs.org.sg](mailto:admin@bethelcs.org.sg)****







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Grace Tan  
执行董事

## 携手并进，共创改变

随着企业的发展与演进，其对社会的影响力也与日俱增。具备前瞻性的组织深知，成功的定义不应仅限于财务绩效，更在于能为他人的生活带来多少正向改变。

企业社会责任（CSR）为组织提供了一个将价值观转化为实际行动的平台。透过投入社会与环境倡议，企业在建立利益相关者信任的同时，也为社会、经济与环境的永续发展贡献心力。在「伯特利社区服务」（Bethel Community Services，简称 BCS），我们非常欣喜地看到越来越多的企业伙伴挺身而出，肩负起这份使命，与我们并肩同行。

### 温暖与希望的实践

2025 年，BCS 有幸与多家企业合作，透过具影响力的专案与活动，为有需要的家庭及个人送去希望、喜悦与鼓励：

Global Airfreight International Pte. Ltd.：支持我们的圣诞节「圆梦计画（Make A Wish）」。透过全体同仁的慷慨解囊，他们不仅认领了礼物，更在平安夜亲自将礼物送到孩子们手中，创造了无数动人且珍贵的回忆。

Busways Pte Ltd：特别赞助了一场电影招待会并贴心准备了礼物包。对部分孩子来说，这是他们人生中第一次踏入电影院——这份难忘的体验，正因为有企业的关怀与慷慨才得以实现。

ABB Singapore：透过国家福利理事会（NCSS）与全国志愿服务与慈善中心（NVPC）的「Project V」计画，ABB 自 2023 年起便与我们结缘。长期以来，他们支持了多项计画，为社区带来了深远且持久的影响。

### 邀请您，成为改变的力量

无论企业规模大小或所属产业，每一份组织都有能力创造非凡的价值。不论是透过志工服务、赞助支持或专案协作，每一份贡献都是构建坚韧且温暖社会的重要拼图。在 BCS，我们深信：当目标一致的组织怀揣着服务社会的初心汇聚在一起时，才能创造出真正的影响力。

我们诚挚邀请贵公司与我们成为合作伙伴，携手开创正向且持久的改变。善举不分大小，每一步前行都极具意义。让我们共同努力，翻转生命，强化社区。

### 联系我们，开启合作可能：

电话： 6744 7422  
电邮： [admin@bethelcs.org.sg](mailto:admin@bethelcs.org.sg)







Angeline Loh  
BCDC Teacher

# PARENT INVOLVEMENT



**Parental involvement in Bethel Child Development Centre is essential to a child's learning and development in early years. Children benefit from improved learning results and emotional security when families and educators work together as partners. According to research and practice, meaningful parent involvement will have good outcome on children and parents.**

## **Establish Children's Learning and Development**

Children tend to show improvement in cognitive, language, and social skills when parents are involved in their child's learning. Simple actions such as reading together, discussing school related topics, or extending learning help reinforce concepts that being introduced from school. Children's understanding and learning confidence are strengthened by this connection between home and school.

Parental engagement makes learning seem important in their daily life as early childhood education is play-based and experiential.

## **Enhances Emotional Security and Well Being**

When parents engage with teachers and showing interest in classroom experiences, young children will feel safe and supported. Children feel reassured that their home and school environments are connecting with each other. This sense of security promotes positive behaviour, emotional regulation, and resilience.

Additionally, when children realise that their parents and teachers support and communicate with each other, they are more likely to express themselves with confidence.

## **Encourages Positive Behaviour**

During parent teacher meeting, parents will be informed about classroom rules, strategies, and behaviour guidance approaches, they can reinforce similar practices at home. Involving parents help teachers to understand children's background, temperament, and their needs which allow for more effective guidance.

## **Develops Strong Home-School Partnerships**

Respect and trust are fostered between families and educators when parents are involved. Teachers can learn about children's interests and home experiences through open communication where parents can be heard. Learning difficulties or behavioural concern can be addressed early when strong partnerships create a collaborative environment.

This is to conclude forming meaningful partnerships that support children holistically is not about parents taking over teaching roles, but parents and educators collaborate, children benefit academically, socially and emotionally. Early childhood settings can create nurturing environments by encouraging consistent communication, shared goals, and mutual respect in Bethel Child Development Centre.







华老师  
语言教师

## 农历的八月十五 是华人的传统节日之一 (中秋节)

中秋节的月亮又圆又亮，赏月也成了节日的习俗之一。

中秋节来临之前，一些大街小巷、商场推出不同馅料，有圆也有椭圆形的大、小月饼，任凭选购。尤其是孩子们心仪的灯笼，形状、设计和造型，大小各异，五花八门，深深的吸引了小朋友们的注意力。



中秋赏月，是节日的高潮，一家人，甚至有些还邀请了亲朋好友大家坐在一起，一面赏月，一面吃月饼、喝茶，欢聚一堂。圆圆的月饼，象征一家人团圆，同时，也是表达了对异乡家人的思念。

中秋节当天，通过视频，和孩子们分享了中秋节的由来之一：嫦娥奔月。接着，孩子们拿出自备的月饼，和同伴们分享不同口味的月饼。



然后，提着自己手工制作的灯笼，一起到户外活动。提着自己创意制作的灯笼，孩子们脸上流露着自豪、满足的笑容。





Ms Peixuan  
BTC & BCDC Principal

## What is your image of your child?

### Here are a few images of child according to different theorist.

Jean Piaget: An active learner who makes sense of the world through exploration.

Maria Montessori: A self-motivated, competent learner seeking independence.

Lev Vygotsky: A capable learner who grows through relationships and collaboration.



When adults begin to see their child not only as someone who needs support, but also as someone who is already capable, something powerful happens. Children gain confidence, resilience, and a strong sense of self. When the image of child is the same at home and in school, children feel safe moving between home and school. Often there may be conflicts arising from different beliefs, experiences and upbringing. Instead of competing among ourselves as who knows the child better, instead ask: "How can we support this child together?"

In the hustle and bustle of life, adults are encouraged to take a back seat, to enter into the child's world and see things from their perspectives. Sometimes, we can afford to wait for the child to react before we react. One very common example, when a child falls down, instinctively, adults pick the child up immediately and check for injuries. As educators, we acknowledge the child's feelings and teach the child the skill to pick themselves up. We say: "I know you are hurt, can you pick yourself up on your own?" By doing this, it builds trust and connection between adult and child. Child will learn that "I am in safe hands." "I know that I am being watched over." "I have the ability to pick myself up."

What you will achieve is confident children who are not afraid to speak up and voice up. This is a lifelong skill that will help him/her thrive in the world that we live in. When the child is placed in a loving and trusting environment, that is when we help the child thrive to be who he has the potential to be. It is easier said than done. When you want to help your child, when you want to do things for your child, remind yourself, what is your image of child? Are they active and competent learners?





Siew Hong  
BTC Infant Educator

## 关于婴幼儿身心发展的探索

室内活动可以促进婴幼儿的身体发育、提升他们的认知能力和情感发展、同时对学习社交互动也起着不可忽视的作用。通过不同的游戏角落，他们逐步学到了解决问题、遵守游戏规则等一系列活动守则。当婴幼儿与老师互动时，也促进了师生间的情感联系。



探索游戏活动为婴幼儿提供了一个安静而舒适的环境，老师设计的“让我们来探索”，“那是什么声音”和“拔萝卜，种萝卜”等一系列活动，这些活动，都会引起婴幼儿的好奇心，从而引发他们的探索兴趣。游戏中老师采用了一些可循环材料如：泡沫塑料，瓶盖，纸盒和杯子,以及一些厨房里的日常用品，做成萝卜来吸引婴幼儿的专注力,让他们去触摸，探索。如：在探索声音的活动中，婴幼儿会用不同的东西来敲打，制造出不同的声音。他们在这种氛围中乐此不疲地反复游戏。

他们还会用手去打开或关上盖子，也会用手指去按压泡沫使其发出声音，思考着要如何把球放进杯子里并学习怎样拿出来。

在“拔萝卜，种萝卜”活动中，婴幼儿会尝试把萝卜拔出来或是把萝卜插进去，这些种种都有助于发展婴幼儿的手眼协调，同时也能锻炼到他们的小肌肉发展，还能加强他们的思考和解决问题的能力。这些都能增强婴幼儿的自信心，为他们的成长铺垫基础。







Monica Yap  
Student Care Asst Supervisor

## \*"Wrapping Up 2025 with Fun & Learning: A Big Thank You!"\*

As we closed out the year with the Nov/Dec school holidays, our P1-P6 students had a blast with us at Bethel Student Care Center ! 😊

We mixed indoor & outdoor fun, including a splashing \*swimming activity\* and an exciting \*movie outing to catch Zootopia 2 🐾🎬! A huge thank you to our amazing sponsor, [Busways Pte Ltd], for making it extra special with goodie bags, popcorn, and drinks!







Monica Yap  
Student Care Asst Supervisor

## \*"Wrapping Up 2025 with Fun & Learning: A Big Thank You!"\*

We also cheered on our students as they participated in fun activities led by our awesome volunteers - a huge thanks for giving your time to support our kids! 🙌🙌







Monica Yap  
Student Care Asst Supervisor

**\*"Wrapping Up 2025 with Fun & Learning: A Big Thank You!"\***



As we embark into 2026, may God bless our students, families, and staff  
with a year filled with love, growth, and joy! 🙏  
Wishing everyone a happy, healthy, and Victorious New Year! 🎉





Aaron Toke  
Social Worker

## Why Supporting Seniors in Our Community Matters

For many of us, ageing is something we think about only in passing like a distant stage of life that healthcare systems, pensions, or future policies will somehow manage. But for seniors in our neighbourhood today, ageing is a lived experience that unfolds daily, often in ways that are unseen. It can mean managing chronic pain, navigating declining mobility, stretching limited resources, or spending much of the day alone. This is why supporting seniors in our community is not just meaningful, it is essential.

In Singapore, many seniors express a strong desire to age in place. To remain in the homes and neighbourhoods they know, surrounded by familiar sights, routines, and memories. Their flats hold decades of lived history: raising families, working tirelessly, and contributing quietly to the society we benefit from today. Ageing in place preserves dignity. It allows seniors to maintain independence and a sense of control over their lives. Yet, ageing in place only works when there is sufficient support around them. Without regular social interaction, accessible services, and community presence, home can slowly become a place of isolation.

The problem with being alone: Social isolation, loneliness biggest enemy for seniors in S'pore

### The problem with being alone: Social isolation, loneliness biggest enemy for seniors in S'pore

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Mr Sarmugam R Rajoo, 76, has been living alone in a one-room rented flat for the past seven years.  
ST PHOTO: NG SOR LUAN







Aaron Toke  
Social Worker

## Why Supporting Seniors in Our Community Matters

Many seniors appear to be coping well on the surface. They may attend medical appointments, manage daily tasks, and reassure others that they are “doing fine.” But behind closed doors, the reality is often more complex. Some seniors live with multiple chronic conditions that limit their mobility and energy. Others struggle to prepare meals daily and rely on simple or repetitive food. Digitalisation has also created new barriers such as booking appointments, accessing services, or even receiving information increasingly requires digital literacy that many seniors do not have.

Loneliness is one of the most significant yet least visible challenges. Adult children may be working long hours, living apart, or managing their own caregiving responsibilities. Some seniors hesitate to reach out, fearing they might be a burden. Over time, days can pass with little meaningful interaction.

### Why Community-Based Support Matters

While national schemes and financial assistance provide important foundations of support, they cannot address every aspect of ageing. Support for seniors must go beyond eligibility criteria and monetary aid.

What many seniors need just as much is:

- A reason to leave the house regularly
- A safe space to socialise and feel welcomed
- Gentle encouragement to stay active
- The reassurance that someone remembers them

Community-based programmes fill these gaps by offering consistency, accessibility, and human connection. They act as bridges — translating policies into lived support, and services into relationships. At its core, community support is about presence. It is about showing up week after week, building trust over time, and creating spaces where seniors feel seen and valued.

In BCS, this belief takes shape through simple but intentional programmes that anchor seniors to the community.







Aaron Toke  
Social Worker

## Why Supporting Seniors in Our Community Matters

Every Wednesday morning from 10.00am to 12.30pm, the Bethel Activity Group brings seniors together in a relaxed, welcoming environment. Through activities such as karaoke, Rummikub, and bingo and accompanied by coffee, tea, and light snacks, seniors find more than entertainment. They find familiarity, laughter, and connection. For some, this weekly gathering is the highlight of the week. It provides structure to their days and a reason to step out of their homes. Familiar faces become friends, and routine becomes something to look forward to rather than endure.

Physical wellbeing is also a key pillar of healthy ageing. Seniors gather every Thursday for our Functional Fitness programme, a guided seated exercise led by our very own instructor, Nate. What began with just over 30 participants has grown steadily to a consistent turnout of almost 100 seniors each week. The growth is not merely about exercise. It reflects trust that the space is safe, the guidance is appropriate, and the environment is supportive. Seniors are encouraged to move at their own pace, celebrate small improvements, and support one another in staying active.

Beyond social interaction and physical health, dignity in daily living remains just as important. Our monthly haircut and birthday programme was created with this in mind. For some seniors, regular grooming can be financially challenging or physically difficult. By providing haircuts, we support hygiene, comfort, and self-esteem.

Celebrating birthdays sends a powerful message: you are remembered. For some, no one has bothered celebrating their birthdays for many years. These moments of recognition affirm seniors' sense of worth and belonging, reminding them that they matter as individuals. -Growing Older, Together

Taken together, these programmes form a rhythm of care within the community. They respond not only to practical needs, but to emotional ones like connection, purpose, and dignity.

As we move into 2026, this is work we are committed to continuing and strengthening. We will keep listening to the seniors we serve, refining our programmes, and adapting to emerging needs. Supporting seniors is not a one-time effort, but an ongoing journey and one that grows alongside the community itself.

Because ageing well is not just about growing older safely.  
It is about growing older together, in a community that cares.







BETHEL  
COMMUNITY  
SERVICES

A member of  
**NCSS**  
National Council  
of Social Service

# iCan Newsletter

Issue 1: Jan 2026 - June 2026



We are pleased to share our upcoming campaign, “Share Your Love, running from 1 January to 31 March 2026  
分享爱 (Share Your Love)活动即将登场!  
活动日期: 2026 年 1 月 1 日至 3 月 31 日。让我们  
共同传递温暖。

Donations are eligible for 250% Tax Deduction  
捐款能获得 250% 个人捐款税务回扣

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