



faith
over
fear

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PRESIDENT'S MESSAGE



“For every house is built by someone, but God is the builder of everything.” (Hebrew 3:4 NIV)

I would like to thank our Almighty Lord Jesus Christ and Christian Outreach to the Handicapped for the opportunity and privilege to be part of this established non-profit organization.

It is a great joy to see another year of the wonderful ministry, in this voluntary welfare establishment! God has been using His faithful servants to do marvelous and tremendous works, to form the root-foundation of this ministry till today.

The ongoing Covid-19 pandemic has caused much disruption to our life. It felt scary at the beginning, when our organization was affected by it. The health and safety of everyone in this establishment is our top priority. This pandemic teaches us to appreciate our life and every life is very precious.

When work is motivated by love, we work to make a positive difference. I am confident that this organization cannot be shaken by any circumstances. I know that Christian Outreach to the Handicapped is going to be blessed, because our Lord Jesus Christ holds our future.

The Christian Outreach to the Handicapped is a team work. Please continue to extend your support to our new Executive Director Pastor Kaharudin.

May God’s favour and blessings be upon you all, now and forever!

A handwritten signature in black ink, appearing to read 'Teow Huat Richard'. The signature is stylized and written over a light blue background.

See Teow Huat Richard
President

EXECUTIVE DIRECTOR'S MESSAGE



Philippians 4:6-7 (NIV)

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

I am humbled and thankful for this opportunity to serve as the Executive Director of Christian Outreach to the Handicapped.

As COVID-19 continues to spread, the future has never felt so unpredictable. COH is doing everything possible to sustain daily operations and provide services to our community. While there's uncertainty, we know that we need to adapt fast to our changing reality and we are working on plans to expand and introduce new programmes that benefit the clients. We will continue to assure the health and safety of our clients and staff and are blessed that everyone is healthy and safe.

We thank all of you, our friends of Christian Outreach to the Handicapped for your continued support. We are reminded of how interconnected we all are and thank you for being part of our community.

Our prayers are with you and your families to continue to stay safe and healthy.

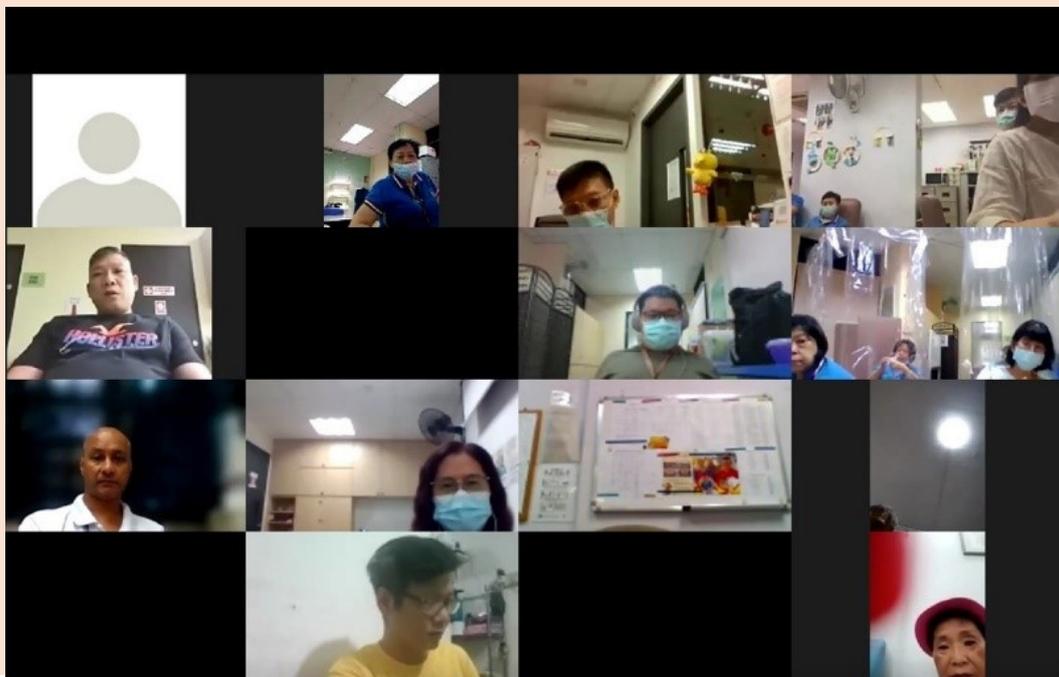
Joyfully in Christ,

A handwritten signature in black ink that reads "Kaharudin". The signature is stylized and fluid, with a long horizontal stroke extending to the right.

Kaharudin Latief,
Executive Director

COH 35TH ANNUAL GENERAL MEETING

COH conducted its 35th AGM on 23 July 2021. Due to the COVID-19 safety measures, we conducted a hybrid AGM, where the Executive Committee (EXCO), most staff and members attended virtually via Zoom. The rest of the staff who helped to host and organize the meeting, attended the meeting physically. We conducted the meeting successfully, where the quorum approved the Budget for 2021, Annual Report 2020 and Audited Financial Statements 2020. The financial report reflected a surplus of over \$700,000. We would like to thank all supporting agencies and donors, who have helped us tide through this difficult period.



Members attending via Zoom



Financial Summary 2020 and other financial statistics were presented by COH Treasurer Mr Wong Wai Meng during the meeting

To request a pdf copy of our annual report and or our audited financial report FY2020, please contact us @67873200 or email to admin@coh.org.sg

You may be able to download the files once they are available in our website.

STEPPING OUT IN FAITH

Stepping out in Faith requires us to take action, in spite of our fear. This year has been full of changes and challenges due to the COVID-19 situation. Like everyone else, COH has had to adapt and adjust to the new normal in Singapore. In order to keep our beneficiaries and staff safe, COH has closely followed the Safe Management Measures (SMM) spelled out by MOH and MSF, including testing all staff, volunteers, vendors and caregivers with the Antigen Rapid Test (ART) before admission into our premises. Before the Phase 2 Heightened Alert (P2HA) period, there was a window of about two to three weeks, where we were allowed to go out in groups of five, to non-crowded places for walks and exercise.



We took this opportunity and stepped out in Faith, to bring our beneficiaries to the nearby Pasir Ris Park and Gallop Stable. It was refreshing for them, as they had been staying indoors for a long time. They got to walk along the beach, enjoy the greenery, feed the horses and rabbits, and enjoyed a special treat via GrabFood.



We also brought our beneficiaries to Sonic Bowl at Tampines Hub. We also hired a coach to teach them how to bowl. Our beneficiaries learnt how to adopt different stances and had a 'bowl' of a time!



In addition to the outings, we celebrated National Day on 05 August in small groups of ten. Each group was treated to a cake and we sang, "Happy Birthday" to Singapore. We recited our national anthem and the pledge, followed by some Art & Craft and games. That day, we ordered a special Bento set lunch for everyone. Despite the COVID-19 restrictions, we were able to celebrate the occasion in a small scale.

I am glad that we managed to step out in Faith despite our fear.
We are thankful to God for His protection and for these precious moments.
(all activities and programmes were conducted strictly in accordance with all COVID-19 SMMS)

VOLUNTEERING IN COH

"Everybody can be great. Because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve. You don't have to know the second theory of thermodynamics in physics to serve. You only need a heart full of grace. A soul generated by love." - Martin Luther King, Jr.

These words by Martin Luther King, Jr, were echoed by our volunteers in action. It is not about the talents, abilities or even special skills that enable them to be blessings to us. It is their heart, full of grace and love that empowers them to serve our clients faithfully, without expecting anything in return.

It is because of their selfless dedication and the important role they play, COH has come thus far, in providing acceptance and hope to people with intellectual disability in our community.

In this edition, we interviewed one of our faithful volunteers to find out about her experience in volunteering with COH.



Rosalynn, who is befriending our clients

Share a fun-fact bio of yourself

I am Rosalynn and I am serving as a volunteer in COH. I love cooking, especially cooking for my family and friends. I also enjoy singing, and I am a member of our church choir. Bowling and badminton are one of my hobbies.

How did you know about COH?

Although COH Tampines centre is just around my neighbourhood, I did not pay much attention to it. I only got to know COH last year, during the circuit breaker in 2020. It was through my friend, who was donating snacks to COH. She asked me if I was interested in volunteering at COH. It prompted me to reflect that I can do something good for others and make my time more productive. So, in November 2020, I came to COH to know more about the organization and went through an interview, to discuss on the suitability and area of interest in my voluntary work. Subsequently, I was accepted as a volunteer and have been volunteering regularly for the past nine months.

Who/what encourages you to volunteer in COH?

It is my son who motivated me to continue volunteering with COH. He is worried about me getting bored at home after my retirement, and he loves seeing that I am having fun and enjoying my time here. I find it meaningful and fulfilling; it is also a form of contribution to the community.

How did you find volunteering in COH?

The staff are so welcoming, and I always look forward to coming here to spend time with them. I even shared with one of the caregivers that COH is my second home. I love to help and enjoy the company of the clients.

Tell us about your volunteering experience with COH.

I recalled, there was one client that said something that I did not expect. He gave me a compliment that I never thought would come from a person with intellectual disability. It made me smile, as I thought about his praise for me. What made me amazed, is that we choose to say good things to others, that will make the other party happy. It is the purity of heart that made the compliment genuine.

On the other hand, caring for people with intellectual disability can bring about its challenges. When they have tantrums, it can be frustrating and discouraging. But through the experience of caring for them, it has also built up my own level of patience, and motivates me to understand them more.

How can you encourage others to volunteer in COH?

We can put ourselves in the place of their parents, knowing that it is not easy caring for them. We can share and spread the love to them, allowing them the chance to reach and expand their potential and aspirations.

I encourage all to stay active, share some of your time as a volunteer, let us care for people with intellectual disability.

By spending some time, befriending them, caring and sharing your love for them can mean a lot for them and their families.

Please note that we have a new uniform for our volunteers. Please get one from our HQ office, if you have not collected yours.



To know more about volunteering opportunities in COH or to register as a volunteer, please contact us at 6787 3200 or email us at hyman@coh.org.sg

CHALLENGES FACED IN QUARANTINE

Mr Poon is the main caregiver of 2 special needs children and also looks after his wife, with the support of a domestic helper. We spoke to Mr Poon about the quarantine challenges that he faced and how he adapted during this stressful period. *The interview was conducted in Mandarin



Our client, Heng Cheok and mother serving QO



Mr Poon and wife visited Mun Kum at MINDS after it was allowed

1) How did you feel when you found out that your child, Mun Kum was diagnosed with COVID?

I felt very anxious and worried, as I was not even able to visit her and see her physically to know how her condition is. However, the staff nurse at the hospital were all very kind, I was able to have video calls with her once every 2 days. She eventually recovered after 8 days, and was able to head back to MINDS, where I was finally able to visit her.

2) Recently, you and family were on Quarantine Order (QO) where you had to stay at home for 2 weeks with Heng Cheok, your wife and your helper. Were there any challenges that you faced?

The main challenge that I faced, was with acquiring food for the family to eat. My brother did help me out on certain days but sometimes, when he is not free, he will not be able to assist. I was also unable to reach the hotline that was provided as they might be busy and thus, felt quite stressed about ensuring there is food for the family.

3) Being the main person that provides emotional support for your family, how have you dealt with your own stressors during this period of time.

Mostly, I keep myself occupied by watching the TV with my family. For most of the time, that is the form of activity that we do together as a family. I am also thankful that there are staff from COH that regularly contact me to check on us.

4) How do you think the society can help family with special needs children to navigate through a quarantine order?

I feel that there should be a specific hotline that an individual can call to get assistance for, especially for elderly on QO that have no means to get food. The hotline should be readily available, as during a QO, the emotional stress on someone can be very high. There can be services such as online emotional support provided to parents and online activities for the client with special needs.

Just like Mr Poon, there may be many other caregivers who are overwhelmed by the current COVID pandemic situation and the stressors of caring for a special needs child. All of us can play a part by volunteering and assisting families by tele-befriending, conducting online activities and through donations. If you are interested in providing any form of support to our clients, do reach us at 6787 3200 or email us at sharmila@coh.org.sg

SHORT STORY: GETTING TO KNOW OUR LATEST STAFF ADDITION



Life isn't always about finding yourself. More often than not, it's about discovering who God created you to be." – David A.R. White

Born and raised in Jakarta, Indonesia as a full Korean; I was fortunate to grow up in a multicultural and diverse community. I attended Korean and International school until the high school level. I completed my Bachelor's degree in business management at Adams International University, in the United States.

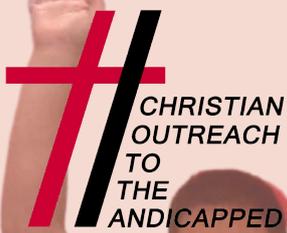
Throughout my career in various industries, I specialised in start-ups and company restructuring. I revelled in the success of the businesses and seeing my ideas and plans come into fruition.

The COVID pandemic has changed everything, the arrival of my son has changed everything. Joining COH is the single best career move I have made and I am so thankful for this opportunity. I am hopeful and excited to utilise my experiences and skills to expand COH's outreach and growth, to help the disabled community in Singapore. By God's grace, I hope to expand this outreach worldwide.

I believe that God has blessed me throughout my career and has now tasked me to do His work. I have a newfound passion and have ambitious goals for COH, and am thankful for this teaching moment for my son.

I hope to teach him that success is a combination of learning, utilising your knowhow, enjoying what you do, giving back to the community and most of all, taking the path that God has provided, because it is about His plan and not our plan. I'm looking forward to the possibilities turning into tangible outcomes and having the pleasure of working with our team, clients and friends of COH.





COH COMMUNITY DAY CHARITY RUN/WALK



BE A RUNNER/WALKER!

4.2KM • RATE: \$22

21KM • RATE: \$32

42KM • RATE: \$42

**SCAN QR CODE TO REGISTER!
10.09.21-20.11.21**



INCLUSIVE:

**BAG, T-SHIRT, MEDAL!
(WHILE STOCKS LAST)**

PROMO: BUY 5, FREE 1!



**PERIOD OF WALK AND RUN
16 OCT - 27 NOV 2021 (42 DAYS)**



**OPENING CEREMONY:
16 OCT 2021**

**CLOSING CEREMONY:
04 DEC 2021**



Co-organizer:

HOW TO PARTICIPATE?

Sponsored by:



Please scan the QR code for more information.



WWW.COH.ORG.SG



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Ways To Contribute!

Access <https://coh.org.sg> and press on donate tab



Donate Online and follow the steps as guided



Write a cheque payable to 'Christian Outreach to the Handicapped'. Write your name, mailing address, email and contact number at the back of the cheque. Post your cheque to HQ address.



Donate by Giro
Download Interbank Giro Application from our website



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In order for us to acknowledge your donation, please call Caline at 6787 3200 or drop us an email at calinekee@coh.org.sg with the following details:

Name, Date of transfer, Amount, Contact Number

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