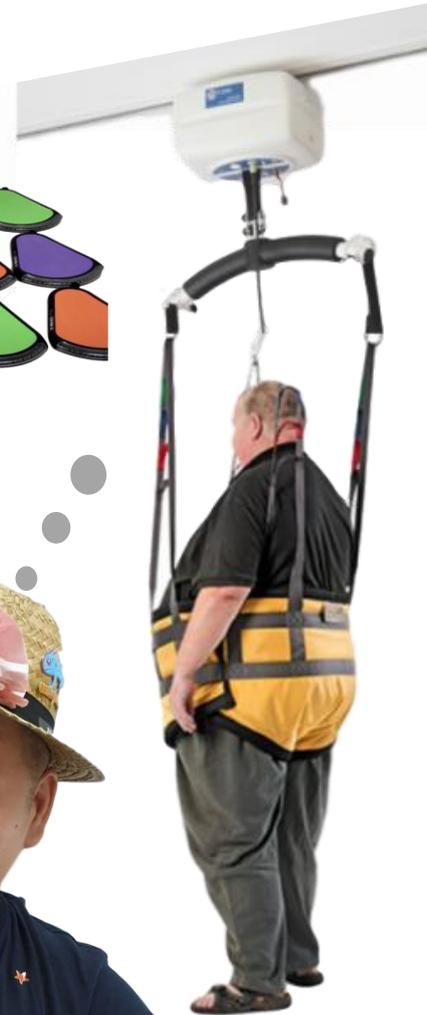


## Enhance my learning journey



## Content

President's Message

Programme Update

National Day Celebration

Client Feature

Volunteers' Corner

Social Work Corner

Project Beyond 2020

New Addition to COH

Be a Blessing





**Pastor Dennis Huang**  
**President**

Dear Friends and Family of COH

The year of 2020 has been a challenging and troubling year in so many ways. Many of us are still experiencing the effects of COVID-19. It has been a lot more work here at COH as we observe and adhere to the safety management measures and guidelines set by the government.

Whilst we follow these measures for everyone's safety, our staff at COH are constantly praying for God's protection over our clients and their families, our supporters and their businesses, the governing authorities, various governing agencies such as MSF and NCSS, and our volunteers serving together with us in the ministry of COH.

Amidst these challenging times, we are confident and assured of God's protection over our families, volunteers, members and all our donors for it is said in **Psalms 3:3 "But you, LORD, are a shield around me, my glory, the One who lifts my head high."** We are thankful for His faithfulness and peace that He so freely gives. In faith and trust, we shall serve Him courageously during this pandemic of COVID-19.

There is still much to be done and the staff of COH will strive to do our best for our beloved clients and their families. We are grateful for the support we have received thus far and it is our promise that COH will stay committed and focused on providing the most excellent service to our clients so that they can grow and develop steadily. Our goal has always been to ensure that they lead meaningful lives despite their circumstances, and we will continue to keep this goal in sight.

This month, COH celebrated National Day at the Day Activity Centres with National Day songs, games, karaoke and cake cutting. We thank God for His blessing and favour upon our nation.

May the good Lord bless us as we choose to honour Him in our service to Him.

Yours Faithfully  
Pastor Dennis Huang



From 7<sup>th</sup> April to 1<sup>st</sup> June 2020, Singapore went into the 'Circuit Breaker' mode. At COH, this meant that we had to change the way we cared for our clients as the centre was closed. To do this, we adopted online strategies that enabled us to communicate with and educate our clients and their caregivers. Teachers collaborated with the caregivers to keep our clients occupied from home, which includes house chores, exercises, watching educational videos and working on puzzles and arts and craft, that were distributed to the clients. Teachers also kept in constant contact with their clients and caregivers, by calling them through video calls and phone messages.

When COH reopened in Phase 1 from 2<sup>nd</sup> June to 18<sup>th</sup> June, we were allowed to accept only 25% of our clients back in the centre thus the remaining clients had to go through with the continuation of online interactions.



Clients keeping active at home during the 'Circuit Breaker'

Teachers and clients adopted a split-teams approach of returning to the centre to ensure the safety of everyone. In addition, we followed the safe management measures set out by MOH which are essential such as the usage of face mask and face shield along with frequent disinfecting of classroom premises.

## Programme Update

Indoor Activities during Phase 1



One of the challenges we face are clients who are either unable to wear masks due to sensory issues, or who have behavioural issues. In this case, we have received the support of MSF to excuse these clients from wearing their masks. We also segregated our clients according to their transport vans to prevent any cross-transmission of COVID-19. In addition to the use of fans and air-conditioning, we opened the centre's windows to increase the ventilation and flow of fresh air. Outdoor activities were replaced by indoor activities exercises and the usual indoor programmes at a slower pace.

For Phase 2, we will increase our capacity to 30 clients a day (more than 50%), as recommended by MSF. Outdoor activities to the park will resume, capped at a maximum of five in a group.

*Elaine Ke & Programme team (Tampines)*

Indoor activities during Phase 1



COH celebrated our nation's National Day on 6<sup>th</sup> August 2020, with our COH's president, Pastor Dennis Huang, gracing the event. Despite the pandemic, we were able to celebrate National Day, because of the safety guidelines enforced by MOH.

We started our celebrations by singing the national anthem, followed by our pledge. Thereafter, we conducted some recreational activities for our clients, for them to create something that speaks about us as Singaporeans. We had our in-house cooks prepare one of our national dishes, "Nasi Lemak" for lunch. We ordered a cake made into the shape of our national flag and sang "Happy Birthday to Singapore" and ended the celebration with a small party in the individual groups. We did these according to our split zone arrangements, as we are allowed to have only 10 persons in a group.

Overall, we had a wonderful time celebrating our nation's independence, with each client bringing a goodie bag home.



Praise God for blessing Singapore and COH. We are very thankful for our government and everyone who has contributed to our nation's success.

***Elaine Ke & Programme team (Tampines)***

6 August 2020



Cake cutting

Reciting the Pledge





We sang National Day songs,  
played games and had  
karaoke!



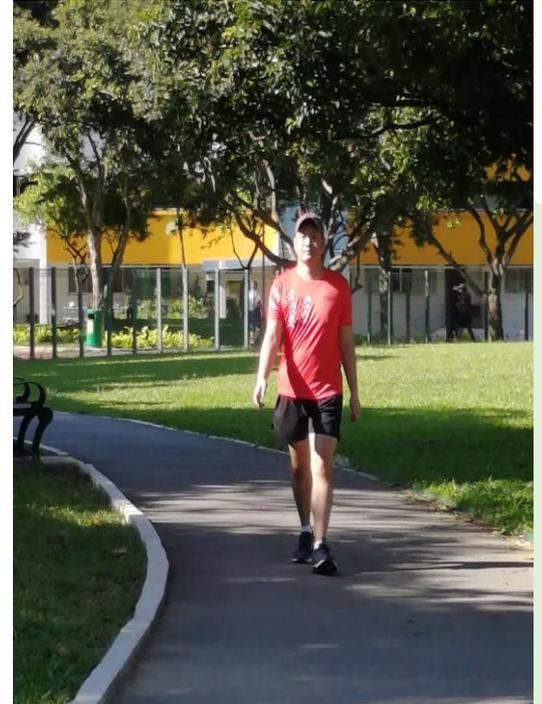


Shaun is from the Matthew class. His family comprises of his parents, elder brother, sister-in-law and a younger sister. He resides at Yishun with his parents and his younger sister. He is very close to his family and they travel overseas together every year.

Shaun has been in COH since he was 14 years old and is observed to be active in Sports. He has participated in Marathons, bowling, table tennis and badminton. He also participates in Tree of Life Project. Besides these, Shaun has an excellent memory and great sense of direction. He is well informed of which bus services or MRT lines to board and knows how to get to the destination without fail. When asked about events that happened several years back, he is able to give details on where he went and also people he was with.

Shaun likes tidiness thus will keep all things in place after using it. During the Circuit Breaker period, Shaun helps his Mum to do household chores like washing utensils, change bedsheets and pillowcase. He also does indoor stretching exercises and goes for his run at the park. When he heard the news that school will resume, he asked his mother if he would be able to come back to COH as he looks forward to it. However, due to the limited percentage of clients and priority given to those with higher needs also considering parents who are in essential services, Shaun has to stay at home a little longer as his mother is a housewife and Shaun is overall a well behaved guy.

*Written by: Elakiya*



The year of 2020 was opened with excitement and great expectations. Most people would have had this kind of mentality based on the twin number of 20 and 20 that makes 2020 sounds like everything that is good will be doubled in this year. However, instead we were bombarded with the fear of the spread of the Coronavirus which we better know as Covid-19. To mitigate the spread of this deadly virus, Singapore government introduced a break period of business and most activities in the community, except essential activities providing health care, transport and food. The period is known as Circuit Breaker (CB) which started from 7<sup>th</sup> April to 4<sup>th</sup> May but got extended to 1<sup>st</sup> June 2020.

Despite the CB situation, we wanted to continue to engage our volunteers with meaningful activities. It is our desire to equip our volunteers with right knowledge and skills for them to be effective in their volunteering works in COH. We also believe that by giving volunteers relevant skills, it will motivate them to practice what they have learned and therefore will motivate them to continue to volunteer.

*Written by: Thomas Handoyo*



Zoom meeting between some senior volunteers with COH President, Ps Dennis Huang and training facilitator, Dr Noel Chia, conducted after training was completed.



## Why do volunteers continue to volunteer?

According to A Guide for Training Volunteer Australia, a volunteer who is competent in their role – well trained – will have more reason to continue volunteering than one who is not confident and under stress because they lack of competence. Spurred by the desire to equip our volunteers with right skills and desire to continue to engage them despite the Covid-19 situation and in view of our effort to have higher volunteer's retention, we conducted volunteer training program.

COH conducted the e-learning program for volunteers during CB period on "Understanding & Working with Adult with Special Needs" by Steadfast SG, under the training guidance of Dr Noel Chia. The training covered the following topics:

- 1 Autism in Adults
- 2 Intellectual Disabilities in Adults
- 3 Developmental Disabilities in Adults
- 4 Other Health Impairments in Adults
- 5 Community Care Management for Adults with Disabilities

## Equipping the Volunteers

We had 28 volunteers that participated and 14 of them completed with a certificate of completion. Our volunteers found that the training was good, interesting and helpful for them to better understand people with special needs. The training also boosts their confidence in interacting with our clients.

We hope this training will motivate our volunteers to learn more, volunteer more and spread the volunteering opportunities in COH to their friends and relatives.

Kudos to all volunteers!



## Certificate of completion



**STEADFASTNESS**  
**SG**

**Certificate**  
of Continuing Professional Development

This certifies that

has actively participated in the following Online Training Programme organized for COH Volunteers

*Understanding & Working with Adults with Special Needs*

In recognition for his/her successful completion and is hereby  
awarded this certificate on June 10, 2020.

  
CPD 10062020-2

**10<sup>th</sup> June**  
\_\_\_\_\_  
DATE

  
\_\_\_\_\_  
TRAINING  
CONSULTANT'S  
SIGNATURE

## INTERESTED TO VOLUNTEER?

Please contact us to find out more about volunteering opportunities.

Call us: 67873200

Email: [handoyothomas.coh@gmail.com](mailto:handoyothomas.coh@gmail.com)



Due to the COVID-19 situation and the implementation of circuit breaker, COH was closed during this circuit breaker period.

Due to this unprecedented situation, our clients were unable to continue attending the day centre at COH and thus we had to adapt to the situation. Remote learning or home-based learning was implemented with due effect to ensure that the development of clients are not being affected.

Parents and caregivers had to manage with uncertainties involving the client's behavioural and adaptability concerns at home.

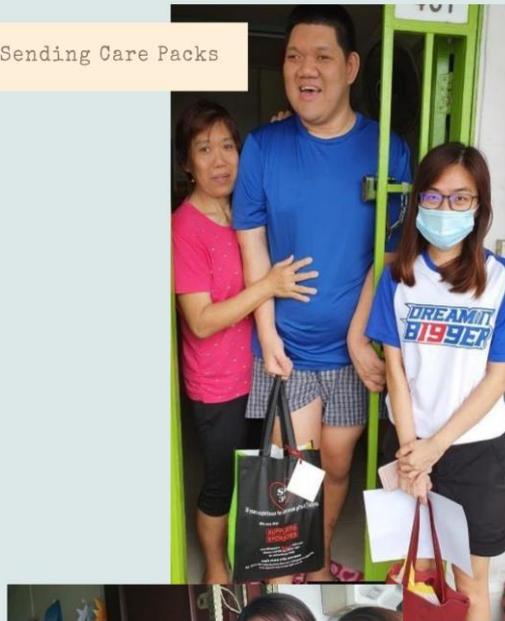
They also faced financial concerns with regards to their job security and their means to manage household expenses.

We also want to ensure that the parents and caregivers were able to cope with the mental and physical stress of caring for the clients.

We assisted with queries on applying for different financial assistance schemes and reminded them on the various safety measures. During this period, we hope to provide the support to these caregivers to prevent caregivers from feeling stress and eventually burn out.

As we continue to manage the evolving needs of the clients during this COVID situation, we hope to provide the necessary and crucial support to our beneficiaries. Through the help and support of our donors, we hope to provide fee subsidies and offsets to the families to alleviate their financial burden. We appeal to donors to continue to support COH in providing quality care to our clients and beneficiaries.

Sending Care Packs



We thank the collaborating organisations which coordinated the delivery of care packages to our beneficiaries!

*Written by: Victoria Lim  
Senior Social Worker*





**Peter Tan** - Head of Corporate Communications and Fundraising

On the 7th of August 2019, COH embarked on a new journey to enhance and upgrade the overall quality of programmes, services and facilities. Project Beyond 2020 is a labour of love made possible only by God's grace and your support. Your generosity has allowed COH to continue to provide our beneficiaries and staff a safe and productive environment. We thank you for taking this journey with us!

Project Beyond 2020 is more than a renovation project. We are committed to providing the best care and programmes possible to help enhance our beneficiaries everyday life through therapeutic play and learn. As we celebrate our 40 years of service our DACs will undergo much needed structural renovations and additions of new mobility aids, communication tools and technologies for visual, interaction and cognitive participation.

I am pleased to update all our partners and donors. Kindly click the button and the details for your further understanding.

You have been a great support for COH and a great encouragement to me through this journey.



 **READ THE PUBLICATION**  
Your funding fulfils . . . .





**R Sharmila Shay**

Social Work Associate

The first step towards making a career change can be scary and uncertain but through this Professional Conversion Programme for Social work, it gave me reassurance to take the leap of faith as I would be able to focus on both work and school with the guidance of people in the same sector. I will be able to learn skills and theories and apply it immediately at work thus I think it's a great way of learning and an excellent programme.

I have heard that Social work can be emotionally challenging but on a personal stand, I am sure that I would be blessed. Social work is a rewarding career and for me personally, it is a calling from God thus I decided to follow through it. I chose the Christian Outreach to the Handicapped as I came across the website and was really motivated by their core values.

I believe I will be able to grow as a person and spread God's love to those surrounding me. I am excited to be equipped with the skills and knowledge learnt both at work and school and to apply it as a Social Worker whom will provide the necessary advice, support and resources to my clients and beneficiaries.

Social Work has been an area I have explored for years. I yearned for a career that was meaningful and gave me a chance to lift up the lives of the underprivileged. I enrolled in the Professional Conversion Programme to make my career switch. It consists of a 2 + 2 years (work & study + bond). The commitment seemed daunting, but the opportunity to gain real experience and be trained under a Social Worker was too valuable to miss.

I have always felt more inclined to work with 2 groups - Children or People with Disabilities. God opened the door for me to interview at COH, where I learnt about the people they serve, through the work they do. I believe there will be plenty of learning opportunities.

I'm excited to be able to go beyond my classroom and learn how the sector connects resources to people in need of support. I hope to start with no expectations but the right heart attitude to serve. I'm looking forward to making a difference in the lives of our beneficiaries just as I'm sure they will somehow, inevitably, positively impact mine.



**Merilyn Lin**

Social Work Associate



# Yes! I will Bless These Special Ones.



- I would like to join COH Champions and pledge S\$ \_\_\_\_\_ monthly to support Christian Outreach to the Handicapped.
- I will start my contribution from \_\_\_\_\_ (mm/yy) to \_\_\_\_\_ (mm/yy).
- Please accept my gift of S\$ \_\_\_\_\_ as a one-time contribution.
- Please send me a GIRO application form for monthly contribution.
- I would like to volunteer with COH. Please fill your information here.
- I would like to pray for the ministry and the needs of COH.

Support Christian Outreach to the Handicapped with your gift.  
Please select one of the above following modes or go online.

I have enclosed a cheque of S\$ \_\_\_\_\_ ,  
cheque no. \_\_\_\_\_ made payable to COH.

I want to donate online. Please check the donation URL link.

Homepage : <https://coh.org.sg>

Please fill in your information here. \*

Full Name (as in NRIC) \_\_\_\_\_

Mailing address \_\_\_\_\_

Email address \_\_\_\_\_

Contact number \_\_\_\_\_

Organisation \_\_\_\_\_

Church \_\_\_\_\_

Preferred correspondence:  eNewsletter  Hardcopy Newsletter

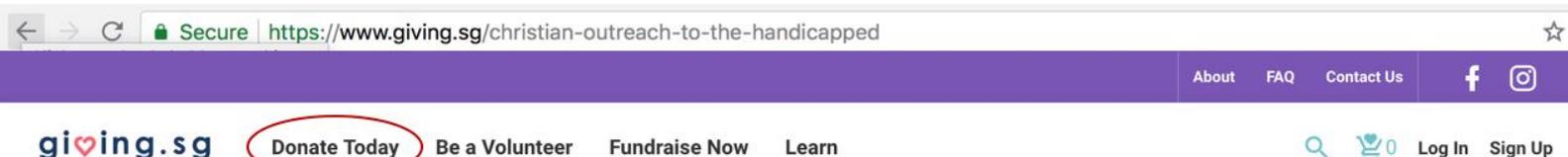
# EASY STEPS FOR MONTHLY DONATION

## You can DONATE monthly to us!

for Christian Outreach to the Handicapped. COH

1. Go to our Website  <https://coh.org.sg>

2. Scroll down, you will see this.  Click it. Start a DONATION Now.



### Christian Outreach to the Handicapped



[Our Volunteering](#) [Our Campaigns](#) [Profile](#)



#### Make a Difference

 TDR will be issued for donations of \$10 and above.

#### SUPPORTED CAUSES

 Disability

3. You will be directed to below image. Fill in the amount in the box.

Click Donate Monthly.

### Monthly Donation

3

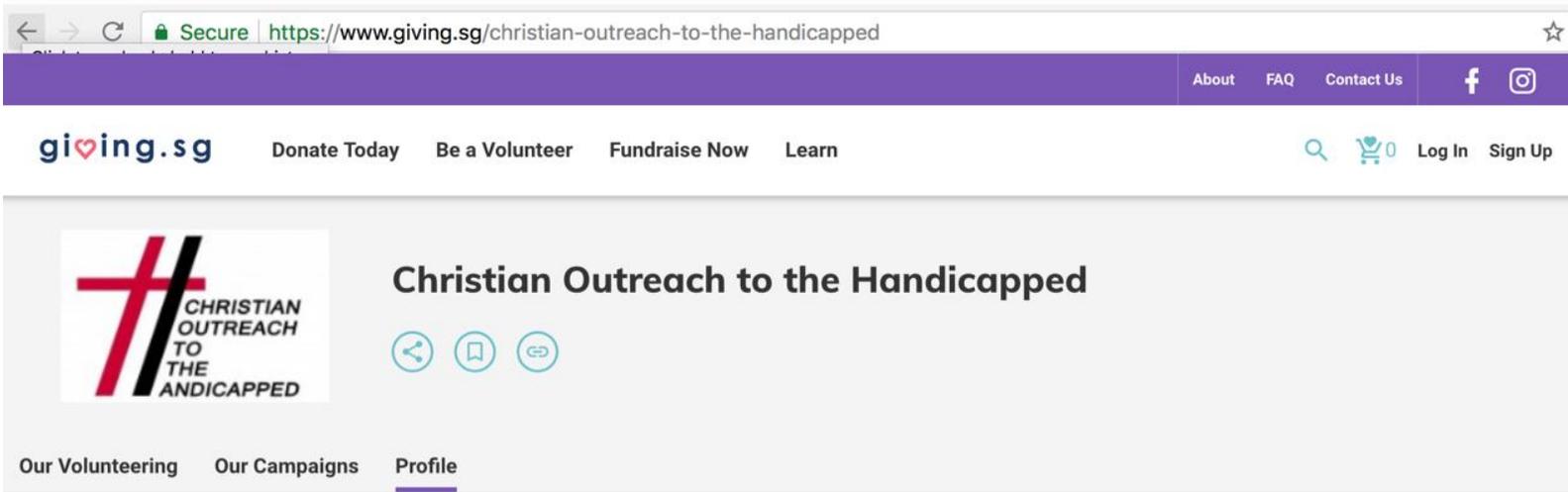
Enter an amount to give monthly

\$ 0

Thank you for donating.



# EASY STEPS FOR MONTHLY DONATION

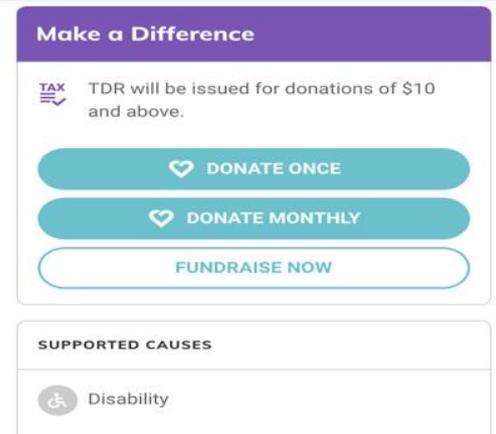
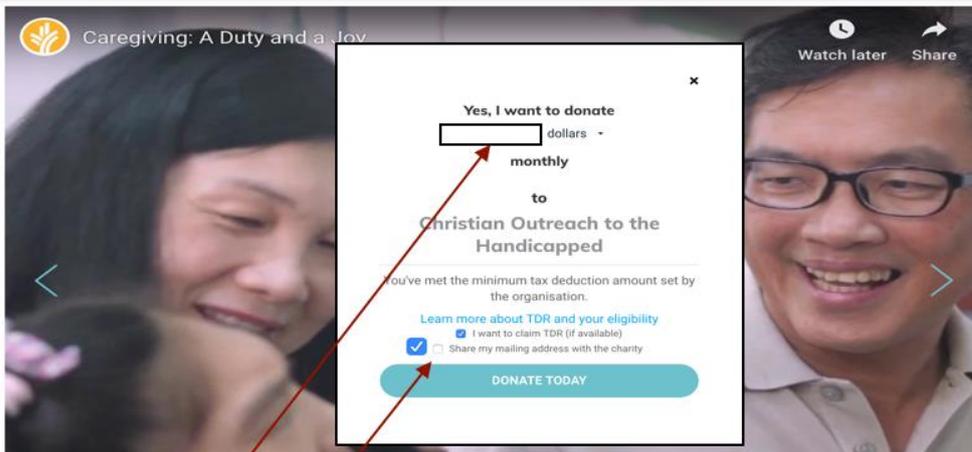
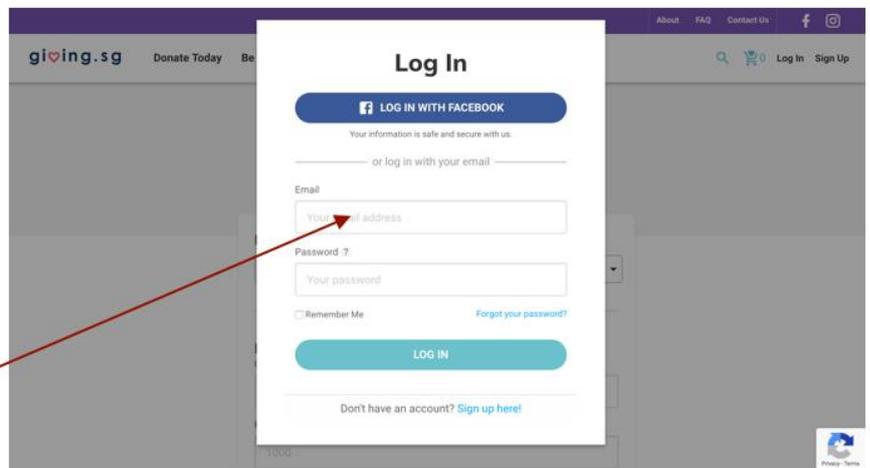


4. You will be directed to below image. Register with FACEBOOK or Register with EMAIL

Fill in the fields accordingly

- Birth date
- Contact details
- Details for Tax deduction
- NRIC
- My Cause - Disability

4



5. You will be directed to above image.  
Fill in the amount in the box. Check the "Box", Click Donate Today.



You had DONATED  
successfully to Christian Outreach to the Handicapped.



CHRISTIAN  
OUTREACH  
TO  
THE  
ANDICAPPED

get connected



<https://coh.org.sg>

- Arts & Craft
- Story Telling
- Hydroponics program** 
- Cooking
- Bowling
- Be a Friend
- Clients Recreational Activity
- Lend a Helping Hand
- Use your skills and talents
- Create a Campaign Online for COH
- COH Ambassadors

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