

Lions Befrienders

Connecting Seniors, Enriching Lives

MCI (P) 00/07/2018 ISSUE 02 FY 19/20



Collaborations **04**

Flag Day **06**

Green Corridor Walk **10**

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LIONS BEFRIENDERS (LB) WELCOMES

OUR NEW COLLEAGUES!

狮协欢迎我们的新同事!



1. **Ang Hui Fang, Grace**
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Befriender Executive, Befriending Services
12. **Sulaiha Binte Ayob**
Programme Executive, Clementi SAC @ 344
13. **Tan Chin Siang, Philip**
Befriender Executive, Befriending Services
14. **Tan Jun Hao**
Social Work Associate, Tampines Cluster Support
15. **Tan Yik Ching, Andrina**
Assistant Director, Community Outreach Services
16. **Wang Xiaojia**
Assistant Manager, Communications & Partnerships, Corporate Services

PHOTO GALLERY

» CORPORATE COLLABORATIONS 企业合作

Since July 2017, LB and Pantropic Online Pte Ltd have collaborated to embark on a Medical Escort Pilot Project under the auspices of National Council of Social Service (NCSS) and National Volunteer & Philanthropy Centre (NVPC). Under this project, Pantropic has pledged to help a selected group of seniors by accompanying them to their medical appointments.

As most of our seniors' medical appointments are during regular working hours on weekdays, it has been a challenge to find volunteers who often hold day jobs, to help accompany our seniors. Thankfully for us, staff volunteers from Pantropic have been supportive and would take time out during work hours to escort our seniors to their medical appointments. To accomplish this whilst managing their job demands, staff volunteers monitor our seniors' appointment dates and manage their work schedules amongst themselves to make time to bring our seniors to the polyclinic or hospital.

Because of the recurring interactions over the period of two years, the staff volunteers of Pantropic have built good rapport and established trust with this group of seniors. Their befriending relationship has grown and our seniors are appreciative of the help they have received. With the help of Pantropic, our seniors are less fearful of getting lost whenever they need to go for their appointments; the risk of our seniors missing their medical appointments is reduced.

从2017年7月起，狮协与Pantropic Online Pte Ltd 合作开展了医疗护送试点计划，并得到全国福利理事会及全国志愿者服务与慈善中心的协助。来自Pantropic的志愿者在固定的时间访问乐龄之友的年长者，为他们提供关环，并陪伴他们去诊所复诊。

多数年长者的诊所预约都在工作日的正常工作时间，对于有一份全职工作的志愿者来说，前往陪伴年长者去诊所就成为了一项挑战。感谢来自Pantropic的志愿者，他们通过调整工作时间来陪伴年长者前往诊所赴约。为了更好的管理工作的需要，志愿者们也密切关注年长者的预约日期，同时调整他们的工作安排，空出时间带领我们的年长者去综合诊所或医院看诊。

两年以来，通过定时的陪伴与付出，年长者与来自Pantropic的志愿者之间建立了深厚的感情与坚实的信任。他们的感情日益增长，年长者们对他们收获的情谊十分珍惜。在Pantropic的帮助下，我们的年长者慢慢不再对前往诊所看诊感到害怕，同时，年长者忘记诊所预约的情况也减少了。



Photos by NCSS: Patricia and Kevin from Pantropic accompanying the senior to the medical centre for appointment.
照片由全国福利理事会提供：来自Pantropic的Patricia和Kevin陪伴年长者去医疗中心复诊。

» SCHOOL COLLABORATIONS

学校合作

In collaboration with LB, Anglo Chinese School (Independent) ACS(I) students have been volunteering as befrienders to vulnerable seniors supported by LB since March 2018. The students not only actualised intergenerational bonding, but are also empowered to be advocates in serving the silver community.

从2018年3月以来，通过与狮协的合作，来自英华自主中学的学生也加入志愿者的行列陪伴有需要的年长者。这些学生不仅促进了隔代间的融合，更用实际行动服务乐龄社群。

Over the past four years, students from Saint Andrew's Junior College have been working closely with LB to bring fun and excitement to seniors from Bendemeer SAC every week from January to May. These students designed various mini carnival games to enliven their interactions with the seniors.

在过去的四年里，来自圣安德列初级学院的学生与狮协紧密合作，在一月至五月的每周都为明地米亚乐龄活动中心的年长者带来精彩的节目。学生们通过设计不同的小型嘉年华游戏，增进与年长者之间的交流。



Photo by NCSS: ACS(I) students celebrating the Mid Autumn Festival with the seniors.
照片由全国福利理事会提供：来自英华自主中学的学生与年长者一起庆祝中秋节。



Seniors and volunteers gathering for a photo together.
年长者与学生志愿者合影。



Photo by NCSS: ACS(I) students bringing the senior out on a trip.
照片由全国福利理事会提供：来自英华自主中学的学生带领年长者外出活动。



Two happy seniors with their DIY plants.
两位年长者对自己制作的植物盆栽很满意。

» FLAG DAY 2019 2019年售旗日

LB's annual fundraising event, Flag Day 2019, took place on 4 May 2019. Over \$202,000 was raised from the street collections and donations.

狮协的年度筹款项目，售旗日在2019年5月4日举行。通过街头售旗和乐捐共筹集超过\$202,000的捐款。



» Many members of the public contributed to the total amount raised.
广大市民踊跃乐捐。



» Schools, such as Raffles Institution, have stepped forward to show their support by sending students to volunteer as flag sellers.
许多学校，如莱佛士书院，也派出学生义工支持售旗日活动。



» Our flag sellers included the members of the Lions Clubs of Singapore (LCS), who have taken precious time out of their busy schedules to help raise funds for LB.
来自新加坡狮子会各分会的成员也贡献出自己的时间为筹款出力。





Founder Chairman, Mr. Shiva Banerjee, contributed to the fundraising efforts with the Lions and Staff at Yishun Station.
创会主席，Shiva Banerjee先生在义顺站与狮子会师兄们及狮协员工一起参与售旗筹款活动。



All LB staff participated in the event and helped to ensure that everything went smoothly.
狮协的所有员工都参加了这次活动，确保活动能顺利进行。



Thank you, Lions and Staff for making this event a resounding success!
这次售旗日的成功要非常感谢各位狮友与员工们的努力。

THANK YOU FLAG DAY 2019 COMMITTEE MEMBERS!

• Organising Chairman Lion Ronald Chua (LCS Ji Yang) • Co-Organising Chairman Lion Alun Chow (LCS Beverly Hills) • Advisor Lion Henry Liang (LCS Katong) • Advisor Lion Eric Koh (LCS Optimus) • Lion Nancy Lye (LCS Amber) • Lion Ina Lam (LCS Arcadia) • Lion Dianna Olivia (LCS Arcadia) • Lion Shirley Lee (LCS Central) • Lion Vicky Yang (LCS Cheng Hua) • Lion Lai Chong Keng (LCS Cherish) • Lion Richard Neo (LCS Chong Pang) • Lion Randy Lim (LCS Chong Pang) • Lion Belinda Yap (LCS Clover) • Lion William Chua (LCS Fullerton) • Lion Tan Eng Siong (LCS Henderson) • Lion Elsie Lim (LCS Island) • Lion Lily Tan (LCS Ladyhill) • Lion Siow Oi Lin (LCS Ladyhill) • Lion Chai Ming Voon (LCS Marine Parade) • Lion Simon Chan (LCS North) • Lion Daisy Loh (LCS Vanda) • Myca Tan • Lim Li Na • Brandon Chang • Wilson Low

THANK YOU FOR VOLUNTEERING AS STATION MASTERS!

• Lion Nancy Lye (LCS Amber) • Lion Justin Li (LCS Broadway) • Lion Lai Chong Keng (LCS Cherish) • Lion Randy Lim (LCS Chong Pang) • Lion Richard Neo (LCS Chong Pang) • Lion Josephine Lee (LCS Clover) • Lion Sudhakaran (LCS East) • Lion Ho Yu Xian (LCS Goodlink) • Lion Eng Chen Lian (LCS Katong) • Lion Siow Oi Lin (LCS Ladyhill) • Lion Song Yan (LCS Mandarin) • Lion Vincent Lee (LCS Nanyang) • Lion Soh Wee Boon (LCS Nassim) • Lion Jonathan Sim (LCS Nee Soon) • Lion Koh Chay Seng (LCS Nee Soon) • Lion Simon Chan (LCS North) • Lion Gary Ong (LCS Seletar) • Lion Lim Kim Hong (LCS Serangoon Gardens) • Dr Chey Chor Khoo (LCS Serangoon Gardens) • Lion Daisy Loh (LCS Vanda)

THANK YOU FOR SUPPORTING US!

(By alphabetical order)

• Ang Mo Kio Hub • Bedok Point • Bendemeer SAC • Bishan MRT • Bugis Junction • Choa Chu Kang MRT • Clementi Mall • Far East Plaza • Ghim Moh SAC • ITE East College • Jurong Point • NEX Shopping Centre • Novena Square • Orchard ION Mall • People's Park Centre • Punggol Waterway Point • Tampines MRT • Tiong Bahru Plaza • Toa Payoh MRT • Yishun MRT

THANK YOU FOR SUPPORTING US!

(By alphabetical order)

Lions Clubs of Singapore

• Admiralty • Amber • Astrid • Bedok • Broadway • Bukit Timah • Centennial • Central • Changi • Cheng Hua • Cherish • City • Clover • Fort Canning • Galaxy • Garden City • Goodlink • Henderson • Host • Ji Yang • Katong • Khatib Mandarin • Ladyhill • Lavender • Mandarin • Marine Parade • Metropolitan • Millennium • Miltonia • Nanyang • Nassim • Nee Soon • North • Oxley • Radin Mas • Raffles City • Royal • Seletar • Sentosa • South • Stamford • Tanah Merah • Vanda

Schools

• CHIJ St Nicholas Girls • Hwa Chong International School • ITE College East – Leo Club • Nan Hua High School • Ngee Ann Polytechnic – Leo Club • Operation Rejoice • Raffles Institution • St Andrew's Junior College • Swiss Cottage Secondary School • Temasek Junior College – Leo Club • Yishun Town Secondary School

Corporates

• Cheers Holding • Shangri-La Hotel • RHT Rajah Menon Foundation

THANK YOU FOR VOLUNTEERING AT THE COUNTING CENTRE!

• Lion Doris Wong (LCS Amber) • Lion PDG David Lee (LCS Amber) • Lion PK Choy (LCS Astrid) • Lion Eng Teal (LCS City) • Lion Ivy Tan (LCS City) • Lion Nancy Lim (LCS City) • Lion Linda Lim (LCS Clarke Quay) • Lion Joan Siew (LCS Island) • Lion Alison Tay (LCS Island) • Lion Ashley Lee (LCS Island) • Lion Gloria Wong (LCS Island) • Lion Irene Lee (LCS Island) • Lion Marina Hong (LCS Island) • Lion Mary Heng (LCS Island) • Lion Sally Cham (LCS Island) • Lion Sharon Chew (LCS Island) • Lion Teresa Lim (LCS Island) • Lion Horance Tan (LCS Jurong) • Lion Carmen Jansen (LCS Ladyhill) • Lion Seet Hwee Hong (LCS Paterson) • Lion Viven Lim (LCS Paterson) • Lion Melissa Quek (LCS Paterson) • Lion Donna Ng (LCS Paterson) • Lion Terence Wong (LCS Paterson) • Lion Doris Lee (LCS Tanah Merah) • Christine • Lee Seow Seng • Lee Seow Seng's Wife

THANK YOU FOR BEING OUR PLEDGE CARD SUPPORTERS!

(By alphabetical order)

Lions Clubs of Singapore

• Amber • Arcadia • Bukit Timah • Central • Changi • Chatsworth • Cherish • City • Clarke Quay • Clover • Eunus • Fort Canning • Fullerton • Host • Ji Yang • Katong • Katong Mandarin • Khatib Mandarin • Mandarin • Marine Parade • Meyer • Oriental • Paterson • Raffles City • Seletar • Shangri-la • South • Stamford • Tanah Merah • Vanda • Vista • Whampoa

THANK YOU FOR BEING OUR OUTRIGHT DONATION SUPPORTERS!

(By alphabetical order)

Lions Clubs of Singapore

• Amber • Arcadia • Ascension • Astrid • Beverly Hills • Chatsworth • Cheng Hua • Chong Pang • Clover • East • Fort Canning • Fullerton • Galaxy • Henderson • Host • Island • Ji Yang • Ladyhill • Lotus • Mandarin • Meyer • Nanyang • Nee Soon • North • Oriental • Paterson • Raffles City • South

Corporates

• 101 Fruits • Aberdeen Standard Investments (Asia) Limited • Ace Trading & Management Service Pte Ltd • AmerChem (S) Pte Ltd • Cellmer Pte Ltd • D'Spring Pte Ltd • Euro Sense Pte Ltd • Grace Design Consultant • Kwan Im Thong Hood Cho Temple • Looi's Motor Enterprise Pte Ltd • Network Express Courier Services • Overseas Academic Link Pte Ltd • RHT Rajah Menon Foundation • Vita Green Waste Management • Welltech Construction Pte Ltd

Individual

• Ang Poh Suan • Brenda Tan • Caesar Tan • Ivan Foo Yi Chang • Ho Siew Leng • Lucy Low • Quek Wei San • Tan Pei Shan • Yun Chee Keen

Last but not least, our heartfelt thanks to advisor Lion Eric Koh of LinkUPCRM Private Limited, who sponsored the new software and the mobile phone application, as well as the loan of the scanners.

>> DBS 星展银行

Since 2014, DBS has partnered LB on various community initiatives. LB leveraged on DBS's technological capabilities by attaching QR codes on the collection tins for LB Flag Day 2019 to facilitate cashless donations as Singapore moves towards being a digital nation.

2014年至今，星展银行与狮协合作开展了许多社区活动。在2019年狮协售旗日，狮协借助星展银行的科技，在乐捐桶外侧筒贴上QR码，使公众可以通过无现金方式捐款。这也是新加坡逐步迈向数码国家的标志。



>> Flag Day 2019 Collection Tin
2019年售旗日乐捐桶。



>> The volunteers scanning the QR codes for donations during Flag Day.
志愿者通过扫描QR码捐款。



The DBS-LB collaboration was highlighted in an engagement video produced by DBS. 星展银行与狮协的合作项目也在星展银行的宣传视频中被提及。



» GREEN CORRIDOR WALK 绿色走廊徒步

On 22 June 2019, 32 befrienders and LB staff embarked on an 11km trek from Dairy Farm Nature Park to Rifle Range Link before reaching HSBC Treetop Walk in MacRitchie Reservoir. The event was a great opportunity for the befrienders to unwind and know their fellow befrienders better.

在2019年6月22日，32位来自狮协的义工与员工徒步11公里，从牛奶场自然公园到达麦里芝蓄水池HSBC树顶走道前的射靶场连道。这次活动提供了很好的机会来增进义工们彼此间的了解。

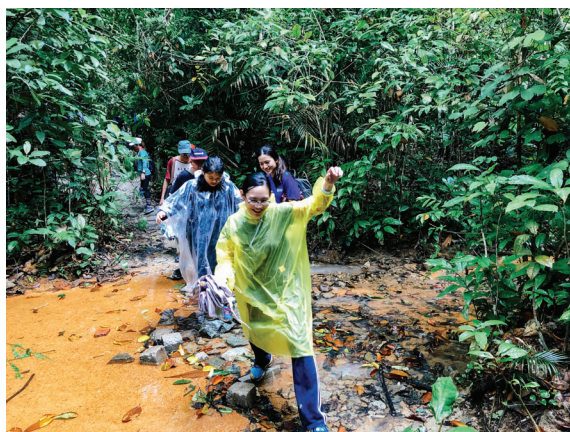


» The befrienders and staff enjoying each other's company while snapping photos along the way.
狮协义工与员工在活动中相互陪伴，并互相拍照留念。



The supplies team was on-hand ready to receive and recharge the befrienders.

支持者团队已准备好为义工们加油打气。



The Treetop Walk reflects the journey of caring and supporting our seniors as a community. Thank you, befrienders, for choosing to embark on this journey with us!

步行树顶走道反映了我们作为一个社区关心与关怀年长者的心力路程。感谢狮协的义工们，选择与我們在这个旅途中一起前行！

» BEFRIENDING ACTIVITIES

友伴服务活动

Nothing warms hearts and bellies like an appetizing luncheon put together by dedicated volunteers. Every fortnight, members from Full Gospel Assembly (FGA) contribute their time and money to organize lunch sessions at Blk 80 Circuit Road Food Centre for seniors residing at Circuit and Merpati Road. Through the sharing of meals, volunteers establish rapport and build relationships with the seniors.

没有比由志愿者组织的美味午宴更暖心暖胃的活动。来自全备福音堂的志愿者每两周都会在循环路大牌80号的熟食中心为居住在循环路及美芭蒂路的年长者组织一次丰盛的午宴。通过美食分享，志愿者与年长者建立了深厚的感情。

» Volunteer from FGA, Helen (in black), in the companion of happy seniors.

来自全备福音堂的志愿者Helen（黑衣）与年长者快乐合影。



« Volunteers and seniors building bonds through sharing of meals.
志愿者与年长者通过分享美食，建立了深厚的友谊。



» Befrienders and Befriendeds gathered for a photo at the Forest Valley.
乐龄之友员工与年长者在森林谷合影。

Happy Steps, a walking interest group, was initiated by the Befriending Services team to encourage befriendeds living in different parts of Singapore to step out of their homes and explore the great outdoors on foot together. On 9 May 2019, 49 befriendeds made a trip to the much-anticipated Jewel Changi Airport to soak in the sights and sounds of the new landmark.

快乐徒步行是一个兴趣小组，由狮协友伴服务团队发起，鼓励居住在新加坡不同区域的年长者一起走出家门，探索户外的精彩。在2019年5月9日，49名年长者来到备受关注的星耀樟宜一起参观，感受地标视觉与听觉的优美。



» Two seniors enjoying their tea break.
两位年长者享受他们的茶歇。

On 18 May 2019, seniors from Redhill and Beo Crescent were invited to take a ride on the Singapore Flyer, courtesy of TwilightLOVE, one of LB Befriending's networking partners. Thank you, TwilightLOVE for giving our seniors the opportunity to experience an unforgettable and memorable view of the city.

在2019年5月18日，由TwilightLOVE乐捐并安排来自红山与比欧弯的年长者乘坐新加坡摩天观景轮。TwilightLOVE也是狮协的网络合作伙伴，感谢他们的付出，为年长者带来了一次难忘的体验，也让他们欣赏到了值得回忆的城市美景。

» Seniors and volunteers were all smiles as they take in the panoramic views of Singapore's skyline.
年长者与志愿者在新加坡天际线愉快的合影。



» SAC ACTIVITIES

乐龄活动中心的活动

On 24 May 2019, a group of Hwa Chong Institution students taught our Ghim Moh SAC seniors to create edible flower pots. The food preparation session stretched the creativity of our seniors as they interacted with the youths and had a taste of more modern desserts.



在2019年5月24日，来自华侨中学的学生教我们锦茂乐龄活动中心的年长者制作可以吃的盆栽。整个食物准备过程让年长者的创意得到展现，他们也通过与年轻一代的交流，品尝到了更有现代风味的甜点。



The seniors posing joyfully with their completed flower pots.
年长者在完成制作食物盆栽后显得很愉悦。

In celebration of their 25th Anniversary, the Tampines SAC seniors were invited to the "Ngee Ann Gives Back" carnival organised by Ngee Ann Secondary School on 25 May 2019. This event encouraged meaningful interactions between the seniors and students, which in turn fosters an inclusive community.

在义安中学25周年庆典之际，淡滨尼乐龄活动中心的年长者受邀参加由义安中学在2019年5月25日举办的“义安回馈”嘉年华。这个活动鼓励年长者与学生进行有意义的互动，以此培养更具包容性的社区环境。

To encourage intergenerational bonding and spread cheer to the seniors, children of PCF Sparkletots (Queenstown-Mei Ling) frequent Mei Ling SAC to put up short performances, distribute hand-packed gifts and interact with the seniors during festive periods. It is always heartening to see kindness being displayed towards the seniors by these pre-schoolers.

为了鼓励跨代融合并传播爱心，来自PCF Sparkletots（女皇镇-美玲）的小朋友为美玲乐龄中心的年长者呈现简短的舞台表演，分发亲手包装的礼品，并于年长者在活动中积极互动。能看到小朋友为年长者表达爱意是件非常暖心的事。



The seniors were treated to a fun-filled day of carnival games, hands-on craft activities, sports games and performances by the students.
年长者受邀参加了充满乐趣的嘉年华游戏活动，手工制作，体育竞技并观看了学生的舞台表演。



The children put together performances in celebration of Hari Raya, followed by a short time of interaction with the seniors.

孩子们为庆祝开斋节呈现的表演，在演出后也与年长者们一起互动，共度好时光。



» FESTIVE CELEBRATIONS 庆祝佳节

In celebration of Hari Raya Puasa, Clementi SAC invited PCF Sparkletots and “The Dreamers Band” to perform for the seniors on 16 June 2019. The seniors were also pleasantly surprised by the visit of Member of Parliament, Dr. Tan Wu Meng, who dropped in to send his festive greetings.

为庆祝开斋节，金文泰乐龄活动中心邀请了PCF Sparkletots 与 “The Dreamers Band” 在2019年6月16日为中心的年长者呈现演出。年长者也因议员陈有明医生的到来感到惊喜，议员也为年长者们分发了节日礼物。



Seniors with their dance moves.
年长者与义工共舞。



Dressed up to the nines for the celebration.
为参加庆祝会精心打扮。

Seniors and staff posing against a colourful backdrop in festive apparels.
年长者与职员展示多元背景的节庆服饰。

Ang Mo Kio SAC celebrated Hari Raya Puasa on 19 June 2019 with a line-up of engaging and exciting activities such as Lucky Draw and “Guess-Item-in-Mystery-Box”. To further liven up the atmosphere, seniors were invited to a dance and sing along session before enjoying a sumptuous buffet lunch.



宏茂桥乐龄活动中心在2019年6月19日庆祝开斋节，举办了丰富的活动，如幸运抽奖，猜猜箱子内的物品等。为了更好的制造热闹气氛，年长者也在丰盛的自助午餐开始前受邀一起参与舞蹈和唱歌。

On 21 June 2019, Tampines 499C SAC had a mini Hari Raya celebration for the seniors where they played traditional games such as Five Stones and Chapteh. Some seniors also had beautiful Henna painted on their hands before tucking into a wide spread of food.

在2019年6月21日，位于淡滨尼大牌499C的乐龄活动中心举办了小型的开斋节庆祝活动，年长者们玩了很多传统的游戏，如抛掷五颗小石子和踢毽子等。其中几位年长者也在午餐前接受了美丽的海娜彩绘。



LB staff helping seniors with Henna painting.
狮协的员工帮助年长者手绘海娜。



A senior attempting Five Stones.
一位年长者在玩抛掷五颗小石子。

MANY HANDS MAKE LIGHT

We welcome benevolent and creative efforts by like-minded supporters to help raise funds for our socially isolated seniors. These are some ways in which you can consider:

1. Organise a Movie Night to bond with colleagues, friends and families by selling tickets and popcorns for fundraising purpose.
2. Stage a mini Carnival or Bazaar of games, food and fun on behalf of your office, organisation or special interest group to raise funds and awareness of elderly isolation.
3. Initiate a Charity Gift Programme in your organisation and encourage staff to make donations which would then be doubled by your organisation.



4. Set-up physical Donation Boxes or QR Code at a friend or family member's restaurant or shop and channel a portion of proceeds to our cause.
5. Host a Sport Tournament such as a walkathon or marathon and raise money from registration fees or entry ticket sales.



6. Organise a Potluck Party and invite people to bring their favourite dish and charge a donation fee at the door.



7. Cultivate Celebratory Giving by dedicating your next celebration to our cause and encourage friends and family to make a donation in place of cards and gifts.



8. Host a Garage Sale and turn clutter into cash by mobilising family, friends and neighbours to donate gently used items which will be sold to the community.



9. Hold a Book Swap and charge a small amount for entry and/or per book exchanged.
10. Organise a Craft Sale and gather talented family and friends to help create and sell crafts such as bracelets, buttons, keychains, or housewares.



A single donation of S\$50 and above to LB will be eligible for a tax deduction of 250%. Please provide your NRIC/FIN/UEN number and Name/Organisation name for your donation to be automatically included in your tax assessment by IRAS.

Lions Befrienders Charity Car Rally 2019



1 September 2019, Sunday

7.30am to 3.00pm

Carros Centre

60 Jln Lam Huat, Singapore 737869

Flag off @ 8.00am
Attractive prizes to be won

Registration Fee: \$400 per car

Max : 1 driver, 3 passengers

Min : 1 driver, 1 passenger

**For more information and registration,
please contact Ms. Lim Li Na at 6681 4967 or
visit www.lionsbefrienders.org.sg**



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