



Blossom Seeds
福善

Awarded



10 Years
ANNIVERSARY

Annual Report 2022

Blossom Seeds Limited

UEN 201304904N
(Charity with IPC status)



National Awards (COVID-19) INVESTITURE 2023



Awarded

President's Certificate of Commendation (COVID-19)



To Serve with Love and Care

Our Vision

A compassionate community where everyone blossoms.

Our Mission

To care for seniors with love and support them to actively care for others.

Our Objectives

- i. Support frail and home-bound elderly to live in the community despite their frailty. (MET-AIC)
- ii. Engage & recruit active seniors to be volunteers, empower them to serve the needy elderly. (SVP – C3A)
- iii. Engage the seniors to embrace a purposeful life by ageing positively and continue to lead healthy and active lives while they advance in age. (Active Ageing Programmes)
- iv. Promote active ageing and cultural awareness through the learning of different cultures amongst multi-racial seniors. (Cultural Programmes - Community Chest)
- v. Provide structured befriending services and psycho-social support through active volunteers in the community for needy elderly and their caregivers. (CBP – C3A)
- vi. Promote and encourage community participation in serving the needy from multi-racial and religious backgrounds to support interfaith Harmony and Social Cohesion in Sembawang Town. (SG Cares Volunteer Centre – MCCY)

Blossom Seeds G.R.E.A.T. Values

Gratitude

Gratitude towards beneficiaries for opportunity to contribute and all partners for support

Respect

Respect others choices, regardless of their race, religion, ability and aptitude

Empathy

Putting oneself in the shoes of others

Advancement

Personal advancement & organization advancement to provide quality care

Teamwork

Teamwork within the organisation and collaboration with partners



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Corporate Information

Blossom Seeds Limited (BSL) was set up by members of BW Monastery (Singapore). It was registered as a company limited by guarantee on 22 February 2013.

We obtained our charity status from the Ministry of Social and Family Development (MSF) in April 2016, and became a full member of National Council of Social Service (NCSS) the same year in December 2016. With effect from February 2022, our IPC Administrator changed from MSF to MOH.

BSL was accorded the Institution of Public Character (IPC) status with effect from February 2017.

BSL has M&AA as its governing instrument.

Registered Address

105 Canberra Street, #02-01, Singapore 750105

Bankers

Development Bank of Singapore
United Overseas Bank

Auditors

Fiducia LLP

Corporate Secretary

Mr Lim Chin, Global Corporate Solutions Pte Ltd

Legal Counsel

Mr Henry Hoe, A. Ang, Seah & Hoe Advocates & Solicitors,
Notary Public & Commissioners for Oaths



Appreciation of Partners

We would like to thank our agency partners and community partners who have made it possible for us to offer our programmes and services to the community.

Sector Administrator



Member of



Operator of



Supported by



Chairman's Message



We are also very pleased and thankful to The Ministry of Culture, Community & Youth (MCCY) for appointing us the Volunteer Centre (VC) for Sembawang. Our charitable activities continue to garner several accolades :

- Awarded **The President's Challenge for 2023** for Caregiver Programme
- Awarded **Charity Transparency Award 2022**
- Appointed as **SG Cares Volunteer Centre @ Sembawang 2022**
- Awarded **The President's Certificate of Commendation (COVID-19)** in 2022
- Developed **Intergenerational Activities for Social Cohesion** in 2020

This year, we celebrate our 10th Anniversary of 'making a difference' in the lives of those in our community. We have stepped out from the shadow of the COVID-19 pandemic with a surprised award - 'The President's Certificate of Commendation (Covid-19)' issued by the Prime Minister's Office in December 2022.

We are grateful to all our Partners and Donors for their continuous support throughout the pandemic.

Review of Financial Results

For the year ended 31 December 2022, BSL had an income of \$2,656,000 (including CST grant at \$990,000), compared to \$2,113,000 in 2021. We managed to generate a surplus of \$689,000.

Future Outlook

As COVID-19 Safe Management Measures (SMM) have been lifted, our fundraising events and centre activities will be held physically with online, livestream from the centre to cater to the needs of physically disadvantaged seniors in their own home where appropriate.

Appreciation

We thank Mr Ong Ye Kung, Minister for Health, our Guest of Honour at our 'Blossom Vesak ~ Unity in Diversity' celebration on 8 May 2022, and our second 'Ready Set GOLD!' charity walk on 3 Sept 2022. We are also grateful to Ms Mariam Jaafar, Adviser to Sembawang GRC (Woodlands) and Mr Derrick Goh, Adviser to Nee Soon GRC (Nee Soon Link) for being our Special Guests for 'A Compassionate Journey Made Possible 2022' event on 5 Nov 2022.

Finally, I am very grateful to our Board Members, Volunteers and Staff for their dedication despite the pandemic. I would also like to thank all Community Partners, PA, Sembawang Central Grassroot Leaders, BW Monastery, Yusof Ishak Mosque, Assyafaah Mosque, Darul Makmur Mosque, Sembawang Mosque, Holy Tree Sri Balasubramaniam Temple, Sembawang God of Wealth Temple and Covenant Evangelical Free Church, Singapore Management University (SMU), Youth Corps Singapore (YCS), Canberra Secondary School, President's Challenge 2021, Ministry of Health (MOH) (AIC, C3A), Ministry of Culture Community and Youth (MCCY), National Council of Social Service (NCSS), Community Chest, Tote Board, Sponsors, Donors. Media (Print and Social) and kind Stakeholders for your support.

With gratitude
Aw Cheow Thiam

21 June 2023

主席致词

今年2023年，我们庆祝我们为区服务10周年。我们从新型冠状病毒疫情大流行的阴影中走出来，让我们非常惊喜的是，总理办公室还在2022年12月宣布授予我们总统表彰证书 (Covid-19)。

我们要感谢有关当局包括综合护理机构(AIC)与国家服务理事会(NCSS)，各机构，捐助者，在我们各项计划上一一直给予的支持。

我们非常高兴并感谢文化、社区及青年部 (MCCY) 授予我们三巴旺关爱新加坡行动办公室 (SG Cares VC)。我们的慈善活动持续不断，并取得多项成就。

- 荣获**2023年看护者计划总统挑战奖**
- 荣获**2022年慈善透明度奖**
- 被任命为**关爱新加坡行动办公室@Sembawang 2022**
- 2022年获得**总统表彰证书 (COVID-19)**
- 2020年为**社会凝聚力开展代际活动**

财务业绩审查

2022年，福善收入为 S\$2,656,000，对比 2021年 S\$2,113,000。其中包括社区乐龄基金(CST)1元对1元的补贴。总额S\$990,000。我们取得S\$689,000的余额。

未来展望

随着 Covid 19 安全管理措施 (SMM) 的取消，我们的筹款活动和中心活动将通过中心的在线直播在现场举行，以便在适当的情况下满足身体虚弱的年长者在家中的需求。

致谢

我们衷心感恩卫生部长王乙康先生担任我们2022年5月8日2022年卫塞节《各家齐聚 万众同心》的主宾，以及疫情后的第一个Ready Set GOLD 2022 – 慈善益走。我们也非常感恩三巴旺集选区（兀兰）的顾问 Mariam Jaafaar 女士和义顺集选区（义顺连路）的顾问吴顺喜先生担任我们2022年11月5日的用爱心实现《和善之旅》的特邀嘉宾。

在此，我也要对我们的董事会成员、义工和福善职员在这个艰难时期的承担，表示衷心的感谢。我还要感谢所有的社区合作伙伴、人民协会，吉祥宝聚寺，三巴旺中央基层领袖、Assyafaah 回教堂、Holy Tree Sri Balasubramaniam Temple、Covenant Evangelical Free教堂，三巴旺回教堂，Yusof Ishak 回教堂，Darul Makmur 回教堂，三巴旺财神庙与新加坡青年义工团队 (YCS)，新加坡管理大学，坎贝拉中学，喜悦世界，年总统挑战 (PC 2022)、新加坡文化，社区和青年部 (MCCY)、卫生部 (MOH)，护联中心 (AIC)、活跃乐龄理事会 (C3A)，国家福利理事会 NCSS、公益 (Community Chest)、新加坡赛马博彩管理局 Tote Board、赞助商，捐助者，媒体（印刷和社交）和很多关心年长者，慷慨支持的朋友等。感恩您的一路陪伴与支持。

感恩

胡诏添

2023年6月21日

CEO's Message



While the pandemic delivered unprecedented challenges, we have been successful in identifying new and exciting opportunities. We close the pandemic chapter with a clear path forward for the charity, a significantly adaptable team and a number of exciting projects in the pipeline that will journey with the seniors in their golden vibrant years.

2022 Operational Highlights

With the lifting of the Safety Management Measures, the seniors started coming to the Active Ageing Centres. We are grateful for the online capability that we have built up during the pandemic, and our daily active ageing activities continue onsite and online, allowing seniors to stay connected and stay active from the comfort of their home.

We are grateful to be awarded the President's Certificate of Commendation (COVID-19) in 2022. The award is a huge encouragement to the team and our volunteers for the work they do.

Our intergenerational programmes continue to progress, and it is very heartening to see the Youth Volunteer Leaders under the pilot We+65 programme, partnering Youth Corps Singapore to develop organising skills, teamwork and character in the youth.

We are also delighted to share that for the first time, we have been awarded the Charity Transparency Award 2022. We will continue to enhance our governance framework to keep accountability robust and transparent.

BSL services for the seniors would not have been possible without our community partners and volunteers. We are pleased to be appointed as one of the twenty-four SG Cares Volunteer Centres in Singapore by MCCY, and look forward to building our volunteer capability to support other areas of needs for our Sembawang Town.

With the support from Agency for Integrated Care (AIC) and SG Cares, our staff strength increased from 16 to 22 in 2022. This will help us to build our capabilities to support more seniors.

Future Outlook

We are focused on our vision to journey with our seniors till their last moment, extend our care with palliative help either at their residences or in a nursing and sheltered home and a new model of assisted living homes for the needy seniors as our goal.

Tribute and Thanks

The support for the seniors would not have been possible without our team of staff and volunteers. Their commitment and dedication towards the seniors were commendable during these anxious times.

The strong support amongst the team members helped us to pull through the pandemic and now riding the wind of change. Our efforts would also not have been possible without help from everyone. Together, we will strive to achieve a compassionate community where everyone blossoms regardless of race or religions.

With gratitude
Ong Siew Chin
21 June 2023

执行长致词

尽管大流行病带来了前所未有的挑战，但我们已成功地将他们一一克服，团队的应变能力也因此变得更强。我们也开展了激动人心的新项目，一起陪伴与照顾年长者度过充满活力的黄金岁月。

2022 年运营亮点

随着安全管理措施的解除，乐龄人士开始陆续来到乐龄中心。我们感谢我们在大流行期间建立的在线能力，我们的活跃老龄化活动继续在现场和线上进行，让年长者在舒适的家中也能保持联系并保持活跃。

我们很高兴在 2022 年获得总统表彰证书 (COVID-19)。此奖项对我们的团队和义工给予巨大的鼓励。

我们的代际计划继续取得进展。很高兴看到在与新加坡青年团合作的青年义工领袖 We+65 计划下，培养青年的组织能力、团队合作和品格。

我们也很欣慰地宣布，我们首次获得了 2022 年慈善透明度奖。我们将继续加强我们的治理框架，以保持问责制的稳健和透明。

没有我们的社区合作伙伴和义工，就不可能为年长者提供服务。我们很高兴被新加坡文化、社区及青年部指定为新加坡 24 个关爱新加坡行动办公室之一，并期待建立我们的义工能力，以支持我们三巴旺镇其他需求的领域。

在综合护理机构 (AIC) 和新加坡文化、社区及青年部的支持下，我们的员工人数在 2022 年从 16 人增加到 22 人。这将有助我们增强支持更多年长者。

未来展望

我们专注于我们的愿景，即在年长者的住所或疗养院和庇护所提供安临关怀，陪伴他们一起度过他们最后的人生阶段，并且为有需要的年长者提供新型辅助生活之家，借此扩大我们的护理目标。

致敬和感谢

没有我们的员工和义工团队，就不可能为处在这些焦虑时期的年长者提供支持。他们对年长者的承诺和奉献精神值得称赞。

团队的大力支持帮我们度过了大流行病，也为这快速乐龄化的世界，作出应变。如果没有每个人的帮助，我们的目标是不可能达成的。我们将共同努力建立一个富有同情心的社区，让每个人，不分种族或宗教信仰，都能有个美满人生。

感恩
翁秀卿敬启
2023年6月21日

Leadership

Board Members



Mr Aw Cheow Thiam Chairman
 Occupation : Buddhist Fellowship Exco Member
 Date of Appointment : 21 Sep 2015



A/Prof Wong Yee Chee Director
 Occupation : NUH
 Senior Consultant Obstetrician
 & Gynaecologist
 Date of Appointment : 21 Sep 2015



Mr Chong Yew Mun Aloysius Vice - Chairman
 Occupation : Hi-P International
 Human Resources (Presently
 stationed in Shanghai (China)
 Date of Appointment : 08 Nov 2021



Ms Chua Mui Kiang Nancy Director
 Occupation : Business Owner
 Date of Appointment : 4 Oct 2018



Ms Ong Ai Lan Treasurer
 Occupation : Evident Scientific,
 Head of Solution Delivery, APAC
 Date of Appointment : 2 Feb 2021



Mr Teo Kim Swa Director
 Occupation : Arya Architects
 Principal Architect
 Date of Appointment : 12 Oct 2019



Dr Pua Hwee Leng Director
 Occupation : BW Monastery
 Lecturer in Training & Development
 Date of Appointment : 21 Sep 2015



Ms Goh Sock Choo Director
 Occupation : Social Entrepreneur
 Date of Appointment : 12 Oct 2019



Dr John Zaw Min Director
 Occupation : Singapore University of Social Sciences,
 Singapore Polytechnic and BCA Academy
 Adjunct Lecturer
 Date of Appointment : 28 Jun 2017



Mr Thet Naing Kyaw Director
 Occupation : Seagate Singapore International Headquarters Pte Ltd
 Senior Manager
 Date of Appointment : 14 Sep 2020



Ms Tan Chiew Hoon Hazel Director
 Occupation : Social Entrepreneur
 Date of Appointment : 28 Jun 2017

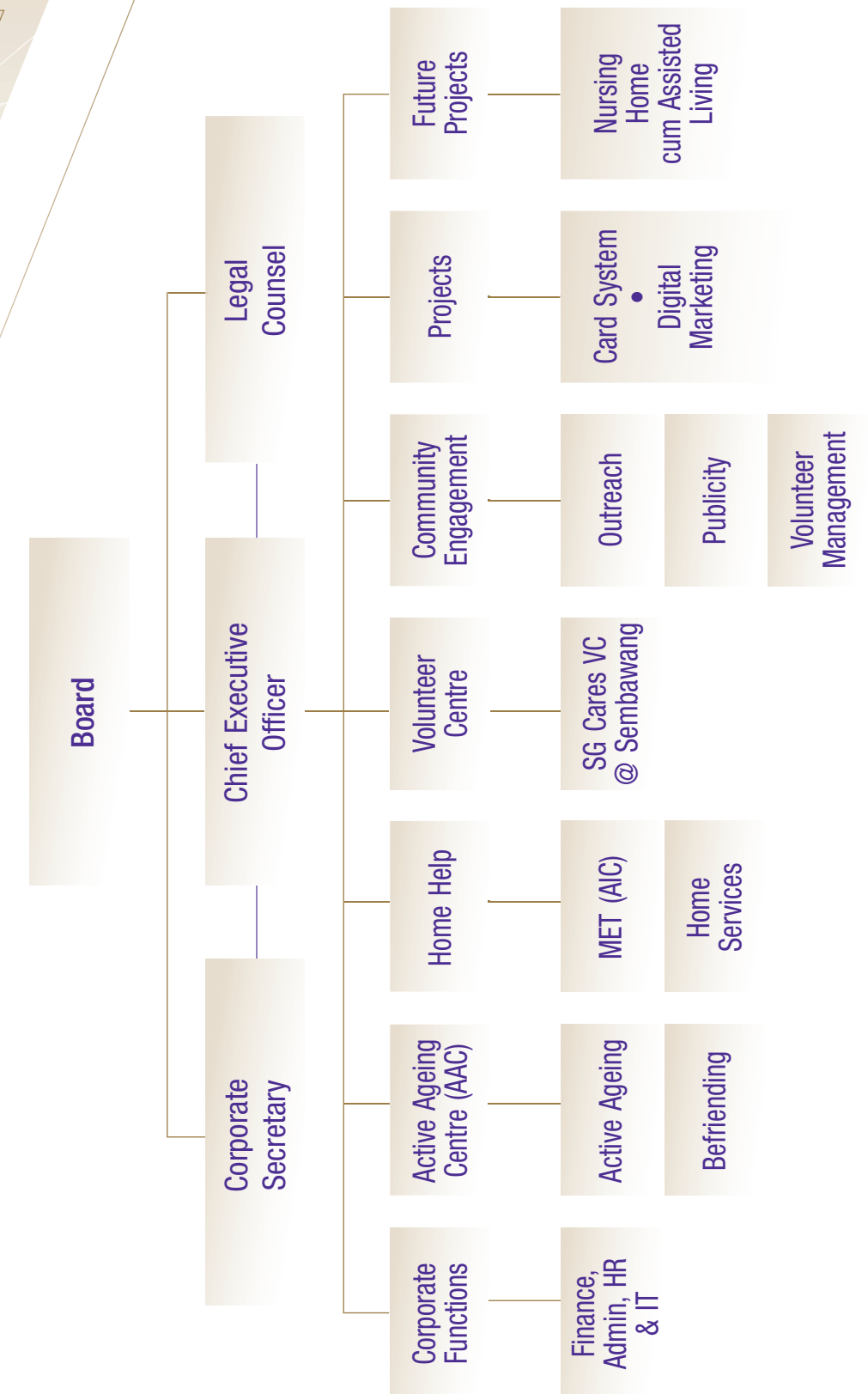


Ms Yeo Mui Hoon Ferlin Director
 Occupation : IQVIA RDS East Asia Pte Ltd
 Director, Finance
 Date of Appointment : 2 Feb 2021

Our Committees

Fundraising & Events Committee Mr Aw Cheow Thiam Mr Chong Yew Mun Aloysius Ms Ong Ai Lan Dr John Zaw Min Ms Goh Sock Choo Mr Teo Kim Swa Ms Chua Mui Kiang Nancy Ms Yeo Mui Hoon Ferlin Ms Ong Siew Chin	Programme Committee Dr Pua Hwee Leng Mr Chong Yew Mun Aloysius Mr Aw Cheow Thiam Prof Wong Yee Chee Mr Thet Naing Kyaw Ms Goh Sock Choo Dr Chow Khuan Yew Ms Ong Siew Chin	Human Resource Committee Mr Chong Yew Mun Aloysius Ms Hazel Tan Chiew Hoon Mr Aw Cheow Thiam Ms Ong Ai Lan Mr Lim Meng Kwang Alvin Ms Ong Siew Chin
Finance Committee Ms Ong Ai Lan Mr Chong Yew Mun Aloysius Mr Aw Cheow Thiam Mr Thet Naing Kyaw Ms Ong Siew Chin	Volunteer Committee Mr Aw Cheow Thiam Mr Chong Yew Mun Aloysius Ms Ong Ai Lan Dr John Zaw Min Ms Goh Sock Choo Mr Teo Kim Swa Ms Chua Mui Kiang Nancy Ms Yeo Mui Hoon Ferlin Ms Ong Siew Chin	Projects & Technology Committee Mr John Zaw Min Mr Teo Kim Swa Mr David Lee Mr Aw Cheow Thiam Ms Ong Ai Lan Mr Thet Naing Kyaw Ms Ong Siew Chin Mr Cheng Yau Tong Mr Chan Mun Hoe
Nomination Committee Mr Chong Yew Mun Aloysius Ms Hazel Tan Chiew Hoon Mr Aw Cheow Thiam Ms Ong Ai Lan Mr Lim Meng Kwang Alvin Ms Ong Siew Chin	Audit Committee Mr John Zaw Min Ms Yeo Mui Hoon Ferlin Mr Teo Kim Swa Ms Goh Sock Choo	

Organisation Chart



Our Management Team



Ms Ong Siew Chin
Chief Executive Officer
Experience/ Qualification
• Chartered Accountant (Singapore)
• Volunteer with Doverpark Hospice
Date Joined: 1 Nov 2017



Ms Han Cheow Yong Lydia
Finance Manager
Experience/ Qualification
• Senior Manager
Date Joined: 1 Jul 2018



Ms Pow Lay Kuan
Director, SG Cares Volunteer Centre @ Sembawang
Experience/ Qualification
• Bachelor of Business Administration
Date Joined: 17 May 2022



Mr Tan Teng Shan Raymond
Manager (Medical Escort & Transport)
Experience/ Qualification
• NTUC Health Co-operative Limited (NTUC Health)
• Diploma in Community and Social Services
Date Joined: 23 Jan 2023



Ms Christina Lim Shee Poh
Senior Programme Manager
Experience/ Qualification
• Master of Gerontology (SUSS)
• Registered Nurse
• Paramedic Lecturer at Institute of Technical Education, College East (Simei)
• Paramedic / Paramedic Instructor
Singapore Civil Defence Force (SCDF) HQ
Date Joined: 1 Dec 2020



Ms Wang Li Li Joyce
Active Ageing Manager
Experience/ Qualification
• Family Matters Coordinator
Date Joined: 1 Jul 2019



Mr Lim Meng Kwa, Alvin
Counsellor
Experience/ Qualification
• Master in Social Science (Professional Counselling),
• Graduate Diploma in Positive Psychology
• Volunteer counsellor at Kong Meng San Phor Kark See Monastery
• Volunteer at DOT Connection Karuna Buddhist Counselling Services.
• Co-trainer at Caregivers Alliance Limited
Date Joined: 1 Sep 2018



Ms Lim Soh Wah Joanne
Admin Manager
Experience/ Qualification
• Admin Manager with Blossom World Society
Date Joined: 1 June 2022



Mr Tan Heng How Corman
Snr Volunteer Manager
Experience/ Qualification
• Bachelor in Electronics Engineering
• Volunteer at SPD
Date Joined: 30 May 2022



Ms Chong Hui Main Lydia
Volunteer & Event Manager
Experience/ Qualification
• Bachelor in Commerce
• PA Grassroot Leader
Date Joined: 1 Jan 2020

Our Staff



Staff CNY Reunion Dinner @ The Fullerton Hotel Singapore



Our Impact at a Glance



\$932,457
Total **Donation Raised**




Total number of **Staff** **22**



3,679
Total **Beneficiaries Served**



1924
Total **Medical Escort Trips**

250 
Number of **MET Beneficiaries**



165
Number of **Befriending Beneficiaries**



155
Number of **AAC Activities**



300
Number of **AAC Participants**



9578
Number of **AAC Attendance**



1370
Total Number of **Event Volunteers**



20423
Number of **Event Volunteering Hours**



2964
Number of **Event Beneficiaries**



Highlights for the Year

Blossom Tribute to the Seniors ~ 10th Year Anniversary Charity Lunch

Blossom Seeds held our Blossom Tribute to the Seniors Charity Lunch at Fairmont Hotel on Sunday 19 February 2023 after a 3 years hiatus. Our Blossom Tribute to the Seniors Charity Lunch also marks our 10th year anniversary - 10 years of serving the seniors with love and care. The theme is Social Cohesion and culmination of our efforts in supporting all our seniors to blossom, whether they are frail or active. It is also to express our deepest gratitude to every senior in our community,



Highlights
for the year



Highlights
for the year

**Awarded
President's Certificate of Commendation
(COVID-19) in 2022**

Blossom Seeds is pleased to be awarded the President's Certificate of Commendation (COVID-19) for exceptional efforts which had a significant impact in Singapore's fight against COVID-19.



Highlights
for the year

Awarded the President's Challenge in 2023 for "Blossoming Caregiver"

Story of Mdm Sarinah Bte Anang

Mdm Sarinah, is the caregiver to her daughter. Together they participate regularly in the AAC activities, volunteer, learn new skills, and make friends with other residents. The daughter also became more active and became more sociable.



Story of Mdm Wong Sood Lan

Mdm Wong Sood Lan 77, was under tremendous stress as the caregiver to her husband. She noticed that the Blossom Seeds befrienders are always very cheerful and knowledgeable. She decided to volunteer as a befriender and is able to put her knowledge to practice at home and to support other seniors.



Highlights
for the year

Re-Opening of Sembawang God of Wealth Temple

Blossom Seeds is pleased to be invited to the Sembawang God of Wealth Grand Re-Opening Ceremony. Dr Lim Wee Kiak and Dr Teo Ho Pin graced the occasion, and the community leaders from the local and overseas @ Taoist Federation (Singapore) and grassroots leaders came to support the opening. Everyone is delighted to be able to visit the Temple after 3 years.



Highlights
for the year

Population Health Collective 2023

The Population Health Collective (POPCollect) is an annual workplan seminar organised by National Healthcare Group (NHG). Our staff and volunteers were excited to participate at the Kampong Health Marketplace at Ng Teng Fong Centre for Healthcare Innovation (CHI).

Mr Ong Ye Kung, Minister for Health graced the occasion and shared about the importance of supporting good health in the communities and home. Dr Michael Dixon (Keynote Speaker from the UK), physician to Prince Charles (then), visited our booth and interacted with our seniors.



Highlights
for the year

Inaugural Volunteer Management Conference 2023

Blossom Seeds is pleased to participate in the Inaugural Singapore Volunteer Management Conference, co-organised by the NCSS Singapore and Singapore University of Social Sciences to elevate volunteer management capabilities.

Mr Lawrence Wong (Deputy Prime Minister and Minister for Finance) and Mr Tan Chuan-Jin (Speaker of Parliament, Advisor to NCSS and Co-Chair of SG Cares) graced the occasion and we were happy to host them together with AMKFSC at our booth to showcase our skill-based Volunteerism.



2023 Action Plan For Successful Ageing

Blossom Seeds is pleased to attend the Launch of the 2023 Action Plan for Successful Ageing. Health Minister Ong Ye Kung, Minister for National Development Desmond Lee, Minister for Manpower Tan See Leng and Secretary-General of National Trades Union Congress Ng Chee Meng attended the launch.

The 2023 Action Plan will focus on community initiatives to empower Singaporeans to take charge of their own ageing journeys. It also includes other initiatives to enable seniors to contribute meaningfully to the society, including volunteering opportunities and flexible work arrangements.



Profiling of Seniors 2023

The profiling exercise was initiated by Minister Ong Ye Kung in August last year, to identify at-risk seniors. Blossom Seeds is pleased to be part of this pilot, and SGCares Volunteer Centre @Sembawang supported the volunteers.

Many thanks to our young volunteers from Youth Corps Singapore, who have been keen to learn and patiently visiting each household, looking out for seniors who may benefit from our befriending and health programmes. Many thanks also to our grassroots volunteers and Blossom Seeds volunteers who came to support the outreach.



Charity Transparency Award 2022

Blossom Seeds is pleased to be one of the winners of the Charity Transparency Award 2022 at the Charity Transparency and Governance Awards Ceremony on 9 November at the Singapore Chinese Cultural Centre, organised by the Ministry of Culture, Community and Youth - MCCY. This is the first time Blossom Seeds receives this award.

Mr Edwin Tong, Minister of Culture, Community and Youth & Second Minister for Law graced the occasion. Our Honorary Treasurer Ms Ong Ai Lan received the award from Dr Gerard Ee, Chairman of the Charity Council at the event.

We thank all the donors and community partners for the trust they placed in us, to support the vulnerable. We will continue to uphold the corporate governance and transparency standards to be a trusted charity.



Appointment of SG Cares Volunteer Centre @ Sembawang

Blossom Seeds is pleased to be appointed as one of the 24 SG Cares Centres to promote volunteerism. The event was launched by Deputy Secretary of Ministry of Culture, Community and Youth (MCCY), Mr Philip Ong, Mr Ong Ye Kung, Adviser for Sembawang GROs and witnessed by our community partners, fellow agencies, Grassroots partners, Religious partners and volunteers.

This event also coincides with our Purple Party Volunteer Appreciation after a 2-year hiatus. We also took the opportunity to express thanks to our volunteers for their commitment and dedication during the Pandemic, and the support provided by our community partners.



Financial Highlights

Income for the year increased mainly due to grant income from Community Silver Trust (CST), funding from AIC for operating the Active Ageing Centre and funding from MCCY for operating SG Cares Volunteer Centre @ Sembawang. Donations remain low as Covid 19 Pandemic affected many businesses and Small Medium Enterprises (SME). With the support from Foundations and Corporates as well as the various government support schemes, we were able to achieve a small surplus.

Expenditure for 2022 is higher due to the higher manpower costs and capability building initiative. Staff costs increase due to the setting up of SG Cares Volunteer Centre @ Sembawang and Community Care Salary Enhancement (CCSE). In addition, costs have also increased post pandemic and amidst global economic uncertainty.

Income	2022 (Audited)	2021 (Audited)	2020 (Audited)
Voluntary Income	121,000	740,000	148,000
Fundraising events	592,000	590,000	519,000
Events and activities	20,000	39,000	2,000
Grant income	1,773,000	683,000	747,000
Other income	150,000	61,000	-
Total Income	2,656,000	2,113,000	1,416,000
Expenditure			
Fundraising expenses	91,000	59,000	10,000
Event expenses	71,000	36,000	6,000
Cost of charitable activities	1,790,000	1,385,000	1,069,000
Governance & other administrative costs	15,000	43,000	25,000
Total	1,967,000	1,523,000	1,110,000
Net Surplus	689,000	590,000	306,000



Medical Escort & Transport (MET)

Partnering Agency for Integrated Care (AIC)

With an aging population, many of our seniors have little or no social support. Majority of the beneficiaries whom we served are financially needy with multiple chronic medical conditions. As a result of their chronic medical conditions, most require the support of our wheelchair enabled buses to bring them for their medical appointments.

The Story of Madam Magdalene (92 years old), MET Beneficiary

Madam Magdalene and Mr Finian stayed on their own. One day, Mdm Magdalene fell down and was admitted to Khoo Teck Puat Hospital. Both her husband and herself were diagnosed with chronic medical conditions.

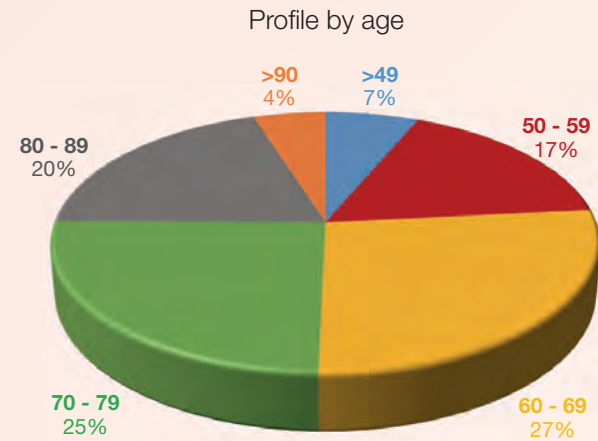
While she was wondering how to bring her husband for medical appointments, as she could not manage on her own, the hospital referred her to Blossom Seeds. She does not worry anymore and is grateful to everyone who supported her with medical appointments.

Senior age 90 years and above can age in place with the support from the community. Not only does Blossom Seeds support them to go for their medical appointments, we also support them to be actively engaged and connected with the community.

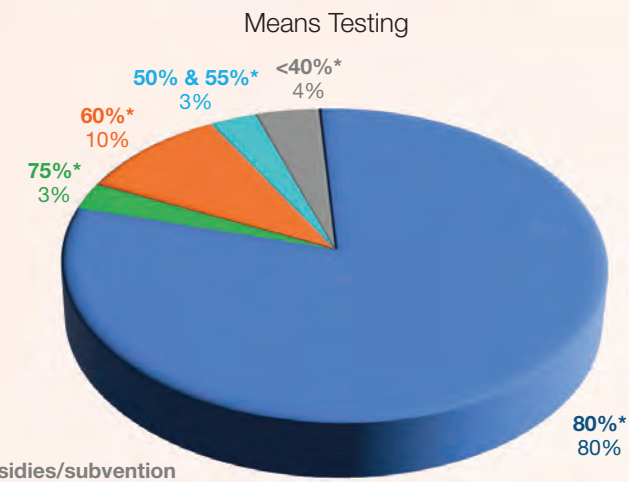
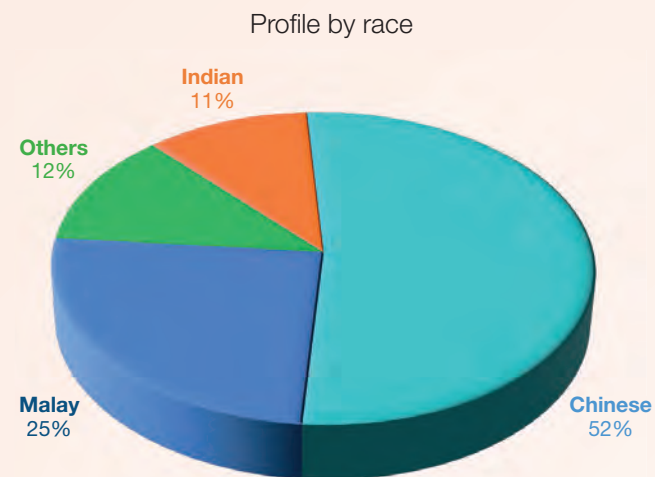


In 2021, a quarter of the beneficiaries are 80 years and above. In 2022, more than half of the beneficiaries whom we served are 70 years and above.

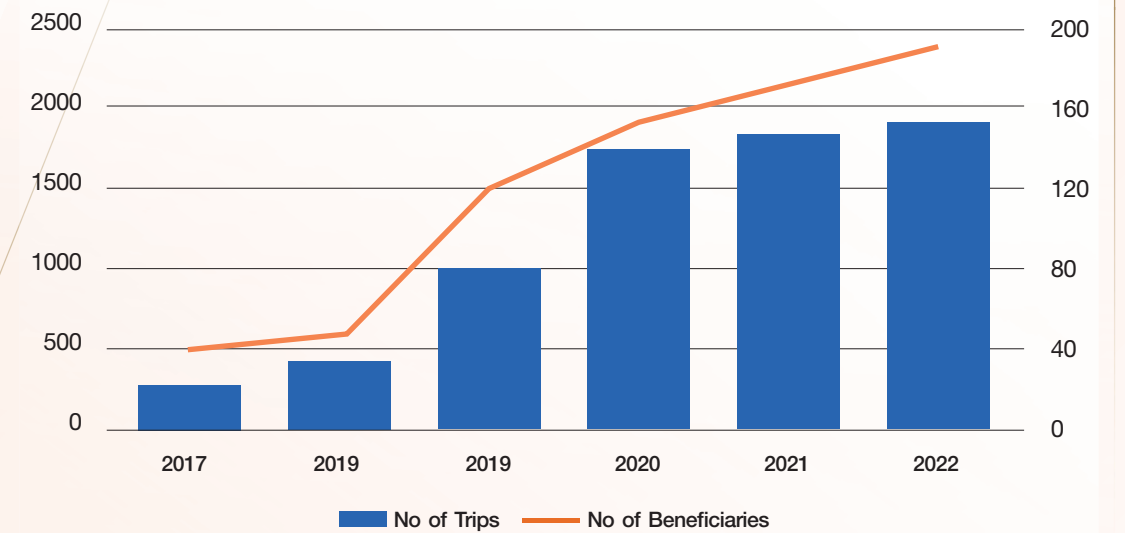
Profile of the Senior Beneficiaries



A quarter of the beneficiaries are 80 years and above.



No. of trips & No. of beneficiaries



SUMMARY OF FINDINGS

(Independent Survey conducted by Agency for Integrated Care)

100% SATISFACTION FOR 2020 AND 2018





Active Ageing Centre (AAC)

Partnering Agency for Integrated Care (AIC)

With the pandemic behind us, we see more seniors coming back to the centre. Our mission is to support vulnerable multi-racial seniors to stay active and purposeful, and to support them to blossom. We do this by encouraging them to stay active and purposeful, through continuous learning and paying it forward.

This is in line with our Action plan for Successful Ageing 2023.

<https://www.moh.gov.sg/docs/librariesprovider3/action-plan/2023-action-plan.pdf>



Active Ageing Centre (AAC)

2023 Action Plan for Successful Ageing

FEATURE STORY

Gaining More than Imagined



Over the last four years, Blossom Seeds, an Active Ageing Centre (AAC), has enabled Mdm Jarnail Kaur, 75, to accomplish more than she ever thought she could.

Mdm Kaur visits Blossom Seeds three days a week for a range of activities, including yoga and tai chi classes. She also recently completed 24 sessions of Gym Tonic, a strength training programme to help seniors build muscle and prevent frailty.

"I got a certificate for finishing the course and I'm now on my second one already," she says energetically.

The centre has also been a great place for Mdm Kaur to make new friends and connect with the community. Once, they toured the campus of the nearby Canberra Secondary School. "Seniors would hear from their grandchildren about life in school. The visit was an

opportunity for them to see what school is like now," says Ms Chong Meng Lee, Centre Manager of Blossom Seeds.

Particularly memorable to Mdm Kaur was an International Women's Day celebration at Hilton Hotel, where she got to meet seniors from other AACs. "We took photos, chit chat and each got a pink T-shirt. I was very happy," she says, adding that many of them are still in touch.

Mdm Kaur also stays connected with her three sons who work overseas with help from Blossom Seeds. Thanks to their smartphone classes, she and her children now get to see each other's faces through video calls. "My son said, 'Mum, you clever already,'" she says, beaming proudly.

On her time since joining Blossom Seeds, Mdm Kaur says, "Oh, my life has changed a lot! I feel healthier and I learnt many things."

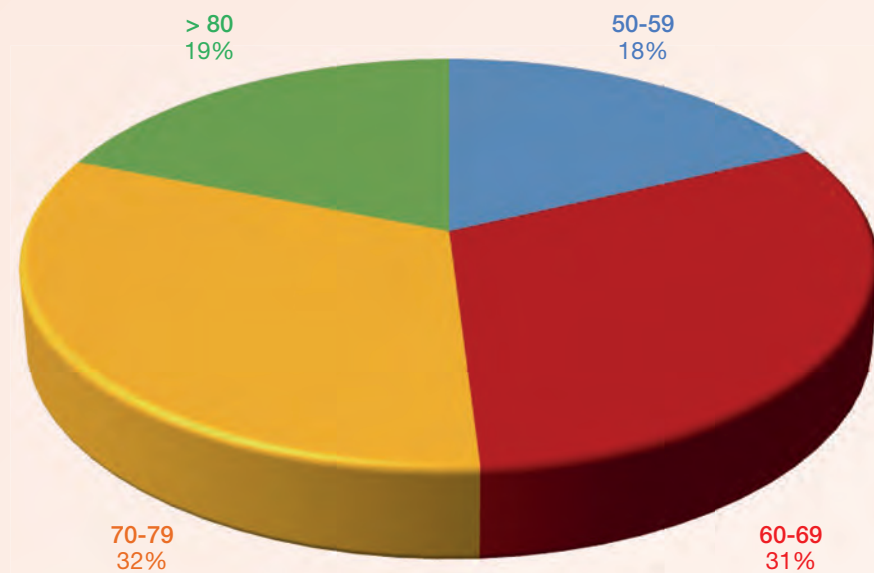


Extracted from *Living Life to the Fullest* 2023 Action Plan for Successful Ageing

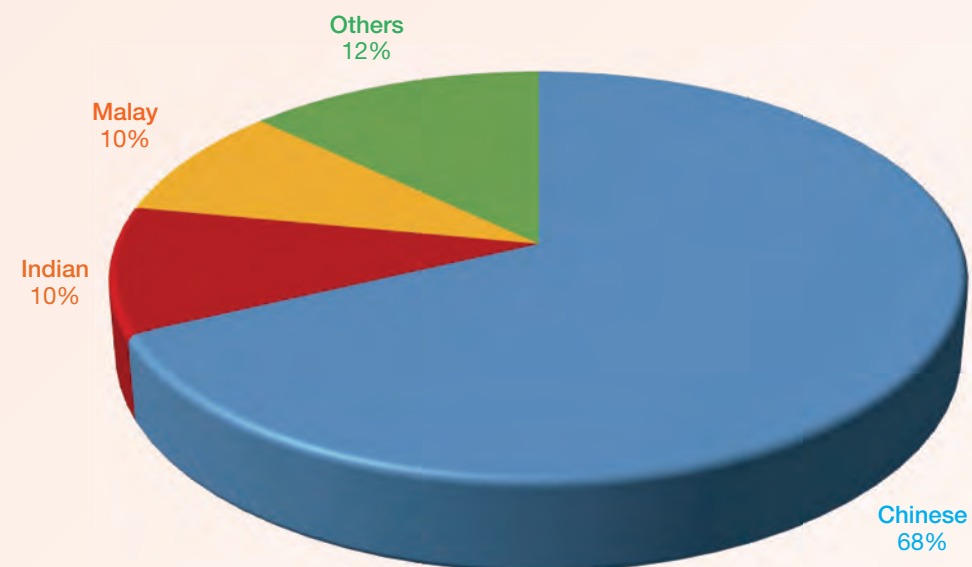
At present, Blossom Seeds has 2720 senior beneficiaries participating in Active Aging Activities, with 68% from Chinese and largest age group above 70 years old.

Profile of the Senior Beneficiaries

Profile by Age



Profile by race



Community Befriending Programme (CBP)

Partnering Council for Third Age (C3A)

Blossom Seeds Community Befriending Programme will end in March 2023 and the seniors under the care of the programme will be transferred to the respective Active Ageing Centres. Befriending will be part of the services rendered by Active Ageing Centre, and we will continue to support seniors who are living alone, frail and at risk of social isolation.

The Story of Mdm Neela, Befriendee

I am blind and my husband was overseas during covid and unable to travel back to Singapore for a long period of time. BSL friends helped me buy groceries and they connected me with the CDC HomeFix. The contractor helped to fix the electrical wiring works, changed the toilet door, removed my old water heater and stabilised my kitchen sink.

I was also invited to attend the Blossom Tribute Charity lunch and enjoyed myself.



Seniors help seniors to blossom in the community



Community Social Cohesion

2022 IFTAR Observance

With the easing of the Safety Management Measures, Blossom Seeds was pleased to invite our friends from Masjid Petempatan Melayu Sembawang, Assyafaah Mosque and the various religious teachers to gather at Blossom Seeds' Centre to observe IFTAR. We have Ustaz Muhammad Fizar Zainal to explain IFTAR and related religious etiquette to the 70 residents from different races and religious beliefs gathered at sunset to break fast.



Community Social Cohesion

2022 Racial Harmony Celebration

Great to be able to celebrate Racial Harmony Day after a two-year break!

The seniors came early for their makeover and the team left early to fetch the seniors from their house. Everyone was dressed to the nines. The panel and audience voted for the winners of the Best Cultural Dressed and Best Cross-Cultural Dressed seniors and everyone had a lot of fun and laughter.

Grateful to our partners from BW Monastery, Assyafaah Mosque, People's Association and Community Partners who spent the morning with us, our staff and volunteers who helped with the setup, plan the programme and welcome the seniors.



2022 Deepavali Celebration

Blossom Seeds organised our Deepavali Celebration jointly with Holy Tree Sri Balasubramaniam Temple. It was the first time many of our volunteers and beneficiaries had been to the temple and they turned up beautifully dressed for the celebration.

Through the temple tour, games and performances, everyone appreciates the Festival and the Hindu Culture. Deeply appreciate the snacks, tasty vegetarian biryani and gift packs.

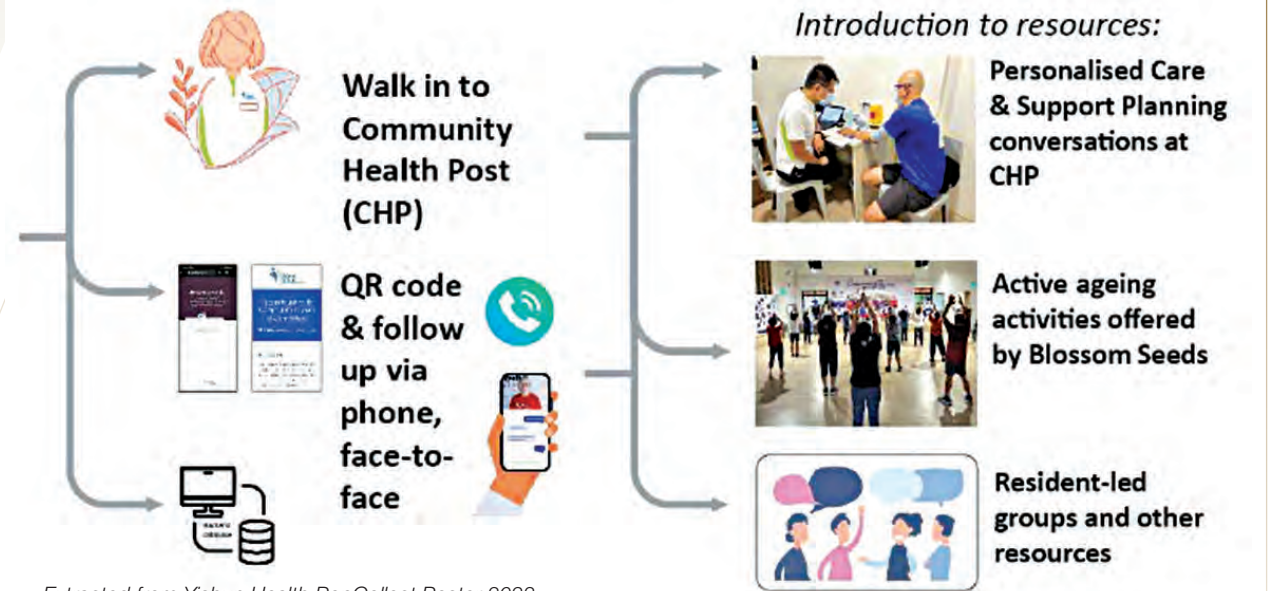


Community Health Post

Partnering Yishun Health

Yishun Health's Regional Team (RT) comprises Community Nurses and Connectors started Community Health Post (CHP) at Blossom Seeds in January 2022. The residents will be guided on vital signs monitoring (i.e. blood pressure and blood glucose monitoring) and personalised care & support planning by the community nurse or connector. They introduce residents to the various activities depending on residents' health goals.

Other than Blossom Seeds, the team also works with other communities of care such as the GP clinic to connect the residents with community resources.



Extracted from Yishun Health PopCollect Poster 2023



Story of Ang Cheng Soon, 56

Uncle Soon just moved to the community and was suffering from anxiety. He visited Dr Grace from Frontier Medical Associates (Canberra) who connected him to the RT, and he visited CHP at Blossom Seeds. The CHP team explained to him about his condition and helped him with his vital signs monitoring. They also introduced him to Blossom Seeds and their activities at Blossom Seeds. Uncle Soon's medical condition has since stabilized and he currently volunteers actively with Blossom Seeds.



Community Farming

Blossom Seeds Community Farming is a resident-led garden that brings the community together to promote kampung spirit. It aspires to be all inclusive so that residents, active and frail, can improve their health and well-being through increased social interaction in a safe space, physical activity and stress reduction.

Supported by Yishun Health, People's Association (East Canberra Zone I Resident Network), Sembawang Town Council and NParks, with each successful harvest, we hope that the sense of ownership and belonging builds among the residents, as they celebrate the joys of their efforts and the ability to contribute to their community through every small actions.



Story of Mdm Chew Ah Tee, 82

Mdm Chew Ah Tee, 82 years old is one senior who benefited from the Community Farming.

She participated in almost all the sessions and looked forward to meeting her friends. She is excited about her new interest and happy that she is learning how to do the farming properly.



Gym Tonic

Partnering Lien Foundationh



The Story of Mdm Loh Kha Eng, Gym Tonic Participant

Mdm Loh started her Gym Tonic journey in 2022 and has since completed the structured programme after 25 weeks.

She feels that her leg strength has improved significantly. She stays a distance away from Blossom Seeds, but feels more confident about taking transport and coming to Blossom Seeds on her own now. With consistent and progressive resistance training, she felt more energetic and thus able to go through her daily routine with ease. There is a 55% increase in her overall leg strength and reduction in her metabolic body age by 2 years. Her grip strength increased from 14kgf to 15.9kgf. She also felt more energetic and more confident to do the things she likes. She has recommended many of her friends to join this programme to help them to stay active.



Intergenerational Programme

Partnering Youth Corps Singapore

We+65 Programme was a pilot intergenerational programme partnering YCS and AIC with the purpose of reducing senior isolation and fostering strong intergenerational bonds between seniors and youth volunteers. With the support of the youth leaders, we were able to bring some of our vulnerable seniors to the centre for activities.



Story of Constance Han, Youth Corps Leader

Before volunteering, I thought that volunteering was just a waste of time and I was just there to get the CCA points and the VIA points. But after volunteering, I was able to empathise with people more and was happy to make a difference in peoples' lives.

After each session, the seniors will come to me and say "Thank you for planning all this. Thank you for making our day."

Intergenerational Programme

Story of Vainavi Kiran, Youth Corps Leader

After joining I realised that one person can only do so much. But after that, I realised that rallying people, bringing everyone together, meeting new like-minded people, we work together and we bring a bigger impact.



Project Films of Gold 2023 (FOG23)

FOG23 is a Pay-it-Forward Award (PIFA) project initiated by the youth leaders who have completed the Youth Corps Leaders Programme and supported by Youth Corps Singapore Eldercare Cluster (ECC) in collaboration with Nanyang Polytechnic Community Service Club (NYP CSC).

The project aims to foster intergenerational bonds, reduce isolation and drive community awareness through sharing of the love for photography to various locations. The project culminates in an Exhibition Fair.



We thanked Ms Poh Li San, Advisor to Sembawang West (Sembawang GRC) for gracing the occasion and giving such encouragement to the volunteers and seniors. Many thanks to the project partners from Active. SG and National Healthcare Group Polyclinics to promote the spirit of active aging and healthy living within the community





Senior Volunteerism Programme (SVP)

Partnering Council for Third Age (C3A)

Volunteerism is a key strategy to promote Active Ageing and it provides new opportunities in longevity, for both individuals and Singapore as a nation. With the launch of the refreshed 2023 Action Plan for Successful Ageing, we are excited about supporting more seniors as volunteers.

Story of Mdm Shobah, Volunteer Medical Escort

Mdm Shoba retired from Singapore Armed Forces (SAF) after 38 years of service. She wanted to continue to give back to society and joined the Blossom Seeds team of Medical Escort in February 2022.

"I enjoyed the experience as it fulfills my passion as a medical escort and a chance to contribute. It's been almost a year and I still enjoy doing it. What I learned from here is unity teamwork and mutual understanding with respect for one another at the same time caring for seniors with empathy and understanding their challenges. We even have time to get together with the seniors in time of celebration. It has been a heartwarming experience working with the team from Blossom seeds."



Senior Volunteerism Programme (SVP)

Story of Madam Norizah Saidi, Volunteer Yoga Instructor

She values the importance of good health and understands the challenges of ageing. She is a great advocate to stay healthy and happy and is very supportive of BSL efforts in encouraging seniors to stay active & healthy. She contributes her time weekly at the centre, and is keen to share knowledge on healthy lifestyle.

Riza also believes strongly in giving back to the community. She led by example in organizing Racial Harmony Celebration in 2022 and encouraged her family and friends to contribute part of their time to the community.

Ligat belajar, mengajar walau usia lebih 1/2 abad

Jurulatih yoga antara lebih 300,000 warga diiktiraf oleh Majlis Bagi Usia Ketiga (C3A)

NUR SYUHRAH HASSAN
nysuhrah@bspn.com.sg

USIANYA mungkin sudah mencecah lebih setengah abad, namun, semangatnya untuk belajar sentiasa berkebar.

Sebagai seorang yang sering dahagakan ilmu, Cik Riza Saidi, 54 tahun, gemar mempelajari sesuatu yang baru termasuk berkaitan teknologi.

Beliau menyifatkan penggunaan teknologi sebagai tidak sukar apatah lagi dengan sokongan suami dan dua anaknya.

Semangat Cik Riza untuk mendakap penggunaan teknologi meniadakan dirinya salah seorang daripada lebih 300,000 warga yang diiktiraf dalam acara penghargaan khas oleh Majlis Bagi Usia Ketiga (C3A) baru-baru ini.

Acara itu adalah bagi menghargai warga emas yang cenderung meningkatkan diri sepanjang hayat selain terlibat dalam kerja kemasyarakatan selaku relawan.

Semasa berusia 50 tahun, Cik Riza diiktiraf sebagai jurulatih senaman yoga.

Berbekalkan pengetahuan baru dalam senaman yoga yang dipelajarinya, Cik Riza mula mengongsi ilmu dan mengajar kelas yoga.

Bermula sebagai jurulatih di Masjid Asyfaah, beliau diundang mengajar yoga pula di badan amal Blossom Seeds.

Di Blossom Seeds, Cik Riza menjadi relawan mengajar Yoga Chair, sejenis senaman yoga menggunakan kerusi, kerana ia lebih khusus untuk warga emas.

"Oleh kerana kelas itu lebih kepada yang lebih berusia, ia tidak bermakna mereka tidak boleh lakukan yoga. Malah, kelas saya akan dikendalikan untuk memenuhi keperluan mereka," ujar beliau.

Meskipun apabila pandemik mula melanda, Cik Riza tidak berhenti mengajar yoga. Sebaliknya, ketika itulah beliau mula belajar menggunakan kedaah wadah Zoom semasa mengendalikan kelas yoga untuk kumpulan wanita.



CIK RIZA SAIDI: Diiktiraf kerana cenderung meningkatkan diri sepanjang hayat selain terlibat dalam kerja kemasyarakatan selaku relawan.

"Saya mengalu-alukan lebih ramai warga emas yang ingin belajar. Walaupun pada mulanya, ia nampak sukar, secara perlahan dan dengan minda yang terbuka, saya pasti ia akan lebih mudah untuk mendakap pengetahuan pendigitalan ini."

— Cik Riza Saidi.

Usaha Singapura untuk menggalakkan pendigitalan yang lebih inklusif tidak terhambat walaupun ketika di tengah pandemik. Malah, lebih ramai warga emas turut diberikan peluang yang lebih luas untuk mendakap pendigitalan.



SENAMAN KERUSI YOGA: Cik Riza Saidi (depan, kiri) mengendalikan kelas hibrid – secara fizikal di Blossom Seeds dan juga secara maya – apabila keadaan pandemik bertambah baik. – Foto-foto ihsan RIZA SAIDI

Malah, beliau tetap mencari kursus dalam talian yang menarik minatnya untuk dilahiri.

Ini amat penting dalam membantu warga emas kekal aktif dan lebih terlibat di rumah terutama ketika pandemik ini.

"Saya mengalu-alukan lebih ramai warga emas yang ingin belajar. Walaupun pada mulanya, ia nampak sukar, secara perlahan dan dengan minda yang terbuka, saya pasti ia akan lebih mudah untuk mendakap pengetahuan pendigitalan ini," ujar Cik Riza.

Misalnya, Cik Riza berkecimpung dalam zat pemakanan.

Sebagai jurulatih kecergasan dalam senaman yoga, Cik Riza berhasrat ilmu itu saling berkait dengan kesihatan.

C3A serta rakan kongsinya di bawah Akademi Warga Emas Nasional (NSA), berusaha

untuk mengalihkan kursus pembelajaran dan kegiatan relawan ke dalam talian.

"Walaupun pada mulanya, ia nampak sukar, secara perlahan dan dengan minda yang terbuka, saya pasti ia akan lebih mudah untuk mendakap pengetahuan pendigitalan ini," ujar Cik Riza.



SG Cares Volunteer Centres (VCs)

Partnering Ministry of Culture, Community and Youth (MCCY)

SG Cares Volunteer Centre @ Sembawang

SG Cares Volunteer Centre (VC) for Sembawang Town supports resource needs for Sembawang Central and Canberra. The team is pleased to share at SG Cares Community Networking Session at Woodlands and Sembawang.



Progress Report 2022

No of Partnerships	36
No of Volunteers	1,500
No of Beneficiaries Supported	11,500
Capability Development & Partnerships	11

SG Cares Volunteer Centres (VCs)

Purple Party Volunteer Appreciation 2023 @ Changi Experience Studio

Blossom Seeds supports the vulnerable community to stay active and purposeful. Without the generosity of our volunteers, who contributed their time, care and talent, our services would not have been possible. Many thanks to Changi Experience Studio for supporting our Purple Party Volunteer Appreciation 2023 and SG Cares VC for organising it. Our volunteers and partners had a great time navigating through the transformation and progress of Changi Airport through the digital and interactive games.



Skilled Based Volunteering



Mr Tan Siak Hee, Partner at S H Tan & Associates, provides pro bono advice in will-writing and Lasting Power of Attorney for seniors at Blossom Seeds.



KepMedia supports the design of Blossom Seed's newsletters and marketing collateral.



ClickTRUE provided consultation in setting up Blossom Seed's website and digital marketing efforts.

2023 CNY Spring Cleaning

Blossom Seeds conducts an Annual Spring Cleaning for our seniors, to support our seniors to live in a clean environment and to wish them a fresh start to the new year.

This year, we managed to clean 25 units. Many thanks to all volunteers who came to support the seniors spruce it up in their house. Out with the Old and Welcome the New!



2023 CNY Celebration and Gift Pack Distribution

Many thanks to our friends from PCS Security for the Chinese Celebration and CNY Gift Pack for the homebound seniors.



2022 Vesak Goodie Bag

For the 6th year running, Blossom Seeds is distributing goodie bags to vulnerable seniors. Many thanks to Mr Vikram for making time to grace the occasion as well as the volunteers from BW Monastery who came to lend their support.



2022 Ramadan Gift Pack Distribution Partnering Assyafaah Mosque

We are pleased to partner with Assyafaah Mosque for the third year in distributing Gift Packs to the low income families.

The volunteers appeared in exuberant spirits and had a lot of joy sharing the gifts and laughter with the beneficiaries. Greatly appreciate Minister Ong Ye Kung taking time to join us this morning for the distribution.



2022 Assyafaah Mosque Annual Charity Hi-Tea “Teguh Bersama”

Blossom Seeds seniors and volunteers attended the Charity Hi-Tea for the first time. We are pleased to catch up with old friends and new friends. Ms Mariam Jaafaar, Adviser to Woodlands (Sembawang GRC) graced the occasion.



Donations-in-kinds (DIK)

SG Cares Volunteer Centre @ Sembawang (VC) is pleased to share the generosity of the donors and bring joy with the social service agencies (SSA) to low income families and sheltered homes.



Shoes from CN Tiew & Co for children age 1-4 years old



Grocery items from Kong Meng San Phor Kark See Monastery



Durian feast for the seniors



Environment, Social and Governance (ESG)

Environment

Grateful to Micron Technology for inviting our seniors to join their participation in the OneMillionTrees movement.

The movement aims to restore nature back into our city through the planting of a million more trees across Singapore over the next 10 years, so that our nation can be a City in Nature, which is a key pillar under the Singapore Green Plan 2030.

Many thanks to the volunteers for supporting the seniors and the seniors reminisced their tree planting days.



Go Green with Community Gardening

Many thanks to our volunteers who toil the soil, perform the daily weeding and watering rain or shine, to share the green vegetables with the community. Many thanks to volunteers from Green Haven, facilitated by SGCares Volunteer Centre@Sembawang, to guide and lend a helping hand to the team to kick-start the project.



Governance

Blossom Seeds is pleased to be one of the 85 charities who received the Charity Transparency Awards (CTA) 2022.



Blossom Seeds is pleased to attend the sixth run of the 'In Conversation' series and be updated about the upcoming changes to the revised Code of Governance.

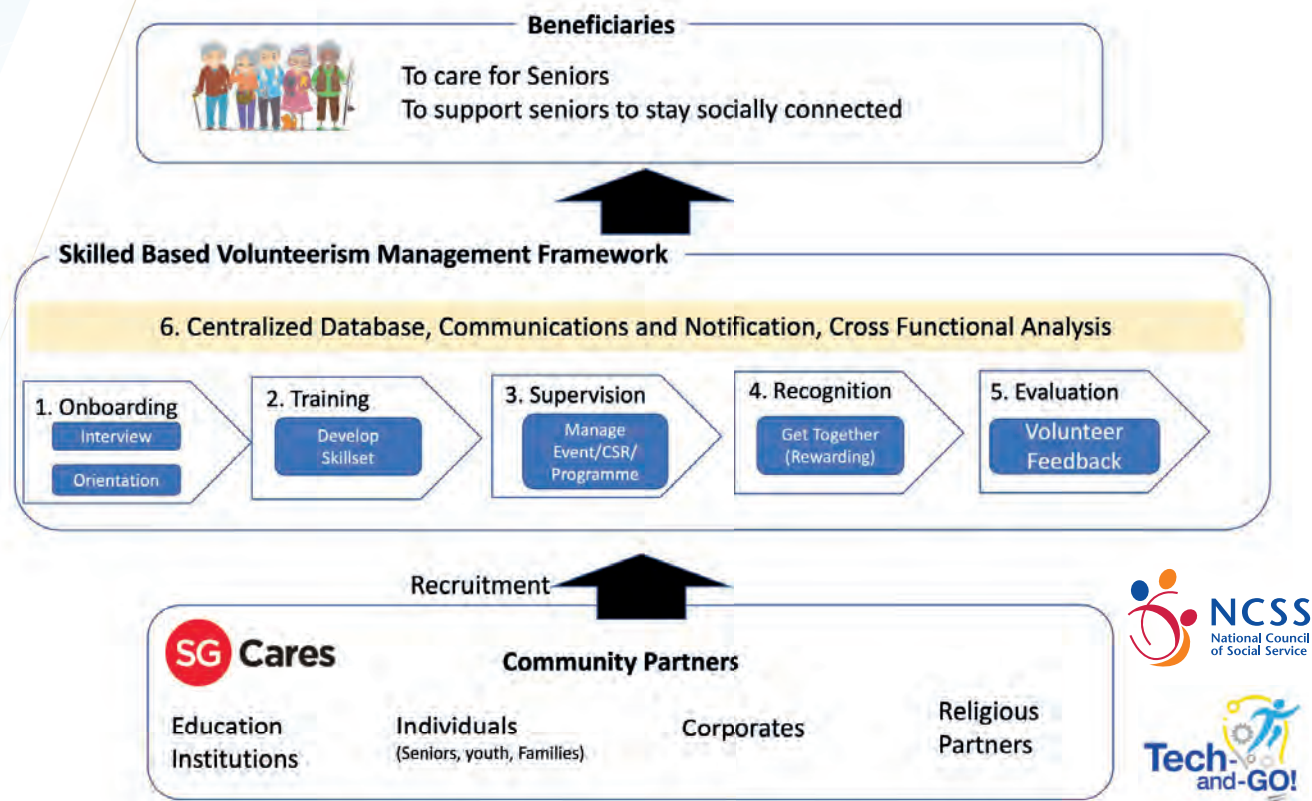




Technology

With the growing importance of volunteerism, there is a need to have a strong volunteer management framework to organise the volunteers, ensuring that key social services could continue without interruption. At the same time, providing a holistic volunteering experience in this volunteerism journey.

With the support from NCSS, Blossom Seeds had successfully implemented the Volunteer Management system to streamline our volunteer management processes through automating various manual tasks (e.g. volunteer application processing, scheduling and communication), improve operational efficiency, and enhance the overall volunteer experience and retention.



Fundraising Efforts

Blossom Vesak 2023 ~ Unity in Diversity

This year Blossom Vesak was launched with a 'Kopitiam' setting as the coffee shop is the best venue for all community residents and partners, regardless of race & religion, to meet and connect heart-to-heart. This event seeks to raise funds to run active ageing programmes for multi-racial seniors at our Active Ageing Centre, to stay connected and purposeful.

Minister Ong Ye Kung graced the occasion and placed the first flower of the Unity Tree, followed by the other partners from BW Monastery, Assyafaah Mosque, Darul Makmur Mosque, Masjid Petempatan Melayu Sembawang, Masjid Yusof Ishak, Holy Tree Sri Balasubramaniam Temple, Covenant Evangelical Free Church, Canberra Secondary School and People's Association.



福善首次线上线下筹款 200人共庆卫塞节

卫生部长王乙康 (台上左二) 昨天在福善主办的卫塞节筹款活动上, 以粤语高歌一曲《朋友》, 受到在场长者的热烈欢呼, 一些年长义工也到台

Fundraising Efforts

Our frail seniors shared about their transformation after participating in our centre programmes and our active seniors dance to the tune of Macarena and Kopi-O. The event ended with a nostalgic-wrapped nasi lemak served with coffee & tea, and red packet distribution by Minister Ong.



Fundraising Efforts

Ready Set GOLD 2022 ~ Charity Walk to Unity

With the relaxation of the safe management measures, we are delighted to resume our Ready Set GOLD 2022 (RSG) to encourage Active Ageing for both active and vulnerable seniors and families regardless of their mobility. More than 1500 participants from over 45 organizations gathered at 105 Canberra Street to take part in the walk for the first time post COVID-19 pandemic. Minister Ong Ye Kung flagged off the event, and walked the distance to the delight of the participants.

Many thanks to our partners BW Monastery, Assyafaah Mosque, Darul Makmur Mosque, Masjid Petempatan Melayu Sembawang, Masjid Yusof Ishak, Holy Tree Sri Balasubramaniam Temple, Covenant Evangelical Free Church, Agency for Integrated Care (AIC), Canberra Secondary School, Sembawang God of Wealth Temple, Buddhist Fellowship, People's Association, Council for Third Age (C3A), Health Promotion Board (HPB), Yishun Health, Canberra Secondary School, Youth Corps Singapore, SG Digital, Active.sg and Singapore Pools for supporting our event.



Blossom Seeds Flag Day ~ A Compassionate Journey Made Possible

For the third year running, Blossom Seeds is organising “A Compassionate Journey Made Possible 2022” to raise funds for our Medical Escort & Transport Service (MET) to support needy and vulnerable seniors to go for their medical appointments. We also organized an island wide street collection for the first time.

We are pleased to have Ms Mariam Jaafar, Adviser to Sembawang GRC (Woodlands) and Mr Derrick Goh, Adviser for Nee Soon GRC (Nee Soon Link) as special guests for our event, and launching our flag day with our partners & volunteers onsite, and volunteers who zoomed in from the various stations around the island.



Community Engagements

CNY greetings to our Community Partners



BW Monastery



Kong Meng San Phor Kark See Monastery

Community Engagements



Fo Guang Shan



Tzu Chi Singapore

Community Engagements



The Singapore Buddhist Lodge



Dharma Drum Singapore

Community Engagements



Man Fatt Lam Buddhist Centre



Tibetan Buddhist Centre

Community Engagements



CNY Lohei with Community Partners for Healthier.SG



Yishun Health

Community Engagements



Kampung Senang Charity and Education Foundation



Clicktrue Pte Ltd

Community Engagements

Hari Raya greetings to our Community Partners



Sembawang Mosque



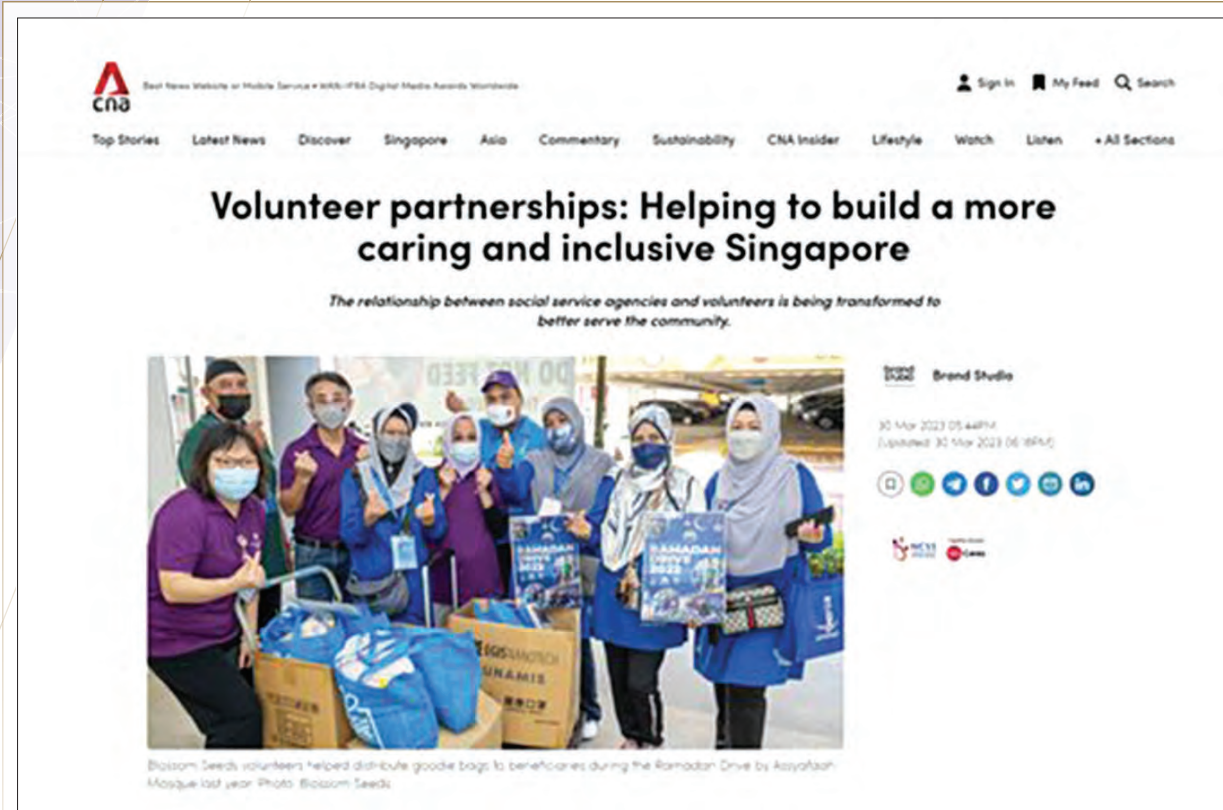
Assyafaah Mosque



Yusof Ishak Mosque



Media



2022年04月27日 星期三 联合早报 早 f t i zhaobaosg

街坊 林慧敏 报道 huminim@sph.com.sg

独居老人心灵友伴

当义工初期，杜庆良负责带一些独居的长者到诊所复诊，也会和义工伙伴一起为独居老人打扫住家。大约三年前开始，他当了独居老人的友伴，每个月上门一两次陪他们聊天。

至今仍感内疚。他负责带一名八旬妇人定期到诊所复诊，两人的关系很好，老友伴会经常和他聊天，谈心事。可是有一天，当他上门准备带老姐姐去看医生时，她却拒他于门外，坚决不肯和他说话。他后来才知道，与老姐姐同住的孙子几天前因癌症病逝了。“她觉得在自己最艰难的时候，我完全没有关心她，所以很生气，但是我那时什么都不知道。到现在我还觉得内疚，所以在当独居老人的友伴时，会更加关心他们。”

杜庆良说，当义工除了能帮助到许多长者，自己也获益良多。他不仅结识了一班志同道合的好朋友，也透过聆听长者的经历，对人生有更多更深的体会。“我觉得生老病死是每个人的必经过程，只是在我们离开之前，我们怎么过自己的生活，其他人做了什么，这些都非常重要。”



杜庆良（右）目前在非盈利机构福善当义工，会定期到独居老人的家中陪他们聊天。（福善提供）

Media



2022年4月21日 星期四 联合早报 早 f t i zhaobaosg

齐聚一堂不分种族信仰 三巴旺居民一起开斋增进了解

黄贝盈 报道 npeiyn@sph.com.sg

正值回教斋戒月，来自不同种族和信仰的70名居民在日落开斋时齐聚一堂，一同了解相关宗教礼仪及享用开斋饭。通过亲身体验增进对不同族群的认识。

这场跨宗教活动昨天傍晚在非盈利机构福善（Blossom Seeds）位于三巴旺坎贝拉的会所举行。

福善这次是与三巴旺马来居民回教堂（Masjid Petempatan Melayu Sembawang）合作，邀请回教教师在开斋时分之前，向参加活动的居民讲解开斋饭及相关宗教礼仪。

福善执行长翁秀卿受访时说，福善向来积极促进种族和谐和推广文化交流，冠病疫情来袭前常配合各族节日举行庆祝活动，也开办文化工作坊，例如邀请马来族和印度居民参加书法课和附近居民一起打太极或做瑜伽等。

谈及参加开斋活动的感受，贾奈尔难掩兴奋。“以前住在甘榜的时候，不同族群的家庭都在一起生活，邻里情谊非常深厚，这次的活动让我想起当年的日子。”

同样是退休人士的方淑莉（66岁）则特意穿上纱笼出席活动，在讲解活动结束后仍意犹未尽。她希望主办方日后增设更多环节，例如教居民学习马来传统手工艺等。

一众居民随后在餐馆共同享用开斋饭，三巴旺集选区议员、卫生部长王乙康也现身与大家互动。

另一方面，新加坡邮政昨天傍晚举办了一年一度的开斋活动，通讯及新闻部长兼内政部部长杨莉明应邀与新加坡约100名回教职员一起开斋。




福善与三巴旺马来居民回教堂昨晚合作举办开斋活动，三巴旺集选区议员、卫生部长王乙康（右）现身餐馆与居民互动。（福善提供）



THE STRAITS TIMES

SINGAPORE



Health Minister Ong Ye Kung (front row, centre) joining volunteers in an umbrella dance at the opening of the Sembawang volunteer centre yesterday. The centre was launched by the Ministry of Culture, Community and Youth's SG Cares office and active ageing charity Blossom Seeds. PHOTO: LIANHE ZAOBAO

Monday May 09, 2022

THE STRAITS TIMES

Coming together to support seniors



Minister for Health Ong Ye Kung handing out red packets to participants at an event, Blossoming of the Unity Tree, at the Blossom Seeds East Canberra Centre yesterday. During the event, Minister Ong and other community partners affixed flowers to a tree representing the community coming together to help support vulnerable members such as seniors. Set up in 2013, Blossom Seeds is an organisation that engages seniors and volunteers through community initiatives such as befriending programmes, and escort and transport arrangements to take seniors to their medical appointments. ST PHOTO: SYAHIL SAPARI

THE STRAITS TIMES

SINGAPORE

PDF

Healthier SG programme likely to start for those 60 and above from next year



Health Minister Ong Ye Kung cheering participants on during a charity walk in Sembawang yesterday. ST PHOTO: GUY HAY




2022年11月05日 星期六

日存1元 存六七年 阿嬷乐捐3千元

80岁阿嬷每天存一块钱，六七年存逾3000元，今早全数捐出帮助其他老人看医生。

非盈利机构福善在冠病疫情两年多之后重新举办善旗日活动，全岛出动多名义工在地铁站等八个地点展开募捐，盼筹得60万元加强医疗载送巴士服务，帮助更多老人能够定期看诊。

受惠于福善服务的马如香（80岁），今早在三巴旺集选区议员佳馥梅的见证下，敲碎了存了六七年满满的存钱罐，把3000多元硬币全数捐出，帮助社区老人。

马如香说：“我年龄也慢慢上来了之后，腿脚不方便，感到老人不能走动很辛苦。我想用这些钱给老人看医生。”

除了马如香，也有不少坐轮椅的受益者纷纷捐款。

也是福善资深义工的三巴旺关爱新加坡义工综合中心总监鲍丽娟受访时指出，福善有三辆医疗巴士，共有约2000名义工参与不同活动，与长者建立信任，一些受益者在得到帮助后也希望反馈社会，纷纷慷慨解囊。她认为，金额并不重要，更重要的是心意，年长者也能通过帮助他人，对社区有更多归属感。



马如香敲碎扑满，捐钱助人。（林艺君摄）



现场连线+
关爱新加坡义工综合中心整合慈善资源

12 SAYANG SEMBAWANG

BLOSSOM SEEDS

YOUR ACTIVE AGEING CENTRE IN SEMBAWANG CENTRAL



Blossom Seeds
福善

SG Cares
Volunteer Centre
@Sembawang

Blossom Seeds Limited (BSL) was started by members of BW Monastery to serve the needy and active seniors of various races and religions for interfaith harmony and social cohesion. It has been an Institution of a Public Character (IPC) since 1 February 2017.

BSL moved to the second level of Block 105 Canberra Street in December 2018. As of May 2021, BSL is an Active Ageing Centre (AAC) in partnership with the Agency for Integrated Care (AIC). BSL provides active ageing programmes and befriending services, serving as the go-to point for vulnerable and active seniors. In addition, under BSL's Medical Escort and Transport (MET) programme, frail and vulnerable seniors are accompanied by a volunteer to their medical appointments, with transportation provided.

Some of BSL's programmes and services include:

- Active Ageing Centre
- Community Befriending Programme
- Medical Escort & Transport (MET)
- Intergenerational Programme
- Gym Tonic Programme
- Community Health Post
- Digital Clinic
- Volunteer Training



Medical Escort & Transport (MET) programme: BSL volunteer and beneficiary on our MET bus



Active Ageing Centre: Stretch band exercise every Monday morning



Community Befriending Programme: Digitalisation enhancement on Zoom usage

In January 2022, BSL was appointed by the SG Cares Office under the Ministry of Culture, Community and Youth (MCCY) to serve as the SG Cares Volunteer Centre (VC) @ Sembawang.



The SG Cares VC @ Sembawang was officially launched on 16 April by Mr Ong Ye Kung, Minister for Health, and attended by MCCY Deputy Secretary Philip Ong, BSL CEO Ms Ong Siew Chin and representatives from 12 partner agencies, including the government, community and religious groups.

Daily Activities

Every Monday 每周一	
0930-1000 Stretch Band Exercise 弹力带运动	
Every Tuesday 每周二	
0930-1030 Shape It Up 甩一甩，扭一扭	0900-1200 Community Health Post 社区保健站
1100-1200 Qi Gong 气功	Hotline 热线: 9236 6573
Every Wednesday 每周三	
0930-1030 Seated Taichi 坐式太极	1100-1200 Chair Zumba 坐式尊巴
Every Thursday 每周四	
0930-1030 Chair Yoga 坐式瑜伽	
Every Friday 每周五	
0930-1030 KPOPX Fitness 韩式韵律操	



LET'S CONNECT

Blossom Seeds Limited (BSL)
Active Ageing Centre (AAC)
福善活跃乐龄中心

105 Canberra Street #02-01/06 S750105
Tel: 6259 8614
www.blossomseeds.sg
Enquiries on Centre Activities
中心活动询问电话: 9815 6389 / 9625 0614



JOIN ONLINE!
Zoom ID:
613 102 5350
Password:
388876



Board Governance

- a. Board conducts self-evaluation to assess its performance and effectiveness annually to gather necessary feedback for improvements.
- b. None of the Board members have served for more than 10 consecutive years.
- c. Management of Conflict of Interest

There is no paid staff on the Company's Board of Directors.

Board members are required to disclose any interest that they may have, whether directly or indirectly, that the Company may enter into or in any organisations that the Company has dealings with or is considering dealing with; and any personal interest accruing to him as one of the Company's supplier, user of services or beneficiary. Should there be any potential conflict of interest, the affected Board members may not vote on the issue that was the subject matter of the disclosure. Detailed minutes will be taken on the disclosure as well as the basis for arriving at the final decision in relation to the issue at stake.

- d. Board Meetings and Attendance
The following sets out the individual Board member's attendance at the meetings

Board Member	Date of Appointment	Attendance
Mr Aw Cheow Thiam	9/21/2015	5/5
Mr John Zaw Min	6/28/2017	3/5
Mr Wong Yee Chee	4/12/2017	3/5
Ms Pua Hwee Leng	9/21/2015	4/5
Ms Tan Chiew Hoon	6/28/2017	3/5
Ms Chua Mui Kiang	4/10/2018	4/5
Mr Lee Chin Chye	9/5/2018	4/5
Mr Teo Kim Swa	10/12/2019	5/5
Ms Goh Sock Choo	10/12/2019	4/5
Mr Thet Naing Kyaw	9/14/2022	5/5
Ms Ong Ai Lan	2/2/2021	5/5
Ms Yeo Mui Hoon	2/2/2021	5/5
Mr Aloysius Chong Yew Mun	8/11/2021	3/5

- e. Related Party Transactions

Related party transactions and balances

There was no transaction between the Company and related parties for the financial years ended 31 December 2022 and 31 December 2021.

None of the directors received any remuneration from the Company for the financial years ended 31 December 2022 and 31 December 2021.

None of the staff serves as governing board members of the charity.

- f. Compensation of key management personnel
Number of key management personnel whose remuneration is in the \$100,000 band and above is 1 (2021: 1).

- g. There is no paid staff, being a close member of the family belonging to the board member of the charity, who has received remuneration exceeding \$50,000 during the financial year.

H. Reserve Policy

The Company's reserve position for the financial year ended 31 December 2021 is as follows:

		2022 S\$'000	2021 S\$'000	Increase %
A	Unrestricted Fund			
	General Fund	885	732	21
B	Restricted / Designated Funds	2,808	2,272	24
C	Endowment Fund	NA	NA	NA
D	Total Funds	3,693	3,004	23
E	Total Annual Operating Expenditure	1,967	1,523	29
F	Ratio of Reserves to Annual Operating Expenditure (A/E)	0.45	0.48	

The Company's Reserve policy is as follows:

- The reserves of the Company provide financial stability and the means for the development of the Company's activities.
- The Board intends to maintain reserves five times of the Company's operating needs.
- The Company reviews the level of reserves regularly for the Company's continuing obligations.

Governance Evaluation Checklist

S/N	Code guideline	Code ID	Response	Explanation
	Board Governance			
1	Induction and orientation are provided to incoming governing board members upon joining the Board.	1.1.2	Complied	
	Are there governing board members holding staff appointments? (Skip items 2 and 3 if "No")		No	
2	Staff does not chair the Board and does not comprise more than one third of the Board.	1.1.3		
3	There are written job descriptions for the staff's executive functions and operational duties, which are distinct from the staff's Board role.	1.1.5		
4	The Treasurer of the charity (or any person holding an equivalent position in the charity, e.g., Finance Committee Chairman or a governing board member responsible for overseeing the finances of the charity) can only serve a maximum of 4 consecutive years. If the charity has not appointed any governing board member to oversee its finances, it will be presumed that the Chairman oversees the finances of the charity.	1.1.7	Complied	
5	All governing board members must submit themselves for re-nomination and re-appointment, at least once every 3 years.	1.1.8	Complied	
6	The Board conducts self-evaluation to assess its performance and effectiveness once during its term or every 3 years, whichever is shorter.	1.1.12	Complied	
	Is there any governing board member who has served for more than 10 consecutive years? (Skip item 7 if "No")		No	
7	The charity discloses in its annual report the reasons for retaining the governing board member who has served for more than 10 consecutive years.	1.1.13		
8	There are documented terms of reference for the Board and each of its committees.	1.2.1	Complied	
	Conflict of Interest			
9	There are documented procedures for governing board members and staff to declare actual or potential conflicts of interest to the Board at the earliest opportunity.	2.1	Complied	
10	Governing board members do not vote or participate in decision making on matters where they have a conflict of interest.	2.4	Complied	
	Strategic Planning			
11	The Board periodically reviews and approves the strategic plan for the charity to ensure that the charity's activities are in line with the charity's objectives.	3.2.2	Complied	
	Human Resource and Volunteer Management			
12	The Board approves documented human resource policies for staff.	5.1	Complied	

13	There is a documented Code of Conduct for governing board members, staff and volunteers (where applicable) which is approved by the Board.	5.3	Complied	
14	There are processes for regular supervision, appraisal and professional development of staff.	5.5	Complied	
	Are there volunteers serving in the charity? (Skip item 15 if "No")		Yes	
15	There are volunteer management policies in place for volunteers.	5.7	Complied	
	Financial Management and Internal Controls			
16	There is a documented policy to seek the Board's approval for any loans, donations, grants or financial assistance provided by the charity which are not part of the charity's core charitable programmes.	6.1.1	Complied	
17	The Board ensures that internal controls for financial matters in key areas are in place with documented procedures.	6.1.2	Complied	
18	The Board ensures that reviews on the charity's internal controls, processes, key programmes and events are regularly conducted.	6.1.3	Complied	
19	The Board ensures that there is a process to identify, and regularly monitor and review the charity's key risks.	6.1.4	Complied	
20	The Board approves an annual budget for the charity's plans and regularly monitors the charity's expenditure.	6.2.1	Complied	
	Does the charity invest its reserves (e.g., in fixed deposits)? (Skip item 21 if "No")		No	
21	The charity has a documented investment policy approved by the Board.	6.4.3		
	Fundraising Practices			
	Did the charity receive cash donations (solicited or unsolicited) during the financial year? (Skip item 22 if "No")		Yes	
22	All collections received (solicited or unsolicited) are properly accounted for and promptly deposited by the charity.	7.2.2	Complied	
	Did the charity receive donations in kind during the financial year? (Skip item 23 if "No")		Yes	
23	All donations in kind received are properly recorded and accounted for by the charity.	7.2.3	Complied	
	Disclosure and Transparency			
24	The charity discloses in its annual report — a. the number of Board meetings in the financial year; and b. the attendance of every governing board member at those meetings.	8.2	Complied	

	Are governing board members remunerated for their services to the Board? (Skip items 25 and 26 if "No")		No	
25	No governing board member is involved in setting his own remuneration.	2.2		
26	The charity discloses the exact remuneration and benefits received by each governing board member in its annual report. <u>OR</u> The charity discloses that no governing board member is remunerated.	8.3		
	Does the charity employ paid staff? (Skip items 27, 28 and 29 if "No")		Yes	
27	No staff is involved in setting his own remuneration.	2.2	Complied	
28	The charity discloses in its annual report — a. the total annual remuneration for each of its 3 highest paid staff who each has received remuneration (including remuneration received from the charity's subsidiaries) exceeding \$100,000 during the financial year; and b. whether any of the 3 highest paid staff also serves as a governing board member of the charity. The information relating to the remuneration of the staff must be presented in bands of \$100,000. <u>OR</u> The charity discloses that none of its paid staff receives more than \$100,000 each in annual remuneration.	8.4	Complied	
29	The charity discloses the number of paid staff who satisfies all of the following criteria: a. the staff is a close member of the family ³ belonging to the Executive Head ⁴ or a governing board member of the charity; b. the staff has received remuneration exceeding \$50,000 during the financial year. The information relating to the remuneration of the staff must be presented in bands of \$100,000. <u>OR</u> The charity discloses that there is no paid staff, being a close member of the family belonging to the Executive Head or a governing board member of the charity, who has received remuneration exceeding \$50,000 during the financial year.	8.5	Complied	
	Public Image			
30	The charity has a documented communication policy on the release of information about the charity and its activities across all media platforms.	9.2	Complied	

Thank you for your continuous support!

Blossom Seeds deeply grateful to be one of the recipients of The President's Certificate of Commendation (COVID-19). Our work would not have been possible without the support from all agencies, community partners, sponsors, donors and volunteers. This President's Certificate of Commendation (COVID-19) goes to all Blossom Seeds staff, volunteers, community partners, donors for coming together, and serving the seniors during the Covid-19 pandemic.

We sincerely express our heartiest gratitude to you for your continued support, generosity and partnership. With deep gratitude.





Awarded

**CHARITY
TRANSPARENCY
AWARD**

2022



Blossom Seeds
福善

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Activity Centre for Seniors
105 Canberra Street,
#02-01/06
Singapore 750105

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1 Woodlands Drive 16,
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Singapore 737764

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Sector Administrator



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