



Blossom Seeds
福善

Awarded



President's Certificate
of Commendation
(Covid-19)



Annual Report 2023

Blossom Seeds Limited
UEN 201304904N
(Charity with IPC status)



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)
- vii. Build a local network comprising healthcare service providers to deliver holistic health and social care for residents in Sembawang Town. Communities of Care will collaborate with these service providers to assist our seniors in the holistic healthcare system and ensure that support will be given to help the seniors to age and live well. (Communities of Care - AIC)

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 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



上帝廟濟公壇
SHANG DI MIAO CHAI KONG TEMPLE



People's Association





Chairman's Message

We celebrate our 10th year Anniversary for 2023 as we resumed our physical engagements and activities both within and without our centre. This is as a result of leaving the shadow of the COVID-19 pandemic behind us.

We are pleased to highlight some of our major milestones

- Partnership with Micron & UPS as CSR for the senior Befriender programme for Sembawang Central.
- ComCare Day on 1st November at our centre with the presence of Minister for Health Mr Ong Ye Yung
- Visit by Senior AIC team led by its chairman Mr Gerard Ee in October to the centre.
- Awarded Community of Care.2 (COC) by AIC

Review of Financial Results

For the year ended 31 December 2023, BSL had an income of \$3,012,000 as compared to \$2,655,000 in 2022, including CST \$968,000. We managed to generate a surplus of S\$678,000.

Future Outlook

Following the visit by the Senior AIC team in October, we would expand our Active Ageing Centre (AAC) to 5 more new AAC in the Sembawang GRC in line with Healthier SG. We would also advance our commencement for Home Palliative Care (HPC) in 2024 instead of 2025. Our long term vision is to have an Assisted and Nursing Home

Appreciation

We thank Mr Ong Ye Kung, Minister for Health as our Guest of Honour at our Blossom Tribute (BT) 19 February, and Ready Set GOLD (RSG) 3 September ~ Charity Walk to Healthier SG & Unity. We are also grateful to Ms Mariam Jaafaar, Adviser to Sembawang GRC (Woodlands) for BT and Dr Lim Wee Kiat, Adviser to Nee Soon GRC (Nee Soon Link) for BT and RSG as being our Special Guests. Mr Zaqy Mohamad, Adviser to Marsiling - Yew Tee for A Compassionate Journey Made Possible (MET) as Guest of Honour on 4 November.

Finally, I am very grateful to

- Our Board Members, volunteers and staff for their dedication in carrying out their duties
- Our Community partners, namely BW Monastery, Varadhatas Ratanarama Association, Buddhist
- Fellowship, Yusof Ishak Mosque, Assyafaah Mosque, Darul Makmur Mosque, Sembawang Mosque, An Nur Mosque
- Holy Tree Sri Balasubramaniam Temple, Sri Siva Krishna Temple
- Sembawang God of Wealth Temple 上帝庙, 凤图庙,
- Covenant Evangelical Free Church, Sembawang Presbyterian Church
- People's Association of Sembawang & Marsiling
- Youth Corps Singapore (YCS)
- Canberra Secondary School PCF Sparkletots @ Sembawang Central Blk 105,
- President's Challenge 2023
- Ministry of Health (MOH) (AIC, HPB, C3A), Ministry of Culture Community and Youth (MCCY), National Council of Social Service (NCSS), Community Chest, Tote Board
- Fraser Centrepoint, SMRT, sponsors, donors.
- Media (Print and Social) and all stakeholders for your kind and generous support.

With gratitude

Aw Cheow Thiam

15 January 2024

主席致词

2023年，我们庆祝10周年，将疫情的阴影抛在身后。

我们在中心和公共场所举办了许多大型活动。其中的里程碑如下：

- 被综合护理机构指定为三巴旺中心护理社区 2.0。
- 与 Micron 和 UPS 合作，为三巴旺中心开展老年人交友计划，作为其企业社会责任的一部分。
- 社区关怀日于 11 月 1 日在我们中心举行，卫生部长王乙康先生和社区合作伙伴出席了活动。
- 10月，AIC主席Gerard Ee先生率领高级管理团队来访问我中心。

财务业绩审查

截至2023年12月31日的年度，BSL的收入为 3,012,000 新元，而2022年为2,655,000新元，其中CST为 968,000 新元。我们成功实现了678,000 新元的盈余。

未来展望

经过十月份与AIC高级管理团队的讨论后，我们将建立更多活跃乐龄中心(AAC)来满足三巴旺乐龄化的需求，符合Healthier.SG的愿景。我们还将把家庭临终关怀的启动时间从2025，提前到2024年。我们的长期愿景是建立辅助生活和疗养院。

感恩

我们感谢卫生部长王乙康先生作为主宾出席了2月19日的 向年长者致敬慈善午餐以及 9 月 3 日的 Ready Set GOLD (RSG) ~ 《健康SG计划慈善益走》。我们也感谢 Sembawang GRC (兀兰) 顾问 Mariam Jaafaar 女士出席我们的向年长者致敬慈善午餐；堪培拉 (Canberra) 顾问——林伟杰医生为特邀嘉宾出席我们的向年长者致敬慈善午餐和《健康SG计划慈善益走》，马西岭 - 油池 (Marsiling - Yew Tee) 顾问 Zaqy Mohamad 先生担任我们11月4日《和善之旅》活动的特邀嘉宾。

最后，我非常感谢

- 我们的董事会成员、义工和福善职员在履行职责时的奉献精神。
- 我们的社区合作伙伴：吉祥宝聚寺、Varadhata Ratanarama 协会、佛友会、
- Yusof Ishak 回教堂、Assyafaah 回教堂、Darul Makmur 回教堂、Sembawang 回教堂、An Nur 回教堂。
- 圣树斯里巴拉苏布拉马尼亚寺庙、斯里湿婆克里希纳寺庙
- 三巴旺财神庙,上帝庙、凤图庙
- 圣约福音派自由教会、三巴旺长老会
- 三巴旺及马西岭人民协会
- 新加坡青年义工团队(YCS)
- 堪培拉中学 PCF Sparkletots @ Sembawang Central Blk 105
- 2023年总统挑战
- 卫生部 (MOH) (AIC) HPB (C3A)、新加坡文化、社区和青年部 (MCCY)、国家福利理事会 (NCSS)、公益金(Community Chest)、新加坡赛马博彩管理局 (Tote Board)
- 弗雷泽中心点、SMRT、赞助商、捐助者
- 媒体 (印刷和社交媒体) 以及很多关心年长者,慷慨支持的朋友等。感恩您的支持。

感恩!

胡诏添

2024年1月15日



CEO's Message

As we come together to reflect on the journey of Blossom Seeds in 2023, I am filled with an overwhelming sense of gratitude for the remarkable strides we have made in our mission to provide exceptional care for our senior community.

2023 Operational Highlights

We held many large scale events both at our centre and public venues and our milestones are as follows.

- Blossom Tribute Charity Lunch at Fairmont Hotel on 19 February with more than 110 tables of our senior beneficiaries, community partners and donors.
- Our volunteer centre supported by SGCares organised an appreciation lunch cum tour of Changi Experience at Jewel Changi Airport for more than 200 volunteers.
- As part of Healthier.SG, Ready Set Gold Charity Walk was held at the newly opened Bukit Canberra for more than 1500 participants to walk to Blossom Seeds centre.
- Flag Day launched at Causeway Point on 4 November to create awareness and raise funds for the Medical Escort and Transport Service (MET).
- Appointed by the Agency for Integrated Care to be the Community of Cares 2.0 for Sembawang Central.
- In stepping up our efforts to identify at-risk seniors, an exercise was conducted with AIC, SGO, Blossom Seeds and People's Association to align the indicators of risk. SG Cares Volunteer Centre @ Sembawang recruited and trained the volunteers to identify our Singapore pioneers who may have little or no social support, and are facing ageing challenges.

Operating expenses have gone up together with rising costs, post pandemic. The economic uncertainty in a post pandemic world leads to decreased contributions to fundraising campaigns.

With the support of AIC and SG Cares, our staff strength increased from 22 to 25 in 2023. This will help us to build our capabilities to support more seniors.

Future Outlook

As we chart our course for the future, the lessons and experiences of 2023 will guide our path. Our commitment to support seniors to stay purposeful and build our palliative capabilities to journey with them till their last moment remains unwavering. We will continue to embrace innovation, nurture our partnerships to advocate for the well-being of our seniors.

Tribute and Thanks

I extend my deepest gratitude to our dedicated & passionate staff and volunteers, generous donors and supportive community for making 2023 a year of resilience and compassion. Together, we will strive to achieve a caring community where everyone blossoms regardless of race or religions.

With gratitude

Ong Siew Chin

15 January 2024

执行长致词

当我们回顾福善2023年的旅程时，我对我们为照顾年长者的使命所取得的显著进步充满了感激之情。

2023年经营亮点

我们在中心和公共场所举办了许多大型活动。其中的里程碑如下：

- 2月19日，在费尔蒙酒店举办 向年长者致敬慈善午餐，宴开共110多席。我们的受益人有机会在我们的许多社区合作伙伴和捐助者在场的情况下参加实体活动。
- 我们的义工中心在 SGCares 的支持下，在樟宜机场举办了感恩午餐及樟宜体验之旅。超过200义工参加了这次难忘的活动。
- 我们也筹备了“Ready Set GOLD 2023” (RSG)，健康SG计划益走，在新开业的 Bukit Canberra 举行。超过 1500 名参与者步行前往 福善中心。
- 另一项全岛性的活动是11月4日的售旗日，为医疗护送和运输服务 (MET)在全岛筹集资金，该活动在 Causeway point 启动。
- 为了加大力度识别高危年长者，我们与 AIC, SGO 和人民协会开展了一系列的会议，协调风险指标。接着，SG Cares义工中心@三巴旺招募并培训了义工，以识别，很少或根本没有社会支持，并且面临老龄化挑战的新加坡先驱者。在确定了各个区的年长者后，我们来自美光和 UPS 的合作伙伴将在分配的区提供 友伴服务，作为年长者在社区中社交联系的一部分，而不是孤立地生活或与外界隔绝。

运营费用随着疫情后成本的上升而增加。疫情后的经济不确定，导致筹款活动的捐款减少。

在 AIC 和 SG Cares 的支持下，我们的员工人数从22人增加到2023年的25人。这将有助于我们增强支持更多年长者的能力。

未来展望

当我们规划未来的路线时，2023年的经验将指导我们的道路。我们坚定不移地致力于支持年长者保持活跃并培养我们的林中关怀能力，与他们一起度过最后一刻。我们将继续拥抱创新，培育我们的合作伙伴关系，以倡导年长者的福祉。

致敬与感谢

我向我们敬业乐业、充满热忱的员工和义工者、慷慨的捐助者和支持社区致以最深切的感谢，感谢他们使2023年成为充满韧性和同情心的一年。我们将共同努力打造一个充满关爱的社区，让每个人，无论种族或宗教，都能绽放光芒。

感恩！

翁秀卿敬启

2024年1月15日

Our Transformation Journey

As we look ahead to the next five years, our strategic vision for Sembawang GRC is centered on holistic community development, health enhancement, and operational excellence. This blueprint outlines our commitment to creating an inclusive and resilient community that thrives on collaboration, innovation, and care.

1. Advancing Home Palliative Care Services (2024):

Objective:

To establish and enhance capabilities in Home Palliative Care services within Sembawang GRC, ensuring compassionate and specialized care for residents facing terminal illnesses.

Strategies:

Collaborate with the Agency for Integrated Care (AIC), leveraging their expertise and resources.

Engage with community partners and stakeholders to foster a comprehensive and responsive care ecosystem.

Develop training programs for healthcare professionals and volunteers to ensure the delivery of high-quality palliative care.

2. Expansion of Active Aging Centres (AAC) in Sembawang GRC (2024-2028):

Objective:

To promote active aging, social engagement, and well-being among seniors through the establishment of new Active Aging Centres.

Strategies:

Partner with AIC and local organizations to identify suitable locations and design inclusive programs.

Establish five new AAC centres by 2028, ensuring accessibility and relevance to the needs of the senior community.

Implement health and wellness initiatives, recreational activities, and lifelong learning programs to foster a vibrant and engaged senior population.



3. Extension of Medical Escort Transport (MET) Coverage to Marsiling Constituency:

Objective:

To enhance accessibility to essential medical transportation services for residents across Sembawang GRC.

Strategies:

Expand MET services to cover the Marsiling constituency, addressing transportation barriers and ensuring timely access to healthcare facilities.

Collaborate with local authorities and transportation providers to optimize service routes and schedules.

Launch awareness campaigns to educate residents about the availability and benefits of MET services.

4. Digital Transformation for Operational Excellence:

Objective:

To leverage technology and digitization to streamline operations, enhance service delivery, and drive productivity.

Strategies:

Identify key areas within the organization that can benefit from digital interventions, such as data management, communication, and service delivery.

Invest in state-of-the-art technology solutions, training, and infrastructure to support digital transformation initiatives.

Foster a culture of innovation and continuous improvement, encouraging staff participation and feedback in the digitization process.

Conclusion:

Our strategic vision for Sembawang GRC from 2024 to 2028 embodies our commitment to building a community that is healthy, inclusive, and resilient. Through targeted initiatives in palliative care, active aging, medical transportation, and digital transformation, we aim to create a brighter and more prosperous future for all residents. We look forward to collaborating with our partners, stakeholders, and the community at large to realize this vision.

Board Members



Mr Aw Cheow Thiam Chairman

Occupation : Buddhist Fellowship Exco Member
Date of Appointment : 21 Sep 2015



Mr Chong Yew Mun Aloysius Vice - Chairman

Occupation : Technology Transformation Specialist
Experienced in supporting transformation
in both Commercial and Charitable
organization
Date of Appointment : 08 Nov 2021



Ms Ong Ai Lan Treasurer

Occupation : Evident Scientific,
Head of Solution Delivery, APAC
Date of Appointment : 2 Feb 2021



Dr Pua Hwee Leng Director

Occupation : BW Monastery
Lecturer in Training & Development
Date of Cessation : 30 Nov 2023



Dr John Zaw Min Director

Occupation : Singapore University of Social Sciences,
Singapore Polytechnic and BCA Academy
Adjunct Lecturer
Date of Appointment : 28 Jun 2017



Ms Tan Chiew Hoon Hazel Director

Occupation : Social Entrepreneur
Date of Appointment : 28 Jun 2017



A/Prof Wong Yee Chee Director

Occupation : NUH
Senior Consultant Obstetrician
& Gynaecologist
Date of Appointment : 21 Sep 2015



Ms Chua Mui Kiang Nancy Director

Occupation : Business Owner
Date of Appointment : 4 Oct 2018



Mr Teo Kim Swa Director

Occupation : Arya Architects
Principal Architect
Date of Appointment : 12 Oct 2019



Ms Goh Sock Choo Director

Occupation : Retired QC Manager
Date of Appointment : 12 Oct 2019



Mr Thet Naing Kyaw Director

Occupation : Seagate Singapore International Headquarters Pte Ltd
Senior Manager
Date of Appointment : 14 Sep 2020



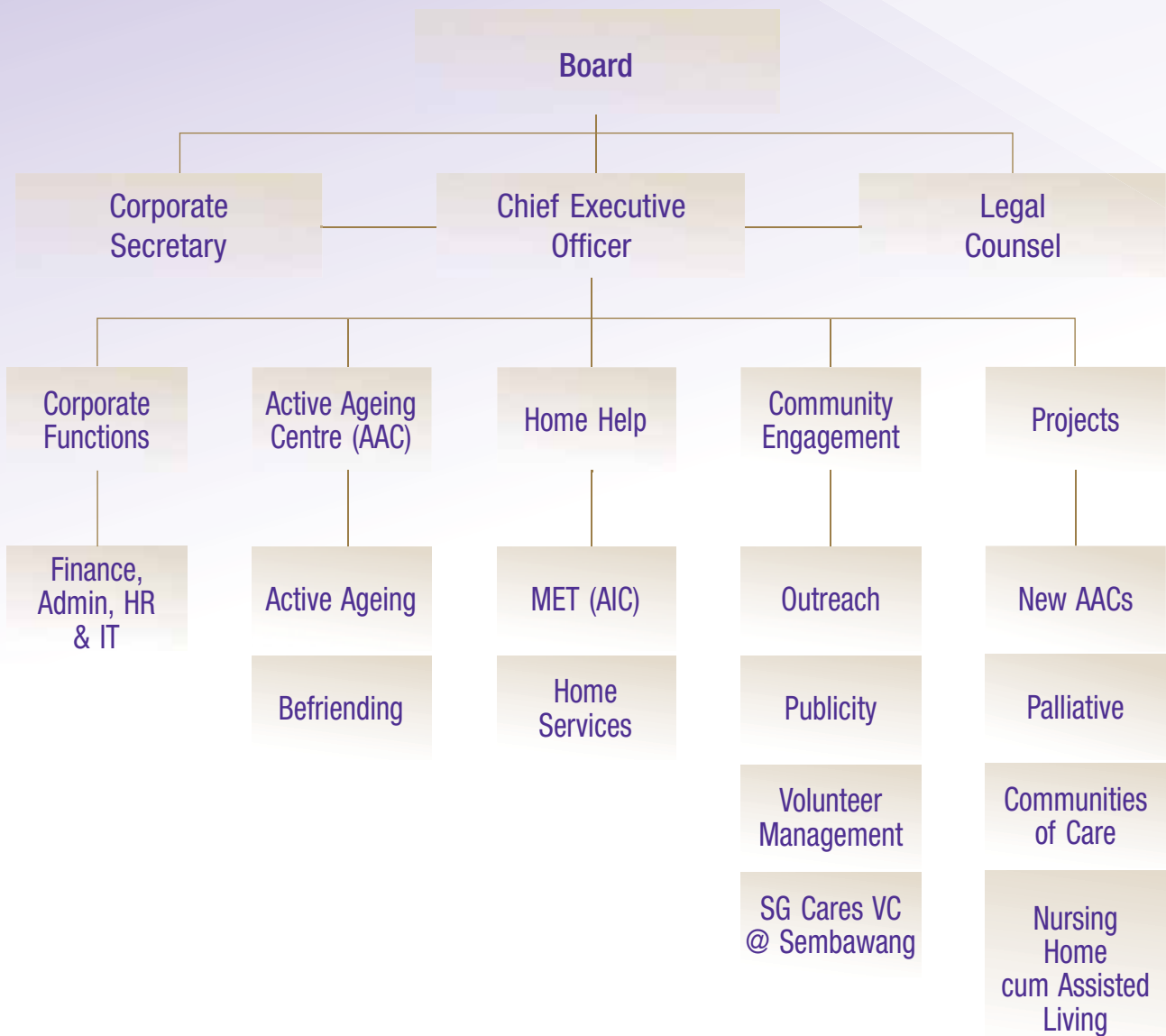
Ms Yeo Mui Hoon Ferlin Director

Occupation : IQVIA RDS East Asia Pte Ltd
Director, Finance
Date of Appointment : 2 Feb 2021

Our Sub Committees

<p>Fundraising & Events Committee</p> <p>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</p>	<p>Programme Committee</p> <p>Mr Aw Cheow Thiam Mr Chong Yew Mun Aloysius Prof Wong Yee Chee Mr Thet Naing Kyaw Ms Goh Sock Choo Dr Chow Khuan Yew Ms Ong Siew Chin</p>	<p>Human Resource Committee</p> <p>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</p>
<p>Finance Committee</p> <p>Ms Ong Ai Lan Mr Chong Yew Mun Aloysius Mr Aw Cheow Thiam Mr Thet Naing Kyaw Ms Ong Siew Chin</p>	<p>Volunteer Committee</p> <p>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</p>	<p>Projects & Technology Committee</p> <p>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</p>
<p>Nomination Committee</p> <p>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</p>	<p>Audit Committee</p> <p>Mr John Zaw Min Ms Yeo Mui Hoon Ferlin Mr Teo Kim Swa Ms Goh Sock Choo</p>	

Organisation Chart



Staff Retreat 2023 at Oasia Hotel Downtown

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 Pow Lay Kuan

Director, SG Cares Volunteer Centre @ Sembawang

Experience/ Qualification

- Bachelor of Business Administration
- Date Joined: 17 May 2022



Ms Christina Lim Shee Poh

Dy (Communities Of Care)

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



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 Han Cheow Yong Lydia

Finance Manager

Experience/ Qualification

- Senior Manager
- Date Joined: 1 Jul 2018



Ms Lim Soh Wah Joanne

Admin Manager

Experience/ Qualification

- Admin Manager with Blossom World Society
- Date Joined: 1 June 2022



Mr Tan Teng Shan Raymond

Manager (Active Ageing Centre)

Experience/ Qualification

- NTUC Health Co-operative Limited (NTUC Health)
 - Diploma in Community and Social Services
- Date Joined: 23 Jan 2023



Ms Wang Li Li Joyce

Manager (Befriending)

Experience/ Qualification

- Family Matters Coordinator
- Date Joined: 1 Jul 2019



Roger Tan

Manager (Medical Escort & Transport)

Experience/ Qualification

- Bachelor of Science in Industrial and Management Engineering
 - Specialist Diploma in Counselling Psychology
- Date Joined: 15 Nov 2021



James Wong

Manager (Gym Tonic)

Experience/ Qualification

- Bachelor of Arts (Sports Management)
 - Executive with Singapore Red Cross Society - 2018 to 2023.
- Date Joined: 5 April 2023



Mr Tan Heng How Corman

Snr. Manager (Volunteer Centre)

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



Ms Penny Chan

Manager (Communities Of Care)

Experience/ Qualification

- MBA Diploma in Disability Studies
 - Grad Diploma in Personnel Management
 - Bachelor of Art
- Date Joined: 1 October 2023

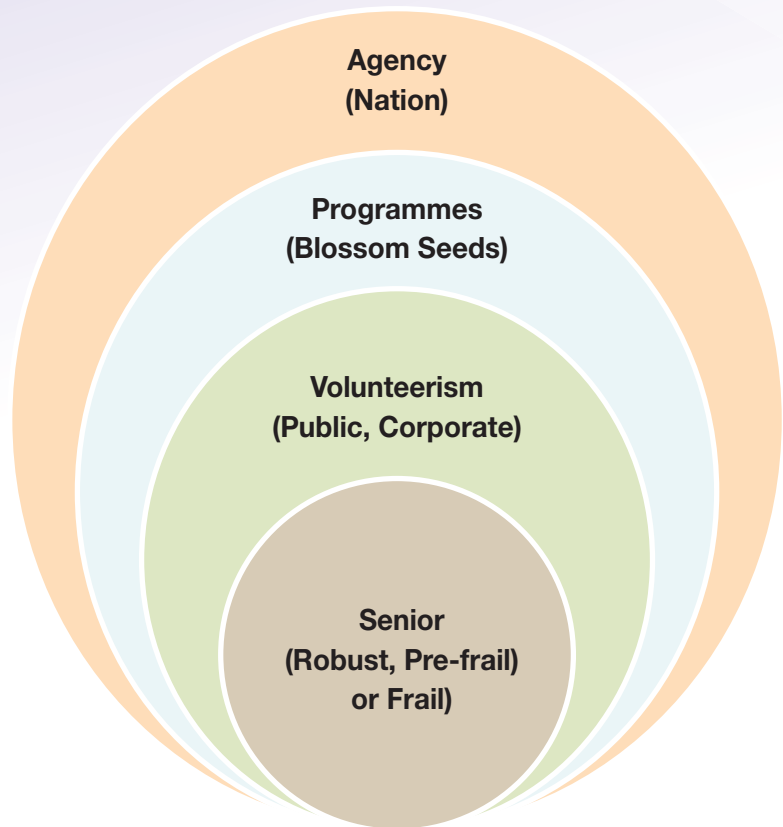
Our Operating Model



The people who were happiest, who stayed healthiest as they grew old, and who lived the longest were the people who had the warmest connections with other people....

- Harvard study director Robert Waldinger

Our ecosystem consists of multiple stakeholders collaborating together to build a community that is healthy, inclusive, and resilient for our beneficiaries to age gracefully.



Our Beneficiaries (Seniors)

We serve seniors who are Robust, Pre-frail or Frail.

Our Volunteerism unites the Corporate, Educational Institution, Religious group and General Public together to support the seniors.

Our Programmes are designed to meet different needs of the seniors.

National Agencies such as AIC, NCSS, MCCY curate and organise resources across the sectors to provide regulatory guidance and funding for the programmes.





Highlights of the Year

Our Impact at a Glance



\$1,038,000
Total **Donation Raised**



31,899


Total **Beneficiaries Served**



Total number of **Staff** **25**



1968
Total **Medical Escort Trips**

249 
Number of **MET Beneficiaries**



103
Number of **Befriending Beneficiaries**



270
Number of **AAC Activities**



707
Number of **AAC Participants**



11,150
Number of **AAC Attendance**



729
Total Number of **Event Volunteers**



39,491
Number of **Event Volunteering Hours**



31,547
Number of **Event Beneficiaries**



317
Number of **Volunteer Leaders**

AIC Chairman & Board's Visit to Blossom Seeds AAC

Blossom Seeds is delighted to host our distinguished guests from AIC - Dr Gerard Ee (Chairman), Dr Chia Ngee Choon (Board Member), Mr Tan Kwang Cheak (CEO) and his team at our East Canberra AAC.



Healthier. SG

Blossom Seeds is pleased to be invited to participate in the Healthier .SG Roadshow @ Kg Admiralty. The objective is to encourage Singaporeans to take proactive steps to manage their health, prevent the onset of chronic diseases and have strong support to lead healthier lifestyles.

Our Grassroots Advisers Mr Ong Ye Kung, Mr Vikram Nair, Dr Lim Wee Kiak, PBM, Ms Poh Li San and Ms Mariam Jaafar joined the carnival in support of this National initiative. Our team of handicraft seniors welcome the participants with their colourful crafts and heartwarming enthusiasm.



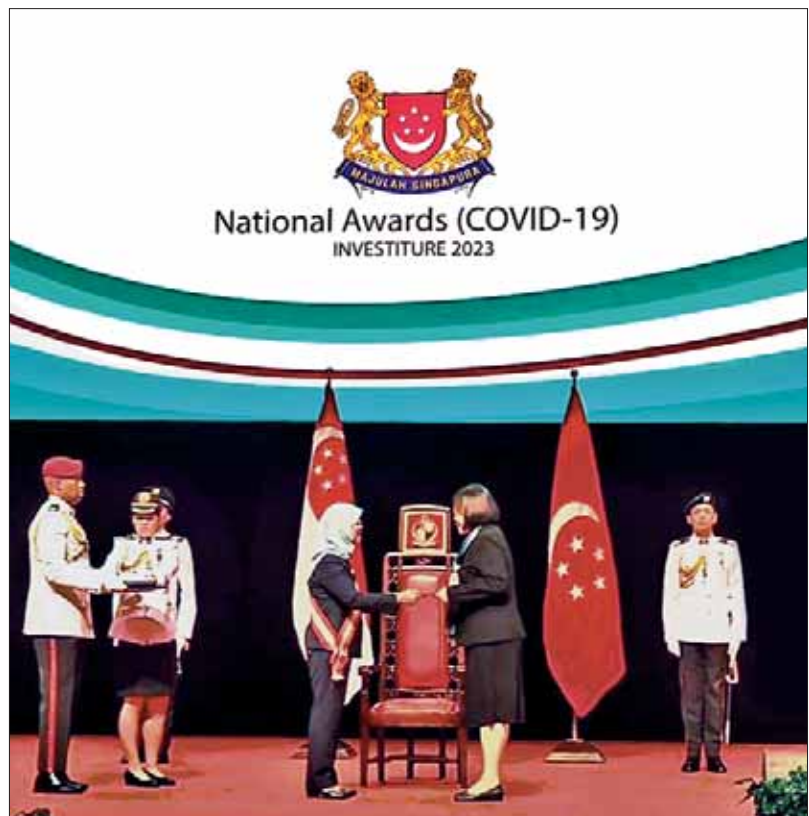
National Day Reception at Istana

Grateful to be invited to Istana for the National Day Reception. Mdm President Halimah Yacob visited our centre just before Dorscon Orange was implemented and the seniors have fond memories of her visit. Deeply appreciate her support to the social service sector during the pandemic years. Delighted to meet up with friends from the Healthcare sector, other social service agencies and community partners.



The President's Certificate of Commendation (COVID-19)

Blossom Seeds is pleasantly surprised and deeply grateful to be one of the recipients of The President's Certificate of Commendation (COVID-19).



Community Care Day 2023

Community Care Day (CCD) is a day to recognise and appreciate the hard work and dedication of all who work in the Community Care Sector. Minister for Health Mr Ong Ye Kung visited the community farm and our communal cooking to the delight of our seniors. Deeply appreciate all our partners for joining us and many thanks to Agency for Integrated Care - AIC Singapore for coordinating.



Panel Discussion – LKYSPP Senior Fellows of Public Service Programme (SF)

Blossom Seeds is pleased to be invited to join the panel discussion in the 5th instalment of the LKYSPP SF Programme. The programme is for senior-level leaders in the public, private and people sectors, including local and overseas participants and covers wide-ranging issues like governance, leadership, geo-political issues, security, national development, etc.

Ms Tan Li San, NCSS CEO shared about our nation social service ecosystem. We are pleased to be part of the panel to discuss the theme “The Future of Singapore’s Social Service Sector – Collaborating for the Greater Good”, together with fellow panelists/ moderator representing different stakeholders (SSA, corporate, funder, public sector) in the social service ecosystem.



Singapore Airlines (SIA) Cares Open House

Grateful to SIA for inviting Blossom Seeds & 30 SSAs for SIA Cares Open House 2023. We get to see how Cabin Crews are trained & witness the rigorous training of the pilots at the Flight Simulators. Deeply appreciate the dedication and commitment to deliver a high standard of care and service deserving of the accolades to be the top multiple award-winning airline.



WOH HUP Mid Autumn Charity Lunch 2023

Blossom Seeds is pleased to participate in the Woh Hup Group Mid-Autumn Charity Luncheon for the first time. Our seniors had an awesome time interacting and dancing with seniors from other charities.



Launch of Kampong Micron

Micron Technology announced its partnership with Blossom Seeds, to launch the Micron Kampong.

This first-of-its-kind corporate social responsibility program aims to provide support and companionship for Sembawang's seniors to stay healthy and socially connected. Mr. Chen Kok Sing, Corporate Vice President and Singapore country manager shared that their goal is to create a more inclusive society where seniors can be involved and make a difference, so they do not feel left behind in today's fast-paced world.

We are grateful to Mr Ong Ye Kung, Minister for Health and Adviser for Sembawang GRC, for gracing the launch, and shared the importance of this CSR partnership to the community.



Purple Party Volunteer Appreciation

Our work with the seniors is made possible only because of the dedication and generosity of our volunteers, who are motivated by wanting to do good for others. As part of our Purple Party Volunteer Appreciation, Blossom Seeds treated our volunteers to a digital experience at Changi Experience Studio, followed by lunch at Jewel Changi Airport. Deeply appreciate everyone for making a difference in the lives of the seniors.



International Volunteers Day @ Istana

Blossom Seeds was invited to the Istana for a Tea Reception as part of SG Cares Giving Week, a week when we reflect on the spirit of giving.

Many thanks to the special mention of our senior volunteer, Mdm Sarinah Binti Anang who started her journey as a beneficiary. Touched by the help she received, she now volunteers her time at our communal kitchen and community garden, together with her daughter Ms Hazliah Binte Hamid.



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 due to Covid 19 Pandemic affecting many businesses of our industries 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 2023 is higher due to the higher manpower costs as a result of additional headcounts, capability building initiatives and higher operating costs as activities resumed and costs are higher post pandemic.

Statement of Financial Activities

Income	2023 (Unaudited)	2022 (Audited)	2021 (Audited)
Voluntary Income	184,000	121,000	740,000
Fundraising events	840,000	592,000	590,000
Events and activities	14,000	20,000	39,000
Grant income	1,951,000	1,773,000	683,000
Other income	23,000	150,000	61,000
Total Income	3,012,000	2,656,000	2,113,000
Expenditure			
Fundraising expenses	290,000	91,000	59,000
Event expenses	70,000	71,000	36,000
Cost of charitable activities	1,912,000	1,790,000	1,385,000
Governance & other administrative costs	62,000	15,000	43,000
Total	2,334,000	1,967,000	1,523,000
Net Surplus	678,000	689,000	590,000



READY SET GOLD!
CHARITY WALK TO A HEALTHIER.SG

Sector Administrator



HEALTH





Fundraising Efforts

Blossom Tribute to the Seniors Charity Lunch

Blossom Seeds held our Blossom Tribute to the Seniors Charity Lunch at Fairmont Hotel on Sunday 19 February 2023 after a 3-year hiatus. Our Blossom Tribute to the Seniors Charity Lunch also marked our 10th year anniversary - culmination of our 10-year efforts in supporting all our seniors to blossom, whether they are frail or active.

The theme is Social Cohesion as we work in partnership with all our community partners to support our seniors and build a compassionate community where everyone blossoms.



Blossom Vesak ~ Unity in Diversity

Blossom Seeds organised an outing for our vulnerable seniors to Changi Experience Studio and a dining experience at Earle Swensen's at Jewel Changi Airport, as part of our Blossom Vesak Celebration. It was their maiden visit for many of our seniors, and they are deeply grateful that they are part of the Blossom Seeds Family.

With the generous support from the Micron team and our senior volunteers, we distributed grocery bags to share the joy with the other seniors. This also gives us an opportunity to check in on the seniors. The team went about the distribution with lots of enthusiasm.

It is the collective dedication and teamwork from everyone, coming together in Unity, that exemplified the spirit of community and service, brightened the lives of others.



Ready Set GOLD ~ Charity Walk to a Healthier.SG

Minister Ong Ye Kung, Minister for Health and Adviser to Sembawang Central GRO shared the importance of promoting a Healthier.SG and Dr Lim Wee Kiak, PBM, Adviser for Sembawang GRC (Canberra) sounded the horn. Our participants, including our vulnerable seniors, accompanied by our volunteers, persevered to complete the 1.4km albeit many pauses at the various bus stops.

Grateful to all our corporate partners for supporting this national initiative and our lively seniors for surprising the participants with their impromptu performances to celebrate Active and Happy Living.



Blossom Seeds Flag Day ~ A Compassionate Journey Made Possible

Blossom Seeds organized our flag day ~ A Compassionate Journey Made Possible to create awareness and raise funds for our Medical Escort and Transport MET Service.

Mr Zaqy Mohamad, Senior Minister of State for Defence and Manpower, Adviser to Marsiling-Yew Tee GRC GROs , Marsiling, was our Guest of Honour and help to flag off our tin bearers this morning at Causeway Point, together with representatives from Harmony Circle.







*Seniors,
Our Stories*



Blossoming Caregiver

Story of Madam Cindy, 65-year-old.

Cindy, is a homemaker and a dedicated caregiver who was providing unwavering care to her 90-year-old mother battling dementia. She brought her mother-in-law to our Active Ageing Centre for activities at the end of 2022 when COVID19 situation was less stringent, and noticed an improvement in her health.

Blossom Seeds encourages her to participate in the activities too and she joins the farming team as she always enjoys nature. She is now an active volunteer at the center and also influenced her husband to support a wheelchair bound senior to the centre for the weekly program. The family have made friends in the community and the friends also help to look out for her mother in law, when they are busy.



Medical Escort & Transport

Story of senior Madam Mui, 85-year-old.

Madam Mui proved that age is just a number. Despite facing mobility issues, she embarked on a remarkable journey to participate in the Ready Set Gold Charity Walk organised by Blossom Seeds supported by volunteers on her wheelchair in 2023.

She was introduced to Gym Tonic and started a dedicated exercise routine twice weekly to strengthen her muscles and regain the ability to walk. She is inspired to join the charity walk in September 2024 without her wheelchair. Her story encourages us all to embrace challenges with determination and to support those who strive to overcome adversity.





Active Ageing Programmes

Story of Auntie Oh, 76-year-old.

Auntie Oh was once socially isolated because of her poor health and the fear of the pandemic hence, she stays at home most of the time.

A breakthrough came when she was invited to help in the kitchen for communal dining at the centre. Armed with her previous experiences working in the kitchen, she takes pride in supporting the Happy Cooking team. The volunteers who initially encouraged Auntie Oh witnessed her remarkable transformation. Indeed, an inclusive and supportive space encourages the transformation and empowerment of our seniors. This has not only changed Auntie Oh's life but has also inspired a positive ripple effect within our community.



Befriending Programme

Story of senior Befriender - Madam Zainon, 66-year-old.

Madam Zainon, stayed on her own and was introduced to Blossom Seeds. With her siblings' encouragement, she signed up as a befriender.

Her bi-weekly visits became a source of joy for both her and the seniors she befriended. Through conversations, shared activities, and simple gestures of kindness, she provided a lifeline to those who may have felt forgotten or overlooked.

In return, Madam Zainon discovered a renewed sense of purpose and fulfilment through volunteering. She also remembered that her late husband always shared with her that it is a blessing to be able to serve in the community. She found purpose and fulfillment in giving her time to those in need.

SKILLS-BASED VOLUNTEER

Harnessing skills & talents in our community for good

What is skills-based volunteerism?

Skills-based volunteerism is when people use their skills and talents to help a nonprofit organization.

Skills-based Volunteer Partnership Challenge

GOAL: To develop effective and impactful social purpose organizations, and a caring, collaborative & impactful ecosystem.

Strengthening Capabilities

Catalyzing Change

Co-create sector resources and best practices

WEE WAH Volunteer AMKFEC Community Services





Volunteerism

supported by SGCares

Long term Partnership & Collaboration

Micron

Micron Kampong, a first-of-its-kind corporate social responsibility program by Micron Technology partnering with Blossom Seeds and Sembawang Central, to provide support and companionship for Sembawang's seniors to stay healthy and socially connected.



UPS Partners

Together with Blossom Seeds, UPS Partners launched its LIVE IT UPSeniors Programme to support seniors in the community, to build a resilient and caring community where our cherished seniors can stay active, healthy and happy.



Other Corporate Volunteering

Festival Celebrations



Assa Abloy organised a Racial Harmony Celebration for both our active and vulnerable seniors.

Outings



Enthusiastic volunteers from Gilead organised an outing for our seniors to visit the Vincent Van Gogh Art Exhibition while they were in town.

Workshops



Development Bank of Singapore (DBS) organised a series of Cyber Security Workshops for seniors and shared with them how to purchase healthy food items.

Spring Cleaning for our Seniors



As part of our efforts to support vulnerable seniors to age in place for as long as they could, volunteers from Micron came to help our vulnerable seniors to spruce up their house to welcome the new year.

Blossom Kaki Senior Volunteerism Programme

Partnering Council for Third Age (C3A)

Since 2017, Blossom Seeds partnered the Council for Third Age to support seniors to learn new skills and give back to the community. Appreciate their efforts to upskill our volunteers.



Senior Volunteers attending the Geragogy Guidelines supported by Council for Third Age.

Youth Volunteerism

Partnering Youth Corps Singapore

YCS Youth Leadership Development Programme

We+65 Programme is an intergenerational programme partnering YCS and AIC to support youth leadership. The programme seeks to reduce senior isolation and foster 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.



Asiyah, Youth Corps Leader, 22 years old

Asiyah is currently studying Life Sciences at NUS, and joined the Youth Corps leadership program in 2023. She was drawn to Blossom Seeds because of their unwavering commitment to the well-being of seniors despite the challenges posed by the pandemic.

As a volunteer leader, she and her team had engaged 43 youth volunteers to connect and be involved in the intergenerational program bi-weekly with seniors. The hard work proved worthwhile when seniors are more open to them and share their life experiences.

The seniors interacted with them like their grandchildren and the youth respected the seniors as their grandparents. The bonding and shared joy with the seniors weave a story that transcends beyond language barriers, uniting generations in a beautiful harmony.



Youth Volunteerism

YCS - Shine Senior Befriending Programme

In a pilot effort, youth volunteers from YCS - Shine participated in the Senior Profiling & Befriending Programme to reach out to seniors and share with them about our active ageing programmes. This helps to provide youth with opportunities to understand challenges of the seniors.



NUS Service Learning

Blossom Seeds supported NUS national initiative to grow youth volunteerism through a structured module, by providing the platform for student volunteers to plan, lead and conduct engagement activities for beneficiaries in the community.



Other Youth Volunteering

Reduce frailty programme

A 12-week study about frailty prevention in collaboration with Republic Polytechnic, School of Sports, Health and Leisure, Diploma in Health Management and ProMotion, through Tai Chi ball exercise with our seniors.



Festival Celebration

Republic Polytechnic students organised a fun-filled Christmas Celebration for our seniors





Blossom Seeds
福善



READY SET

CHARITY WALK TO A H



Guest of Honour

Mr. Ong Ye Kung
Minister for Health and
Adviser for Sembawang
Central GROs

DATE : 10 September 2023, Sunday
TIME : 8am to 1pm (Flag off at 9am)
VENUE : 105 Cantonment Road, #02-01,
Singapore 170105

Member of Operator of Supported



70...ove



Programmes & Services

Our Active Ageing Centres

Our programmes & services aim to look at preventive care for all Singaporeans to age actively and healthily, in tandem with Healthier SG.

The national initiative from the Ministry of Health in 2023 for Active Ageing Center, is to be able to deliver the 5 domains of health. Our activities are curated to support the different profiles of the seniors living in the community, according to their needs.

Active Ageing Programmes (AAPs)



Social



Physical Health



Cognitive



Learning



Volunteerism

We partner with various agencies including Active.SG, SG Digital and HPB to conduct physical activities and workshops for seniors. We also rally seniors to volunteer in their interest group and provide learning opportunities for them to continue to learn, and empower themselves to contribute in their interest group.

The Healthy Ageing Promotion Programme For You (HAPPY) Programme

Blossom Seeds partnered with AIC to roll out the Happy Programme since 2019. Through exercises and music, it keeps seniors who are frail and vulnerable physically and mentally well. Currently our HAPPY programme is facilitated by our senior volunteers who incorporated games on top of the exercises and songs.



Communal Dining

A ground up initiative by our seniors who enjoy sharing their culinary skills. It comprises seniors with diverse and multi-racial backgrounds, sharing not only recipes but also stories of their culinary journeys. They supported our regular communal dining sessions for seniors. This program is impactful for seniors who are staying alone and they enjoy the companionship of the community to dine together.



Our Active Ageing Centres

Community Farming

Blossom Seeds Community Farming is a resident-led activity that brings the community together to promote Kampung spirit. It is supported by Sembawang Town Council, Nparks and People's Association (East Canberra Zone 1).

With each successful harvest, we hope to build a sense of ownership and belonging among the residents. The celebration of their joys and hard work is shared with the other seniors, during our communal dining.



Minister Ong harvesting with the seniors at Blossom Seeds Community Garden during Community Care Day on 1 November 2023



Outings

Our outings are supported by our senior volunteers. Our example is the National Celebration of Seniors organised by Active.SG at Tampines Hub on 19 Oct 2023, 80 senior participants were led by 17 senior volunteers to support the outings.



Our Active Ageing Centres

Gym Tonic

Partnering Lien Foundation, Gym Tonic is designed for seniors to build strength physically and interact socially with members in the community. The programme aims to promote exercise as medicine for our seniors to prevent muscle weakness and help to get seniors stronger even as they age.



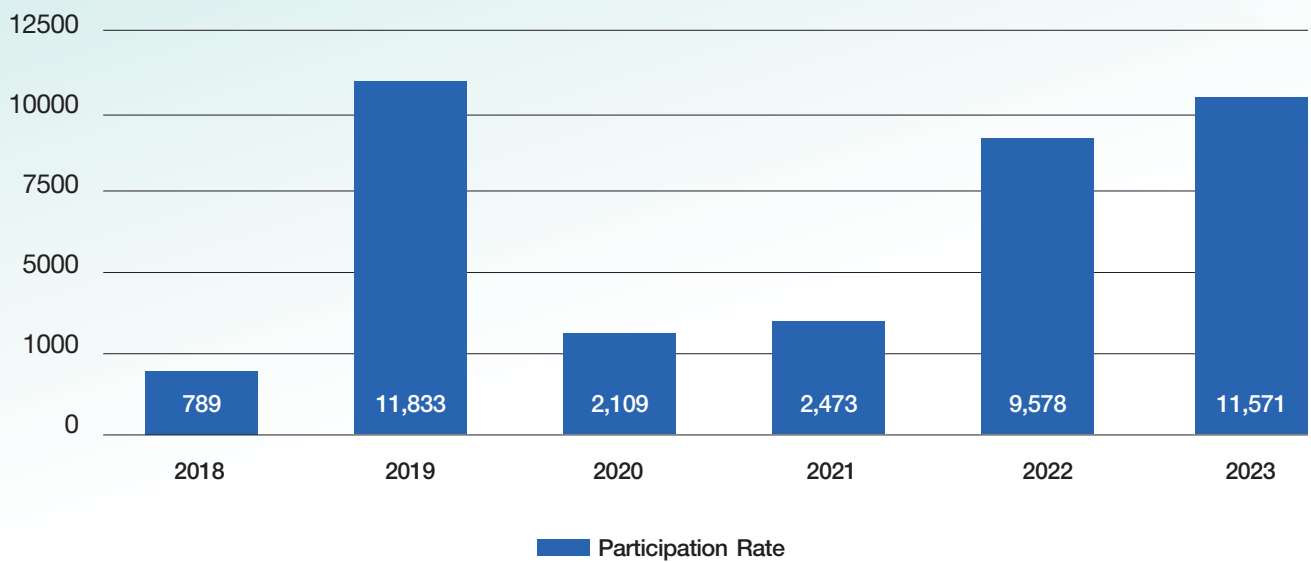
Visit by AIC Chairman and Board Members, Dr Gerard Ee and Dr Chia Ngee Choon cheering for seniors at Gym Tonic.

Community Health Post

Yishun Health Regional Team includes Community Nurses and Connectors who started a weekly Community Health Post (CHP) at Blossom Seeds since 2022. CHP provides seniors with convenient and regular access to health checks, health education and health coaching on their health care needs.

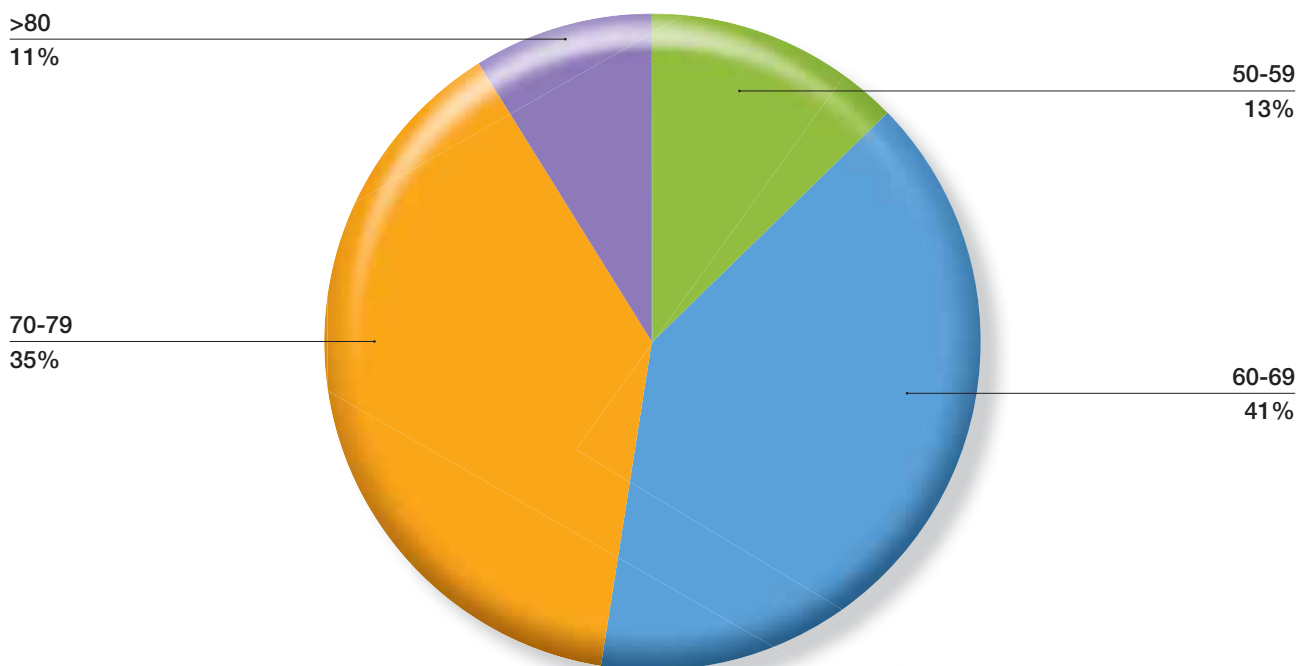


Impact 2023



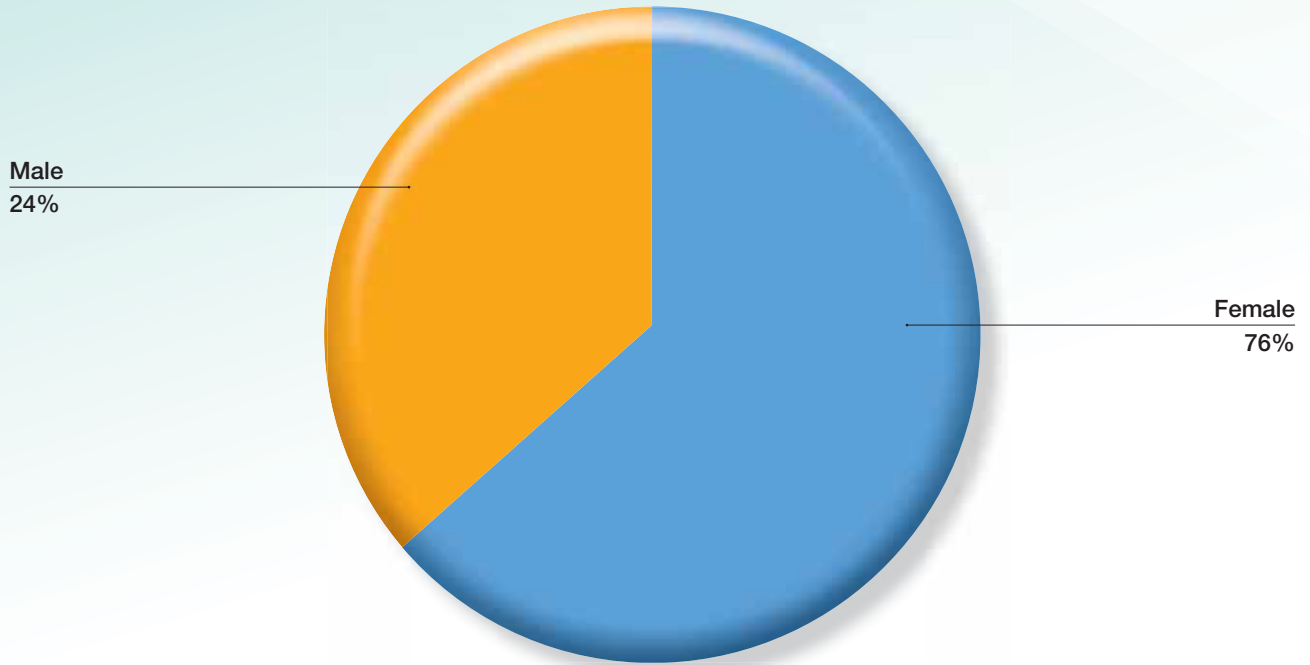
Profile of AAC Members

Profile by Age

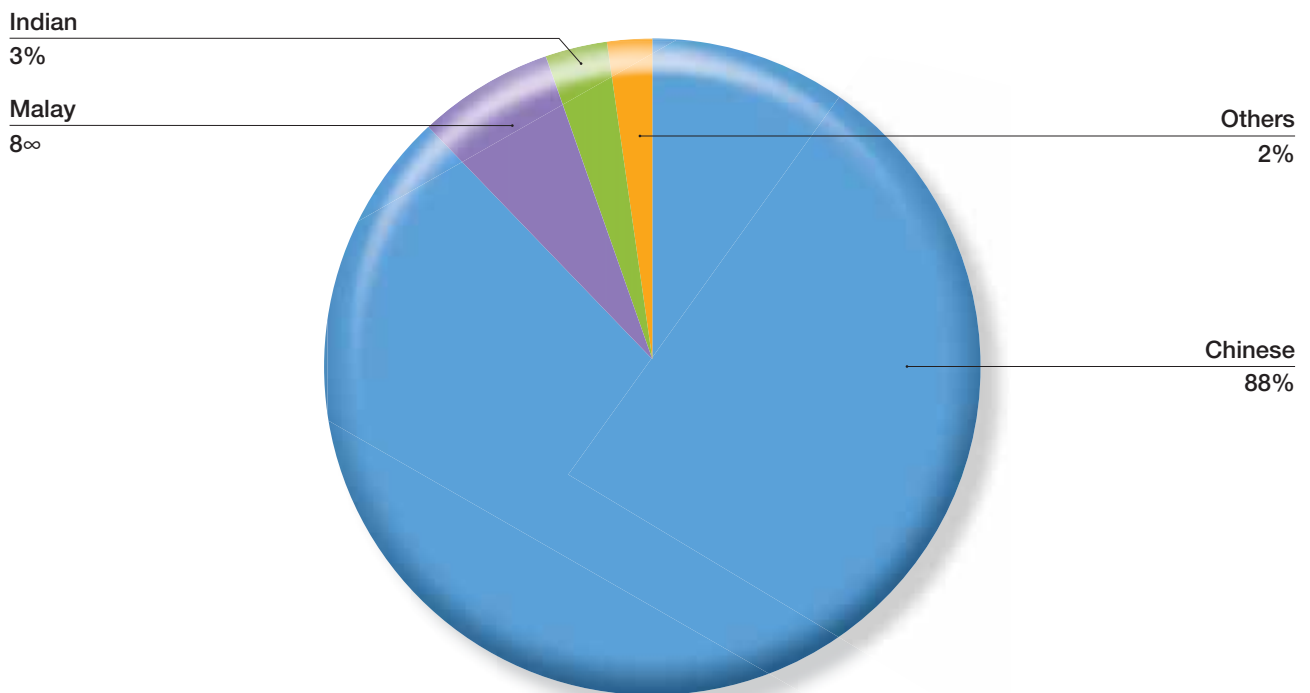


Our Active Ageing Centres

Profile by Gender



Profile by Race



Befriending of Seniors Staying Alone (Corporate)

Under the initiative of Sembawang Central, about 700 seniors were profiled and a quarter were found to be vulnerable, and additional 40 who require additional attention were referred to our befriending team.

Hence we invited Micron and UPS to partner us in the befriending of these seniors to stay engaged and connected in the community instead of being socially disconnected from the community

Micron adopted more than 100 households under Micron Kampong and UPS adopted more than 50 households under its LivitUPSeniors Programme. We will continue to look for other corporations to support us in this important engagement.

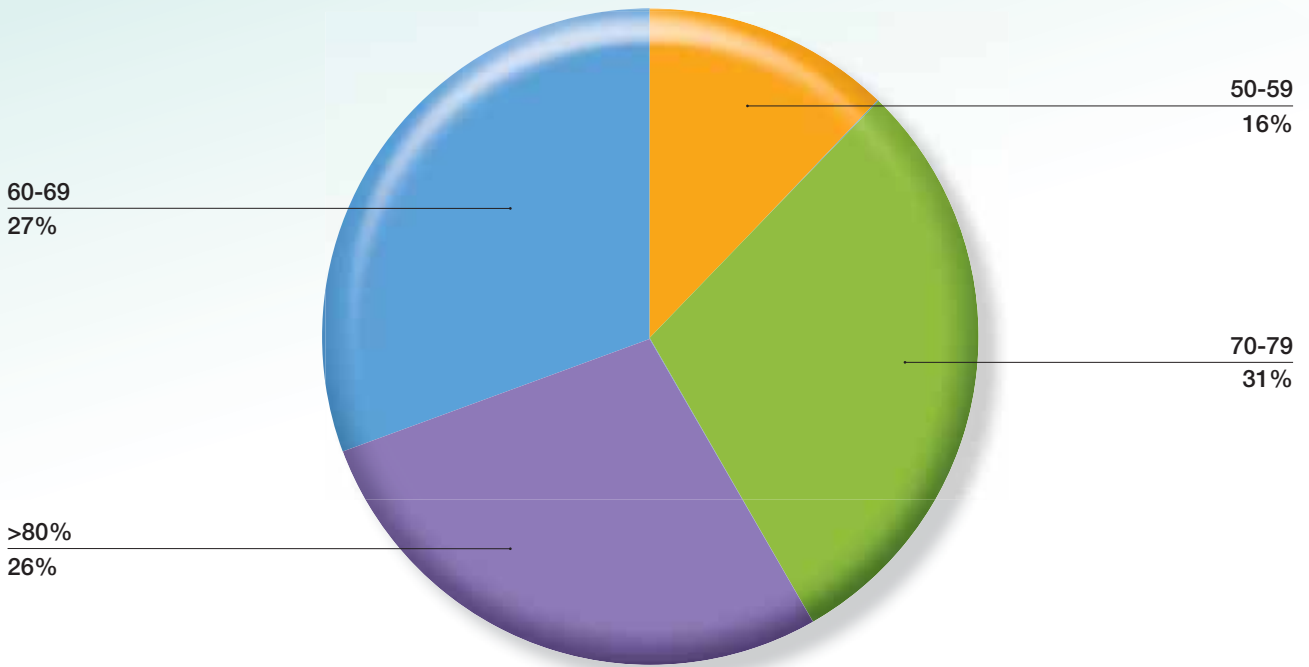


Befriending of Vulnerable Seniors

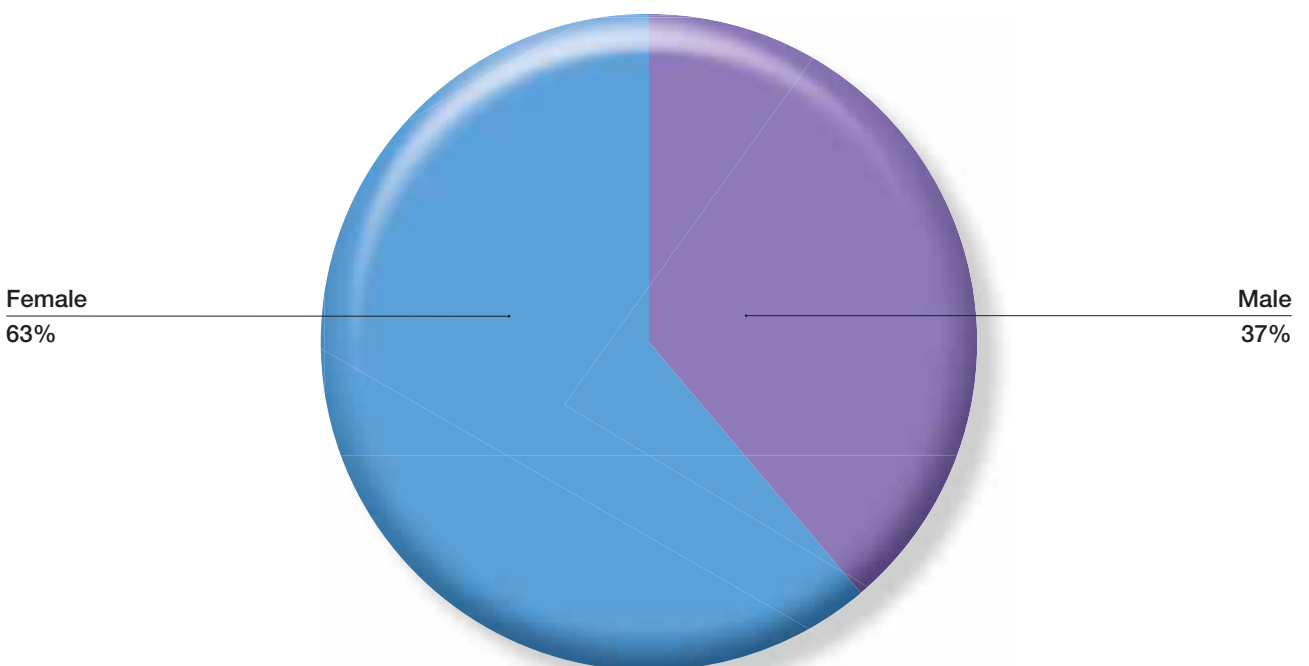
A quarter of the seniors identified staying alone were found to be medical/social/financial challenges and with little or no social support. They were referred for befriending by our befriending team.

Profile of the Befriendees

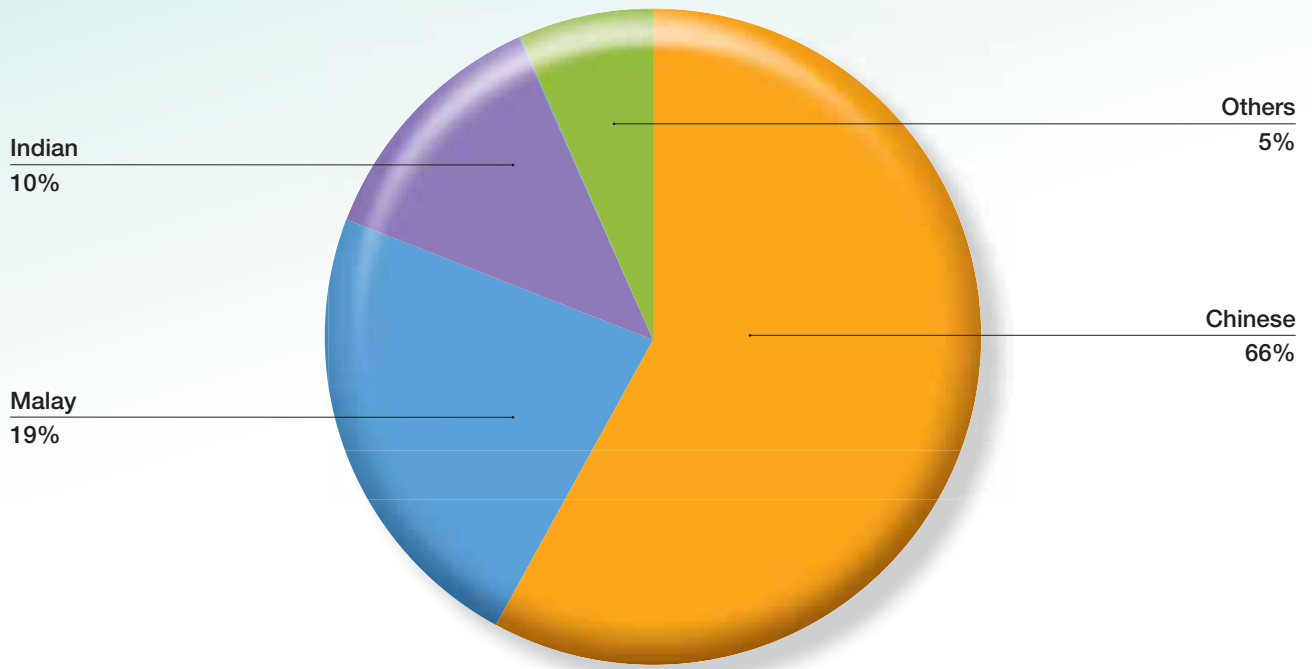
Profile by Age



Profile by Gender



Profile by Race

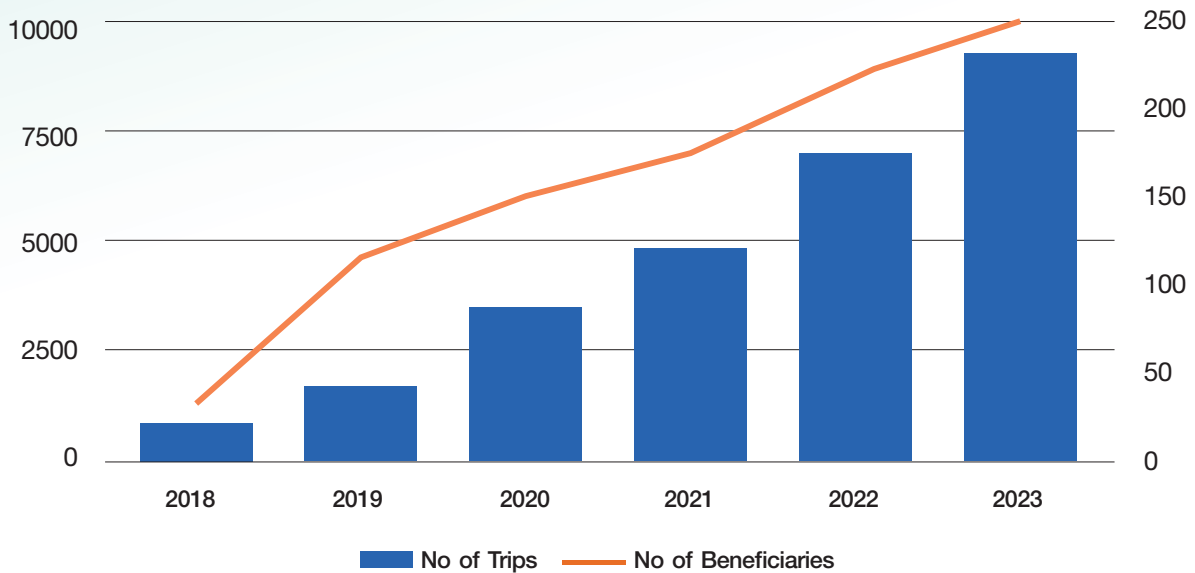


Medical Escort & Transport Service (MET)

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 conditions. As a result of their chronic conditions, most require the support of our wheelchair enabled buses to bring them for their medical appointments.

Impact 2023

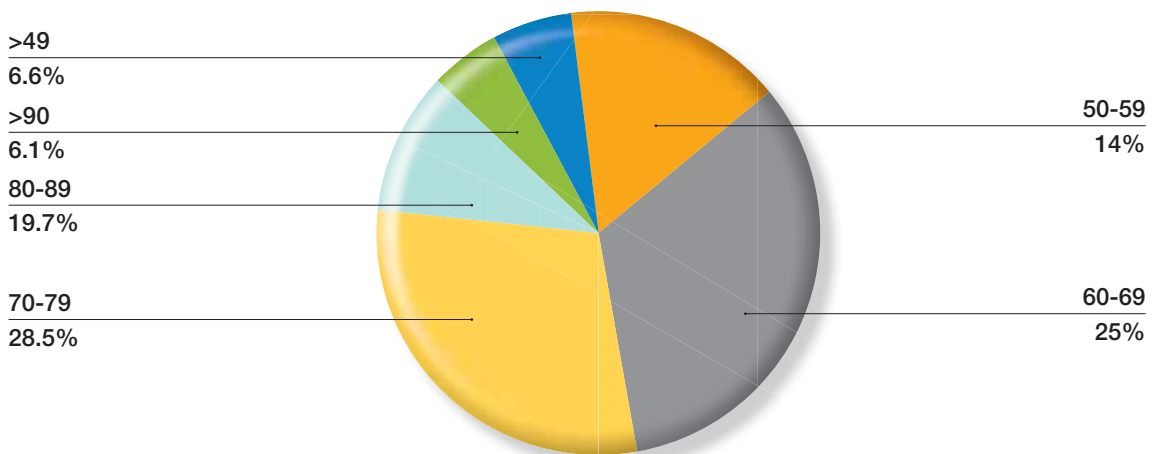
No. of Trips & No. of Beneficiaries



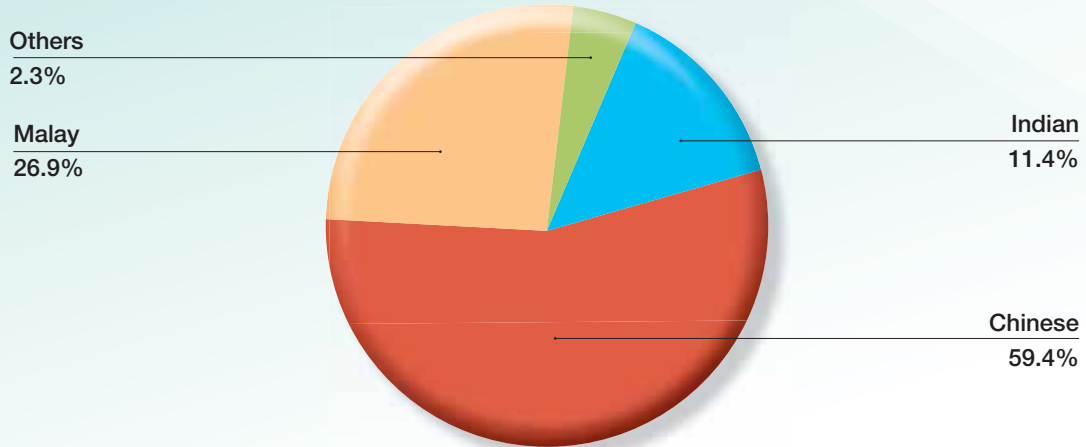
Profile of the Seniors Beneficiaries

More than ¾ of the beneficiaries are 60 years old and above

Profile by Age

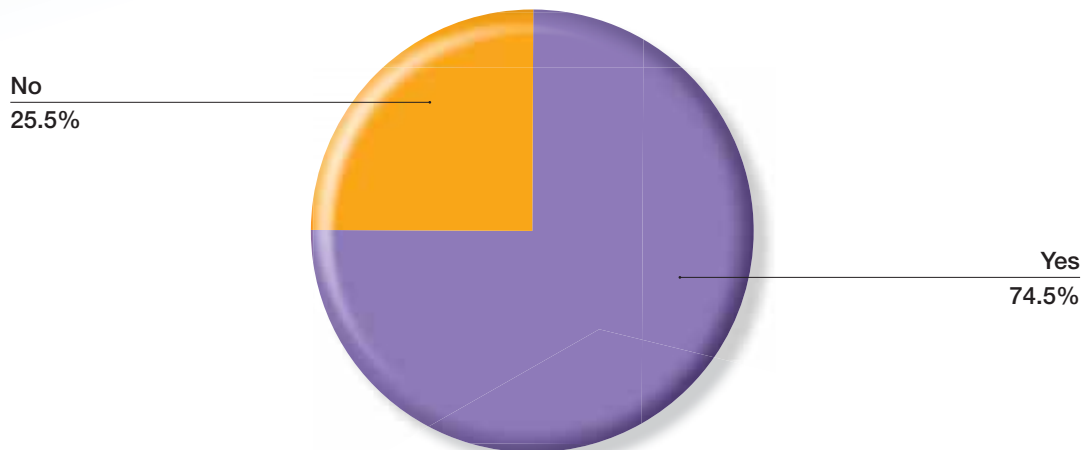


Profile by Race



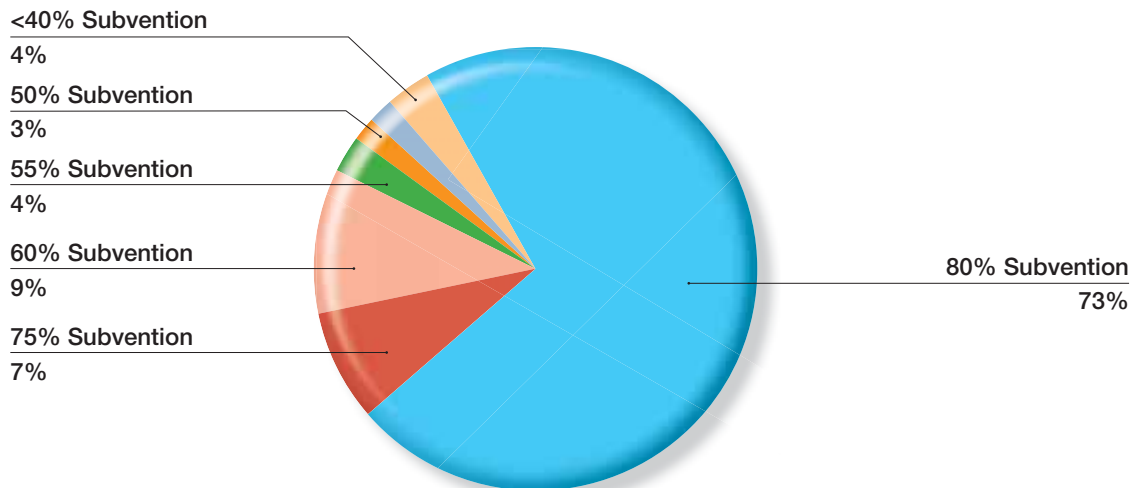
Approximately $\frac{3}{4}$ of the seniors whom we served are wheelchair bound and required a wheelchair enabled bus to bring them for their medical appointments.

Wheelchair-bound Beneficiaries



More than $\frac{3}{4}$ of the beneficiaries are financially needy and require subvention of up to 75% or more.

2023 : Beneficiaries NMMS Distribution







*National
Initiatives*

S'pore bets on Healthier SG to keep healthcare good, affordable and accessible as population ages

The Straits Time - 31st Oct 2023

SINGAPORE – The Healthier SG plan, which helps people here lead healthier lives, is Singapore's best bet to keep healthcare affordable, of high quality and accessible as it tries to manage a healthcare system weighed down by a rapidly ageing population.

Health Minister Ong Ye Kung said this at the 15th Singapore Economic Policy Forum, which was held at the Voco Orchard hotel on Tuesday.

The 2023 event was organised by the Economic Society of Singapore, in partnership with Nanyang Technological University.



S\$800 million earmarked for improvement to active ageing centres as part of new Age Well SG initiative

CNA - 16th Nov 2023

NDR 2023: Active ageing centres to be expanded to help seniors stay active and healthy

The Straits Time - 20th Aug 2023

More active ageing centres, boost to retirement schemes for seniors: Forward SG report

The Straits Time - 28th Oct 2023



Opening of Sembawang Polyclinic

Sembawang Polyclinic Opening on 25 November with Professor Philip Choo, Group CEO of NHG, Dr Karen Ng, CEO, NHGP, Dr Irwin Chung, Head of Sembawang Polyclinic with our senior volunteers.



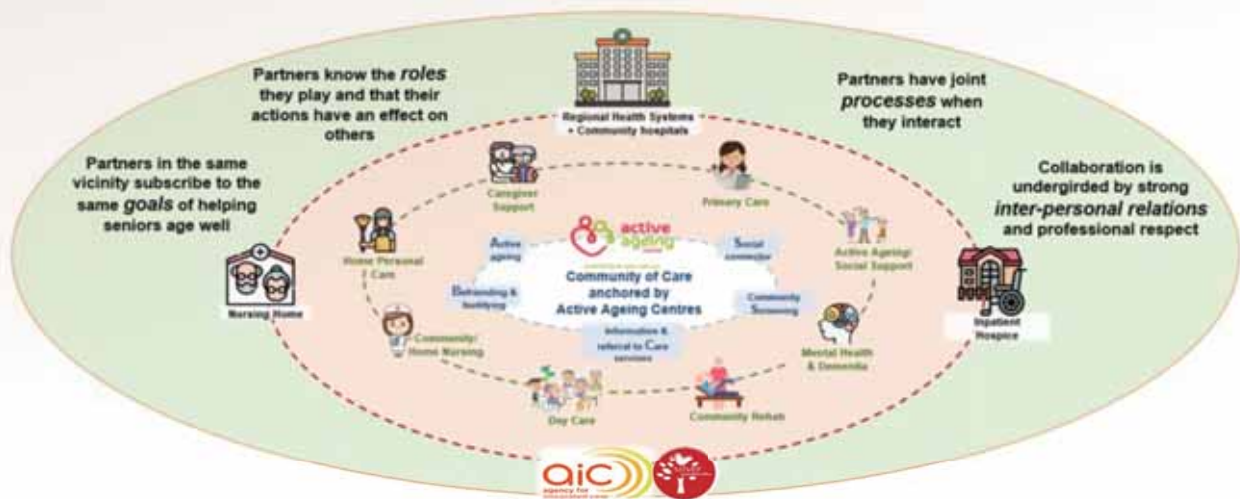
Blossom Seeds Line Dancers celebrated the opening of the Sembawang Polyclinic by putting up a performance. Sembawang polyclinic will play a role in bringing care nearer to our seniors.



Appointment of Communities of Care 2.0 (CoC 2.0)

Blossom Seeds onboard CoC 2.0 with effect from 1 October 2023, with a view to develop an integrated care ecosystem in Sembawang where different service partners connect to provide holistic health and social support for seniors. Deeply appreciate the suggestions from all our partners.

Communities of Care (CoC) is a localised integrated care ecosystem where partners across care continuum link up to provide holistic health and social support for seniors



Meeting with Partners from AIC, APO, SGO and YH to support frail, vulnerable and at risk seniors staying in the Sembawang region.



AIC Chairman & Board's Visit to Blossom Seeds

Blossom Seeds is delighted to host our distinguished guests from Agency for Integrated Care (AIC) - Dr Gerard Ee, Chairman, Dr Chia Ngee Choon, Board Member, Mr Tan Kwang Cheak, CEO and his team. We are pleased to share our plans, on AACs initiatives and programmes we have for our seniors, and deeply appreciate the guidance and exchange of ideas.



Visit by Ageing Planning Office, Ministry of Health



Launch of Singapore Standards - Geragogy Guidelines on Training Senior Learners

Blossom Seeds is pleased to be invited by Council for Third Age to celebrate the inaugural Launch of Singapore Standard SS693 – Geragogy Guidelines on Training Senior Learners & C3A Partners' Appreciation. The event was held at the Marina Bay Sands Expo Mr Ong Ye Kung, Minister for Health graced the occasion.

The guidelines were developed by government-linked agency Council for Third Age (C3A) and the Singapore University of Social Sciences to help seniors learn better.. The guidelines are developed based on the theory of geragogy, which says older adult learners require a different approach to pick up skills and knowledge effectively.







*Environment,
Social and Governance (ESG)*

Environmental

Micron Tree Planting

Appreciate Micron for inviting our seniors to be part of their OneMillion Trees initiative for the second year running.



Social • Charity Partners

Blossom Seeds engaged our community partners regularly to foster collaborations and support the sharing of assets.

CDAC Play-based learning programme

On Saturday afternoons, the team from CDAC conducts programmes for children at Blossom Seeds AAC.



Cahaya Homework Clinic

Since 2019, a group of dedicated youth volunteers from Cahaya Community and grassroots, conduct Homework Clinic for children at Blossom Seeds AAC.



Social • Buddhist Temples



Buddhist Fellowship Kalyanamitta 35th Anniversary Charity Dinner graced by Mdm Halimah Yacob.



Buddhist Symposium at Kong Meng San Phor Kark See Monastery, graced by Mr Edwin Tong, Minister of Culture



12th Buddhist Global Conference organised by Buddhist Fellowship.



Vesak day at Karma Kagyud Buddhist Centre.

Social • Buddhist Temples



Buddhist Fellowship Kalyanamitta 35th Anniversary Charity Dinner graced by Mdm Halimah Yacob.



Aranya Sangha Dana Fellowship Limited 阿兰若护僧团 Inaugural Gratitude Vesak

Social • Mosque



Iftar @ Assyafaah Mosque (Photo taken with Ms Mariam Jaafar, Adviser to Sembawang GRC (Woodlands))



Hari Raya Open House at Assyafaah Mosque

Social • Mosque



Hari Raya Open House at Petempatan Melayu Sembawang Mosque



Hari Raya Open House at Yusof Ishak Mosque



Hari Raya Celebration partnering Assyafaah Mosque



Assyafaah Mosque Seeking Syafaah 3.0 Hi Tea

Social • Hindu Temple



Deepavali Celebration @ Holy Tree Sri Balasubramaniam Temple

Social • Taoist Temple



Re-Opening of Sembawang God of Wealth Temple

Social • Church



Christmas Celebration at Sembawang Presbyterian Church

Social • Interfaith Network @ Northwest



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**
nsyuhrah@sph.com.sg

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

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 menjadikan 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

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 Asyafaah, 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 melan-



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

masa mengendalikan kelas yoga untuk kumpulan wanita.

“Antara cabaran yang saya hadapi adalah cara meletak kedudukan kamera supaya peserta dapat melihat gerak-geri penuh sahaja menerusi skrin mereka.

“Oleh itu saya telah lakukan beberapa percubaan dan bertanya kepada mereka jika ia sesuai,” jelas Cik Riza yang tidak menyif

ARI INI: SOROTAN ISU

“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 n...
talian yang menarik mi...
mi.

Misalnya, Cik Riza b...
beliau telah mengambil...
makanan.

Sebagai jurulatih kec...
man voga. Cik Riza be...

Media



Covid-19 awards • Individuals and teams recognised for their contributions | A14



Healthier SG sign-ups likely to have hit 300,000: Minister

Healthier SG will provide another vital contribution to our overall healthcare system, as we continue to build up our resilience and capacity to respond to future health challenges, said Health Minister Ong Ye Kung.

The programme, which was officially launched in July 2022, has seen significant growth in participation since its launch. The programme, which was officially launched in July 2022, has seen significant growth in participation since its launch.

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The Gist • Top healthcare stories for 2023 and why they matter | A18

Healthier SG • Enrolments likely to have reached 300,000, says minister | A17



2023年09月11日 星期一 早 zaobaosg

慈善步行响应健康SG 1900人参加 乐龄者占半

刘安琪 报道
angiaq@spoh.com.sg

健康SG计划的目标是在明年中有100万人加入。计划的报名人数在这个周末后，预计会达30万，也就是目标的近三分之一。

慈善机构种子（Blossom Seeds）星期天（9月10日）举办第三届慈善步行活动，卫生部长王乙康担任主角出席活动。三巴旺集选区议员林伟杰医生也到场。王乙康也是该区议员。

王乙康发言时强调健康是财富，呼吁公众踊跃地加入健康SG计划，也积极推广相称的乐龄SG（Age Well）计划。他指出，在这个周末之后，加入健康SG计划的年长者就会有30万个。

王乙康在回顾去年的步行活动中说，健康SG的首批服务群体控制在约100万人，以免医疗体系在初始阶段负担太大。

配合健康SG计划，今年步行

活动的主题旨在鼓励参与者通过定期步行和参与社区活动，迈向更健康的新加坡。

活动吸引约50个团体的代表及受益人参与，共约1900人步行1.4公里，响应健康生活和活跃乐龄号召。今年的活动也优先吸引年届60岁或以上的乐龄人士参与，他们占总人数约一半。

活动上也设有健康SG摊位，在场的健康SG大使帮助还未报名的公众报名参加计划。

退休者黄雅妹（67岁）当天与朋友一同前来参加活动。她认为这类活动有助于促进身心愉快。“我们心情愉快了，放松了，就不会有那么多病痛。活动也可以让我们看到多一点东西，认识朋友。”

她已报名参加健康SG计划，“这个计划的好处是，如果我们有什么事情，会有一个医生知道我们的状况，不用到处看不同的医生，也比较方便。”



DPM Wong outlines three ways to grow, sustain volunteerism

He says groups must improve how they engage volunteers

Illustration: Yng

Illustration text describing the importance of volunteerism and the role of community groups in engaging them.

...the Wong said 20 years ago, more than 100,000 people were involved in the work of Singaporean organisations, but the number has since fallen to a high of 300,000.

“In the 1970s, there was a lot of people who were doing volunteer work. It was a time when people were more willing to help out. But now, it's harder to get people to volunteer. We need to find ways to engage them better.”

...the Wong said 20 years ago, more than 100,000 people were involved in the work of Singaporean organisations, but the number has since fallen to a high of 300,000.

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“In the 1970s, there was a lot of people who were doing volunteer work. It was a time when people were more willing to help out. But now, it's harder to get people to volunteer. We need to find ways to engage them better.”

At the end of the day, if volunteers feel like they are being used just to fill up empty slots or to plug certain organisational needs, they will not be motivated, they will not be inspired and they are less likely to continue serving.

“...the Wong said 20 years ago, more than 100,000 people were involved in the work of Singaporean organisations, but the number has since fallen to a high of 300,000.”

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Dr Lim Wee Kiak • Follow
53 m · 🌐

North West Get Active and stay Active event this morning was well attended by 2000 residents at Canberra Park 🙌😊🙏 thank you Sembawang GRC AAC and SCEC for organising the fabulous event 😊

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HEALING THROUGH HELPING OTHERS

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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	7/7
Mr John Zaw Min	6/28/2017	6/7
Mr Wong Yee Chee	4/12/2017	7/7
Ms Pua Hwee Leng	9/21/2015	5/7
Ms Tan Chiew Hoon	6/28/2017	2/7
Ms Chua Mui Kiang	4/10/2018	4/7
Mr Teo Kim Swa	10/12/2019	7/7
Ms Goh Sock Choo	10/12/2019	6/7
Mr Thet Naing Kyaw	9/14/2022	7/7
Ms Ong Ai Lan	2/2/2021	7/7
Ms Yeo Mui Hoon	2/2/2021	7/7
Mr Aloysius Chong Yew Mun	8/11/2021	7/7

- e. Related Party Transactions

Related party transactions and balances

There was no transaction between the Charity and related parties for the financial years ended 31 December 2023 and 31 December 2022.

None of the directors received any remuneration from the Charity for the financial years ended 31 December 2023 and 31 December 2022.

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 (2022: 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. No staff is involved in setting his own remuneration
- i. Reserve Policy

The Charity's reserve position for the financial year ended 31 December 2023 is as follows:

		2023 S\$'000	2022 S\$'000	Increase/ Decrease
A	Unrestricted Fund			
	General Fund	1,064	944	Increase
B	Restricted / Designated Funds	3,298	2,749	Increase
C	Endowment Fund	NA	NA	NA
D	Total Funds	4,362	3,693	Increase
E	Total Annual Operating Expenditure	2,344	1,967	Increase
F	Ratio of Reserves to Annual Operating Expenditure (A/E)	1.86	1.88	Decrease

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.

J. Whistle-blowing Policy

This policy sets out the avenues for whistle-blowers to report improper inappropriate practices that they observe to have occurred in the charity. There is no known whistle-blower report in the financial year ended 31 December 2023.

K. Volunteer Management Policy

The Charity ensures that volunteer activities meet the vision and mission of the charity and there are volunteer management policies in place for the volunteers.

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.





Blossom Seeds
福善

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Sector Administrator



Member of



Operator of

