



Blossom Seeds
福善

Tribute to
Healthcare Workers

Annual Report 2021

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 - AIC)
- iv. Promote active ageing and cultural awareness through the learning of different cultures amongst multi-racial seniors. (Cultural Programmes)
- 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 caring for the needy elderly.
- vii. Serve the needy as well as seniors and residents from multi-racial and multi-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



COVENANT EFC
圣约辅道会





Chairman's Message

Blossom Seeds (BSL) continues to operate under the advisory safe management measures to cope with the COVID-19 Pandemic for the second year. We adapt by leveraging social media to communicate and livestream from our centre to our volunteers and the senior beneficiaries in the community.

AIC and other agencies provided us with the essential support for our programmes. Our fundraising events operated virtually in May 2021 during the Delta variant and hybrid in November for our A Compassionate Journey Made Possible.

We are very pleased and grateful to the Ministry of Culture, Community & Youth (MCCY) for awarding us the Volunteer Centre (VC) status with effect from 2022.

Review of Financial Results

For the year ended 31 December 2021, BSL had an income of \$2,017,000 as compared to \$1,438,000 the year before, including Bicentennial Community Fund of \$400,000. We managed to generate a surplus of \$523,000.

Future Outlook

We expect a very challenging year ahead for fund raising. All our fundraising events for 2021 were planned online, with limited physical presence. Our Blossom Vesak 2021 was held virtually during Phase 2 (Heightened Alert) in May and our Flag Day was held hybrid style in November with advisory measures in place for our guests, volunteers and beneficiaries at the Canberra centre. We again appeal for your support and kind donations.

Appreciation

We thank Mr Ong Ye Kung, Minister for Health, who was our Guest of Honour for our Blossom Vesak on 22 May 2021 and second Flag Day on 6 November 2021. We are also grateful to Members of Parliament, Mr Ong Ye Kung (Sembawang Central), Mr Vikram Nair (Admiralty), Dr Lim Wee Kiak (Canberra), Ms Mariam Jafaar (Woodlands) and Ms Poh Li San (Sembawang West) for participating in our Vesak Goodies Bag Distribution to the senior beneficiaries in their constituencies.

Finally, I am very grateful to our Board Members, volunteers and staff for their dedication during this Pandemic. I also thank all our community partners, BW Monastery, People's Association, Sembawang Central Grassroots, Assyafaah Mosque, Holy Tree Sri Balasubramaniam Temple, Covenant Evangelical Free Church (CEFC), Masjid Petempatan Melayu Sembawang, Masjid Yusof Ishak, Darul Makmur Mosque, Youth Corps Singapore (YCS), Singapore Management University (SMU), Blossom World Society (BWS), Schools, PC 2021, MSF, MOH (AIC, C3A), MCCY, NCSS & Community Chest, Tote Board, sponsors, donors, media (Print and Social) and kind stakeholders for your continued support.

With gratitude

Aw Cheow Thiam

25 April 2022

主席致词

福善在疫情的笼罩下，按照疫情防控措施，持续服务年长者。这两年，我们通过社交媒体，从福善中心直播，让我们的义工和受益人，都能继续与社会保持联系。

感恩护联中心（AIC）和其他机构为我们的项目所提供的支持。为了资助我们的运营成本，第二波疫情爆发时，我们的筹款活动，任就也在 2021 年 5 月和 11 月期间举行。

我们也非常感恩文化、社区和青年部（MCCY）授予我们义工综合中心（SG Cares Volunteer Centre），并且在 2022 年起动。

财务业绩审查

2021 年，福善的收入为 \$2,017,000，对比 2020 年 \$1,438,000。\$523,000 的盈余主要是因为开埠 200 周年纪念社区基金（BCF）\$400,000 的援助。

未来展望

我们预计 2022 年的筹款依然会极具挑战。我们 2021 年 5 月份的卫塞节筹款，在第 2 阶段（高度警报）线上举行。11 月的用爱心实现《和善之旅》以混合方式举行。在制定的措施下，邀请少数的义工，受益人与社区伙伴来到在堪培拉中心。我们再次恳请您慷慨解囊，资助我们 2022 年的营运开支。

致谢

我们衷心感恩卫生部长王乙康部长给与我们的支持，担任我们 5 月卫塞节与 11 月售旗日筹款活动的嘉宾。我们也特别感恩三巴旺区的国会议员王乙康部长、海军部集选区议员维凯先生、坎贝拉集选区议员的林伟杰医生、兀兰集选区的佳馥梅女士（Mariam Jaafar）和三巴旺西集选区的傅丽珊女士参与我们的卫塞节礼包活动，分发给年长者。

在此，我也要感谢我们的董事会成员、义工和福善职员在这个疫情期间的无私奉献。我也要感谢所有社区合作伙伴，吉祥宝聚寺，人民协会，三巴旺中央基层领袖，Assyafaah 回教堂，Holy Tree Sri Balasubramaniam 印度庙，Covenant Evangelical

Free 教堂，三巴旺回教堂，Yusof Ishak 回教堂，Darul Makmur 回教堂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，总统挑战 2021，新加坡社会及家庭发展部，卫生部（MOH）（护联中心（AIC），活跃乐龄理事会（C3A）），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），赞助商，捐助者，媒体（印刷和社交）和慷慨支持的朋友等，感恩您的一路陪伴与支持。

感恩

胡诏添

2022 年 4 月 25 日



CEO's Message

I am very pleased to announce 3 good news. Our IPC status has been renewed for another 3 years till January 2025. As we are now partnering mainly with AIC (MOH), it is timely to change our IPC Administrator from MSF to MOH. Next, AIC has awarded us the Active Ageing Centre (AAC). Thirdly, our phase II renovation works were completed in April 2021. It now houses the Gym Tonic programme, main Activity Area, a fully equipped Pantry, Training room, Technology room, and a Health Checkup room. We also took the opportunity to implement energy saving devices in the centre. We are inviting partners to sponsor our facility with naming rights, to support our operational costs.

2021 Operational Highlights

Despite COVID-19, our MET trips and the number of beneficiaries continue to increase. To cope with the increasing demand, we are grateful to Mr Alex Ong and Ms Irene Lee for sponsoring our third wheelchair-enabled bus in November. This sponsorship received the President's Challenge 2019 award. We are also pleased to share that the independent survey conducted by AIC in 2020 shows 100% overall satisfaction for our MET service.

Coronavirus (COVID-19) with its variants continued to pose some challenges, especially the Delta variant. As a result, we scaled back on our physical activities at our centre. However we were able to continue our live streaming of daily exercises to our beneficiaries in their own residences. Some of our seniors also transited from the Community Befriending Programme to our AAC.

Digitalization

To support our needy & isolated seniors in staying connected in face of the COVID-19 Pandemic challenges, our staff & volunteers persevered in helping the seniors to onboard the digital platforms. For this initiative, we were awarded the President's Challenge 2021 for 'Building a Digitally Inclusive Society' where no one is left behind. Three of our volunteers were featured at The President's Star Charity Show on TV Media Channel 5 in October 2021 for their resilient spirit in wanting to help others.

With the support from NCSS VCF IPG, we automated our corporate function and operations to increase productivity with our limited resources.

Intergeneration programme

With the support from the Youth Corps Singapore (YCS), Singapore Management University (SMU), Canberra Secondary School and many Educational Institutions, we were able to engage our homebound seniors with activities online. C3A awarded us the Intergenerational Programme Fund from July 2021 to March 2022.

Community Outreach

We are grateful to the Assyaafah Mosque for inviting us to participate in their Ramadan Grocery Distribution and Interfaith Dialogue, PA for Bubur porridge distribution and the Members of Parliament of Sembawang GRCs for supporting us in the distribution of grocery to seniors for Vesak Goodie Bags.

Future Outlook with COVID-19

We have 22 staff in 2021 and projected 29 in 2022. With the new Volunteer Centre commencing 2022, we can play a more significant role in reaching out to volunteers of all ages and races to contribute to the community. Our future care plan for the community is to run the new model of Assisted Living Homes & eventually a Nursing Home for the needy seniors.

Tribute and Thanks

It is heartening to see our seniors blossoming and staying purposeful. This would not have been possible without our team including volunteers. Their commitment and dedication towards the seniors despite these anxious times have been unwavering. Though we were unable to carry out our physical fundraising events, we managed to do a virtual Blossom Vesak and a hybrid A Compassionate Journey Made Possible to raise funds. However, they fell short of our target.

We thank the donors and our stakeholders for their physical presence at the events. Also, we are grateful to the Media companies including Mediacorp and SPH for their presence in our events and supporting our publicity. Together, we will strive to achieve a compassionate community where everyone blossoms.

With gratitude
Ong Siew Chin
 25 April 2022

执行长致词

我很高兴宣布 3 个好消息。我们的公益机构 (IPC) 的身份已获得更新，再展延 3 年，直到 2025 年 1 月。由于我们现在主要是与护联中心 (AIC) (卫生部)(MOH)合作，因此我们公益机构 (IPC) 的管理从新加坡社会及家庭发展部(MSF)转换为卫生部(MOH)是及时的。其次，护联中心已于 2021 年 5 月授予我们堪培拉中心为乐龄综合服务中心(AAC)。第三，我们的中心第二期翻新工程已于2021年4月完成。它现在设有 Gym Tonic 健身计划、活动区、设备齐全的茶水间、培训室、技术室和健康检查室。我们还借此机会添加节能设备。我们正在推出新设施/房间采用名称的方式，为我们的运营筹集资金。

2021 年运营亮点

冠状病毒 (COVID-19) 及其变体继续带来一些挑战，但福善医疗护送行程与受益人数仍在继续增加。我们非常感恩翁维坤先生与李慧兰女士赞助了我们的第三辆轮椅巴士，以便我们帮助更多受益人。该巴士也获得了2019年总统挑战奖。我们也很高兴地分享，福善在护联中心在2020进行的一场独立调查，获得100%满意度的调查结果。

冠状病毒及其变体继续带来一些挑战，尤其是 Delta 变体。因此，我们减少了中心的实体活动。但是，我们继续通过社交平台，向我们的受益人直播日常的锻炼。我们的一些年长者也从社区交友计划 (CBP)，转到我们的乐龄综合服务中心(AAC)。

数字化

为了支援有需要和独居的老年人在面对 COVID-19 大流行挑战)时取得联系，我们的员工和义工努力帮助年长者使用电子平台。我们的这一举措，让我们获得了 2021 年为表彰“建立一个不落伍的数字包容性社会”的总统挑战奖。2021 年 10 月，我们的三名义工也在电台第 5 波道的总统明星慈善秀上亮相，借表彰他们乐于帮助他人的坚韧精神。

在国家福利理事会 (NCSS) VCF IPG 的支持下，我们实现了组织职能和运作的自动化，借此善用我们有限的资源並提高生产力。

代际计划

在新加坡青年团 (YCS)、新加坡管理大学 (SMU)、堪培拉中学和许多教育机构的支持下，我们能够让在家的年长者参与在线活动。我们也感恩活跃乐龄理事会 (C3A) 在2021年7月至2022年3月期间授予我们代际计划基金。

社区计划

我们感谢 Assyaafah 会教堂邀请我们参加他们的斋月杂货分发和宗教间对话，人名协会 (PA) 邀请我们参与分发粥以及三巴旺集选区的议员，支持我们为年长者分发卫塞节礼包。

未来展望

我们在 2021 年有 22 名员工，预计到 2022 年将增加到 29 名。随着新的义工中心于 2022 年启动，我们可以在通过所有年龄层和不同种族的义工为社区做出更多的贡献。我们未来的计划是以新模式协助年长者的居家生活以及最终为有需要的年长者开设疗养院。

致敬和感谢

看到我们的年长者有目标的快乐生活是令人欣慰的。如果没有我们的团队(包括义工)，这将是是不可能的。尽管在这令人焦虑的时期，他们对年长者的承诺和奉献精神一直坚定不移。虽然我们无法进行实体筹款活动，但我们还是设法进行了虚拟的卫塞节和混合式的售旗日，来筹款。只是结果没达到我们的目标。

我们感谢捐助者和我们的利益相关者亲临活动现场。此外，我们感谢 新传媒 (Mediacorp) 和 新加坡报业 (SPH) 等媒体公司在我们的活动中为我们宣传。我们将为实现一个幸福乐施，各展所能的和善社会而努力。

感恩

翁秀卿敬启

2022年4月25日



Mr Aw Cheow Thiam Chairman

Occupation : Buddhist Fellowship Exco Member
IRCC for Bedok Reservoir-Punggol

Date of Appointment : 21 Sep 2015



Ms Ong Ai Lan Treasurer

Occupation : Social Entrepreneur

Date of Appointment : 2 Feb 2021



Dr Pua Hwee Leng Director

Occupation : BW Monastery
Lecturer in Training & Development
KK Women's and Children's Hospital
Visiting Consultant Paediatric Anaesthesiologist

Date of Appointment : 21 Sep 2015



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 : Self Employed

Date of Appointment : 28 Jun 2017



A/Prof Wong Yee Chee Director

Occupation : NUH
Senior Consultant Obstetrician & Gynaecologist

Date of Appointment : 21 Sep 2015



Mr Lee Chin Chye David Director

Occupation : Social Entrepreneur
Date of Appointment : 9 May 2018



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 : Eng Lee Engineering Pte Ltd
QA/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
Director, Finance
Date of Appointment : 2 Feb 2021



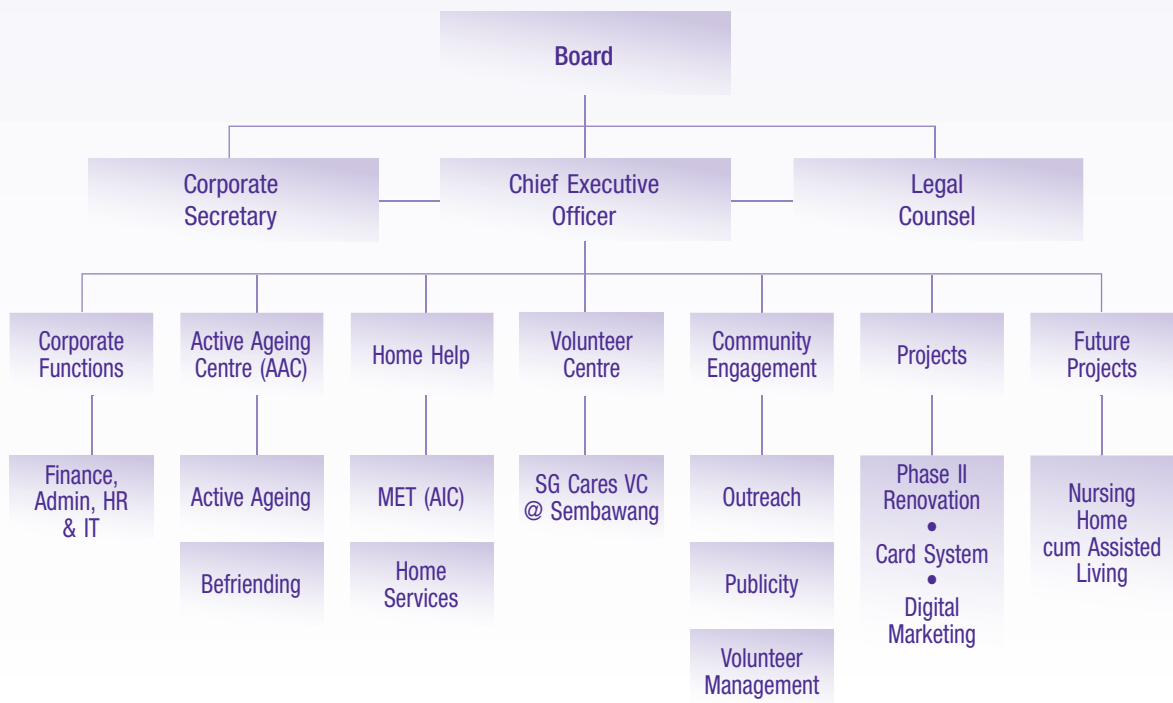
Mr Chong Yew Mun Aloysius Director

Occupation : Epson Singapore
Regional Director, Information Technology
Date of Appointment : 08 Nov 2021

Our Committees

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

Organisation Chart



Our Management Team



Ms Ong Siew Chin
 Chief Executive Officer,
 Acting Finance Manager
 Date Joined: 1 Nov 2017



Mr Lim Meng Kwang Alvin
 Counsellor
 Date Joined: 1 Sep 2018



Ms Han Cheow Yong Lydia
 Admin Manager
 Date Joined: 1 Jul 2018



Ms Chong Meng Lee
 Snr Manager (AAC)
 Date Joined: 6 May 2019



Ms Christina Lim Shee Poh
 Snr Manager (MET)
 Date Joined: 1 Dec 2020



Ms Wang Li Li Joyce
 Manager (Befriending)
 Date Joined: 1 Jul 2019



Ms Wong Li Ping Cathy
 Community Partnership
 Manager
 Date Joined: 6 Dec 2021



Ms Chong Hui Main Lydia
 Volunteer Manager
 Date Joined: 4 Jan 2021



Ms Soh Teng Hua
 Manager (Volunteer Centre)
 Date Joined: 15 Feb 2022

We wish to express our appreciation to our staff who have generously donated their time, resources and expertise to support different programmes for seniors of different profiles.



Staff / Volunteer Training

Staff are trained in new IT platforms and cyber risks to protect our organization from human errors and ensure cybersecurity at the workplace.



Long Service Award Presentation

It has been a journey learning how to serve the seniors. We are glad to see seniors happy and well served. This is possible only because of the team who persevered, especially during the Pandemic. A night of recognition to the team who have served more than 5 years.



Caregiver Training

BSL core skills training series. Successful completion of our caregiver training by our staff and volunteers.



Digitalisation Capability Building supported by Go Digital (VCF-IPG)

1. Chong Hui Main (Ly...)

1. Teo Beng Choon (Se...)

1. Chong Meng Lee

3. Trevor

3. Keith Barak Chan

Su Min

MANY METHODS FOR DESIGN RESEARCH

Focus Groups	Participant's Journal
Interview	Shadowing

Work on a research plan

- Who do we interview?
- Which research method(s)?
- How do we conduct the research? Sample size?
- What info do we require?

Our Volunteers

Purple Party Volunteer Appreciation at 105 Canberra Street, level 3



Present: Mr Ong Ye Kung, Minister for Health and Mr Philip Ong, Deputy Secretary of MCCY

New SG Cares Volunteer Centre @ Sembawang (April 2022)



THE STRAITS TIMES

New volunteer centre in Sembawang aims to recruit residents to help community



Minister Ong Ye Kung (second from right) at the launch of the volunteer centre with Blossom Seeds CEO Ong Siew Chin (in purple) and MCCY deputy secretary Philip Ong (right). PHOTO: LIANHE ZAOBAO



Malavika Menon

PUBLISHED APR 16, 2022, 5:04 PM SGT

SINGAPORE - Sembawang residents can now find more opportunities to help in their community with the launch of a new volunteer centre on Saturday (April 16).

Launched by the Ministry of Culture, Community and Youth's SG Cares office and active ageing charity Blossom Seeds, the Sembawang centre is one of 24 across Singapore which have been set up to promote consistent volunteerism and engage seniors who are keen to give back to their community.

Health Minister Ong Ye Kung, who was the guest of honour at the launch on Saturday, noted how volunteer centres address the need for consistency and sustainability in volunteering.

☼ Newly Renovated Centre

Foreword



Blossom Seeds has been an important part of our community, always helping the needy, keeping our seniors active and accompanied, and building bridges across race and religion.

I am happy to see their centre being newly renovated. It will now be a nicer community home to all. It is attracting many young volunteers, who will learn compassion and care while contributing to the clients of Blossom Seeds, which is a platform for them to grow and blossom.

Thank you Blossom Seeds for your good work.

Thank you
Mr Ong Ye Kung
 Minister for Health
 Adviser to Sembawang Central GROs



Philosophy Wall



Activity Area

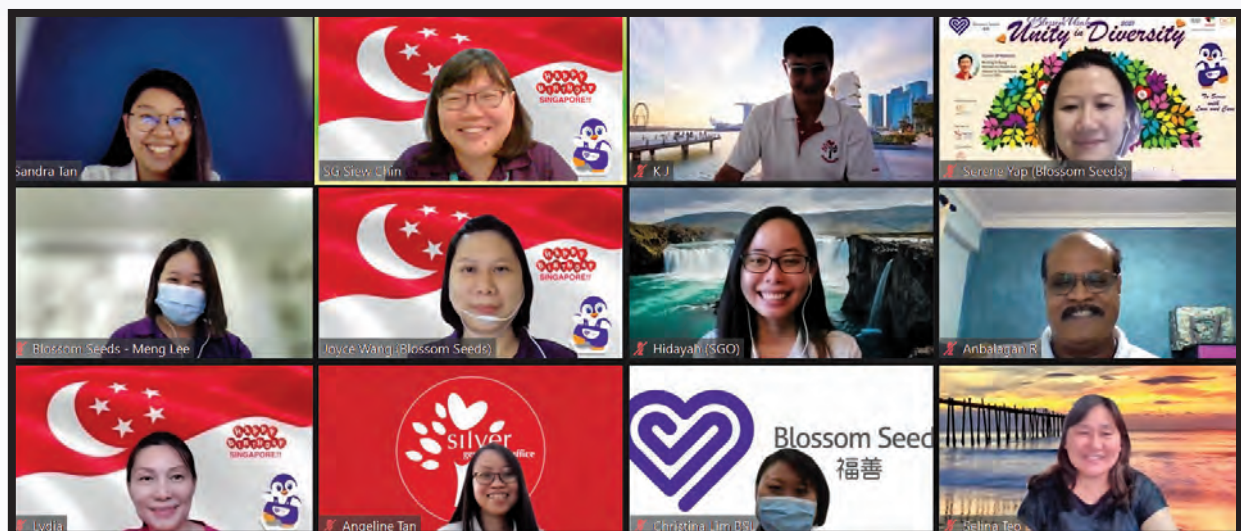
President's Star Charity Show 2021

Blossom Seeds is happy and honoured to receive the President's Challenge 2021 Award once again. This year, we are even more excited as our charity has been selected to be featured during the President's Stay Charity Show!



Active Ageing Centre Partnering AIC from May 2021

The Ministry of Health has offered Blossom Seeds to onboard the new AAC model from 1 May 2021. Our centre will provide active ageing programmes, befriending services and serve as the go to point for vulnerable and active seniors.



Tribute to Healthcare Workers

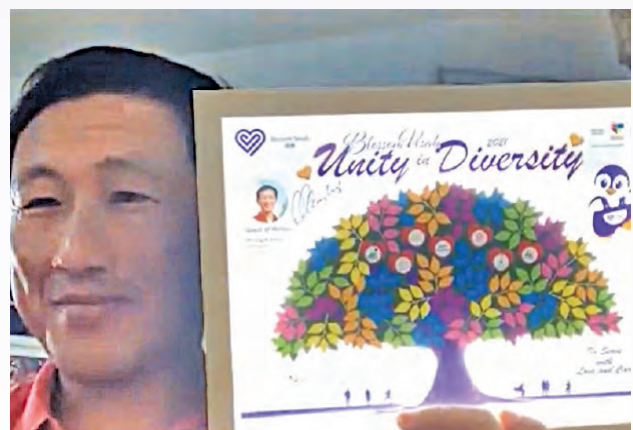
Blossom Seeds thank Mr Ong Ye Kung, Minister for Health and Adviser for Sembawang Central GROs and Ms Mariam Jaafar, Adviser for Woodlands GROs, together with our distinguished partners, supporting agencies, volunteers and beneficiaries, in singing “Tian Mi Mi 甜蜜蜜” to extend our appreciation to all healthcare workers over the last two years in the global fight against the pandemic.



Blossom Vesak 2021

Blossom Vesak 2021 was held online on 22nd May 2021. Themed “Unity in Diversity” and aimed to raise funds to support our various programmes for the vulnerable seniors, our online event was graced by our Guest of Honour, Mr Ong Ye Kung, Minister for Health.

With the highlight being the special Unity Tree light-up, we were heartened to receive over 200 participants on Zoom and over 3000 views through our Facebook live despite having to hold the fundraiser virtually.



MET Client Satisfaction Survey 2020

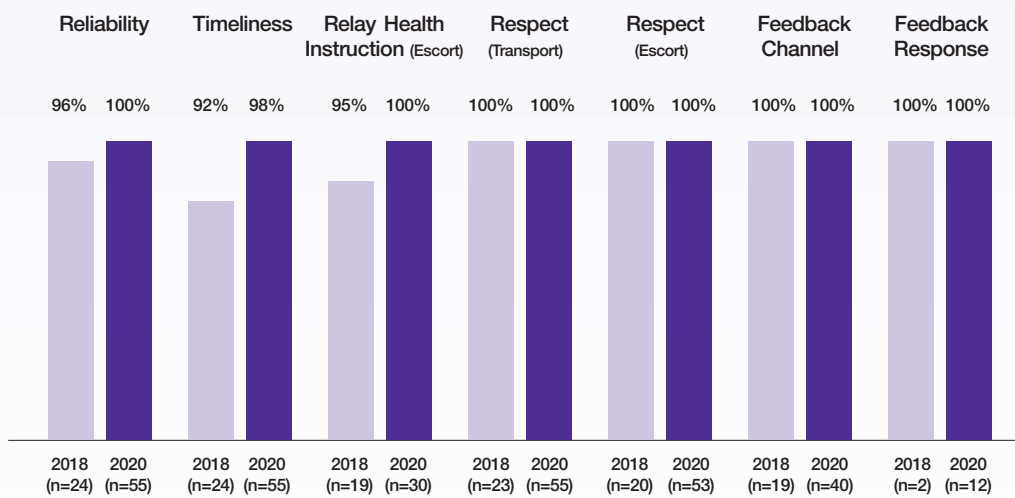
Summary of Findings

Overall Satisfaction, Service Quality and Safety remain the same at 100%.



Summary of Findings Service Quality

3 Service Quality attributes saw improvement compared to 2018



Intergenerational Programme



Corporate Social Responsibility

Grateful to Micron Foundation for having us as one of the beneficiaries in their inaugural Employee Resource Group (ERG) Grant Challenge, donating a total of \$40,335 to support our work for needy seniors in the community.



Community Health Post

With the support from Yishun Health, Blossom Seeds kickstarts our Community Health Post to bring more awareness and healthier living to residents around us.



Go Green Effort (Recycled Goodie Bag)

Our young cubs from Catholic Primary School decided to gift the seniors with Easter Goodie Bags. They decided to put their knotting skills into practice and recycled their old t-shirts to make bags for the seniors.



At a Glance
 Programmes and Fund-Raising Effort Statistics



\$969,070.89
 Total **Donation Raised**



3387

Total **Beneficiaries Served**



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



1861
 Total **Medical Escort Trips**



170
 Number of **MET Beneficiaries**



135
 Number of **Befriending Beneficiaries**



3216
 Number of **AAC Attendance**



118
 Number of **AAC Attendance**



428
 Total Number of **Event Volunteers**



1481
 Number of **Event Volunteering Hours**



2964
 Number of **Event Beneficiaries**



Income for the year increased mainly due to the receipt of the Bicentennial Fund (BCF), funding from AIC for operating the Active Ageing Centre (AAC) with effect from May 2021, NCSS and SG United Traineeship grant for manpower and sponsorship of our third wheelchair enabled bus, which contributed to the small surplus.

Expenditure for 2021 is higher due to the higher staff costs with an addition of staff to support the Government's initiative to provide traineeship and relief to those whose employment are affected by COVID-19. Depreciation of the newly renovated centre also contributed to the higher expenditure.

Income	2021 (Unaudited)	2020 (Audited)	2019 (Audited)	2018 (Audited)
Voluntary Income	340,000	148,000	470,000	160,000
Fundraising events	590,000	519,000	636,000	505,000
Events and activities	39,000	2,000	7,000	46,000
Grant income	988,000	747,000	1,472,000	110,000
Other income	61,000	-	6,000	2,000
Total Income	2,018,000	1,416,000	2,591,000	823,000
Expenditure				
Fundraising expenses	59,000	10,000	112,000	133,000
Event expenses	16,000	6,000	8,000	30,000
Cost of charitable activities	1,377,000	1,069,000	947,000	441,000
Governance & other administrative costs	48,000	25,000	15,000	28,000
Total	1,500,000	1,110,000	1,082,000	632,000
Net Surplus	518,000	306,000	1,509,000	191,000


As many of the seniors are with medical conditions, they are unable to leave their house. The team went to their house to onboard the digital platforms so that they could still stay connected and active despite the COVID-19 pandemic.

MET Third Bus

Blossom Seeds MET service supports needy seniors and there is an increasing demand for transportation for medical appointments. We have reached our maximum capacity with our current two buses and deeply grateful to Mr Alex Ong and Ms Irene Lee for their kind generosity to sponsor our third bus.

With much anticipation, the team looked forward to our third wheelchair enabled bus. It looks so cheerful with Bouncy, and we look forward to bringing more cheers to the seniors, and journeying with them for their medical appointments.



 **MET Volunteer Driver**
Mr Ng Sin Hai, 72



I retired for several years before joining Blossom Seeds as a volunteer driver. I saw my relatives and friends becoming sick and having difficulty moving around. I decided that while I am still healthy and able to contribute to society, I should do my part. So when I heard about the volunteering opportunities in Blossom Seeds, I signed up for it immediately.

Since then, I have been volunteering with Blossom Seeds for the past three years. There are times that I will reach home after eleven at night, but I am happy that I can help and support the beneficiaries for their medical appointments. My family are very supportive of my volunteering work and proud of my contribution to society even after I have retired.

Kindness brings happiness. Through volunteering in the community, it adds more purpose to my life. I hope that the beneficiaries will recover from my little effort and have less suffering. I also hope to share the benefits and positive outcomes of volunteering with my peers who are also retirees. Life is impermanent. Whenever there is an opportunity, I will come forward to help immediately. Perhaps, one day I may need help in return.

MET Volunteer Escort

Ms Reshma, 21



My name is Reshma, and I volunteered with Blossom Seeds while waiting to start university. I have always enjoyed volunteering and it was my Value-in-Action (VIA) activities in school that planted the seed for me. The feeling of helping others without expecting anything in return gave me a sort of satisfaction that I'd never felt before.

I was searching for volunteering opportunities and chanced upon Blossom Seeds Medical Escort and Transport (MET) programme. I was intrigued and curious to work with a different social demographic as I have never worked with the elderly or people with mobility issues.

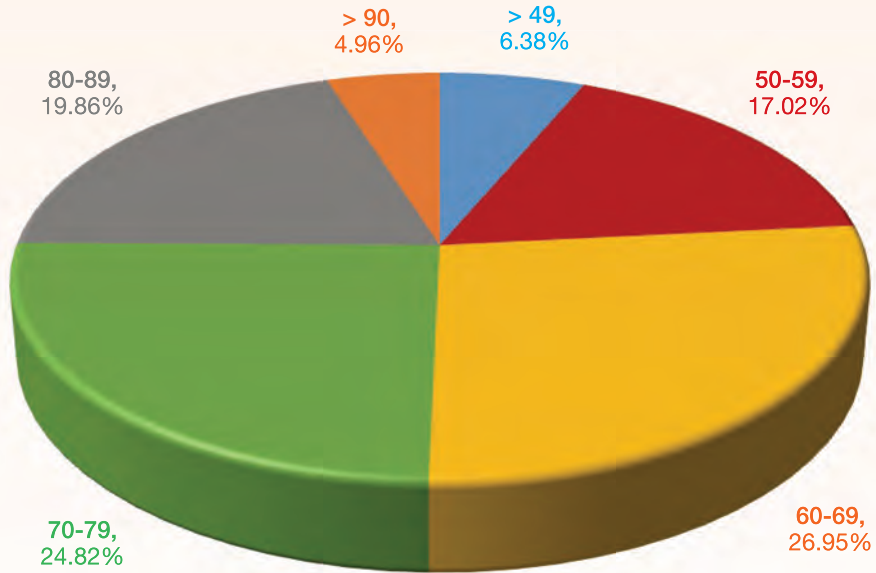
Since then, I've accompanied several Blossom Seeds beneficiaries for their medical appointments. Many of them are some of the nicest people I've met, and they're genuinely so happy that I took time to spend the day with them. Every interaction with the seniors has been unique, and I'm truly blessed to be around them.

My friends are also very interested as they have never heard of the MET programme. I will strongly recommend my family and friends to volunteer their time to help elderly folks.

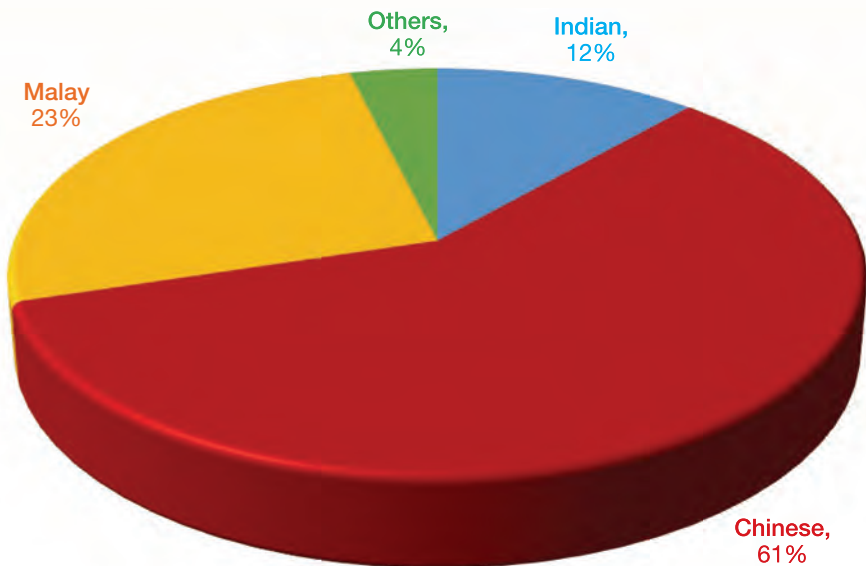
Impact 2021

Profile of the Senior Beneficiaries

Profile by Age
A Quarter of the Beneficiaries are 80 Years and Above

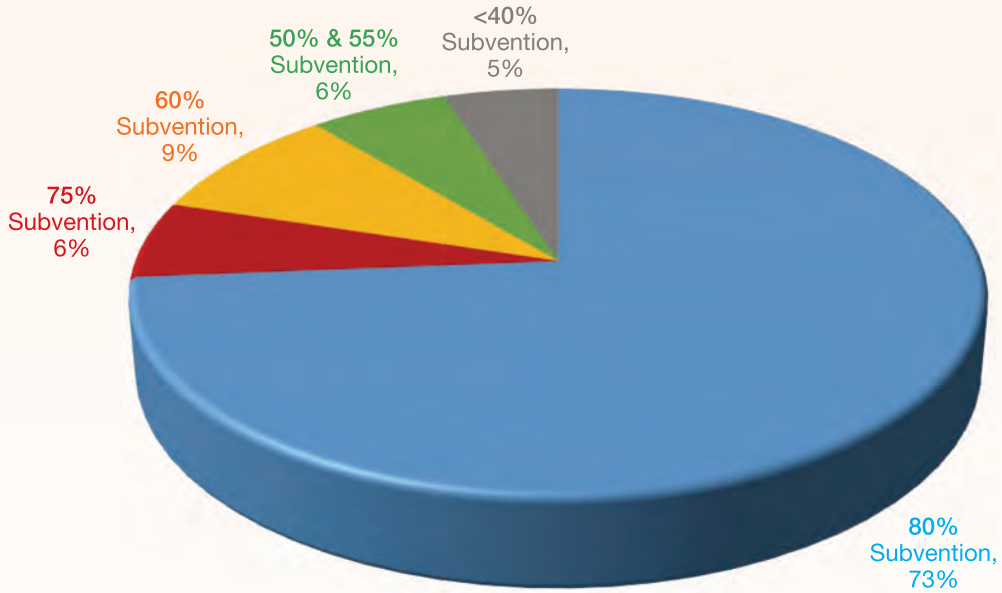


Profile by Race



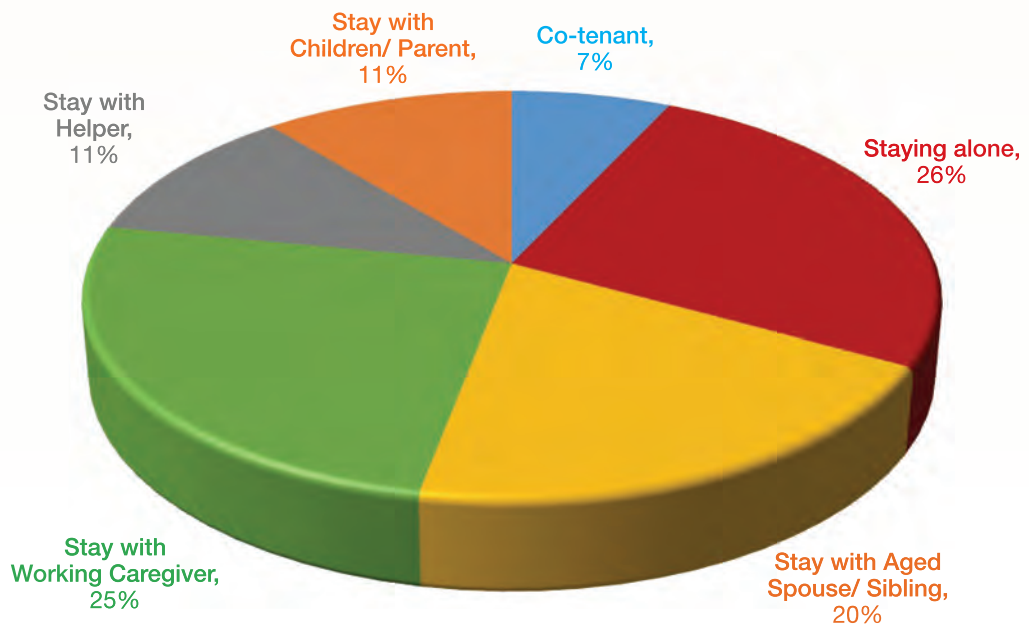
Means Testing

More than ¾ of the beneficiaries are financially needy and require subvention of up to 75% or more.

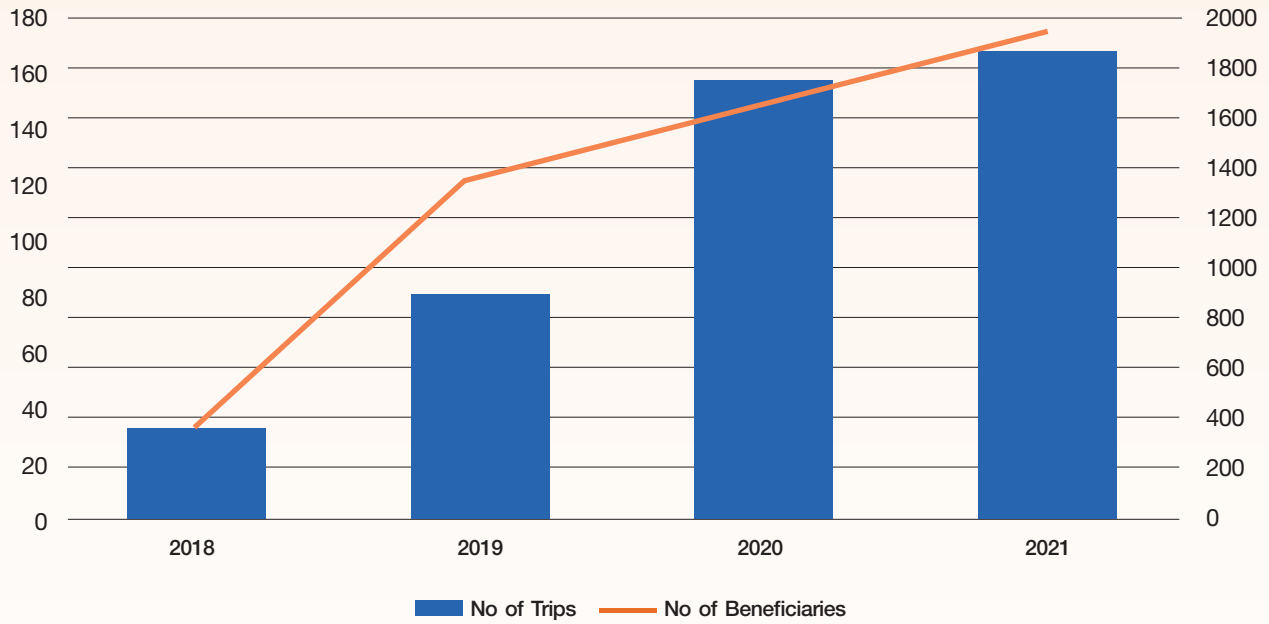


Living Condition (Social)

82% of the beneficiaries have no or limited support from spouse, siblings, working caregivers and helpers.



No. of Trips & No. of Beneficiaries



MET Client Satisfaction Survey 2020

Overall Satisfaction, Service Quality and Safety remain the same at 100%.



Community Befriending Programme (CBP)

Partnering Council for Third Age (C3A)



Blossom Seeds started befriending seniors who are living alone, frail and at high risk of social isolation since 2015 and partnered Council for Third Age to care for seniors who are in Sembawang and Canberra Constituencies in September 2018. With effect from 3 May 2021, as part of the new Active Ageing Centre model we will be offering befriending services for seniors in Sembawang Central.

With little family support, the befrienders continue to support the at risk seniors during the COVID-19 pandemic. Providing Senior with Blood Pressure Meter and teaching them how to use. Zoom retraining for some seniors who still are experiencing difficulty.



CBP Befriender

Ms Yew Jing Fang, 59



I got to know Blossom Seeds through BW Monastery early 2020. I thought that since I have gone through the experience of caring for my parents, till they passed on, I could share these experiences with others and also spread love and bring happiness to the seniors.

Initially I thought that I have the patience to lend my ears to listen to the seniors and understand them. However, I soon realized that I do not have that patience at all. The seniors tend to repeat themselves over and over again.

After attending BSL volunteer sharing sessions on effective communication, I learned that I have to listen intently without judgment, give the seniors all my attention and not to talk too much while listening. Progressively, the seniors began to trust me and share their life story with me. I learnt so much from them. Seeing how the seniors felt better after pouring their thoughts and feelings, warms me. I realized that the stories that they shared were very important to them, and grateful for their trust in sharing with me and giving me the opportunity to make them happy.

A senior who inspired me is Mdm Tan who is in her 90s. She treats her domestic helper like her family member and does everything together with her. She has a very positive outlook in life. She fell down during the pandemic and injured herself. While recuperating at home, she was very diligent in doing her walking exercise. When I asked her if she felt bored at home, her answer was that the situation will still be the same even if you feel bored or are unhappy. She shared that being happy is a personal choice.

If I could live till 90 years old, I hope I can maintain that same positive mentality like Mdm Tan instead of grumbling about life. She is my role model!

CBP Beneficiary

Mdm Esah Binte Ahmad, 64



Mdm Esah was referred to Blossom Seeds for befriending by AIC in 2019. She stays alone after her husband passed away. She was grieving for the loss of her husband and felt depressed at times. Her only daughter is married and staying in Indonesia. She was receptive to the idea of befriending but hoped to get a volunteer who could speak in Malay as she is more comfortable speaking in Malay.

During the pandemic, the volunteers guided her to use a handphone app and Zoom. Under the patience and encouragement of the volunteers, coupled with her frequent practice, she is now comfortable to use Zoom to join BSL centre activities online. In addition, she is also able to take part in our E-Celebrations. Earlier this year, the volunteers brought her to a nursery so that she could be out of her house and to buy plants for her home.

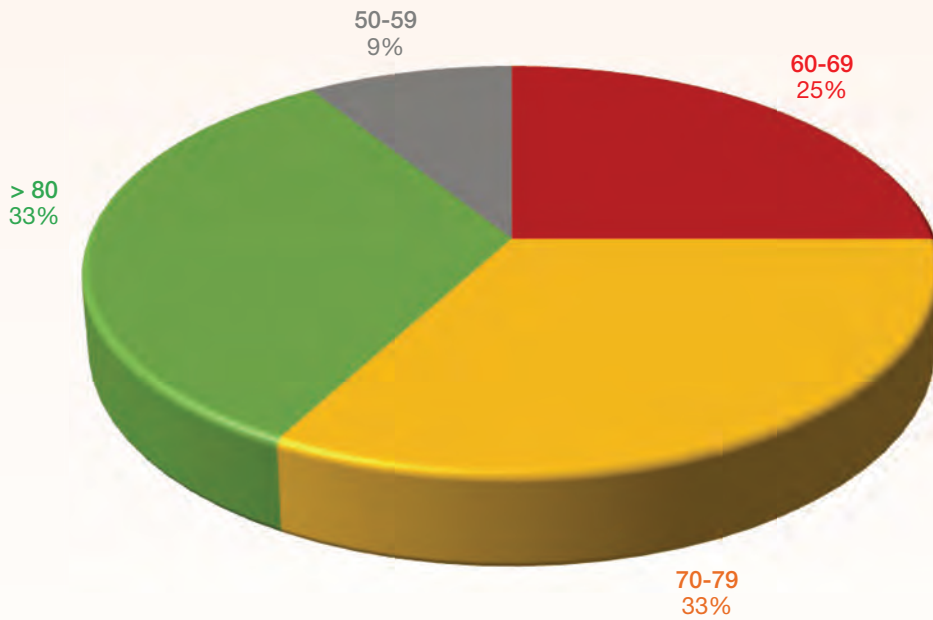
As a token of her appreciation, she cooked breakfast or baked kueh to treat the volunteers whenever they visited. When the volunteer learned that she was not feeling well, they would also offer to buy and bring meals to her. Mdm Esah is grateful for the friendship of the volunteers.

Impact 2021

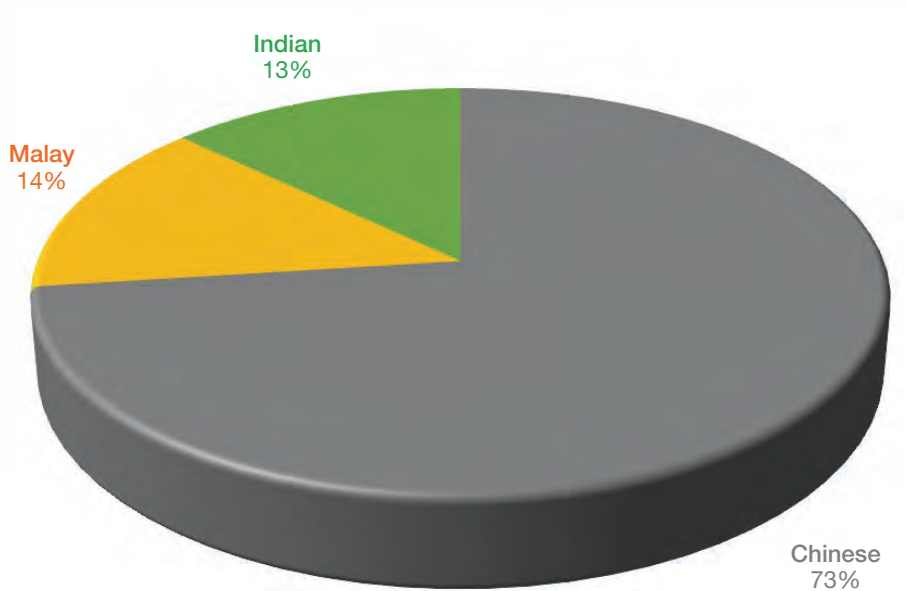
As at 31 December 2021, there are 51 volunteers serving a total of 135 senior beneficiaries. 2/3 of the seniors are 70 year and above. 86% stay on their own or with their spouse.

Profile of the Senior Beneficiaries

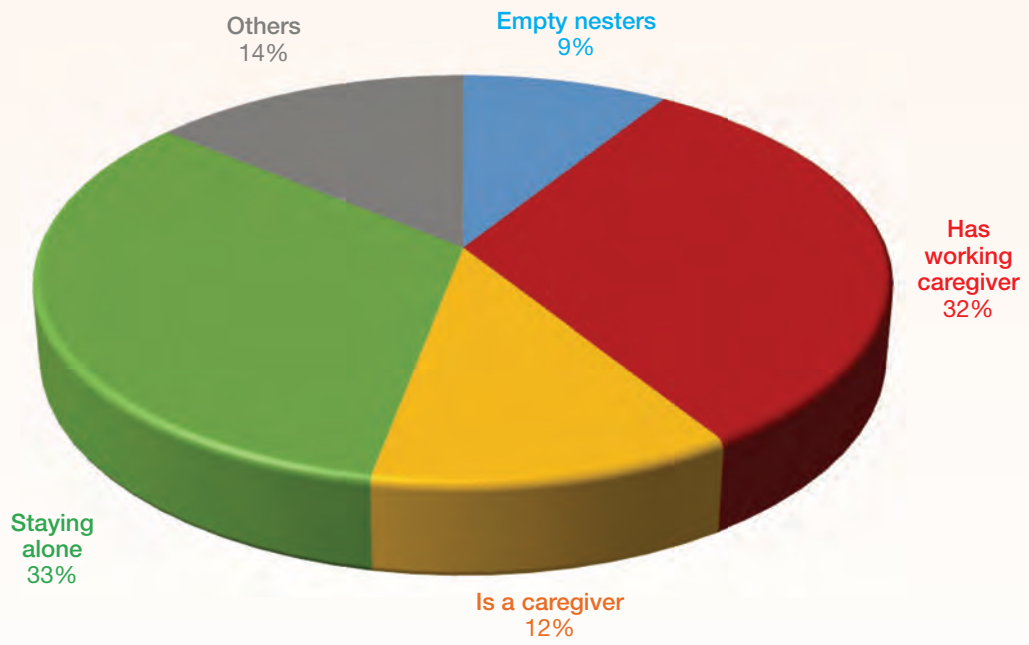
Profile by Age



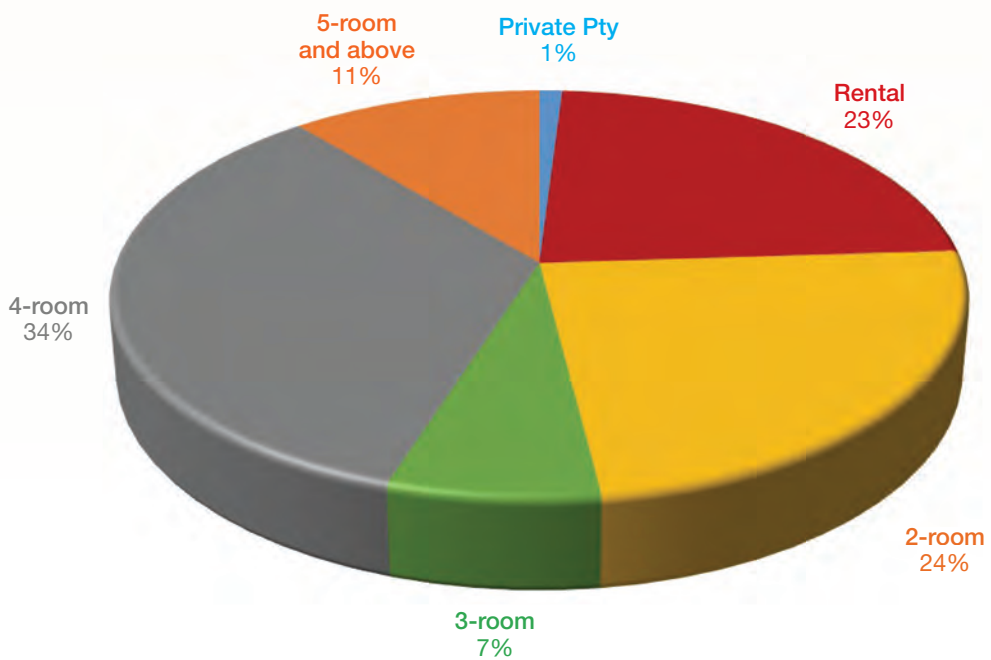
Profile by Race



Profile by Living Condition

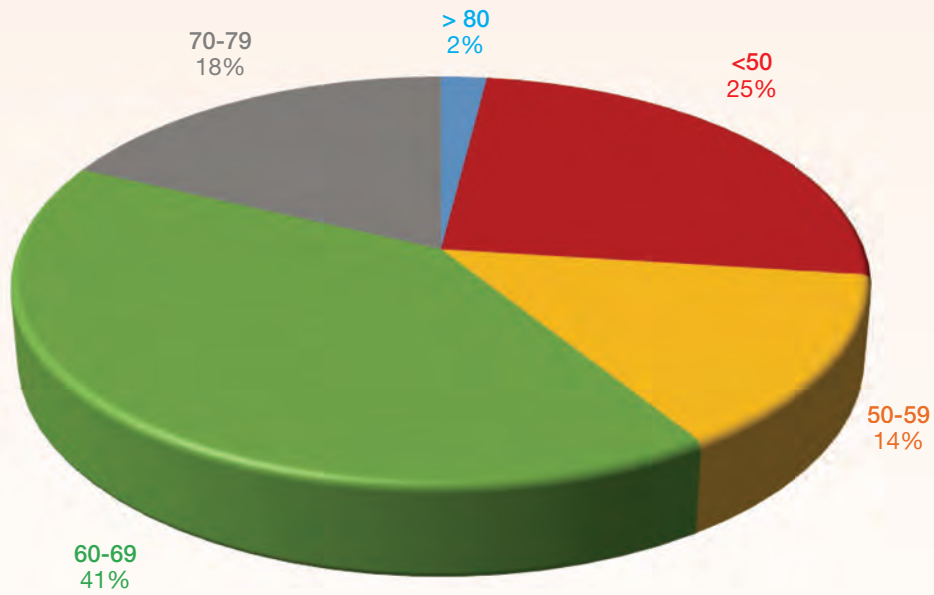


Profile by Household Type

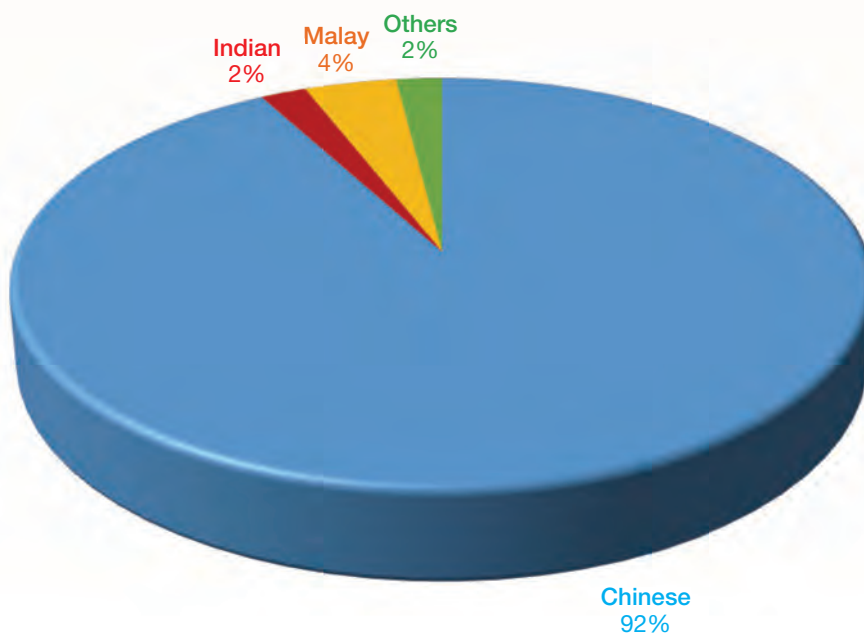


Profile of Volunteers (Befrienders)

Profile by Volunteer Age



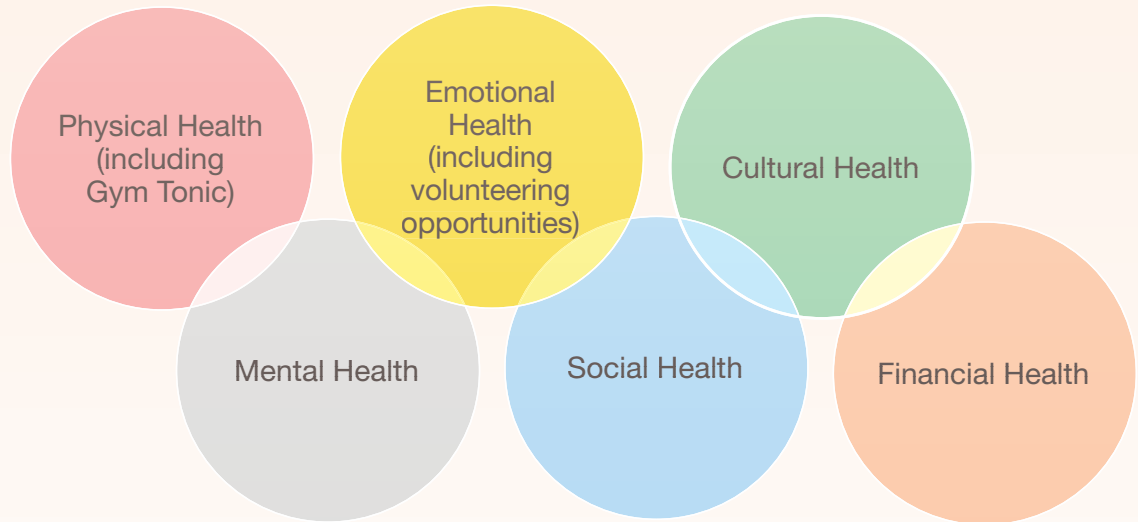
Profile by Race



Active Ageing Centre (AAC)

Partnering Agency for Integrated Care (AIC)

Blossom Seeds supports seniors to promote six aspects of health with a focus on creating volunteering platforms for seniors of all races and religions to come together and contribute back to the community.



From 3 May 2021, we will onboard the new population-based service model by MOH and will serve as the go-to point for all seniors, regardless of frailty, housing type and income levels, in their community and provide an “ABC” suite of services including Active ageing, Befriending and buddying and information and referral to Care services

As the seniors are unable to come to the centre as a result of the Coronavirus, programmes went on social media to reach out to the seniors, and the seniors were guided to go online.

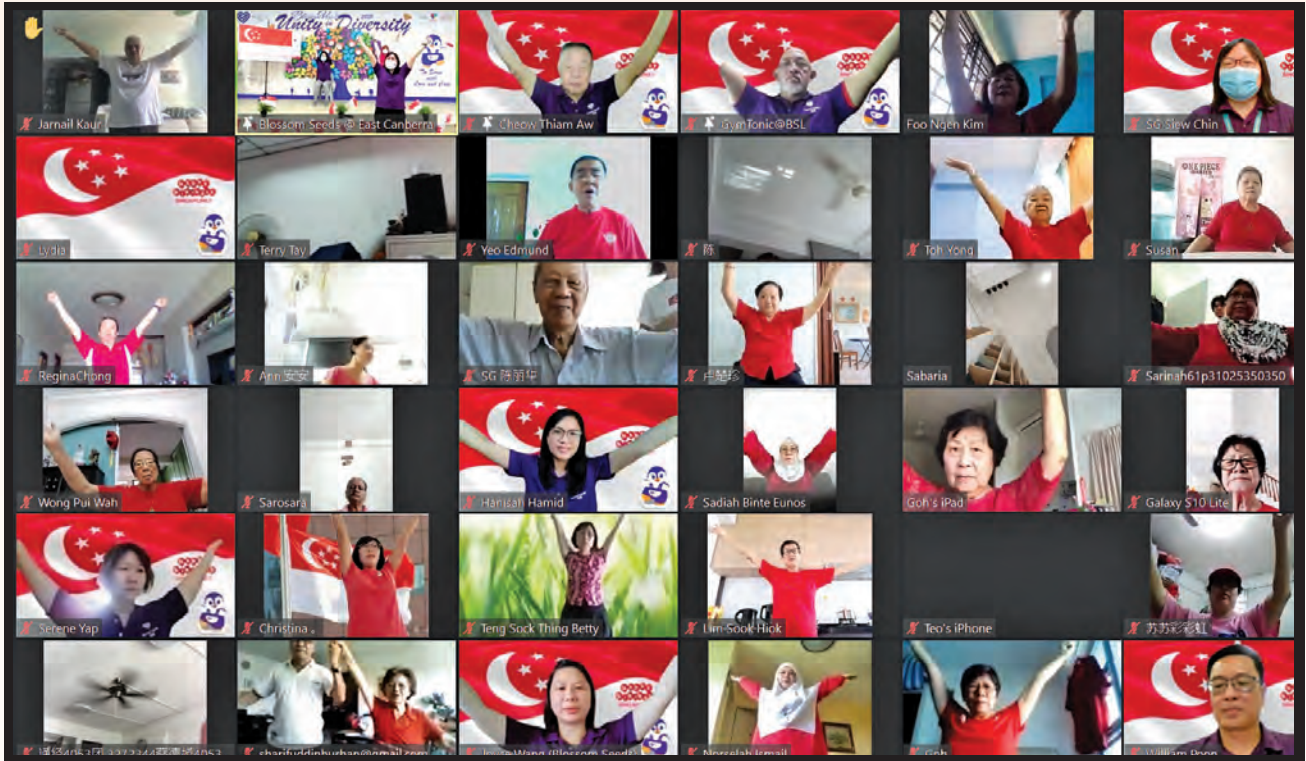


Festive Celebrations

CNY Celebration by Youth Corps Singapore



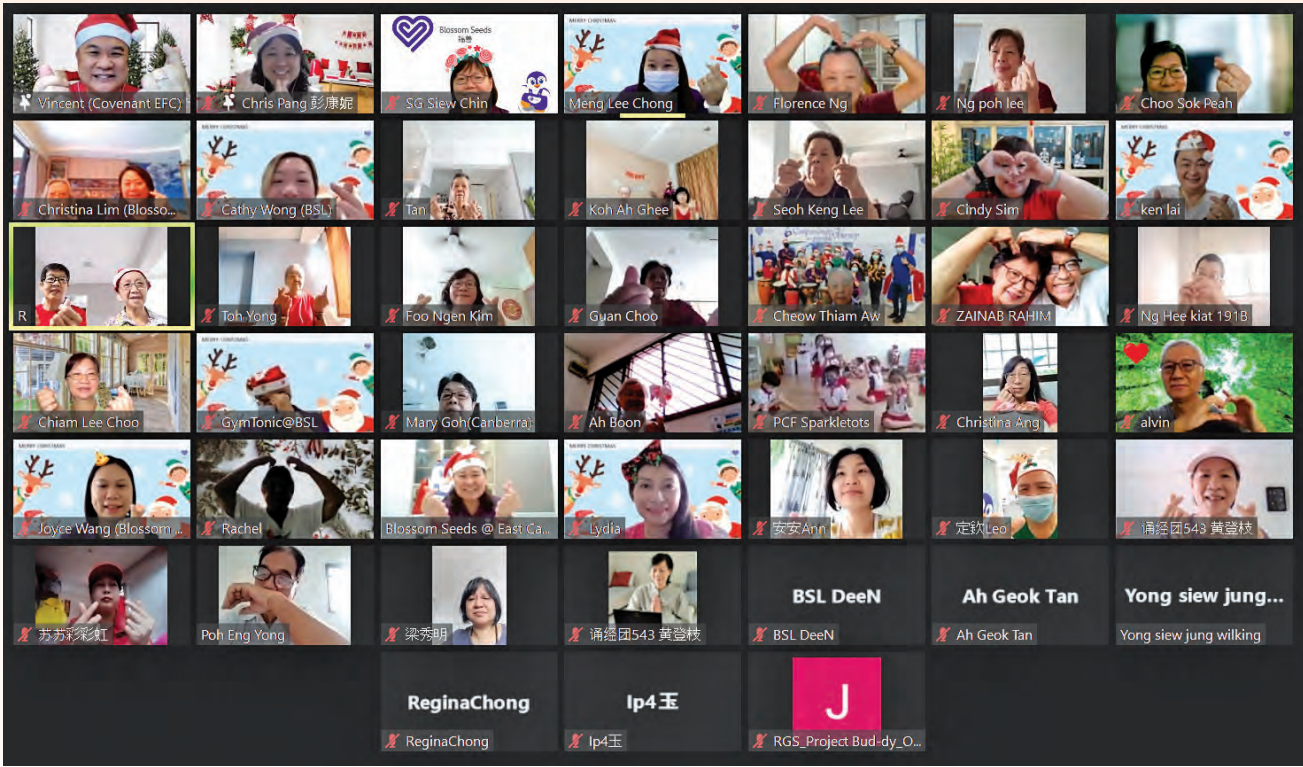
National Day Celebration by Rasa Fitness



Deepavali Celebration by Temasek Junior College



Christmas Celebration by Covenant Evangelical Free Church



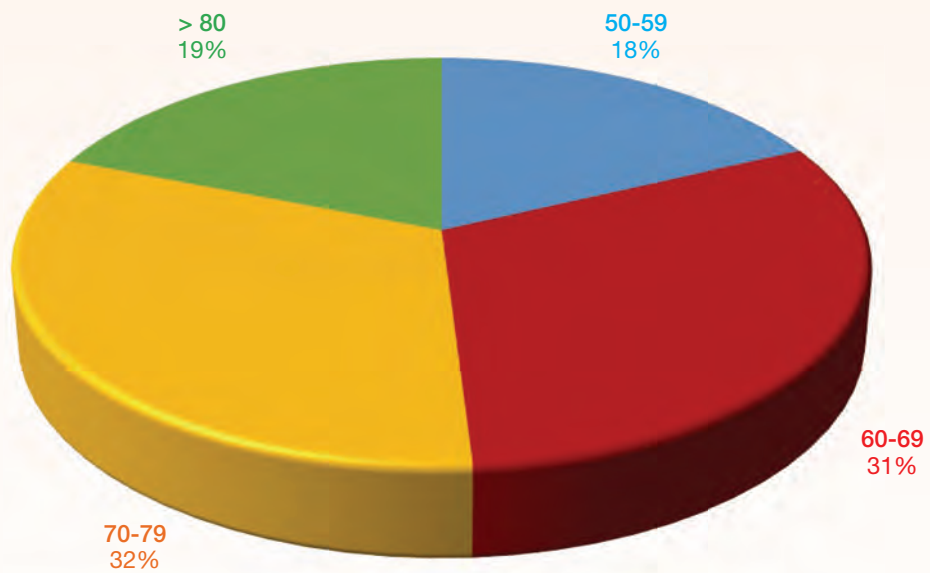
Mid-Autumn Celebration by Sembawang Secondary School



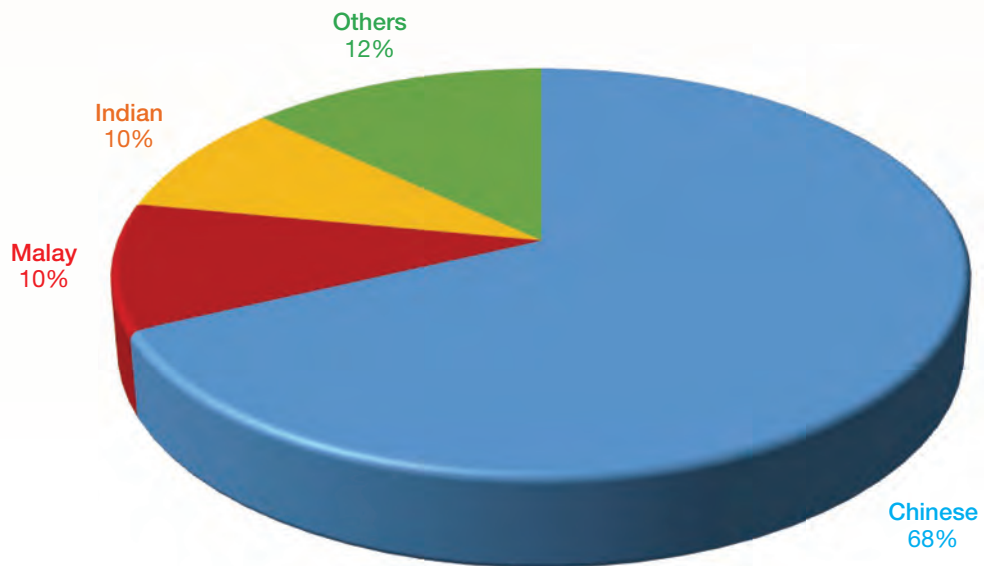
Impact 2021

Profile of the Senior Beneficiaries

Profile by Age



Profile by Race



Blossom Kaki (Senior Volunteerism) Programme is supported by C3A since December 2017 to engage seniors for Active Ageing by volunteering in our events and serving the needy Elderly.

Through the participation of the volunteer work, it encourages the seniors to continue learning and live an enriching and purposeful life.

Event Volunteer

Azizah Abdul Rahman, 67

I am Mdm Azizah and have been volunteering with Assyfaah Mosque for 12 years.

I enjoy community work and being able to help people in need. BSL helps many seniors and I am happy to volunteer with BSL. At BSL, I meet many people of different races and different religions. It is good to see everyone volunteering together. Most importantly, BSL staff understand and respect the various religions and I can make new friends from different races. BSL staff are polite and understanding and my friends also feel happy volunteering with BSL.

BSL provides medical escort and transport service and brings seniors to see the doctor. When I first volunteered with BSL, I was surprised to see so many seniors volunteering and really inspired to do my part.

Through goodie bag distribution, I find that there are many poor seniors who are ill and unable to walk well. This reminds me to keep myself healthy so that I can continue to be of help to others. I strongly recommend others to join BSL in their work to support other seniors.



Volunteer Training



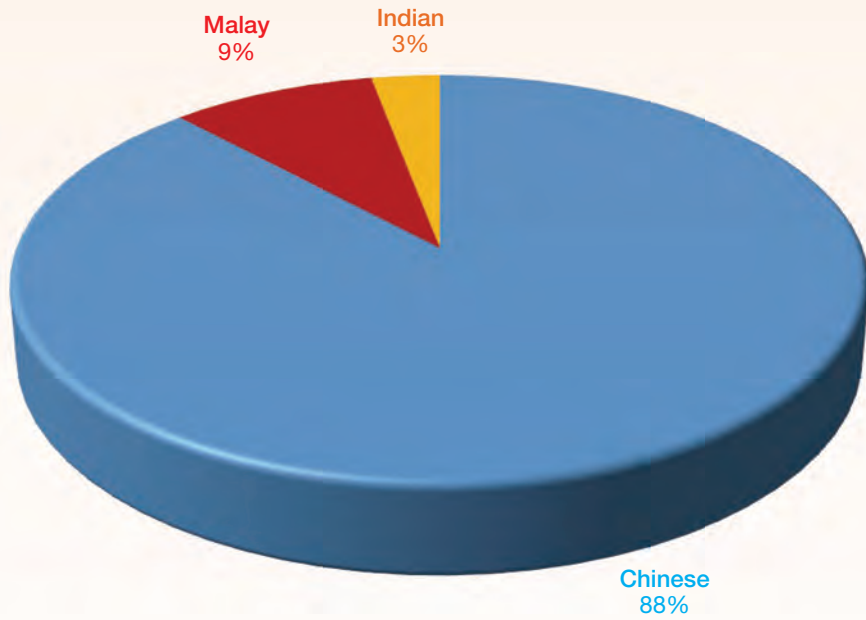
Volunteer Appreciation



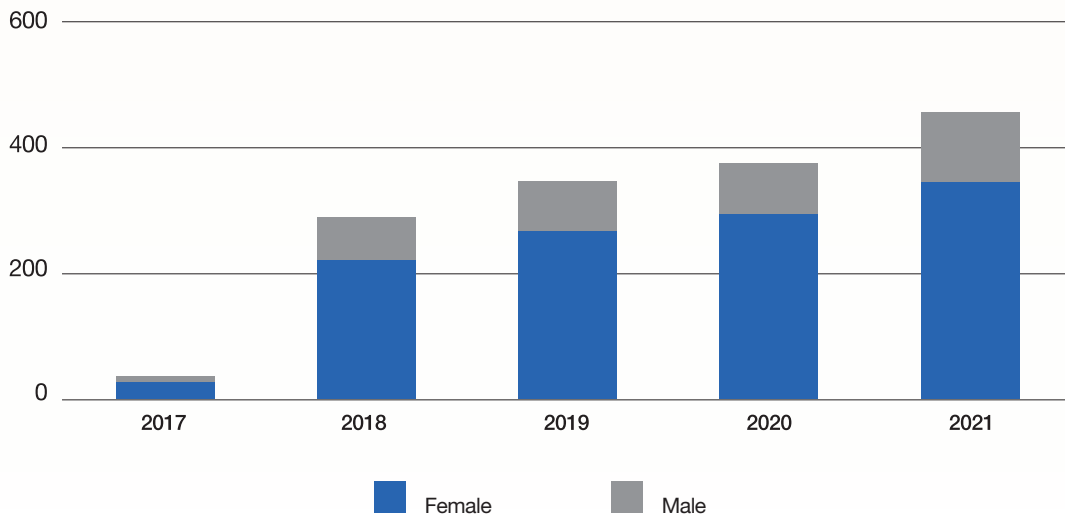
Impact 2021

Profile of the Volunteers

Profile by Race



No. of Senior Volunteers



Canberra Secondary School

The COVID-19 restrictions did not stop our young friends from Canberra Secondary School from planning programmes with our seniors.

Collectively, our senior beneficiaries and students from Canberra Secondary School came together to create gift packs for the nurses at Khoo Teck Puat Hospital for the second year. The gift pack contained beautiful vibrant craftwork, a cardholder, handwritten notes of appreciation as well as a special note from Mr Ong Ye Kung.



🌸 We+65 partnering Youth Corps Singapore and Agency for Integrated Care

We+65 is a Youth Corps leader Programme that aspires to build a movement of youth leaders as multipliers to rally other youth to serve. Through a mix of activities, they also seek to promote intergenerational bonding among youths and seniors, and engage seniors to promote socio-emotional well-being.



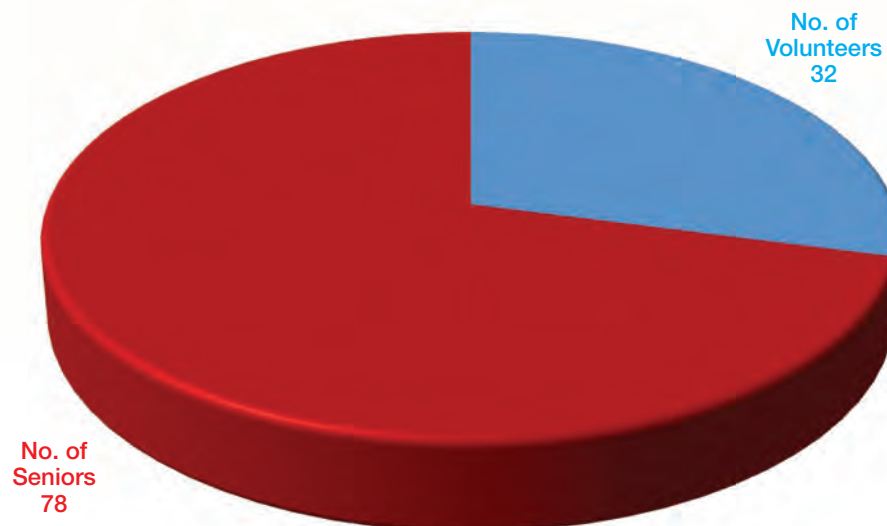
Intergenerational Learning Programme Partnering Council for Third Age

Partnering Council for Third Age, the Intergenerational Learning Programme (ILP) aims to encourage the young and old to contribute, and for them to pick up useful skills from each other.

Despite the COVID-19 advisory, the programme continues albeit online. A total of 204 seniors and 84 youth volunteers from various educational institutions took part in this programme from September 2021 to March 2022 and exchanged various topics such as MeWatch and MeListen, Grab Apps etc.



Profile of the Senior and Youth Volunteers over 6 Sessions



Gym Tonic Programme

Ageing results in reduced muscle strength and muscle mass. The Gym Tonic Programme targets frailty prevention by helping seniors to build muscle mass and makes the bone strong. This will allow seniors to enjoy the things they like as they age.





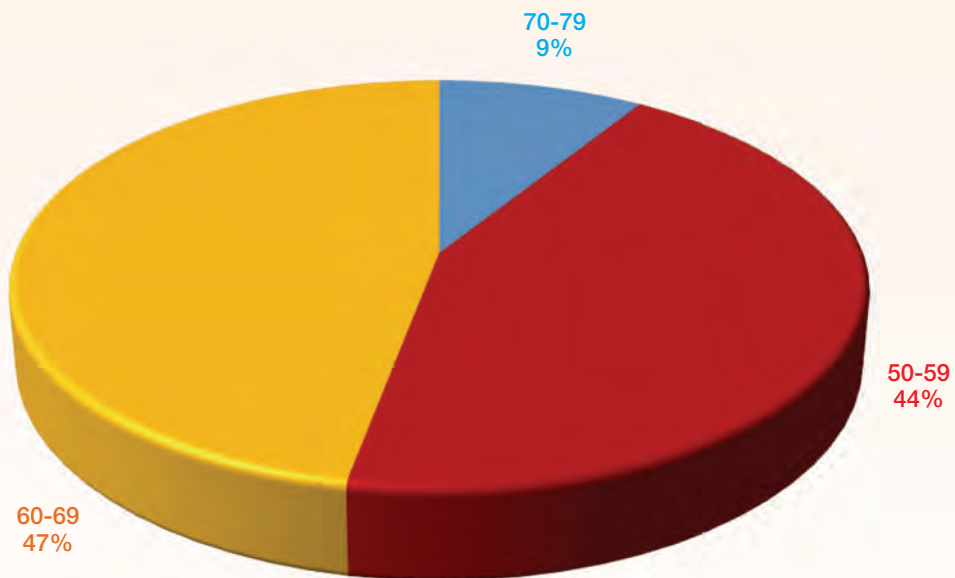
MP Mariam trying out the gym equipment



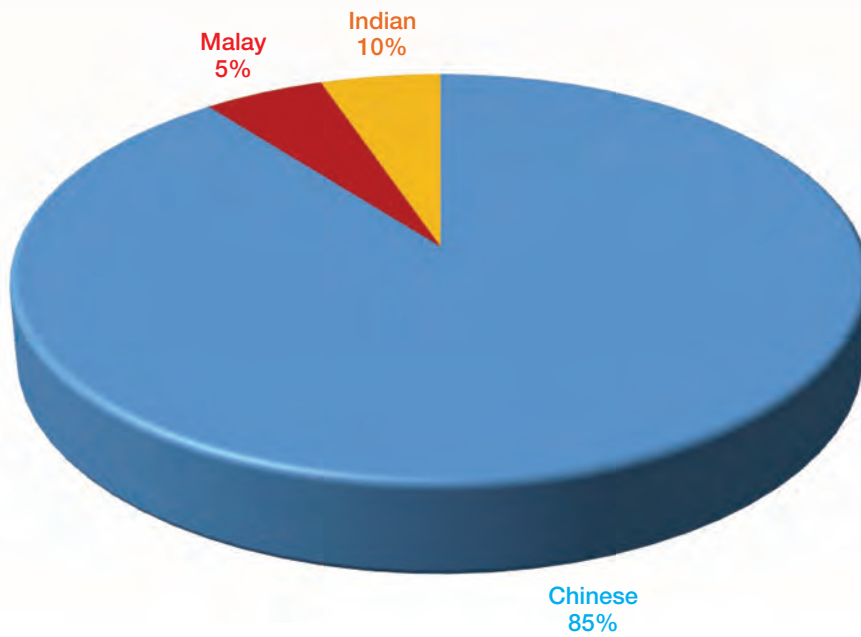
Seniors learning how to use the equipment

Impact 2021

Profile by Age



Profile by Race



SG Cares Volunteer Centres (VC)
 Partnering Ministry of Culture, Community and Youth (MCCY)

SG Cares Volunteer Centre @ Sembawang

Blossom Seeds is delighted to be appointed by MCCY as the SG Cares VC for Sembawang Town. This appointment is an acknowledgement of the collective efforts with our stakeholders to enhance town-based volunteerism.

The VC also aims to build capability across various sectors and organisations to grow opportunities for volunteering. By inspiring and supporting one another, we can show the world that we are a nation with a big heart.







MICRON

Thank you Micron Singapore for inviting Blossom Seeds and our beneficiaries to join Micron Charity Week 3.0! Micron is partnering with NParks to plant a million trees across Singapore over the next 10 years, to transform Singapore from a City in Garden to a City in Nature. Our seniors enjoyed the Eco fashion show and learnt about the sustainability efforts. We are grateful to our Micron volunteers for their heart work and support towards Blossom Seeds over the past few years



While the team is unable to host physical volunteering events to interact with the seniors, the MICRON team continues to inquire about the needs of our beneficiaries. They donated 20,000 surgical masks to Blossom Seeds and supported us to keep our centre clean.



Microcast

Many thanks to the team from Microcast who supported us throughout the pandemic and extended a helping hand for our events.



Yishun Health

Grateful to Yishun Health for organising the dialogue on population health initiatives in Sembawang and inviting Blossom Seeds to participate in the session. We benefit greatly from the sharing and deeply appreciate the support & guidance from the team from Yishun Health. Looking forward to great partnership to fight Diabetes and promote health to all.



Foreword



Blossom Seeds has been an important part of our community, always helping the needy, keeping our seniors active and accompanied, and building bridges across race and religion.

I am happy to see their centre being newly renovated. It will now be a nicer community home to all. It is attracting many young volunteers, who will learn compassion and care while contributing to the clients of Blossom Seeds, which is a platform for them to grow and blossom.

Thank you Blossom Seeds for your good work.

Thank you
Mr Ong Ye Kung
Minister for Health
Adviser to Sembawang Central GROs



Activity Area



Kitchen and Pantry



Health Check Room



Training Room



Technology Room

Multi-purpose card system

Our Multi-purpose card system started in 2019 with support from NCSS, to digitalise the operation using EZlink cards.



Centre

Staff access the centre and each room using their EZlink card. The seniors checked into the centre activities using their EZlink card, which will capture their attendance. In addition, the seniors are also able to put their bags in the lockers, using their EZlink card.

Befriending

The befriending trips will be captured using the card system. Grateful to our senior volunteers for their openness to embrace change and learn new things.



Medical Escort & Transport

The system has been implemented in the Blossom Seeds' wheelchair enabled bus. The new card system helps to cut down on the time spent on entering data manually, send reminders to the beneficiaries, escorts and drivers and capture the trip details automatically.



Volunteer Management System

Very often, the programme and volunteer management team are busy with operations, and experience challenges in monitoring the development of the volunteer.

With the support of Tech and Go funding from NCSS, BSL staff underwent training in design thinking, process mapping and project management with a view to streamline the volunteer management system in year 2022, to improve volunteer communication and facilitate reporting.

The volunteer management system will store volunteer information, and support the recruitment, scheduling, management and communication of the volunteers. It will provide a complete view of volunteer information to support effective collaboration and enhance visibility and reporting.







Office productivity

COVID-19 accelerated digital transformation and many things became connected. Instant access to information has blurred the lines between the physical workplace and the place where work happens.

At BSL, we integrate the technologies that employees use including e-mail, instant messaging, social media tools, HR applications and virtual meeting tools. We guided our staff, volunteers and beneficiaries to onboard these tools and train them to collaborate, communicate, and connect with each other. The new found digital workplace breaks down communication barriers, positions us to transform the employee experience by fostering efficiency, innovation, and growth.

Seniors who are unable to come to the centre, joined our AAC programmes over Zoom. Seniors, who are more tech-savvy, are also trained in social media and online shopping platforms.

 <p>Go Virtual</p>	<p>Communication and Collaboration Go Virtual (Virtual meeting with beneficiaries during COVID-19 restrictions and activities LIVE-streamed from Centre)</p>
 <p>Social Media</p>	<p>Active Engagement with the Public (Regular updates of activities and event)</p>
 <p>Fund Raising</p>	<p>Fund Raising Goes Hybrid with both physical event and online LIVE-streamed for donation appeal.</p>
 <p>Corporate Functions</p>	<p>Xero for Accounting, Just Login for Human Resource and Multi-purpose card system (MQuest) to ensure physical access</p>
 <p>Programme and Services</p>	<p>MET/ CBP/Centre Programme management system for the staff, volunteers and beneficiaries</p>

Blossom Vesak 21

Blossom Vesak 2021 was held online on 22nd May 2021. Themed “Unity in Diversity” and aimed to raise funds to support our various programmes for the vulnerable seniors, our online event was graced by our Guest of Honour, Mr Ong Ye Kung, Minister for Health.

With the highlight being the special Unity Tree light-up, we were heartened to receive over 200 participants on Zoom and over 3000 views through our Facebook live despite having to hold the fundraiser virtually.

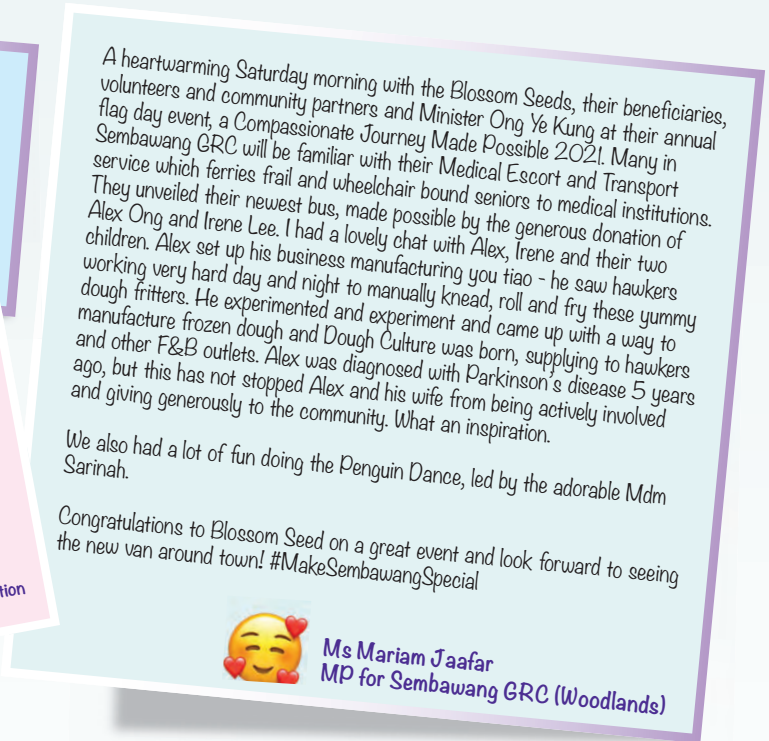
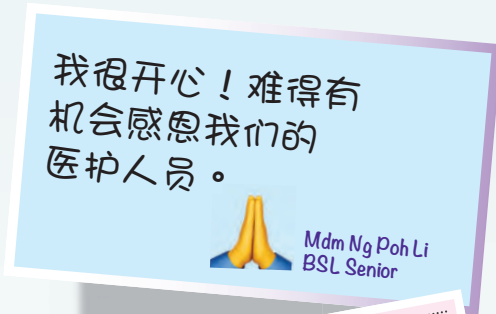
Together with our distinguished guests, supporting agencies and donors, we were treated to a line of light-hearted special performances and dances by our enthusiastic seniors. It was indeed a joyful and enjoyable fundraiser!



Behind the scene

✦ A Compassionate Journey Made Possible 2021

This is the 2nd year Blossom Seeds held our Flag Day online amidst the COVID-19 pandemic, to raise funds for our Medical Escort & Transport Service (MET). We are grateful to everyone, especially our donors for helping our seniors to stay active during this pandemic.



✦ Penguin Dance of Unity

Led by Youth Corps Singapore (YCS), Active.Sg and BSL staff and seniors, both guests on-site and at home did a hand washing penguin dance to prevent the spread of COVID-19.



Vesak Goodies bags

Sembawang Central

This year, we are happy to distribute 1000 goodie bags to the seniors and families in the 5 constituencies in Sembawang. We are grateful to our advisers for their support.



Sembawang West

On 28th August, we had our Goodie Bag distribution at Sembawang West. It was much anticipated as we had to postpone it due to the Heightened Alert. We had the honour of having Ms Poh Li San, MP for Sembawang West, grace our distribution session. Along with volunteers from People's Association, Silver Generation Office, Assyafaah Mosque and our volunteers, we distributed the Vesak Goodie Bags to residents at the rental block.



Canberra

We held our 3rd Vesak Goodie Bag distribution at the Canberra vicinity amidst the Heightened Alert. Adhering to strict safe distancing measures, Dr Lim Wee Kiak, MP of Sembawang GRC (Canberra), led volunteers from Blossom Seeds, PA, Atomy and Silver Generation Office (SGO) to distribute goodie bags to residents residing in rental blocks. In the spirit of National Day, little National Day goodies were specially given out in these bags, where recipients of all ages and races get to enjoy!



Woodlands

We are happy to support Ms Mariam Jaafaar in encouraging our young friends before their examinations.



Admiralty

Despite the rainy weather, our partners and volunteers braved the rain to give out goodie bags to vulnerable seniors and needy families at Admiralty.

Our event was graced by Admiralty's MP Vikram Nair, who mingled with our volunteers and partners from BW Monastery, Covenant Evangelical Free Church, MICRON and People's Association. A total of 350 goodie bags were shared with the seniors and families in the area.



Blossom Seeds is a VWO that operates in the Admiralty area. Over the last weekend, they organized a distribution of rations, in commemoration of Vesak Day, to beneficiaries in different parts of Admiralty, bringing together volunteers from many of our community partners including BW Monastery, Covenant Evangelical Free Church, Admiralty's Welfare Team and Micron, a corporate partner. This was an exercise to not only give out rations, but also to touch base with some of the families they are helping. Thanks to everyone who helped in the process!



Mr Vikram Nair
MP for Sembawang GRC (Admiralty)

CNY Spring Cleaning 2022

Supported by our friends from Huttons and Assyafaah Mosque, we spent the day cleaning up the homes of our beneficiaries to usher in the Chinese New Year.



🌸 CNY Gift Pack Distribution 2022

An annual affair once again on a lovely Saturday where our Community and Religious partners gathered to bring CNY blessings and wishes to our BSL beneficiaries. Special thanks to BW Monastery, Assyfaah Mosque, Masjid Yusof Ishak, Masjid Sembawang, Buddhist Fellowship, Blossom World Society, and Parent Support Group from Canberra Secondary School.



❖ CNY Blessings to our Corporate, Community and Religious Partners

It has been a long two years fight against COVID-19. The team went around to distribute oranges in showing gratitude and sending CNY blessings to our corporate, community and religious partners this new year 2022!



BW Monastery



Kong Meng San Phor Kark See Monastery



Fo Guang Shan



Tzu Chi Singapore



Dharma Drum Singapore



Man Fatt Lam Buddhist Temple



Tibetan Buddhist Studies Society



Vimalakirti Buddhist Centre



Dhammakaya Centre Singapore



Yishun Health



AIC Silver Generation Office



SMART Corporation Ltd



Yes Natural



Kampung Senang Charity and Education Foundation



Sheng Siong Supermarket Pte Ltd



clickTRUE Pte Ltd



Avon Industries Pte Ltd

Interfaith

Blossom Seeds was delighted to be invited by Assyafaah Mosque to participate in the dialogue to strengthen our social cohesion or Unity in Diversity among the various religious and racial backgrounds. The dialogue was moderated by Mr Ibrahim Sawifi and panelists include Pastor Alvin Reggie, Ms Ong Siew Chin and Ustazah Liyana.



Go Green Efforts

Green initiatives

By replacing manual written document with digital, usage of paper is reduced. Blossom Seeds Centre is furthered installed with energy saving Light Sensors.

Recycled Goodie bags

Our young cubs from Catholic Primary School decided to gift the seniors with Easter Goodie Bags. However, they decided to put their knotting skills into practice and recycled their old t-shirts to make bags for the seniors.



- 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	3/7
Ms Chua Mui Kiang	4/10/2018	3/7
Mr Lee Chin Chye	9/5/2018	7/7
Mr Teo Kim Swa	10/12/2019	7/7
Ms Goh Sock Choo	10/12/2019	5/7
Mr Thet Naing Kyaw	9/14/2020	7/7
Ms Ong Ai Lan	2/2/2021	6/6
Ms Yeo Mui Hoon	2/2/2021	5/6
Mr Aloysius Chong Yew Mun	8/11/2021	1/1

- 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 2020 and 31 December 2021.

None of the directors received any remuneration from the Company for the financial years ended 31 December 2020 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 (2020: 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:

		2021 S\$'000 (Unaudited)	2020 S\$'000 (Audited)	Increase/ (Decrease)
A	Unrestricted Fund			
	General Fund	1,577	1,230	Increase
B	Restricted / Designated Funds	1,368	1,167	Increase
C	Endowment Fund	NA	NA	NA
D	Total Funds	2,945	2,397	Increase
E	Total Annual Operating Expenditure	1,539	1,110	Increase
F	Ratio of Reserves to Annual Operating Expenditure (A/E)	1.03	1.11	(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.

Tribute to Healthcare Workers Featured in The Straits Times and Zao Bao (November 2021)



A4 | THE BIG STORY

THE SUNDAY TIMES | SUNDAY, MAY 23, 2021

Coronavirus Singapore

No sharp rise in new cases with stricter curbs: Ong Ye Kung

Hariz Baharudin

New Covid-19 cases in Singapore have not shot up in the past week thanks to the stricter precautions that the country has taken, said Health Minister Ong Ye Kung yesterday.

Singapore tightened its safety measures last Sunday, including banning dining in eateries and restricting social gatherings. Mr Ong said that the number of new coronavirus infections has been hovering at around 20 to 30 a day since then.

He said: "So you are not seeing the kind of sharp increase in cases

that you will see if you don't take any precautions, don't do any testing, don't do any contact tracing. In those circumstances, usually every week, you will see the cases double, and double - very scary."

The minister noted that the number of coronavirus cases here was stabilising.

"I hope we continue that way. We still have to watch for a few more days before we know in which direction the cases are heading, but also continue to do our part, so that we can suppress it," he said.

Mr Ong was speaking at a Facebook Live Virtual event for charity Blossom Seeds, which launched a new campaign called Unity in Diversity.

STAYING VIGILANT

I hope we continue that way. We still have to watch for a few more days before we know in which direction the cases are heading, but also continue to do our part, so that we can suppress it.



HEALTH MINISTER ONG YE KUNG, on the need to remain vigilant despite the stabilising situation.

The campaign, which was launched in the light of the upcoming Vesak Day on Wednesday, aims to bring together community partners, donors and volunteers from different races and religions to support vulnerable community members, including seniors with medical conditions.

Blossom Seeds is partnering organisations such as the Darul Makmur and Assyaiah mosques for this campaign.

Members of the public who are keen to contribute to the campaign and donate to the charity can do so on Blossom Seeds' website and Facebook page.

In a press release yesterday, the charity said that it plans to raise

\$300,000 through Unity in Diversity.

During the event, Blossom Seeds also provided updates on its newly renovated centre in Canberra Street.

The renovations were completed earlier this year, and the centre now includes new facilities, such as a gym, therapy rooms and food preparation areas.

"Our centre will serve as the go-to point for both vulnerable and active seniors and a platform to connect our socially isolated seniors with the community," said Blossom Seeds.

To keep seniors active, the charity has been focusing on taking activities online. For instance, exer-

cise classes have been conducted over video-conferencing platform Zoom. It also continues to engage seniors through video and phone calls.

Blossom Seeds chief executive Ong Siew Chin said the charity serves all races and religions and emphasised the number of seniors in the community who need support. "We have to work with community partners because there are so many roles to be undertaken, we cannot do it on our own. It helps when our partners support us with volunteers or share about the campaign," she said.

harizbah@sph.com.sg

Blossom Seeds Efforts During Covid Featured in The Straits Times (October 2021)

Older people are caught between loneliness and fear of Covid-19 as they stay home during the pandemic

Akshita Namta
Correspondent

Afraid to leave her housing board flat for fear of contracting Covid-19, Ms Annis So keeps the radio and television on all day for company.

"I feel very lonely because there is nobody at home to talk to," says the 63-year-old former factory worker, who has lived alone since her mother died in 2014.

"She is among many older people in Singapore who are feeling lonely and disoriented with life since the pandemic enforced social restrictions in the last 10 weeks."

While there is no official estimate on the number of seniors who may be at risk of loneliness or social isolation, a 2019 study by the Duke-NUS Medical School's Centre for Ageing Research and Education found that 34 per cent of Singaporeans and permanent residents aged 60 and older perceived themselves to be lonely.

The dilemma - between the fear of infection and need for human contact - is especially serious for older folk, who are more likely to fall seriously sick if they get Covid-19.

Madam Hwa Ismail Agran, 73, tries not to go out much and puts on a mask and face shield when she has to.

The grandmother of six says: "I miss seeing my friends and going out to have my family."

"So no one misses missing my friends."

"At the same time, I don't want to go out because of the pandemic. I'm blessed to have volunteers who buy food and groceries for me," she says in Mandarin during a Zoom interview facilitated by nonprofit organisation Blossom Seeds.

which supports lonely and needy seniors.

During the pandemic, social service agencies such as Blossom Seeds, Lions Befrienders and Fel The Community Services have been a lifeline for seniors like Ms So, especially those living alone.

They check in on older people via video and phone calls, deliver meals to them and teach them how to stay connected to support services online. If seniors fail to respond to check-ins, staff go to their homes.

Volunteer seniors are referred to such agencies via neighbours, community centres, hospitals and the Agency for Integrated Care (AIC), the national agency that coordinates delivery of services for aged care.

Lions Befrienders, which serves 7,800 seniors islandwide, has had to create physical visits by volunteers amid curbs on socialising, but keeps in touch with seniors via phone or video calls.

"Though some seniors were missing or attempted suicide during last year's circuit breaker, when visitors and social gatherings were not allowed at all, the agency intervened successfully in all cases."

Mr Anthony Tay, chairman of Lions Befrienders, tells The Sunday Times: "We searched high and low for the uncontactable seniors until we found them, like how we search for missing family members or loved ones."

Seniors tend to be hit harder by disruptions to everyday activities, such as going to the coffee shop for meals or visiting loved ones.

Last month, an AIC urged people

aged 60 and older, as well as those reading with older people, to stay home amid a spike in Covid-19 infections, social service agencies geared up to help seniors stay active and feel connected.

As staying home means less exercise and socialising, physical and psychological health may deteriorate.

Despite several befriending services being available, seniors may be hesitant to admit feelings of loneliness and to reach out. This is why social service agencies often rely on referrals from neighbours and others in the community.

Ms Katie Tan is in her 60s and has been volunteering with Lions Befrienders for 11 years. She looks out for an older man in her neighbourhood, who declined to be interviewed.

The bond between them goes both ways.

Ms Tan recalls: "A few years ago, when I fractured my hip, the elderly man wanted to visit me. It was so heartwarming."

Many seniors chafe at the pandemic restrictions, even while admitting they are necessary.

Madam Goh Oh Moy, 78, says: "I want to go out and go shopping with my friends, but my daughter tells me not to."

She lives with her husband, also 78, in an HDB flat in Brankovick. The nearby senior activity centre run by Lions Befrienders has helped keep her spirits up through exercise sessions on video.

"Exercising alone is boring. When you can see your friends exercising with you, it's not boring," she says.

GETTING SENIORS TECH-LITERATE

Living alone, not using communications technology and participating in fewer in-person social activities are associated with feeling more socially isolated and more dissatisfied with life, according to a working paper released in February by the Singapore Management University's Centre for Research on Successful Ageing.

Hence, there have been greater efforts to get older people to be tech-literate during the pandemic to increase social connections.

A spokesman for AIC says: "To help seniors (stay connected), we refer those who have no access to smartphones to a service under CareLine, which equips them with a smartphone, or to the Mobile Access for Seniors scheme under the Infocomm Media Development Authority (IMDA), which offers subsidised smartphones and mobile plans for lower-income seniors."

"We also encourage seniors to enrol in IMDA's Seniors Go Digital classes."

The Lion Foundation's Charitable Organisations Vital In Downtown (Covid) Fund has helped social service agencies get home-bound and vulnerable seniors connected with support services online.

Fel Yue Community Services makes use of this funding for its Be Steady, Be Connected initiative, which encourages seniors who have basic smartphone skills to learn how to use the device for Instagram, photography and videography.

A spokesman says: "This helps reduce their loneliness with more human interaction and learning opportunities, even if they are confined to their homes."

Being tech-literate has helped seniors like retiree Thomas Kuan, 75, who founded U 3rd Age, a learning community for like-minded seniors, in 2012.

The former industrial engineering trainer had no problems shifting his community's meetings online during the pandemic.

Mr Kuan, who invites speakers to conduct lectures and sharing sessions every Thursday, sees advantages in meeting online as he does not have to wear a mask to talk.

"We find it so convenient to be on Zoom. We don't need to comb our hair or dress up," he says with a laugh.

The downside is it is more difficult to exercise or stay physically active when he spends so much time on the computer. For instance, rather than doing an hour of jogging following a YouTube video, he might end up just watching and not doing the moves.

Not every senior can transition online easily.

Ms Ong Siew Chin, chief executive of Blossom Seeds, says: "Some seniors are willing to learn WhatsApp and Zoom, but many others struggle due to language issues, forgetfulness or medical issues like dementia."

LONELINESS MAY AFFECT LIFESPAN

With visits by befrienders disrupted by pandemic restric-

tions, older people might feel increasingly lonely.

According to a study published in July in the Journal of The American Geriatrics Society, people aged 60 who perceive themselves to be sometimes or mostly lonely can expect to live three to five years shorter on average, compared with peers who perceive themselves as never lonely.

The study - conducted by scientists at the Duke-NUS Medical School, the Nihon University in Tokyo and their collaborators - noted that at ages 70 and 80, lonely older people can, on average, expect to live three to four and two to three years shorter, respectively, compared with those who are not lonely.

Ms So says that the days when she could have tea and sing karaoke with friends and join activities at the community centre without worrying about Covid-19. She has few friends among her neighbours, except all-peak hikers.

She ratches up on the news every morning, but says it is difficult to bear about the rising case numbers.

"I'm worried about this pandemic and the number of elderly people affected. It's scary to go out," she adds.

The radio, TV and online interactions - such as a recent video call with students organised by Blossom Seeds - help ease the isolation.

"But when things are better, I would like to meet my friends and visit the senior activity centre again," she says.

PHOTOS: CAROL KUAN, GAI TAY, KUA D-EL DONG

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Blossom Seeds Volunteer Featured in Berita Harian (April 2022)

Berita Harian ♦ SAJIAN KHAS HARI INI: SOROTAN ISU

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
nshyur@h01sch.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 sokok apotahi bagi dengan sokongan suami dan dua anaknya.

Senangat Cik Riza untuk mendapat 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 emas yang cenderung meningkatkan diri sepanjang hayat selain terlibat dalam kerja kemasyarakatan selaku relawan.

Seniasa 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 Asyfa'ullah, beliau diundang mengajar yoga pula di badan amal Blossom Seeds.

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

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

Meskipun apabila pandemik mula melanda, Cik Riza tidak berhenti mengajar yoga.

Sebaliknya, ketika itulah beliau mulai belajar menggunakan kaedah wadali Zoom semasa mengadakan kelas yoga untuk kumpulan wanita.

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

"Oh! itu saya telah lakukan beberapa percubaan dan bertanya kepada mereka jika ia sesuai," jelas Cik Riza yang tidak menyilapkan pandemik sebagai penghalang lagi dirinya meneruskan pembelajaran mahupun kegiatan relawan.

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

Misalnya, Cik Riza berkata baru-baru ini, beliau telah mengambil kursus dalam zat pemakanan.

Sebagai jurulatih kecerdasan dalam senaman yoga, Cik Riza berasa 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.

Ini amat penting dalam membantu warga emas kekal aktif dan lebih terlibat di rumah semasa 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 mendapat 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 mendapat pendigitalan.



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



SENAMAN KERUSI YOGA: Cik Riza Saidi (dipang Kiri) mengendalikan kelas hibrid – secara fizikal di Blossom Seeds dan juga secara maya – apabila keadaan pandemik bertambah sukar. – Foto-foto istana RIZA SAIDI

Launch of SG Cares Volunteer Centre @ Sembawang Featured on Mediacorp's Live Tv Channels, CNA, 5, 8 and Vasantham as well as The Straits Times, Zao Bao, Shin Ming Daily News and 8world (April 2022)







2018ஆம் ஆண்டு தோற்றுவிக்கப்பட்ட SG Cares இயக்கத்தின் முயற்சிகளின் ஒரு பகுதி



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: LIMMIE ZOOBIO

New Sembawang centre offers more volunteering options

It aims to foster consistent volunteerism, engage seniors keen to give back to society

Malavika Menon

Sembawang residents can now find more opportunities to help in their community with the launch of a new volunteer centre yesterday.

Launched by the Ministry of Culture, Community and Youth's SG Cares office and active ageing charity Blossom Seeds, the Sembawang centre is one of 24 across Singapore which have been set up to promote consistent volunteerism and engage seniors who are keen to give back to their community.

Health Minister Ong Ye Kung, who was the guest of honour at the launch yesterday, noted how volunteer centres address the need for

consistency and sustainability in volunteering.

"More people are now willing to volunteer and contribute to their community, but it is not easy to figure out where to go, and not all community organisations are able to take in volunteers. A centre like this helps facilitate the process by linking various community partners," he said.

"We shall just want to reject any volunteers, anyone with a heart to serve. We must find you a place where you can contribute and help others. That's what we want to achieve," added Mr Ong, who is also an MP for Sembawang GRC.

Set up in 2013, Blossom Seeds engages seniors and volunteers through community initiatives such as befriending programmes,

OPENING UP OPPORTUNITIES

We shall not want to reject any volunteers, anyone with a heart to serve. We must find you a place where you can contribute and help others. That's what we want to achieve.

HEALTH MINISTER ONG YE KUNG on the need to link community partners

and arrangements to escort and transport seniors to their medical appointments.

"As at last year, the charity had 390 volunteers. Blossom Seeds chief executive Ong Siew Chin said: "At the SG Cares volunteer centre at Sembawang, we hope to inspire and equip young people and retirees to reach for greatness through service in their community."

Retiree Leslie Tay, 64, who volunteers with Blossom Seeds as a medical escort to accompany seniors to their medical appointments, said: "I wish to stay active by serving the community. I will continue to volunteer in the medical escort and transport programme, as there is still lots for me to learn in terms of communicating with beneficiaries and how to manage wheelchair users."

At the event, Mr Ong, who contracted dengue fever several days ago, also gave an update on his health.

He said that his blood platelet count is up and he is feeling better. He reminded residents to be wary of mosquito breeding near their homes, as the Aedes mosquitoes are responsible for carrying and spreading the dengue virus.

"Mosquitoes (eggs) grow in clean water, they grow at home, in your containers or your balcony. So I wanted to put out a health message to tell people to be careful in their homes," he said, referring to his Facebook post on Friday.

mmh@blossomsg.com.sg

4/17/22, 6:01 PM

New volunteer centre in Sembawang aims to recruit residents to help community | The Straits Times

THE STRAITS TIMES

New volunteer centre in Sembawang aims to recruit residents to help community



Minister Ong Ye Kung (second from right) at the launch of the volunteer centre with Blossom Seeds CEO Ong Siew Chin (in purple) and MCCY deputy secretary Philip Ong (right). PHOTO: LIMMIE ZOOBIO



Malavika Menon

PUBLISHED APR 16, 2022, 5:04 PM SGT

SINGAPORE - Sembawang residents can now find more opportunities to help in their community with the launch of a new volunteer centre on Saturday (April 16).

Launched by the Ministry of Culture, Community and Youth's SG Cares office and active ageing charity Blossom Seeds, the Sembawang centre is one of 24 across Singapore which have been set up to promote consistent volunteerism and engage seniors who are keen to give back to their community.

Health Minister Ong Ye Kung, who was the guest of honour at the launch on Saturday, noted how volunteer centres address the need for consistency and sustainability in volunteering.



▲王乙康今早出席三巴旺关爱新加坡行动义工综合中心的启用仪式，左为福禧执行长翁秀卿，右为文化、社区及青年部 副部长王乙康。

王乙康:病例持续下降 适时将恢复正常社交活动

活动上说，我国已经在逐步开放之中，如今体育和音乐活动可以进行，人们可以在10人一组的限制下聚会，学校与工作场所的社交活动也已放宽，生活大致上已回归正常。

“我原本还很担心这些措施放宽后病例又会上升，结果不但没有，反而继续下降。这些都是大家辛苦的结果，因为彼此之间的信任，对疫苗、对医疗体系和信心的信心，大家上下一条心，终会克服疫情难关。”

王乙康说，我国是目前众多已恢复正常生活的国家之一，而我国也是世界上新冠死亡率最低的国家之一。

“如今还未恢复正常的是，社交活动上不能随意饮食，喝水要脱口罩，一脱口罩就不能超过10人聚集。因此像婚宴场合上，除了做了检测的新人外，大家都不能走动，随意互动。”

不过，他表示若病例持续下降，到时将能恢复正常社交活动。

王乙康也在今天的活动上表扬义工们的付出。他希望能借助“关爱新加坡行动”这一平台，吸引并留住更多有心参与义工活动的志愿者，并感谢管理三巴旺关爱新加坡行动义工综合中心的非盈利机构“福禧”为社区所作出的贡献。

冠病19疫情

单日新增病例持续下降

王乙康:适当时候会放宽防疫措施

日前感染骨痛热症的王乙康昨早出席三巴旺关爱新加坡行动义工综合中心的启用仪式。他在活动上说，原本很担心本地放宽安全管理措施后，确诊病例会激增，但这一情况并未出现，病例仍持续下降。

林慧敏 humin@ph.com.sg

随着单日新增冠病确诊病例持续下降，我国有望恢复正常生活。卫生部长王乙康说，会在适当的时间点，进一步放宽安全管理措施。

日前感染骨痛热症的王乙康昨早出席三巴旺关爱新加坡行动义工综合中心的启用仪式。他在活动上说，原本很担心本地放宽安全管理措施后，确诊病例会激增，但这一情况并未出现，病例仍持续下降。

王乙康说，随着防疫措施放宽，民众可恢复歌唱和大型体育活动，75%的居家办公者可返回工作场所办公，生活逐渐恢复正常。

不过，一些社交活动仍无法如常进行，例如在婚宴中，只有完成冠病检测的新郎新娘可与各亲宾客交流，其他出席者只能和同桌的宾客互动。

他指出，若我国的病例持续下降，人们的生活有望恢复正常。

至于何时能进一步放宽安全管理措施，王乙康认为不应操之过急，而是在适当的时间点做正确的事。

“适当时候放宽措施时，我们就会这么做。是时候收紧措施时，我们也没有办法，必须那么做，并向公众解释背后的原因。不过，我认为我们正在正确的方向前进。”

日公定假期，因此昨天的单日新增病例也进一步下降。

我国昨天新增1670起冠病病例，比前天减少超过一半，创造三个月来的新低。重症病患从前天的42人减至41人，其中33人需要输氧，比前天多了一人。八人在加护病房，比前天少两人。

根据卫生部网站昨晚更新的数据，截至昨天中午，共有262名冠病病患住院，比前天少了18人。

新增病例中，1620起是本土病例，其余50起是输入病例。本土病例中，通过抗原快速检测到（ART）确诊的有1375起，核酸检测（PCR）呈阳的有245起。

每周病例传播率从0.75降至0.74，连续46天低于1，共3458人在过去一天出院或完成隔离。

截至本月15日，92%的人口通过全国疫苗接种计划完成基本疫苗接种程序，73%注射了追加剂。过去28天有14万6632人感染冠病，99.7%无症状或只出现轻微症状，需要输氧和进入加护病房的分别占0.2%和0.02%，病逝者占0.04%。

单日新增1670起病例 创近三个月来新低

他也说，与其他逐渐恢复正常生活的国家不同，新加坡的冠病死亡率是全球最低的国家之一，这主要是靠大家齐心协力，彼此信任才能达到的成果。

王乙康说，前天是福禧受聘



▲卫生部长王乙康（中间）昨天到非盈利机构福禧位于坎贝拉的会所，出席关爱新加坡行动义工综合中心的启用仪式，与义工们交流、跳舞。文化、社区及青年部 副部长王乙康（前排右一）也出席这场活动。（白艳琳摄）

新闻 财经 言论 娱乐 生活 保健 体育 视频 早报播报 互动新闻 专题 宅在家做什么?

新加坡

王乙康:若冠病病例持续下降 有望恢复更多活动

文/林慧敏
发布/2022年4月16日 1:47 PM
更新/2022年4月16日 5:00 PM

卫生部长王乙康（右）今早（4月16日）访问三巴旺关爱新加坡行动义工中心。（白艳琳摄）

President's Star Charity Show on Channel 5 (October 2021)



Thank you Mediacorp Channel 8 for featuring Blossom Seeds and our beneficiaries!

Channel 8 came over to film our staff and beneficiaries. As part of their series, Blossom Seeds has been selected to show how our services are still on-going through this difficult period and why there is an urgent need for them. Notwithstanding the pandemic, our seniors still need someone to bring them for medical appointments, grocery & haircut. We thank our dedicated volunteers and staff for always going the extra mile to ensure this is possible for our seniors

Mediacorp Channel 8 News (October 2021)



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!

Our work would not have been possible without the support from all agencies, community partners, sponsors, donors and volunteers. It is your generosity that allows us to realise our vision of a compassionate community where everyone blossoms.

We thank you sincerely for supporting our work with the seniors.

Sharing from Mr Masagos Zulkifli

“76-year old Mdm Salbiah Binte Mohamed has chronic medical conditions and is wheelchair bound. As she is unable to get to her medical appointments on her own, she has been introduced to the Medical Escort and Transport service provided by Blossom Seeds. Glad to hear that through the service, she now has help getting to and from her medical appointments.

With 1 in 4 in our population aged 65 and above by 2030, our seniors face challenges such as increased healthcare needs with chronic medical conditions. As a result, some seniors may not be as mobile and may need extra help moving from place to place. We recognise such challenges, and are continually ramping up our efforts to better support seniors to age well in the community.

The Medical Escort and Transport service, which is administered by the Agency for Integrated Care - AIC Singapore, is one such example of how we are enhancing support for our seniors. The service provides transportation as well as someone to accompany clients to and from their homes for medical appointments. This can help bring peace of mind to our seniors and their caregivers.

Just as how Mdm Salbiah has benefitted from the Medical Escort and Transport service, we hope other seniors who need help can benefit too. If you know a senior who might need such assistance, do check with the Agency for Integrated Care at 1800-650-6060.”





Channel 5 and 8 News



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