



Bishan Home for the Intellectually Disabled

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GROWING IN FAITH AND LOVE

ANNUAL REPORT 2014



FROM THE GROUND UP

Our roots lie deep, with our caregiving and exercise department giving us the solid grounding on which we can build our residents up, encouraging them to live as independent a life as they are able to.

**FROM A
SMALL SEED,
A MIGHTY
TREE MAY
GROW**



As with young seedlings, we often have to provide them with support to ensure they grow up tall and healthy. For our residents, our training provides this support—looking to enhance their lives and improving their skills through Activities of Daily Living and Community Living Skills.





**THERE ARE NO
DREAMS TOO
LARGE, NO
INNOVATION
UNIMAGINABLE
AND NO FRONTIERS
BEYOND OUR
REACH**

- JON S. HERRINGTON

**Volunteers are our key partners
in serving our intellectually
disabled clients. With them, our
clients are able to embark on
their journey in life.**

A Salute to our Volunteers

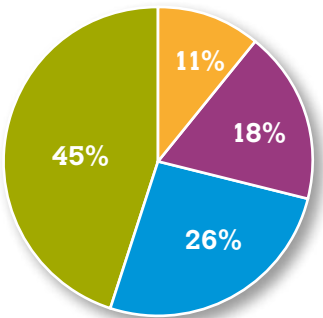


4510
VOLUNTEERS

Visited Bishan Home and interacted with our residents and DAC clients

11896 HOURS

Total amount of time spent by volunteers in Bishan Home



GROUP VOLUNTEERS FOR FY 2014

- Corporate
 - Interest Group
 - Organisation/Society
 - Schools
-

Bishan Home is grateful to host volunteers from all walks of life. All of our volunteers have spent at least 3 hours interacting with our residents and DAC clients. Bishan Home plays an important role in promoting intellectual disability community to the general public, and we will continue to do so in the future.

A Salute to our Volunteers

Outcomes- BHID volunteers

One of our first programs spearheaded by our volunteers alone, our sewing class has expanded tremendously in the past year. We have a group of dedicated volunteers that come together weekly to teach a class of 15 residents and clients, often engaging them in a 1 to 1 session in order to create pillow cases, bags and other craft projects. In the future, we hope to be able to put our products on the market as not only a showcase of what our residents can do, but also in increasing awareness for the disability sector.



Master Chef

Master Chef was a project initiated by MSF, involving a group of CSO youths and our DAC clients. In this project, the CSO youths spent time with our DAC clients, teaching them how to prepare simple dishes like pizza and cupcakes. This program culminated with a visit from Ms Low Yen Ling (Parliamentary Secretary, Ministry of Social and Family Development & Ministry of Culture, Community and Youth and Mayor, South West District where she learnt more about the program.

Showcase at Bishan Community Centre + Ground-up Initiative collaboration

Bishan Home initiated an outreach project; the aim of the project: to promote neighbourliness and to encourage Bishan residents to get together and overcome their fear and misconception toward the disabled community.

This project involved collaboration from Central CDC Singapore, Ground-up Initiative (GUI) and Bishan Community Centre and support from the Mayor's Imagine Fund from Central CDC, where volunteers built therapeutic games over a period of seven months. These included equipment like colourful hand wheels for exercising upper limbs and a musical staircase to encourage residents to exercise.

These games were then brought to Bishan Community Club where they were showcased to the general public. Bishan Home also set up a booth with more information on intellectually disability and the disabled community in Singapore.

Hydroponic Garden

We have continued our hydroponics program with students from Raffles Institution, St. Joseph's Institution and Naval Base Secondary School this year. Students plant crops such as kang kong and cai xin and harvest the crop together with our residents. The students are also involved in the sale of the vegetables, selling them to residents around the neighbourhood. One of our biggest supporters is Hampton Pre-School; the school has kindly allowed Bishan Home to set up a booth to sell our vegetables to the parents of the children attending the school.



Counting number packets of vegetables before leaving

Selling hydroponically grown vegetables at Hampton Pre-School

Community Service Order Program

Every year, we have around 10 Community Service Order (CSO) Youths attached to Bishan Home. These youths are placed in the home where they assist our nursing aides with our training programs, help our housekeepers in keeping the home clean and befriend our residents during their time in Bishan Home. Bishan Home supports the efforts of the Ministry of Social and Family Development (MSF) in helping these youths find a constructive way to contribute to society.



A Salute to our Volunteers



A Salute to our Volunteers

