

### BOYS' TOWN FOSTERING SERVICES

## PROVIDING A *Safe Haven*



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*Children placed in foster care may have been through difficult times, hence having supportive foster parents can help the children enjoy the happy childhood they deserve. The new chapter started when married couple Mr Selamat and Mdm Fadhilah opened their home to provide a safe environment for a pair of brothers aged three and five. To focus on caring for the boys, Mdm Fadhilah decided to resign and spend more time with them.*

#### The Path to Fostering

Mr Selamat and Mdm Fadhilah recalled that their introduction to foster care was far from smooth sailing. They learnt that the boys' biological mother was arrested. That took an emotional toll on the older sibling as he witnessed his mother being taken away in handcuffs by the police.

As the boys came from a troubled home, the older boy exhibited behavioural issues and the couple had to be mindful of how they manage the boys. On one occasion, the older boy was distressed and he refused to follow them home as he was waiting for his



biological aunt to pick him up from childcare. He used to struggle to manage his emotions – he would have regular meltdowns where he would enter a screaming rage in public places. Mdm Fadhilah recalled crying when she held the boy's hands while walking home as she questioned why she put herself through this.

#### What Kept Them Going?

Difficult behaviours were likely symptoms of the brothers' previous traumatic experiences. While moments like these made parenting quite challenging, Mdm Fadhilah turned to the Boys' Town social worker who came to her aid and advised her on managing the boys. There were countless times she wanted to give up, but she was worried what would happen to the boys and decided to press on.

Now, Mr Selamat and Mdm Fadhilah have their hands full and enjoy the heart-warming moments caring for the two brothers. Mdm Fadhilah shared that as foster parents, it is important to remain patient and resilient. Their relationship as husband and wife has also grown stronger because of the family time with the boys. The couple could not imagine life without the boys as they filled the emptiness in their hearts.

***Fostering a child is a beautiful experience – being there for them during a rocky part of their life is filled with rewards.***



## Message from the Executive Director

Dear Friends and Supporters of Boys' Town,

As Boys' Town commemorates Feast Day in August, we would like to also take this chance to honour and continue the journey started by the Montfort Brothers of St. Gabriel. We are constantly striving to develop over the past 73 years to positively impact the lives of children and youth in-need, recognizing the importance of care for both their physical well-being and mental health.

As we look back at how far we have come, we are truly grateful for the people in the community like you who have reached out and supported Boys' Town in many ways. Thank you for your kindness and generosity!

God Bless,  
**Roland Yeow**  
Executive Director

### UPCOMING EVENT

## Charity Movie 2021



Do you miss our charity movie screenings? We plan to be back (in a slightly different manner)!

Charity Movie is part of our continuous efforts to raise funds to support our programmes and operations. **For every \$50 donation, you will receive 1 movie voucher as our token of appreciation!** Each voucher has a validity of one year. We are targeting to raise \$60,000 through this Charity Movie. Donations are eligible for 2.5 times tax deduction (if applicable). We would like to seek your support in helping us reach this goal.

If you have any enquiries or are interested to donate to Charity Movie, please contact Lorraine at **6690 5420 (ext 404)** or email [lorraine@boystown.org.sg](mailto:lorraine@boystown.org.sg).

We also continue to remain engaged with the community by organizing educational workshops and talks such as:

- ✓ An Introduction to Trauma-Informed Care
- ✓ Safe Supportive Workshops for Trauma-Informed Care
- ✓ Stress Management and Well-Being
- ✓ Other Customized Mental Health Related Talks

To find out more information about mental health and other programmes, you can reach out at:  
Tel: **6690 5420** Email: [cic@boystown.org.sg](mailto:cic@boystown.org.sg) or [celynn@boystown.org.sg](mailto:celynn@boystown.org.sg)

### CLINICAL INTERVENTION CENTRE



The Clinical Intervention Centre (CIC) takes a three-prong approach in improving mental health and supporting mental wellness in children, youth and their families:

#### 1 OUTREACH AND EDUCATION

To create awareness and share knowledge of mental health and practise mental wellness amongst the community.

#### 2 TRAINING/CONSULTATION

For social service practitioners/educators so that they gain knowledge and the skills necessary to support their work with the clients.

#### 3 THERAPEUTIC SUPPORT/INTERVENTION

This will be the most intensive end of the spectrum where regular sessions are provided for clients.

The past year has been a challenging one in supporting clients' mental health during the pandemic. The approach that we adopt requires us to work closely with clients' stakeholders in coordinating their care and for the best therapeutic outcome. As such, support and intervention include:

- Individual counselling
- Family counselling
- Parenting work/skills
- Providing consultation for school teachers, counsellors and other professionals
- Teacher coaching/guidance in managing clients, case conferences and home visits

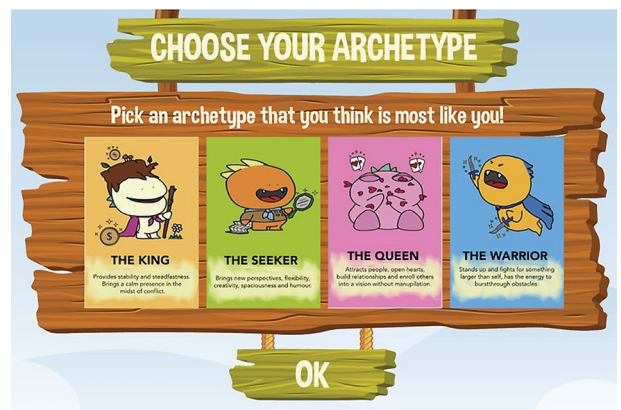
CIC strives to educate the Boys' Town staff by equipping them with skills and best practices through trainings. This allows our staff who are directly involved with the clients to better manage and tackle potential mental health challenges.

# E JURASEEK

## - DISCOVERING LIFE GOALS

During the June holidays, 24 residential boys engaged in an interactive online game "E JuraSEEK". This programme enabled the boys to self-identify present life goals and learn to set achievable goals. The programme consists of 3 parts:

Archetypes	Reflected the natural patterns of behaviours of the participants
Life Goals	Identified their goals and aspirations in life
Life Satisfaction	Indicated their satisfaction based on the life goals they have attained



Through the session, we gathered that the top 5 life goals for the boys were Good Health, Spending Time with Family and Friends, Eat Well, Higher Education and Investments (in order of their preferences). The application of setting achievable life goals helped in understanding themselves. Overall, it was a fun session which the boys enjoyed tremendously, feeling proud of their archetype creations.

### YOUTHREACH

## Refocused Outreach

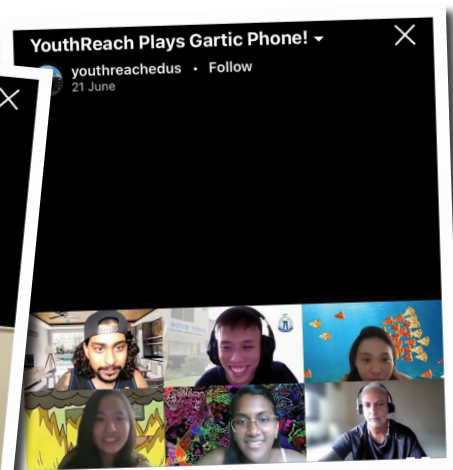
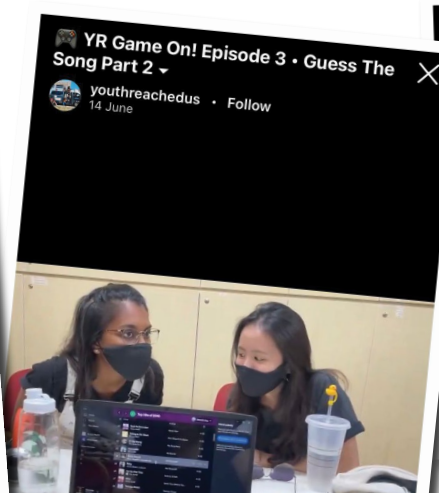
### During Pandemic

As YouthReach explores the shift to post-pandemic social media behaviours, our objectives are modified to include promoting the culture, services and programmes of YouthReach. YouthReach has also amped up social media outreach by using Instagram as our medium.

Interesting online events included a superhero-themed giveaway, a live award ceremony for #TampJamOnline (a virtual skateboard competition), and a collaboration with Care Corner Youth Services over a TikTok dance battle. Meanwhile, regular content includes self-care tips, youth opportunities, Youth Features that showcase youths

performing their skills and talents like dance, fitness and cooking, as well as youth-centric content like Lingo of the Month which spotlights different youth slangs and illustrates them in comedic scenarios.

Many youths enjoyed watching the content being put out and they wished to join our workers in playing the games. From August 2021 onwards, YouthReach is revamping its Instagram page to include more focus on physical and mental well-beings as well as youth narratives to cater to the current needs and interests of youths. Do not forget to follow us on our Instagram page, [@youthreachedus](#) and help us spread the good word!





# Who WE ARE...

Boys' Town is a charity started in 1948 by the Montfort Brothers of St. Gabriel. We provide residential care, fostering, adventure therapy, youth outreach and other community and school-based programmes and services for over 1000 children and youths from disadvantaged and disengaged families. We are an Institution of a Public Character (IPC) and a member of the National Council of Social Service.

## IMPORTANT NOTICE REPORT SCAMS

Boys' Town is not organising the sale of ice cream and handmade pencils to raise funds. We have put up a notice on our website to notify the public of possible scams. The authorities would like to advise victims to lodge a police report.

If you encounter these peddlers, please check with us before making any donations. You may contact us during office hours, Monday to Friday, 9am - 6pm or call our duty officer at 9623 4731.

## SANCTUARY CARE

# Milk & Diaper Run 2021



The Milk and Diaper Run is an annual community outreach effort by Boys' Town Sanctuary Care that began in 2019. This initiative started when there was an outpouring of requests for donations of formula milk and diapers for needy families experiencing financial struggles. To ease these burdens, we organized this initiative to ensure the less fortunate families and children have access to these necessities.



As Sanctuary Care enters our third year of this outreach event, we are pleased to announce that we have stepped up our efforts to reach out and assist more families. **In 2021, through generous donations from benefactors, we provided 2 tins of milk and 4 packets of diapers for 181 infants and children who came from 111 families.** These families were identified through a joint effort with 11 social service agencies. As the battle against this pandemic continues, we would like to send the message of hope that Sanctuary Care is here to provide respite caregiving services for parents who are struggling and need some support in terms of parenting.

Our fundraising collection has dipped in July and August 2021. We greatly appreciate your contributions and support so that we can continue to impact and improve the lives of children and youth that we serve.

We appeal to your generosity and kindness to help us raise \$150,000 from 1 September 2021 – 30 November 2021 through this newsletter campaign. Donations received from this will help to support Boys' Town's operations and programmes.

▼ Donate via  
[www.boystown.org.sg](http://www.boystown.org.sg)



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By proceeding with your donation to Boys' Town, you are confirming that the donation is intended for the Charity. Personal information collected will be used for tax deduction purposes, communications and be kept in compliance with PDPA.

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For enquiries, please call 6690 5420 or email [info@boystown.org.sg](mailto:info@boystown.org.sg)

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