

# UNCOMMON VOICES

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# UNDERSTANDING POVERTY AND ITS LONG SHADOW OVER GENERATIONS

Photo: Canva

### EDITOR'S NOTE

When we think of poverty, we might picture financial hardships, but it encompasses much more.

Poverty is the inability to flourish and lead a full life, and may entail strained relationships, mental health struggles, and physical illness. The fallout of such issues inevitably ripples through families and communities, including the generations that follow. With empathy and support however, we can break the intergenerational poverty trap.

In this issue, we share stories of individuals who turned trials into triumphs and testimonies of courage and strength. By recognising that everyone, including ourselves, may struggle with forms of poverty, we can reduce the stigma around seeking help.

Today, will you join us in changing perspectives and showing grace upon grace, so that many more may thrive and know a fuller life?

Scan for more stories and learn about our work.

Michelle  
Editor



- **Poverty is more than financial lack; it is the inability to flourish in the context of our society, encompassing social, emotional and relational wholeness.**
- **Poverty in its various forms often intersect, and without holistic interventions, may persist through generations.**
- **As individuals, we can educate ourselves and actively correct our biases, reducing the stigma surrounding receiving support.**
- **Together, we can promote deeper and better civic discussions anchored in empathy.**

### POVERTY BEYOND FINANCIALS

Dan\*, 42, and Lydia\*, 38, had been married for over a decade. Dan is a professional in a reputable organisation while Lydia is a successful personal care consultant. On the surface, the couple and their three children appeared to have a happy family life. But beneath this facade masked a hidden struggle with poverty.

The word "poverty" usually suggests a lack of material or financial resources but it may also encompass the absence

of social, emotional and relational wholeness.

#### Fractured Relationships

In Dan and Lydia's case, mistrust and the lack of good communication ultimately led to their bitter split. Recently divorced after a tumultuous custody battle, the couple is undergoing counselling for co-parenting.

They were referred to the Strengthening Families Programme@Family Service Centre (FAM@FSC) run by Methodist Welfare Services

(MWS) for co-parenting support after Dan discovered multiple bruises on their children.

#### Chronic Poor Health... and Loss of Hope

74-year-old Yap Yock Choon once had a debilitating heart condition which persisted even after a successful heart surgery in 2019. "I spent most days in bed as I was constantly tired," she recounted. Despite having no lack of material resources, Mdm Yap was experiencing a poverty of hope, battling depression and feeling isolated by her health struggles.

Stories like Dan and Lydia’s, as well as Mdm Yap’s, behoove us to think of poverty beyond monetary terms.

The World Bank defines poverty as a “pronounced deprivation in well-being”<sup>1</sup>. The broadest approach to well-being – and poverty – focuses on the ability of the individual to function in society.

This means poverty may extend to an impoverishment in physical and mental health, competence and self-worth, close relationships and social connections, agency and participation, and values and meaning. And these may not be exclusively caused by financial poverty.

Acknowledging the complexity of poverty is crucial in encouraging those

experiencing non-financial forms of poverty to seek support.

In her book *This is What Inequality Looks Like*, sociologist Teo You Yenn cautions against framing social support as exclusive to a minority, as it reinforces stigma around poverty and deters people from seeking assistance<sup>2</sup>. A broader view can shape societal discourse and national policies, and lead to more inclusive support systems.

**INTERSECTING FACETS OF POVERTY**

Recognising poverty in its many forms also acknowledges the intricacies of human struggles.

**Complex Human Struggles**  
Meet Irene, a 51-year-old



client of MWS Covenant Family Service Centre – Buangkok. She is the primary caregiver for her family of five, including her husband, her 32-year-old daughter who is a single mother, and her two grandchildren aged 10 and 4. Irene stopped working years ago due to mental health

issues and to focus on caring for her family. These days, she juggles between helping her husband with delivery tasks and caregiving duties.

Amid the rising costs of childcare, medical bills and daily living, Irene faces crippling anxiety and depression.

“The financial pressure is crushing. Money is tight, and I feel overwhelmed and helpless. Sometimes, I skip meals so that my grandchildren can eat,” she confided.

Irene’s story highlights the struggles of families from low-income backgrounds, where financial limitations constrain options and exacerbate other existing issues.

**Poverty of Choice**  
A research done in 2013 titled *Policy Responses in an Unstable Globalized Economy: Multi-Stressed Low-Earning Families in Singapore*<sup>3</sup> highlighted that the “stress of low earnings is often interrelated with social factors in the family that compound or are compounded by low earnings”.



The different forms of poverty that can affect an individual's well-being

1 Introduction to poverty analysis (English). Washington, D.C. : World Bank Group. <http://documents.worldbank.org/curated/en/775871468331250546/Introduction-to-poverty-analysis>. (p.6).  
 2 Teo, Y. Y. (2022). Dignity Is Like Clean Air. In *This is What Inequality Looks Like* (pp. 199–230). Ethos Books.  
 3 Ng, I. Y. H., & Ho, K. W. (2013). Policy Responses in an Unstable Globalized Economy: Multi-Stressed Low Earning Families in Singapore. *Economic Stress, Human Capital, and Families in Asia: Research and Policy Challenges*, 241–258. [https://doi.org/10.1007/978-94-007-7386-8\\_14](https://doi.org/10.1007/978-94-007-7386-8_14)

While families with financial means may also encounter stressors, they are more likely to be able to afford options to manage the challenges, for instance, by hiring help to ease caregiving stress. Struggling families from low-income backgrounds often find these alternatives unaffordable.

Yet, interpreting Irene’s struggle with poverty as just an issue with finances would be reductive.

**INTERGENERATIONAL TRANSMISSION OF POVERTY**

**Childhood Trauma**

Irene’s mental health issues are not simply linked to her current struggles but are rooted in her childhood trauma. Raised by her grandmother in a rental flat, she endured financial hardship, marginalisation and childhood bullying by her peers. “They looked down on me and called me terrible names because I came from a broken family,” Irene recalled. The comments have stayed with her to this day. Unprocessed emotions have only deepened her wounds over time, profoundly

impacting her well-being. Without guidance, Irene subsequently dropped out of school.

Our struggles – be they financial, physical, emotional or relational – are intertwined and accumulate over time. Without holistic and sustained intervention, families like Irene’s may remain trapped in the vicious cycle of poverty for generations.

**Uneven Starting Point**

Research has shown that starting positions, parental background, and connections increasingly determine success, leading to inequality perpetuating across generations<sup>4</sup>.

In Singapore’s education system for example, families with more resources are often able to provide better opportunities for their children, including access to top schools, early childhood education and enrichment programmes. Unfortunately, these advantages are often out of reach for children from less privileged backgrounds, perpetuating lower mobility rates across generations.

Irene’s life paints a poignant picture of this stark truth. Her upbringing left her with scant resources, guidance and support for many years. This led to a cycle of emotional, mental and financial hardship, with limited access to education and economic opportunities.

**Poor Role Modelling**

Beyond finances, intergenerational poverty can also manifest in relational and emotional dimensions.

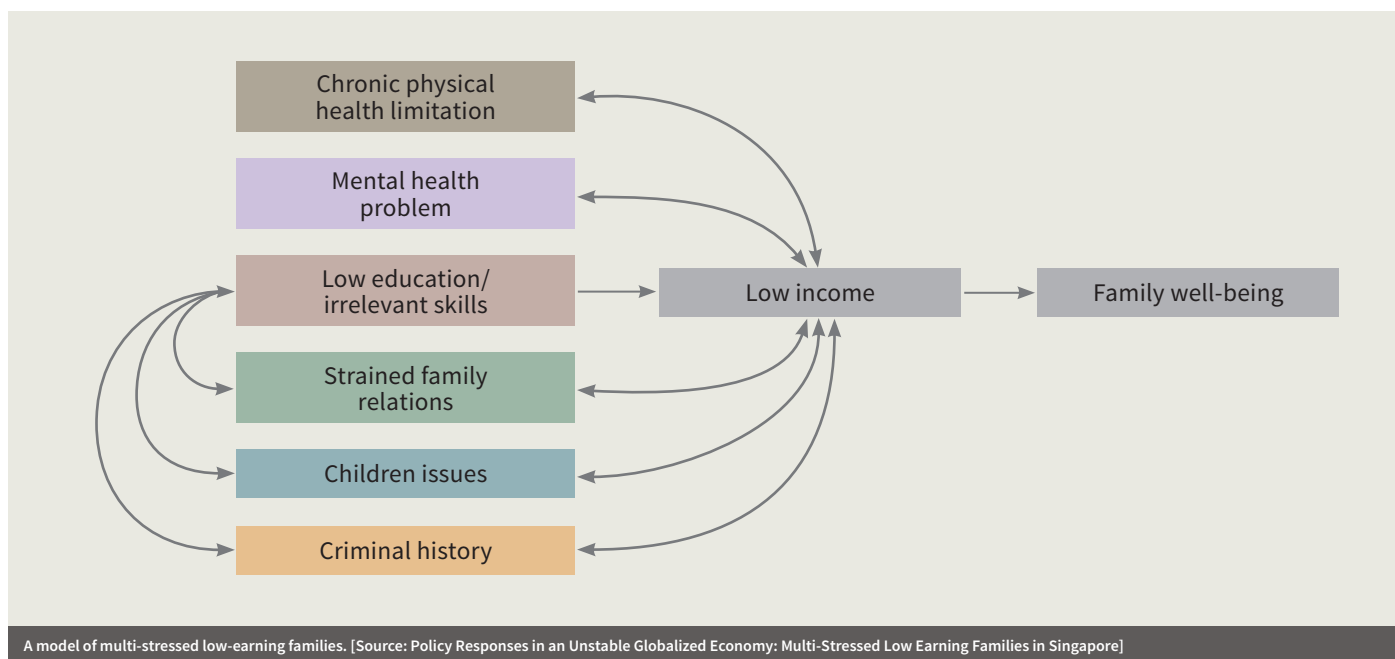
Consider Lydia, whose upbringing was marked by early independence at just 13, when she came to Singapore alone for schooling. Despite

having material necessities, she lacked crucial guidance in her formative years. “Growing up influenced by media portrayals of love and romance, I assumed marriage would be easy. With no real-life role models, I didn’t grasp the complexities of sustaining a marriage,” she confessed.

Her lack of exposure to effective communication and conflict resolution skills that are often modelled in healthy relationships led to avoidance of deep-seated issues and communication struggles. This resulted in marital conflicts and a harsh disciplinary stance that estranged her from her children.



Photo: Canva



A model of multi-stressed low-earning families. [Source: Policy Responses in an Unstable Globalized Economy: Multi-Stressed Low Earning Families in Singapore]

4 Low, D. (2014). Good Meritocracy, Bad Meritocracy. In S. T. Vadaketh & D. Low (Eds.), *Hard Choices: Challenging the Singapore Consensus* (pp. 48–58). NUS Press.

Similarly, Dan’s upbringing deeply shaped his communication style in his marriage. “My mum has a very strong personality, and my dad would often give in during conflicts,” Dan reflected. “Their passive conflict resolution style influenced me a lot in my own marriage. I often yielded in disagreements with my ex-wife to avoid confrontation over important issues in order to maintain peace. Because of this, we grew distant and eventually, our marriage fell apart.”

Dan’s account echoes a body of research<sup>5</sup> which posits that children may mimic their parents’ relational patterns, perpetuating similar patterns of behaviours in their own relationships.

Despite Dan’s and Lydia’s middle-class upbringing, they grapple with a form of intergenerational poverty. These narratives remind us that regardless of our financial means, we may all experience poverty in the various dimensions of our well-being.

**NEW PERSPECTIVE, GREATER EMPATHY**

In June 2022, Singapore’s 4G leaders launched the *Forward Singapore* exercise to refresh our social compact and chart a roadmap for the next decade and beyond.

Among the many insights revealed is an evolving perspective towards ‘success’ that goes beyond material possessions, as well as a desire for a more inclusive society<sup>6</sup>. With over 40 years’ experience of walking the journey with those who are experiencing poverty in its different forms, MWS is ever more prepared to support individuals like Mdm Yap, Irene, Dan and Lydia to thrive and know a fuller life.

**Addressing Poverty Holistically**

In Mdm Yap’s case, her physical fitness started to improve after regular fitness workouts at MWS Wesley Active Ageing Centre – Jalan Berseh for almost a year. These days, the senior leads an active, sociable lifestyle that includes doing modified parkour and rock climbing.

As for Irene, through the MWS Family Development Programme, she can now afford basic necessities for her family. The debt clearance and savings matching programme, designed to get low-income families out of debt and into asset-building, matches every dollar Irene contributes with \$2.

**Positive Modelling and Emotional Support**

Beyond financial aid, Irene is grateful for the emotional support she receives. “When loneliness or depression looms, I reach out to MWS for help because I must stay strong to take care of my family. They make me feel truly cared for,” she said.

Such support gives Irene hope that her grandchildren will

not experience the bullying, helplessness and lack she endured while growing up. By staying emotionally strong and supported, Irene believes she can better provide for her family and break the cycle of hardship, ensuring a brighter future for her grandchildren.

For Dan and Lydia, they have come to realise the harmful impact of their past relationship dynamics on their children and are working to improve their co-parenting communication. They have learnt to express themselves more amicably for their children’s sake, and have adjusted their disciplinary approaches.

“Thanks to my social worker’s support, my relationship with my children has improved significantly. I hope this will help them to have better relationships of their own in future,” said Lydia.

**It Takes a Village**


Addressing poverty in all its complexity requires the collective efforts of our entire society. So what can we do?

By educating ourselves and addressing unconscious

biases, we can foster a culture of empathy and support. This can look like actively engaging with people from diverse social backgrounds and gaining insights into their challenges. Empathy thrives when we go beyond concept, to practise it everyday. Recognising that everyone, regardless of financial status, struggles with some form of poverty helps promote equity and destigmatise seeking help.

We can become agents of change in promoting this mindset shift in private and civic conversations, and through volunteering or partnering with organisations like MWS to advocate for poverty alleviation in all its forms.

As a society, are we also prepared to review present structures and consider rebalancing the distribution of resources to people in greater need?

Together, we can work towards making Singapore a more inclusive society where no one battles poverty in isolation and obscurity. Will you join us on this mission today? 

*\*Not their real names*



Mdm Yap (second from right) at MWS Wesley Active Ageing Centre – Jalan Berseh

5 Taccini, F., Rossi, A. R., & Mannarini, S. (2021). Intergenerational Transmission of Relational Styles: Current Considerations. 12. <https://doi.org/10.3389/fpsyg.2021.672961>

6 Forward Singapore Workgroup. (2023). Building Our Shared Future. Ministry of Culture, Community and Youth. [https://www.forwardsingapore.gov.sg/-/media/forwards/g/pagecontent/fsg-reports/full-reports/mci-fsg-final-report\\_fa\\_rgb\\_web\\_20-oct-2023.pdf](https://www.forwardsingapore.gov.sg/-/media/forwards/g/pagecontent/fsg-reports/full-reports/mci-fsg-final-report_fa_rgb_web_20-oct-2023.pdf)



## CHEERS TO A DECADE: MWS CHARIS ACE AAC CELEBRATES MILESTONE OF SERVING SENIORS

MWS CEO Calvin Ngo (4<sup>th</sup> from right), MWS Board of Governance Chairperson Eugene Toh (5<sup>th</sup> from right) and MWS Charis ACE Active Ageing Centre (AAC) - Geylang East Centre Governance Committee Chairman Professor Emeritus Lionel Lee (6<sup>th</sup> from right) celebrated MWS Charis ACE AAC's 10<sup>th</sup> anniversary with a cake-cutting ceremony during a dinner event on 27 April 2024

Mr Liew Teck Chye, a stroke survivor, hasn't let his mobility impairment diminish his determination to live well. For the past few years, the 71-year-old has regularly participated in various activities at MWS Charis ACE Active Ageing Centre (AAC) - Geylang East. "I make new friends and get to play ping pong and foosball," he said. "It makes me happy, keeps me occupied, and helps me stay healthy."

Since last year, Mr Liew has also stepped up to volunteer, teaching Nagomi art - a therapeutic form of Japanese pastel painting - at the Centre. "It's a healing art that engages my peers cognitively and makes them happy," he said. "Seeing them happy makes me

happy too, and their improvement gives me a sense of accomplishment."

He also assists with various errands at the Centre, guiding seniors and encouraging their participation in exercise and other activities.

Mr Liew is just one example of a senior member of the Centre who has been empowered to lead a healthy, socially active life while encouraging others to adopt healthier lifestyles.

It is this vision of 'Empowering Elders' shared by Methodist Welfare Services (MWS) - the social concerns arm of The Methodist Church in Singapore - and Charis Methodist Church (Charis MC) that led to the setting up of

Charis Activity Centre for Elders (ACE), the predecessor to today's MWS Charis ACE AAC, a decade ago. The goal was to empower seniors to help themselves and the community by


- 1) Growing Old Gracefully
- 2) Growing Old Healthily
- 3) Growing Old, Reaching Out

On 27 April 2024, MWS Charis ACE AAC celebrated its 10<sup>th</sup> anniversary, a testament to the successful partnership.

"The hands-on approach of the Centre Governance Committee (CGC) has been instrumental to the 10-year success of the MWS Charis ACE Active Ageing Centre, as is the symbiotic and cordial relationship between Charis Methodist Church and MWS," said MWS Charis ACE AAC -

Geylang East CGC Chairman Professor Emeritus Lionel Lee.

Eugene Toh, MWS Board of Governance Chairperson, added: "The 10<sup>th</sup> anniversary of MWS Charis ACE Active Ageing Centre is testament to God's faithfulness; the commitment of Charis Methodist Church's pastors and senior leaders along with the passion of its volunteers; as well as the hard work and dedication of MWS staff, past and present."

"MWS remains committed to working with the Methodist community to demonstrate Christ's love through social action. Our partnership with Charis Methodist Church is a glowing example of a successful collaboration." 

On a balmy Wednesday afternoon, the void deck at Block 63 in Sims Place bustles with activities as a group of male seniors gather for games and coffee. Laughter and chatter fill the air as they bond over Boccia, foosball, carrom and chess.

Welcome to the *Men-Only Happy Hour*, an initiative by MWS Active Ageing Centre – GreenTops@Sims Place (GTAAC) to engage more male seniors in its activities and to form social connections.

“Many male seniors are reluctant to step into our Centre because they perceive the activities to be tailored more towards women. Instead, they linger at nearby hawker centres and coffee shops, smoking and drinking. We aim to offer them a welcoming space to socialise and take part in healthier pursuits,” shared Melissa Teo, Volunteer Management Executive at MWS GTAAC on the initiative rolled out in August 2023.

With that in mind, Melissa assembled a team of senior male volunteers to brainstorm ideas for attracting elderly men to their activities. *Men-Only Happy Hour* was thus born. The programme



## A DIFFERENT KIND OF HAPPY HOUR

A group of older men playing foosball during the weekly *Men-Only Happy Hour* at MWS Active Ageing Centre – GreenTops@Sims Place

incorporates cognitive stimulation with board games, physical activity through table tennis and adaptive sports, and social interaction over snacks and coffee.

Led by a group of five dedicated senior male volunteers, the event takes place every Wednesday for two hours.

“Choosing an open and easily accessible venue has lowered barriers for engaging this harder-to-reach group. At the same time, senior male

volunteers are empowered to lead the programme,” explained Melissa. “We typically see just two male participants at our regular activities. But this programme attracts an average of 18 male seniors, with attendance occasionally reaching as high as 25.”

Among the participants is 80-year-old Peter Heng, a retired law firm secretary, who said, “I enjoy playing table football and carrom here – it brings back fond childhood memories.”

Another participant, 83-year-old widow Lachman Vaswani, shared, “I live alone and have no one to talk to. This programme provides a safe space for like-minded men to connect. It is a way to deal with boredom, make new friends, and share life experiences.”

With social isolation among elderly men rising in Singapore, innovative programmes like these are crucial for encouraging active ageing among male seniors and enhancing their overall quality of life. UV

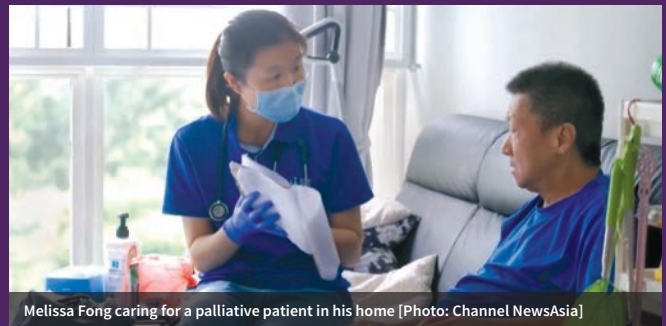
### NURSING HER DREAM

“Why do you need a degree to clean someone’s backside?”

This was the reaction from Melissa Fong’s mother when she expressed her desire to study nursing.

Despite the objections, Melissa went ahead to pursue her passion.

Today, the 35-year-old is a nurse clinician with MWS Home Care & Home Hospice, providing care for frail, home-bound and terminally ill patients, as well as nursing home residents. Her journey of overcoming family objections and on-the-job challenges is chronicled in Channel NewsAsia’s two-episode documentary, *Beyond the Bedside*, alongside the stories of four other healthcare professionals.



Melissa Fong caring for a palliative patient in his home [Photo: Channel NewsAsia]



Scan the QR Code to step into Melissa’s life as a community care nurse and learn how she won her mother’s support for her career choice.

### ENHANCING PATIENT EMPOWERMENT IN HOME PALLIATIVE CARE

In Singapore's rapidly ageing society, engaging in Preferred Plan of Care (PPC) discussions as part of Advance Care Planning (ACP) is crucial for pre-planning and supporting home palliative care patients.

However, many patients referred to MWS Home Care & Home Hospice (HCHH) lack documented PPC at the point of admission, making it challenging for the team to provide clinical advice that aligns with their care preferences.

To enhance PPC documentation rates for MWS HCHH patients, the team (comprising Chong Yan Chew, Poh Chu Xiang, Yeo Chee Wei, and Dr Andy Lee), with support from MWS' Research, Innovation & Training Academy (RITA), conducted a study to explore improvement strategies. They identified that adding an automated reminder to the primary nurse's task list was the most effective intervention. Implemented between November 2022 and April 2023, this initiative increased the PPC documentation rate to approximately 88.1%.

This best practice serves as a crucial first step in benefitting the broader ecosystem of healthcare and community partners. By advocating for the uploading of PPCs into



The MWS Home Care & Home Hospice team presenting their e-poster on improving the documentation rate of Preferred Plan of Care among home palliative care patients at the Transforming Community and Home-based Care in an Ageing World conference

the National Electronic Health Record (NEHR), it ensures that all healthcare providers in Singapore have seamless access to patients' documented care preferences, enabling timely interventions and quality care.

Their study, titled 'Improving Advance Care Planning-Preferred Plan of Care Documentation Rate in Home Palliative Service', was presented at the Transforming Community and Home-based Care in an Ageing World conference on 18-20 April 2024. The conference was organised by Tsao Foundation and the International Home Care Nurses Organization.

### MWS FAMILY SUPPORT PROGRAMME REBRANDS AS FAMILIES FOR LIFE@COMMUNITY – MWS



Since 1 April 2024, the MWS Family Support Programme has been renamed as Families for Life@Community – MWS (MWS FFLC) to better align with the Ministry of Social and Family Development's (MSF) Families for Life Council, whose goal is to build strong, resilient families.

Like other community FFLCs, MWS FFLC will offer three Parenting Support Programmes: *Positive Parenting Program (Triple P)*, *Signposts*, and *Purposeful Play*, a new evidence-based programme designed to help parents develop their children's language and communication skills through play and everyday activities, and to strengthen their relationship.

Later this year, MWS FFLC will also launch Marriage Preparation and Enrichment Programmes. The team will collaborate with community partners in the Hougang, Serangoon and Sengkang regions to engage families and couples in these programmes. UV

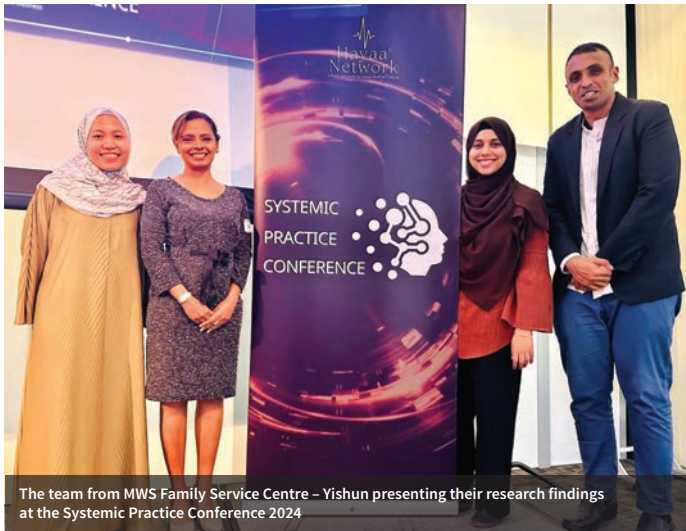


**JOB OPPORTUNITIES**  
MWS is rapidly expanding and welcomes passionate individuals to join us! Visit <https://careers.mws.sg/> for details.

### EMPOWERING CAREGIVERS WITH TRAUMA-INFORMED CARE

Primary caregivers of neurodivergent children, such as those with autism, often face a myriad of challenges like burnout, grief, and financial stress. A small study by MWS Family Service Centre – Yishun found that a Systemic Trauma-informed Care (STIC) approach helps social workers better respond to these issues, improving caregiver outcomes.

STIC addresses trauma while tackling the issues faced by evaluating the impact and resources within various systems like schools. This empowering approach creates a safe space for processing emotions and leverages caregivers' strengths to tackle challenges. It also connects



The team from MWS Family Service Centre – Yishun presenting their research findings at the Systemic Practice Conference 2024

families with essential resources for comprehensive support.

These findings, presented at the Systemic Practice Conference 2024 as well as

the Social Work Academia-Practice Symposium 2024, highlighted the urgent need for more training in STIC and greater collaboration among agencies specialising in neurodivergent children. UV

# A YEAR OF FAITH & GROWTH

**MWS CEO Calvin Ngo reflects on his first year with the organisation, and how it has been a journey of profound learning and growth, both professionally and personally.**

Looking back on my first year at MWS, I am filled with gratitude and humility.

In the past 12 months, we reorganised our services into Family Services and Healthcare Services, enhancing our ability to meet our beneficiaries' needs more seamlessly. This restructuring is central to our mission.

The path hasn't been without challenges though. Experiencing the departure of valuable colleagues and navigating the complexities of our organisation and the evolving social and healthcare sectors demanded that I learn, re-learn and rapidly adapt. Yet, MWS' mission – to partner with the Methodist and wider community to serve the people in need – remains my focus.

A recent Management team bonding day taught me the importance of clarity if we are to serve effectively. During an art jamming session, my group painted a sunflower blooming in the dark. It symbolised our commitment to serve with tenacity and joy, even in challenging times.

Reflecting on the past year, I have three key takeaways:

- 1. Unity in Uncertainty:** Our collective strength and shared vision are essential in navigating challenges and staying true to our mission.
- 2. Giving Voice to the Marginalised:** Like the sunflower blooming in darkness, we must be a beacon of hope for the forgotten and those who are in need.



MWS CEO Calvin Ngo (left) at a recent art jamming session

- 3. Faith and Mission:** Our work is deeply rooted in faith, and that guides and empowers us to persevere through challenges.

With our celebrating National Day just a few weeks ago, I reflected on 59 years of nation-building. Just as Singapore's progress did not happen overnight, neither will my plans for MWS materialise in a single year. My time at MWS has opened my eyes to the government's support for the vulnerable and marginalised segments in Singapore, and how we can all contribute. It's all hands on deck.

Here's to many more years of serving alongside like-minded and like-hearted individuals, so that many more may know a full life.

## UPCYCLING OLD MRT TRAIN PARTS FOR REMINISCENCE

A walk into MWS Bethany Nursing Home – Choa Chu Kang (BNH)'s Peace Residence will reveal a surprising yet familiar sight: the inside of a Mass Rapid Transit (MRT) cabin. The once empty and open space has been transformed and fitted with MRT seats, handrails, system maps, and other furnishings to recreate the experience of being on a train.

For some residents like Mr Poomalai, it brings back comforting memories of commuting in his younger days. "I liked taking the train, especially when it was not

crowded, because the journey was very peaceful. During my army days, I had to travel by train for 45 minutes. That was very nice," recounted Mr Poomalai, a resident of MWS BNH's Peace Residence.



Mr Poomalai (middle) enjoying a 'ride' on the newly installed upcycled MRT seats at MWS Bethany Nursing Home – Choa Chu Kang

Through a thoughtful collaboration with the Land Transport Authority, these train parts were brought into MWS BNH to add a homely touch to the Residence. What is often taken for

granted in daily living can be the elements that residents miss most when they live in a nursing home. This intentional furnishing serves as a connection to the outside world for the residents, a semblance of their life before.

Catch Richard Quah, Head of MWS BNH, share his sentiments and the process of furnishing the ward in this short Channel NewsAsia episode, *What happens to retired MRT*



*trains? How Singapore gives them new life, by scanning the QR code.*



**PET-ASSISTED THERAPY FOR YOUTHS**

A room with chirping lovebirds might be an unusual sight to behold in a girls' residence, yet it made for a therapeutic and fun-filled Saturday for the girls at MWS Girls' Residence (GR).

Since February 2024, MWS GR has been partnering with Human-animal bond In Ministry (HIM) to bring animal-assisted activities to the youth residents as a form of therapy. During the monthly sessions, residents learn about the animal they interact with and engage in hands-on activities.

On this specific Saturday, the girls were tasked with




making toys with treats for eight lovebirds. This required creativity, concentration, patience, communication, and courage.

“Before this, I did not know much about birds and felt a bit scared. When we started, I put my hand into the cage and the birds ignored me. But

I eventually gained their trust. They were willing to land on my hand and play with the toys my group made. I felt very happy and proud,” shared one participant.

Animal-Assisted Activities and Interventions (AAAI) offer numerous therapeutic benefits grounded in trauma-informed principles. The activities provide youths who have had adverse childhood experiences with effective ways to reduce anxiety and foster a sense of accomplishment.

As MWS continues to expand our care, we welcome partners with such innovative therapies to enhance the quality of care clients receive. 

**FROM PIXEL TO PURPOSE: SOCIAL MEDIA FOR SOCIAL GOOD**

In March 2024, the MWS communications team collaborated with local creative agency Colours Global to hold a three-day workshop titled *From Pixel to Purpose*. The workshop focused on using social media for social good, teaching the basics of social media and editing, and providing participants with opportunities to interact with different clients at various MWS Centres.

Through the time spent at MWS Nursing Homes, Active Ageing Centres, and Family Service Centres (FSCs), participants heard invaluable accounts from clients and staff first-hand and gained a deeper understanding of MWS' work, as well as the needs in the community. For many, it was their first time at a Nursing Home or FSC, and the interactions were refreshing.

“It has been eye-opening to see how social media can be used to build others up. The workshop has also provided



*From Pixel to Purpose workshop participants with staff from MWS and Colours Global*

meaningful ways to apply the learned skills in real world scenarios,” shared one of the participants.


Know any youth groups who are keen to use social media to empower communities and do good together? Connect with us today at [comms@mws.sg](mailto:comms@mws.sg)!

**MWS NURSE MANAGER HONOURED WITH NURSES' MERIT AWARD**

Our heartiest congratulations to Nurse Manager Nuraini Bte Idris from MWS Nursing Home – Yew Tee for bagging the prestigious Nurses' Merit Award 2024. The award, given by the Ministry of Health, recognises exceptional nurses who have contributed to raising the nursing profession.

With 23 years of nursing experience, Nuraini has come a long way. “I first joined nursing because of my late grandmother. She had a stroke and passed away due to a fall. I was involved in caring for her, and this sparked a desire in me to care for others professionally,” shared Nuraini.

As a nurse manager today, Nuraini is involved in managing fellow nurses, overseeing day-to-day operations in her ward, caring for residents, and engaging with the residents' next-of-kin (NOK). She especially treasures the bonds she forms with her staff, residents, and NOKs, who have come to see her as family.

On winning the award, Nuraini expressed her gratitude and hopes to do even better for her team and residents. “To all aspiring nurses and fellow nurses, nursing is a lifelong journey that requires a lot of patience. May we all never give up in giving care to those who need it.” 



# FINDING LIGHT IN LIFE'S TRANSITIONS

Mdm Tan Kim Choo battled with a poverty of hope navigating retirement blues and bereavement... until she found purpose and fulfilment in creative pursuits



Five years ago, Mdm Tan Kim Choo suffered an unimaginable loss when both her husband and elder daughter passed away within months of each other. Immersed in work at that time, she scarcely had a moment to mourn.

However, after retiring in 2022, the 75-year-old found herself overwhelmed by delayed waves of grief, coupled with feelings of hopelessness and inadequacy. "I spent most of my time at home and felt useless; life seemed meaningless," recounted Mdm Tan.

Her 43-year-old daughter, Karen, bore the brunt of Mdm Tan's emotional decline. "I noticed she was displaying signs of depression, and was becoming very clingy," said Karen, who lives with her mum and a helper.

## Pursuing passion

Upon a friend's recommendation, Mdm Tan started frequenting MWS Active Ageing Centre – Teck

Ghee Vista. Since then, she has discovered joy and purpose through creative pursuits like sewing, crafting and colouring – things she never had the chance to explore in her youth.

"I have always loved sewing and craftwork but couldn't pursue them in my younger days because my family was poor," said Mdm Tan.

But Mdm Tan is making up for lost time. She especially enjoys colouring sessions at the Centre, guided by an MWS volunteer. His encouragement has shattered Mdm Tan's limiting beliefs, challenging her artistically.

## Empowering generations

Consequently, Mdm Tan's new pursuits inspired Karen to overcome her fear of trying new things. "It's like a domino effect. Seeing my mum pursue new hobbies gave me the courage to tackle building a Lego set – something I had long avoided due to a fear of failure. I realised that if my mum could do it, so could I," she reflected.

**"My mum is happier these days as she has less time to dwell on her bereavement – and that also helps me to maintain a positive outlook. Although my mum still feels loneliness, the Centre has been instrumental in easing her pain."**

Karen's newfound confidence has extended to facing major changes at work.

At the same time, Mdm Tan's resilience has rubbed off on her daughter.

"My mum is happier these days as she has less time to dwell on her bereavement – and that also helps me to maintain a positive outlook," said Karen. "Although my mum still feels loneliness, the Centre has been instrumental in easing her pain."

MWS aims to empower individuals like Mdm Tan and Karen to break the cycle of intergenerational poverty. Poverty encompasses more than just financial distress; it can include emotional emptiness, lack of social support, and unfulfilled experiences. Through empowerment, we aim for a positive impact on future generations.

These days, Mdm Tan's life brims with purpose, fulfilment and opportunities for personal growth. "Since joining the Centre, I feel more energised, because my days are occupied," she shared.

Mdm Tan's experience highlights the need for holistic support that addresses emotional and social well-being, alongside financial needs, to uplift individuals from poverty in all its forms.

Karen knows this all too well and is grateful for the Centre's support for her mum, saying, "Without it, she would have no meaning in life."

# FILLING THE PARENTING VOID

Resentment and stress crept into grandparent Rena's\* life after she stepped in to fill the void for absent parents

Photo: Canva

When Rena's\* daughter was incarcerated, she unexpectedly became the full-time caregiver for her two granddaughters: a 3 and 11-year-old.

A retired English teacher, the 73-year-old struggled to handle her older granddaughter's emotional outbursts. Whenever the child faced challenges like academic issues, she would have meltdowns, and feelings of parental abandonment would resurface.

Having to care for her granddaughters full-time also left Rena feeling stressed and overwhelmed.

## Switching tacks

Things began to change for Rena after she attended the *Positive Parenting Program (Triple P)* helmed by MWS Families for Life@Community – MWS (MWS FFLC). The programme covered topics such as positive parenting/grandparenting, as well as raising confident, competent and resilient children/grandchildren.

Rena learnt to use time-outs to help her grandchildren calm down and reflect on their behaviour after an outburst. This teaches them to control their emotions and break patterns of misbehaviour while easing her own emotional distress and preventing further escalation.

"My older granddaughter now reflects on her behaviour, and she even apologises afterwards – something she never did before," said Rena.

Rena also learnt to use a calm, soothing tone to foster feelings of safety and support for the child, rather than discipline with harshness.

"My younger granddaughter is very strong-willed," shared Rena. "During one of her tantrums, I took her to a quiet spot and gently said, 'Nana (Grandmother) wants to hear you, but you also need to listen to nana.' It worked surprisingly well."

By implementing *Triple P* strategies, Rena not only

**"My younger granddaughter is very strong-willed. During one of her tantrums, I took her to a quiet spot and gently said, 'Nana (Grandmother) wants to hear you, but you also need to listen to nana.' It worked surprisingly well."**

modelled positive behaviour and effective communication, she also strengthened trust and connection with her granddaughters. This resulted in better behaviour and cooperation.

## Breaking the cycle: Ending negative patterns

Her daughter has since been released but Rena remains actively involved in raising her granddaughters, taking on the role of disciplinarian.

"I've had to become more authoritative since their mother allow them free rein. I step in when needed to teach them boundaries," Rena said.

Embracing positive grandparenting, Rena offers choices within limits, establishes rules and regulates screen time, and rewards positive behaviour – ensuring her granddaughters grow into responsible adults.

Rena's story highlights how certain parenting styles can cascade into challenges for the next generation – a form of intergenerational poverty. Children without positive role models often face an impoverished upbringing in certain aspects of their lives. They may struggle to develop essential life skills and coping mechanisms, which can hinder their emotional development and resilience.

Permissive parenting, with unclear boundaries, often results in children lacking self-discipline, exhibiting more unruly behaviour and showing lower academic motivation. They may fall behind academically, perpetuating a cycle of limited educational attainment and opportunities.

Overall, the lack of proper parental guidance shapes children's developmental trajectories and perpetuates cycles of disadvantage and poverty.

Nevertheless, intergenerational poverty is complex. While good parenting offers a strong foundation for a child, it is just one piece of the puzzle in promoting positive outcomes.

Through patience, empathy, and the implementation of strategies like *Triple P*, Rena hopes to help her daughter break the cycle of negative outcomes and lend the next generation the needed support to thrive.

\*Not her real name

## MWS CENTRES & PROGRAMMES

### MWS CORPORATE SERVICES Methodist Welfare Services

70 Barker Road #05-01  
Singapore 309936  
Tel: 6478 4700 Fax: 6478 4701  
Email: admin@mws.sg  
Website: www.mws.sg

### RESEARCH, INNOVATION & TRAINING ACADEMY

9 Choa Chu Kang Ave 4  
Level 4 Singapore 689815  
Email: rita@mws.sg

### FAMILY SERVICES

#### MWS CHRISTALITE STUDENT CARE CENTRE

Blk 122 Geylang East Central  
#01-74 Singapore 380122  
Tel: 6744 4927  
Email: MWSscsc@mws.sg

#### MWS GIRLS' RESIDENCE

600 Upper Thomson Road  
Blk A #01-01 Singapore 574421  
Tel: 6391 0567  
Email: MWSgr@mws.sg

#### MWS COVENANT FAMILY SERVICE CENTRE – HOUGANG

Blk 613 Hougang Ave 8  
#01-432 Singapore 530613  
Tel: 6282 8558  
Email: MWScfsc@mws.sg

#### MWS COVENANT FAMILY SERVICE CENTRE – BUANGKOK

Blk 997B Buangkok Crescent  
#01-853 Singapore 532997  
Tel: 6282 8558  
Email: MWScfsc@mws.sg

#### MWS FAMILY SERVICE CENTRE – TAMPINES

Blk 470 Tampines St 44  
#01-194 Singapore 520470  
Tel: 6787 2001  
Email: MWSfsct@mws.sg

#### MWS FAMILY SERVICE CENTRE – YISHUN

Blk 855 Yishun Ring Road  
#01-3539 Singapore 760855  
Tel: 6756 4995  
Email: MWSfscy@mws.sg

#### MWS FAMILY DEVELOPMENT PROGRAMME

70 Barker Road #05-01  
Singapore 309936  
Tel: 6478 4700 Fax: 6478 4701  
Email: MWSfdp@mws.sg

#### FAMILIES FOR LIFE @COMMUNITY – MWS

107 Eunos Ave 3  
Storefriendly Centre #06-01  
(W6019) Singapore 409837  
Tel: 8812 9565  
Email: MWSfflc@mws.sg

#### STRENGTHENING FAMILIES PROGRAMME@FAMILY SERVICE CENTRE (MWS FAM@FSC)

Office: 176 Orchard Road  
The Centrepont #04-04,  
#05-05 Singapore 238843  
Programme: Blk 997B  
Buangkok Crescent  
#01-853 Singapore 532997  
Tel: 6330 1080  
Email: fam@mws.sg

#### MWS CHRISTALITE METHODIST HOME

51 Marsiling Drive  
Singapore 739297  
Tel: 6368 5179 Fax: 6368 7127  
Email: MWScmh@mws.sg

### HEALTHCARE SERVICES

#### MWS BETHANY NURSING HOME – CHOA CHU KANG

9 Choa Chu Kang Ave 4  
Singapore 689815  
Tel: 6314 1580 Fax: 6314 1576  
Email: MWSbnh@mws.sg

#### MWS NURSING HOME – YEW TEE

51 Choa Chu Kang North 6  
Singapore 689581  
Tel: 6568 9200 Fax: 6568 9250  
Email: MWSnhyt@mws.sg

#### MWS HOME CARE & HOME HOSPICE

2 Kallang Avenue  
CT Hub #08-14  
Singapore 339407  
Tel: 6435 0270 Fax: 6435 0274  
Email: MWSsh@mws.sg

#### MWS SENIOR CARE CENTRE – EUNOS

1 Chin Cheng Avenue  
#01-02 Singapore 429400  
Tel: 6530 3635  
Email: MWSscc@mws.sg

#### MWS CHARIS ACE ACTIVE AGEING CENTRE – GEYLANG EAST

Blk 125 Geylang East Ave 1  
#01-05 Singapore 381125  
Tel: 6842 0497  
Email: MWSceaac@mws.sg

#### MWS WESLEY ACTIVE AGEING CENTRE – JALAN BERSEH

Blk 25 Jalan Berseh  
#01-142 Singapore 200025  
Tel: 6298 0194 / 6298 0195  
Email: MWSwaac@mws.sg

#### MWS ACTIVE AGEING CENTRE – FERNVALE RIVERGROVE

Blk 473A Fernvale Street  
#01-17 Singapore 791473  
Tel: 6481 7395  
Email: MWSaacfr@mws.sg

#### MWS ACTIVE AGEING CENTRE – GOLDEN LILY@PASIR RIS

Blk 212A Pasir Ris St 21  
#01-616 Singapore 511212  
Tel: 6214 0119 / 6214 0189  
Email: MWSaacgl@mws.sg

#### MWS ACTIVE AGEING CENTRE – GREENTOPS@SIMS PLACE

Blk 63 Sims Place  
#01-227 Singapore 380063  
Tel: 6747 1786 / 6747 1796  
Email: MWSaacsp@mws.sg

#### MWS ACTIVE AGEING CENTRE – KEBUN BARU

Blk 180 Ang Mo Kio Ave 5  
#01-2980 Singapore 560180  
Tel: 6238 4136 / 6238 4137  
Email: MWSaackb@mws.sg

#### MWS ACTIVE AGEING CENTRE – TECK GHEE VISTA

Blk 307D Ang Mo Kio Ave 1  
#01-01 Singapore 564307  
Tel: 6684 0341 / 6684 0361  
Email: MWSaactg@mws.sg



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Chief Editor: Calvin Ngo Editor: Michelle Aw Yong Writers: Zoey Lee, Cheryl Ong

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# WHAT POSITIVE IMPACT WOULD YOU LIKE TO MAKE TODAY?



Every dollar counts to people who have few or no resources. Your donation is greatly appreciated.

**\$50**

Support a primary school child's after-school care and educational needs for one month

**\$100**

Fund active ageing activities for a senior experiencing social isolation

**\$200**

Empower a family struggling with finances to clear debts of daily living for one month

**\$500**

Contribute to the medical, nursing and 24/7 care of a chronically ill resident at a nursing home

**\$1,000**

Sponsor a scholarship for a youth at risk to pursue a brighter future



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**Empowering People to Have Life to the Full**



# 不同凡响

第二期/2024

## 理解贫困及其代际影响

Photo: Canva



### 编者的话

当我们想到贫困时,可能首先想到的是经济困难,但实际上,贫困远不止于此。

贫困意味着无法充分发展、实现潜力或过上圆满的生活,可能涉及人际关系的紧张、心理健康的挣扎以及身体疾病。这些问题的影响必然波及家庭和社区,甚至延续到后代。然而,通过同理心和支持,我们可以打破代际贫困的羁绊。

在本期中,我们分享了几位受益者将逆境化为力量、展现勇气与坚韧的故事。当我们意识到每个人,包括自己在内,都可能面临各种形式的贫困时,我们就能减少对寻求帮助的负面标签。

您愿意现在就与我们一起改变观念,以恩典相待,恩上加恩,让更多人能够突破困境并享受更圆满的生活吗?

欲知更多故事,了解我们的工作,请扫描:



欧阳明怡  
编辑

MCI (P) 022/08/2024

- 贫困不仅仅是经济上的匮乏;它指的是缺乏在社会中繁荣的能力,包括社会、情感和关系的健全性。
- 各种形式的贫困往往相互交织,如果没有全面的干预,可能会持续影响几代人。
- 作为个体,我们可以自我学习并积极纠正偏见,从而减少对寻求帮助的负面刻板印象。
- 作为群体,我们可以发挥同理心,共同促进更深刻及有建设性的民众讨论。

### 财务之外的贫困

Dan\* (42岁)和Lydia\* (38岁)已经结婚十多年。Dan是一名专业人士,在一家知名机构任职,而Lydia是一名成功的个人护理顾问。从表面上看,这对夫妇和他们的三个孩子似乎有一个幸福的家庭生活。但外表下隐藏着与贫困的斗争。

“贫困”这个词一般意味着物

质或经济资源的缺乏,但它也可能涵盖社会、情感和关系健全性的缺失。

### 破裂的关系

在Dan和Lydia的案例中,不信任和缺乏良好沟通最终导致他们的关系闹僵。在经历了激烈的监护权争夺战后,这对夫妇最近离了婚,正在接受有关共同抚养孩子的辅导。

在Dan发现孩子身上有多处瘀伤后,他们被转介到卫理福利服务(MWS),加入旗下家庭服务中心的巩固家庭计划(FAM@FSC),以获得共同抚养的支持。

### 长期健康不佳.....和希望丧失

74岁的叶玉琼女士曾患有严重的心脏病,即使在2019年

成功接受心脏手术后，情况仍未好转。“我因为常常感到疲惫不堪，所以一直卧在床上。”她回忆道。尽管物质资源不缺，叶女士却感到希望渺茫，并与抑郁症搏斗，而且因健康问题感到被孤立。

像Dan和Lydia以及叶女士这样的故事，不得不引发我们从各层面重新思考贫困，而不单是经济层面。

世界银行将贫困定义为“显著的生活福祉匮乏”<sup>1</sup>。强调个人在社会中运作的能力是对福祉和贫困最全面的看法。

这意味着贫困可能扩展到身

体和心理健康、能力和自尊、亲密关系和社会联系、能动性和参与以及价值观和意义层面的贫困。这些可能并不仅仅是由经济贫困引起的。

为了鼓励那些面临非经济贫困的人寻求帮助，认识到贫困的复杂性是至关重要的。

在社会学家张优远的书《不平等的样貌》中，她提醒读者不要将社会支持视为少数人的专属权，因为这会强化人们对贫困的负面标签，阻碍人们寻求帮助<sup>2</sup>。更广泛的视角可以塑造社会论述和国家政策，有利于建立更包容的支持系统。



**各种形式的贫困相互交织**  
理解贫困的多种形式，也就是理解人类生活困境的复杂性。

**复杂的生活困境**  
Irene今年51岁，是MWS誓约家庭服务中心 - 万国的受益

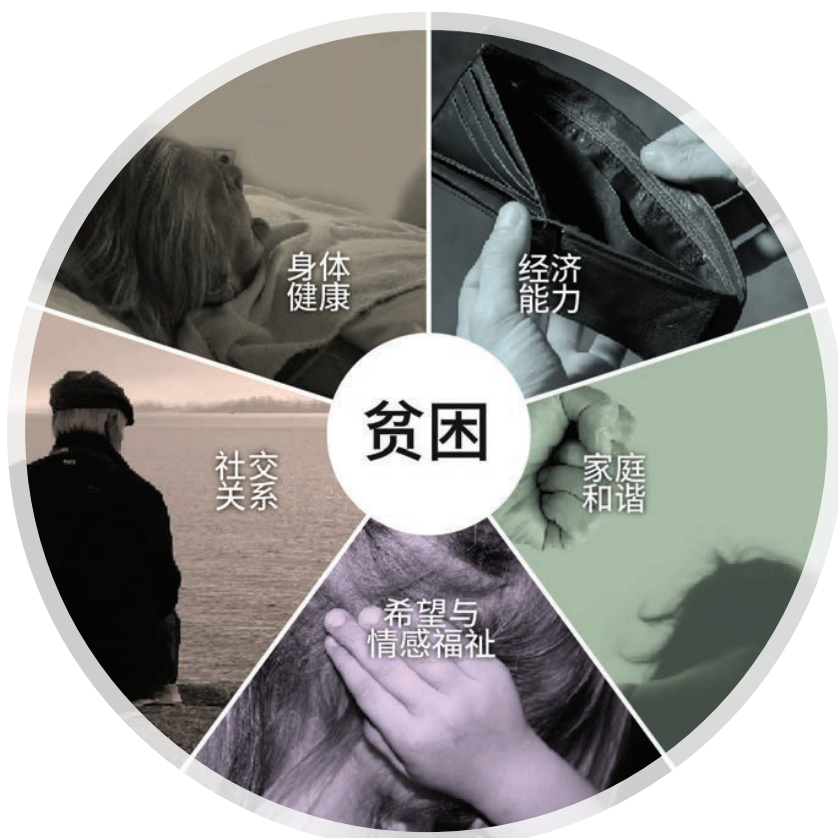
者。她是一家五口的主要看护人，包括她的丈夫、32岁的单亲女儿和两个分别为10岁和4岁的孙子女。面对心理健康问题和照顾家庭的担子，Irene多年前停止了工作。如今，她不仅帮助丈夫送货还照顾家人。

在育儿费用、医疗费用和日常生活成本不断上升的情况下，Irene倍感焦虑和抑郁。

“经济压力太大了，手头很紧，我感到不堪重负和无助。有时，我会不吃饭，好让孙子女吃得饱。”她坦言道。

Irene的故事突显了来自低收入家庭的挣扎，他们往往因为财务限制而选择受限，这也加剧了其他现有的挑战。

**选择上的贫困**  
2013年，一项译为《不稳定全球化经济中的政策回应：在新加坡面对多重压力的低收入家庭》的研究<sup>3</sup>指出，“低收入的压力通常与家庭中的社会因素相互关联，而低收入则加剧这些因素，使其更复杂。”



可能影响个人福祉的各种形式的贫困

1 Introduction to poverty analysis (English). Washington, D.C. : World Bank Group. <http://documents.worldbank.org/curated/en/775871468331250546/Introduction-to-poverty-analysis>. (p.6).

2 Teo, Y. Y. (2022). Dignity Is Like Clean Air. In This is What Inequality Looks Like (pp. 199–230). Ethos Books.

3 Ng, I. Y. H., & Ho, K. W. (2013). Policy Responses in an Unstable Globalized Economy: Multi-Stressed Low Earning Families in Singapore. Economic Stress, Human Capital, and Families in Asia: Research and Policy Challenges, 241–258. [https://doi.org/10.1007/978-94-007-7386-8\\_14](https://doi.org/10.1007/978-94-007-7386-8_14)

虽然有经济能力的家庭也可能遇到压力，但他们更有可能负担得起管理挑战的解决方法，例如雇佣以减轻看护压力。低收入家庭往往无法承担这些解决方法的费用。

然而，将Irene的贫困情况仅仅解释为经济问题是过于简化的。

**代际贫困的传递**

**童年创伤**

Irene的心理健康问题不仅仅与她目前的挣扎有关，而是根植于她的童年创伤。她由祖母抚养，小时候住在租赁组屋单位，经历了经济困难、边缘化和同学的欺凌。“因为我来自一个破碎的家庭，他们看不起我，给我起难听的名字。”Irene回忆道。这些评论至今仍困扰着她。未处理的情感只会随着时间的推移加深她的伤痛，深刻影响她的福祉。在没有指导的情况下，Irene最终辍学。

我们的挣扎——无论是经济、身体、情感还是关系上的——都是交织在一起，并随着时间积累的。如果没有全面和持续的干预，像Irene这样的家庭可能会陷入贫困的恶性循环中。

**起点不均**

研究显示起始位置、父母背景和人脉对成功越来越有影响，这导致不平等延续几代<sup>4</sup>。

例如，在新加坡的教育体系中，有更多资源的家庭通常能够为孩子提供更好的机会，包括帮助他们进入顶尖学校、上幼儿教育 and 补习班。不幸的是，这些优势往往对于来自背景不太富裕的孩子来说是难以企及的，因此这也延续了代际流动率低的现象。

Irene的生活突显了这一严峻的事实。她的成长经历让她多年缺乏资源、指导和支持。这导致了情感、心理和经济困境

的循环，使她缺乏教育和经济机会。

**缺乏良好榜样**

除了经济方面，代际贫困还可能在关系和情感层面上表现出来。

以Lydia的情况为例，她从小就不得不独立生活。13岁时，她独自来到新加坡上学。尽管物质需求得到满足，她在形成期缺乏关键的指导。“在成长过程中，被媒体对爱情和浪漫的描绘所影响，让我以为婚姻是

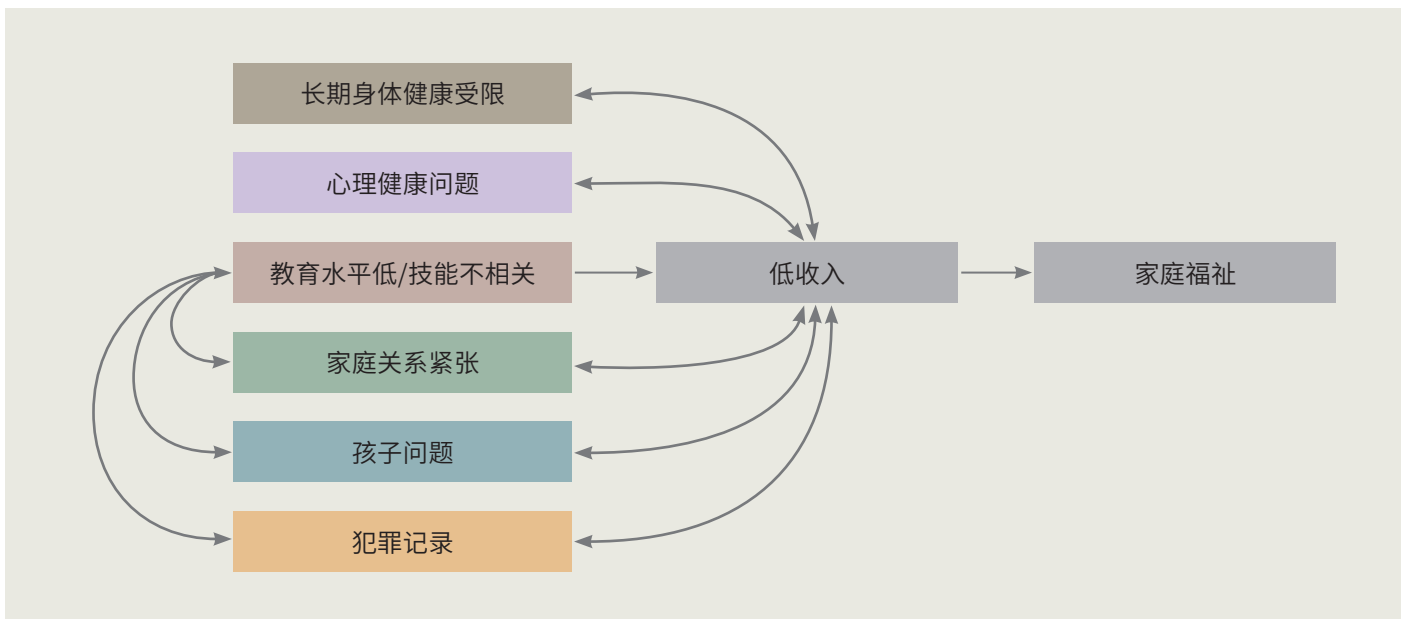
很简单的。由于没有现实生活中的榜样，我对维持婚姻的复杂性没什么概念。”她坦言道。

要维持健康关系需要有效沟通和解决冲突的技能，她却在这方面缺少了良好的榜样，以致她回避沟通难题和深层次的问题。这也造成了婚姻冲突和她过于严厉的纪律态度，使她与孩子们疏远。

同样的，Dan的成长经历深深影响了他在婚姻中的沟通方式。



Photo: Canva



面对多重压力低收入家庭模型。[来源: Policy Responses in an Unstable Globalized Economy: Multi-Stressed Low Earning Families in Singapore]

4 Low, D. (2014). Good Meritocracy, Bad Meritocracy. In S. T. Vadaketh & D. Low (Eds.), Hard Choices: Challenging the Singapore Consensus (pp. 48-58). NUS Press.

“我妈妈性格刚烈，而我爸爸则在冲突中经常让步。” Dan 反思道。“他们被动的冲突解决方式对我自己的婚姻影响很大。我总是为了维持和平，避免在重要问题上发生冲突，所以与前妻发生意见分歧时经常让步。因为这样，我们的关系变得疏远，最终导致我们的婚姻破裂了。”

Dan 的经历呼应了一系列研究<sup>5</sup>，这些研究提出孩子可能会模仿父母的关系模式，在自己的关系中延续类似的行为模式。

尽管 Dan 和 Lydia 成长于中产阶级家庭，他们仍然面对另一种形式的代际贫困。这些故事提醒我们，无论经济状况如何，我们都可能在福祉的各个方面经历贫困。

### 更新视角，增强同理心

2022年6月，新加坡的第四代领导人发起了“新加坡携手前进”运动，以重新审视我们的社会契约，并为未来十年及以后的发展绘制路线图。

该运动揭示了许多见解，值得注意的是，“成功”的定义正在演变并超越了物质财富，而人们更强烈地渴望建立更包容的社会<sup>6</sup>。MWS 与面临各种形式贫困的人同行，在这方面拥有超过40年的经验，现在比以往任何时候都更有能力帮助像叶女士、Irene、Dan 和 Lydia 这些人士取得突破，让他们过上更加圆满的生活。

### 全面解决贫困问题

叶女士在 MWS 卫斯理活跃乐龄中心 - 惹兰白锡经过近一年的定期体能锻炼后，身体健康开始改善。如今，这位年长者过着积极的社交生活，包括参与改良式的跑酷和攀岩。

通过 MWS 家庭发展计划，Irene 现在负担得起家人的基本生活必需品。这个债务偿还与储蓄配对计划旨在帮助低收入家庭摆脱债务并积累资产，所以 Irene 所偿还的每一块钱债务，都会得到卫理福利服务 \$2 的匹配。

### 正面榜样和情感支持

除了经济援助，Irene 对自己所获得的情感支持表示感谢。“当孤独或抑郁来袭时，我会向 MWS 寻求帮助，因为我必须保持坚强才可以照顾家人。MWS 让我感受到真正被关怀的感觉。”她说。

Irene 希望孙子女不会经历她成长过程中所经历的欺凌、无

助和匮乏，而 MWS 这样的支持给予她满满的希望。她相信只要在情感上得到支持，保持坚强，就可以更好地照顾家人，打破困境的循环，确保孙子女拥有更光明的未来。

至于 Dan 和 Lydia，他们已经意识到过去的关系互动对孩子所造成的有害影响，正努力改善他们在共同抚养方面的沟通。他们也学会为了孩子而采用友好的方式表达自己，并调整了他们的纪律方法。

“感谢社工的支持，我与孩子的关系才得以显著改善。我希望这将帮助他们未来拥有更好的人际关系。” Lydia 说道。

### 众志成城

解决复杂的贫困问题需要我们整个社会的共同努力。那么我们能做些什么呢？

通过自我教育和解决无意识的偏见，我们可以培养一种同理心和支持的文化。这包括积极与来自不同社会背景的人们

交流，深入了解他们的挑战。当我们不把同理心停留在概念上，而是每天实践，同理心就会与日俱增。每个人，无论经济状况如何，都在某种形式上面对贫困，能意识到这一点有助于促进社会公平并消除人们为寻求帮助所贴上的负面标签。

通过私人和公共对话，我们可以推广这种新的思维方式，成为变革的催化剂；通过志愿服务或与像 MWS 这样的社区服务组织合作，我们可以倡导扶贫，缓解各种贫困。

作为一个社会，我们是否也准备好审视现有结构，考虑重新平衡资源分配，给更需要帮助的人呢？

让我们齐心协力，努力使新加坡成为一个更包容的社会。让我们的家园不再有人默默地独自面对贫困。您愿意参与这项使命吗？ UV

\*非真实姓名



叶玉琼女士(右二)在MWS卫斯理活跃乐龄中心 - 惹兰白锡

5 Taccini, F., Rossi, A. R., & Mannarini, S. (2021). Intergenerational Transmission of Relational Styles: Current Considerations. 12. <https://doi.org/10.3389/fpsyg.2021.672961>

6 Forward Singapore Workgroup. (2023). Building Our Shared Future. Ministry of Culture, Community and Youth. [https://www.forwardsingapore.gov.sg/-/media/forwardsfg/pagecontent/fsg-reports/full-reports/mci-fsg-final-report\\_fa\\_rgb\\_web\\_20-oct-2023.pdf](https://www.forwardsingapore.gov.sg/-/media/forwardsfg/pagecontent/fsg-reports/full-reports/mci-fsg-final-report_fa_rgb_web_20-oct-2023.pdf)

## 为乐龄人士服务十周年：MWS颂恩活跃乐龄中心欢庆里程碑

刘德才先生是一名中风幸存者，但他并没有让行动不便削弱他积极生活的决心。过去几年来，这位71岁的年长者定期参加MWS颂恩活跃乐龄中心 - 芽笼东的各种活动。“我结识了新朋友，还能打乒乓球和桌上足球，”他说，“这让我心情愉快、生活充实，也让我保持健康。”

从去年开始，刘先生还积极投身志愿服务，在中心教授Nagomi艺术——一种具有疗愈效果的日本粉彩绘画。“这是一种疗愈的艺术，不仅能让我的同侪在认知上得到锻炼，还能给他们带来快乐，”他说，“看着他们开心，我也感到开心，他们的进步让我有成就感。”



MWS集团执行总监吴伟志(右四)、MWS管理委员会主席卓名宏先生(右五)和MWS颂恩活跃乐龄中心 - 芽笼东管理委员会主席李金福荣誉教授(右六)于2024年4月27日的晚宴上，在切蛋糕仪式中庆祝了MWS颂恩活跃乐龄中心成立十周年

他还在中心帮忙处理各种事务，指导其他年长者，并鼓励他们参与运动和其他活动。

刘先生是中心乐龄成员中的一个典型例子，他被赋予力量，过上了健康、积极的社交生活，并鼓励他人选择更健康的生活方式。

正是这种“为乐龄人士增能赋权”的愿景，使得新加坡卫理公会的关怀与外展机构——卫理福利服务(MWS)与卫理公

会颂恩堂(Charis Methodist Church)在十年前共同创立了颂恩乐龄活动中心(ACE)，即今天MWS颂恩活跃乐龄中心的前身。其目标是通过以下方式帮助年长者自助和回馈社区：

- 1) 优雅老去
- 2) 健康老去
- 3) 老有所为

2024年4月27日，MWS颂恩活跃乐龄中心庆祝了其十周年纪念，见证了这一成功的合作。

“中心管理委员会的实干作风对MWS颂恩活跃乐龄中心十年来的成功至关重要，而卫理公会颂恩堂与MWS之间的相辅相成且友好合作关系也起到了关键作用。”MWS颂恩活跃乐龄中心 - 芽笼东管理委员会主席荣誉教授李金福表示。

MWS管理委员会主席卓名宏先生补充道：“MWS颂恩活跃乐龄中心的十周年庆典见证了上帝的信实，也展现了卫理公会颂恩堂牧师和领导团队的坚定承诺、志愿者的满腔热忱，以及过去和现在的MWS员工所付出的辛勤努力和奉献精神。”

“MWS始终致力于与卫理公会会友合作，通过社会行动来传递基督的爱。我们与颂恩卫理公会的合作是成功合作的典范。”

## 进一步为居家慈怀疗护患者增能赋权

提前规划以及为居家慈怀疗护患者提供支持，与他们讨论个人首选护理计划(Preferred Plan of Care, 简称PPC)，即预先护理计划(Advance Care Planning, 简称ACP)的一部分，在新加坡快速老龄化的社会尤为重要。

然而，许多转介到MWS居家护理与慈怀疗护服务的患者在入院时缺乏已记录的PPC，这使得医疗团队难以

提供符合其护理偏好的临床建议。

为了提高MWS居家护理与慈怀疗护服务患者的PPC记录完整率，一支由张燕秋、傅楚蓁、杨志伟和李斌玄医生组成的团队在MWS' 研究、创新与培训部门(RITA)的支持下，开展了一项研究以探讨改进策略。他们发现，将自动提醒添加到主要护士的任务清单中是最有效的干预措施。从2022年11月到2023年4月实施这一措施后，PPC的记录完整率提高到了约88.1%。

这一最佳实践为惠及更广泛的医疗和社区合作伙伴生态系统奠定了重要基础。通过倡导将PPC上传至国家电子健康记录(National Electronic Health Record)，这确保新加坡的所有医疗服务提供者都能无缝获取患者的护理偏好记录，从而实现及时干预和高质量护理。

他们在2024年4月18日至20日由曹氏基金会和国际居家护理护士组织主办的研讨会，“老龄化世界中的社区和居家护理转型”会上展示了

题为“在居家慈怀疗护服务中提高预先护理计划 - 个人首选护理计划记录完整率”的研究。<sup>UV</sup>



MWS居家护理及慈怀疗护服务团队在“老龄化世界中的社区和居家护理转型”研讨会上展示了一份电子海报，内容涉及如何提高居家慈怀疗护患者个人首选护理计划的记录完整率

## 别样的欢乐时光

在一个温暖的星期三下午，沈氏坊63座的组屋底层热闹非凡。一群年长男士聚在一起，玩游戏、喝咖啡，欢声笑语不断。大家通过玩投球、桌上足球、卡棋和国际象棋，促进感情、建立友谊。



一群年长男士在MWS活跃乐龄中心-沈氏坊青峰每周举行的“男士专属欢乐时光”中玩桌上足球

欢迎来到“男士专属快乐时光”，这是MWS活跃乐龄中心-沈氏坊青峰推出的一项计划，旨在吸引更多年长男士参与活动，建立社交联系。

这项计划于2023年8月启动。“许多年长男士都不愿意踏入我们的中心，因为他们认为这里的活动更适合女性。反而，他们会在附近的小贩中心和咖啡店逗留，抽烟喝酒。我们的目标是为他们提供一个温暖的社交空间，鼓励他们参

与更健康的活动。”MWS活跃乐龄中心-沈氏坊青峰的志愿者管理执行员张马利莎在分享这项计划时说道。

为此，马利莎召集了一支由男性年长志愿者组成的团队，共同探讨如何吸引更多老年男性参与他们的活动。“男士专属欢乐时光”就这样诞生了。这个项目结合了桌游的认知刺激、乒乓球和改良式运动的体能锻炼，以及吃点和喝咖啡

啡时的社交互动。

在五位热心的男性年长志愿者带领下，这项活动每周三举行，持续两个小时。

“我们选择了一个开放且方便的场地，这降低了门槛，吸引这些较难接触的群体，同时也赋予了男性年长志愿者主导项目的机会。”马利莎解释道。“我们平时的活动平均只吸引两名男性参与者，但这个

活动平均有18位男士参加，最高时甚至有25人。”

80岁的Peter Heng是其中一名参与者，这位退休的律师事务所律师说道：“我很喜欢在这里玩桌上足球和卡棋，这让我想起了童年的美好时光。”

另一名83岁的参与者，Lachman Vaswani，分享道：“我独居，平时没人可以交谈。这个活动给我们这些志趣相投的男士提供了一个安全的交流空间，不仅让我摆脱无聊，还让我结识了新朋友，分享生活经验。”

随着新加坡年长男士被社会孤立的现象加剧，这类创新项目对鼓励男性年长者积极老龄化并提升他们的整体生活质量尤为重要。UV

## 追梦之路

“替别人擦屁股还需要读大学吗？”

在方诗云表示想要学习护理的愿望时，母亲的第一反应便是如此。

尽管家人反对，诗云依然坚持追随自己的梦想。

如今，这名35岁的护士是MWS居家护理与慈怀疗护服务的临床护理导师，专门为体弱、居家和身患绝症的患者以及疗养院的院民提供护理服务。她不仅克服了家人的反对，也应对了工作中的种种挑战。她的故事与其他四名医疗保健专业人员的经历一起被记录在亚洲新闻台的两集纪录片《Beyond the Bedside》中。



方诗云在一名需要慈怀疗护的患者家中为患者提供护理  
[照片来源: Channel NewsAsia]

扫描二维码，走进诗云作为社区护理护士的日常与看看她如何赢得母亲对她职业选择的支持。



## MWS家庭辅助计划更名为凝聚家庭社区推广计划 - MWS

自2024年4月1日起，MWS家庭辅助计划更名为凝聚家庭社区推广计划 - MWS (Families For Life@Community - MWS)，以更好地与社会及家庭发展部 (Ministry of Social and Family Development) 凝聚家庭理事会保持一致，该委员会的目标是建立坚强、有韧性的家庭。

与其他社区凝聚家庭社区推广计划相同，凝聚家庭社区推广计划 - MWS将提供三个育儿支持计划：正面育儿计划 (Triple P)、培养良好行为育儿计划 (Signposts) 以及一个新的循证计划——有目的的游戏 (Purposeful Play)，该计



划旨在帮助父母通过游戏和日常活动发展孩子的语言和沟通能力，并加强亲子关系。

今年年末，凝聚家庭社区推广计划 - MWS还将推出婚前课程与婚姻课程支持计划。团队将与位于后港、实龙岗和盛港地区的社区合作伙伴合作，吸引家庭和夫妻参与这些计划。UV

# 信仰与成长的一年

MWS集团执行总监吴伟志回顾自己在MWS的第一年,发现无论是在职业上还是个人层面上,这都是一个充满深刻学习与成长的旅程。

回顾我在MWS的第一年,我心中充满了感激和谦卑。

在过去的12个月里,我们将服务重组为家庭服务和医疗服务,增强了我们更好地满足受益者需求的能力。这一重组对我们的使命至关重要。

然而,这条道路并非没有挑战。面对宝贵同事的离开、我们组织的复杂性以及不断发展的社会和医疗领域,这些都促使我不断学习、重新学习并迅速适应。尽管如此,MWS的使命——与卫理公会及更广泛的社区合作,服务有需要的人——始终是我关注的焦点。

最近的管理团队联谊日让我深刻体会到,若要有效地服务,明确的目标至关重要。在一次艺术创作活动中,我的小组画了一朵在黑暗中盛开的向日葵,它象征着我们的承诺——即便在挑战中,也要坚持不懈、满怀喜悦地服务。

回顾过去的一年,我有三个主要收获:

1. **在不确定性中的团结:**我们的集体力量和共同愿景在应对挑战和坚持使命中至关重要。



MWS集团执行总监吴伟志(左)参与最近的一次艺术创作活动

- 2. **为边缘人群发声:**就像在黑暗中盛开的向日葵一样,我们必须成为希望的灯塔,为被遗忘者和有需要的人点燃希望。
- 3. **信仰与使命:**我们的工作深深根植于信仰,它引导并赋予我们克服挑战的力量。

在刚刚过去的国庆节期间,我回顾了国家建设的59年历程。正如新加坡的进步并非一夜之间完成,我对MWS的规划也不可能在一年的时间内实现。在MWS工作的这一年让我看到了政府对新加坡弱势群体和边缘人群的支持,以及我们每个人所能做出的贡献。这一切都离不开大家的共同努力。

愿我们在未来的岁月里继续与志同道合、心怀同样信念的人们并肩服务,让更多人能够享受圆满的生活。

## 旧地铁零件再利用勾起怀旧情感

走进MWS伯大尼疗养院 - 蔡厝港的平安居,您会看到一个既意外又熟悉的场景:地铁车厢内部。曾经空旷的空间如今被改造成地铁车厢的模样,装上了地铁座椅、扶手、线路图等设施,重现了乘坐列车的体验。

Poomalai先生是MWS伯大尼疗养院平安居的院民。对于像他一样的院民来说,这样的布置唤起了他年轻时乘坐地铁的美好回忆。“我喜欢搭地铁,特别是在车厢不拥挤的时候,

那段旅程非常宁静。在当兵的时候,我经常需要坐45分钟的地铁,那段时光让我非常怀念。”他讲述道。



Poomalai先生(中)坐在MWS伯大尼疗养院 - 蔡厝港的新装地铁座椅上享受了一次特别的“地铁之旅”

通过与陆路交通管理局的合作,这些地铁零件被引入了MWS伯大尼疗养院,为院民增添了家的温馨感。那些我们在

日常生活中习以为常的事物,往往是院民最为怀念的。这些精心布置的设施为院民提供了与外界的连接,唤起了他们对过去生活的记忆。

扫描下方二维码,观看MWS伯大尼疗养院负责人柯文福先生在亚洲新闻台短片《退役地铁车厢的去向:新加坡如何赋予它们新生》(What happens to retired MRT trains? How Singapore gives them new



life)中分享装饰病房的过程以及他对此的心得。UV

### 青少年接触宠物辅助治疗

在少女之家的房间里传来爱情鸟的啁啾声，这可能是一种不太常见的景象，但却为MWS女子之家里的院生带来了一个充满疗愈与欢乐的星期六。从2024年2月起，MWS女子之家便与人与动物共融事工 (Human-animal bond In Ministry) 合作，将动物辅助活动引入宿舍，为少女们提供一种特殊的治疗方式。在每月的活动中，院生不仅能了解与她们互动的动物，还可以亲自动手参与活动。就在这个星期六，女孩们的任务是为八只



爱情鸟制作带有鸟食的玩具，这需要她们鼓起勇气，发挥创意，保持专注和耐心，并进行沟通。”

“之前，我对鸟类了解不多，还有点害怕。刚开始时，我把手伸进笼子里，鸟儿们都不理

我。但最终我获得了它们的信任。它们开始愿意落在我手上，玩我们小组做的玩具。我感到非常开心和自豪。”一名参与的女孩这样分享道。

动物辅助活动和干预在创伤知情护理方面具有显著的疗效。这些活动为曾经经历过创伤的青少年提供了有效的方式来减轻焦虑并培养成就感。

随着MWS继续拓展服务范围，我们欢迎拥有类似创新疗法的合作伙伴，共同提升我们提供的护理质量。UV

### 为看护者提供创伤知情护理支持

照顾自闭症等神经多样化儿童的主要看护者常常面临诸多挑战，如倦怠、悲伤和经济压力。MWS家庭服务中心 - 义顺进行的一项小型研究发现，系统性创伤知情护理 (Systemic Trauma-informed Care, 简称STIC) 方法有助于社工更好地应对这些问题，从而改善看护者的状况。



除了应对创伤，STIC方法还通过评估学校等各种系统中的影响和资源来解决问题。这种赋能的方法不仅为情感处理创造了一个安全的空间，还善用看护者的优势来应对挑战。此外，该方法还帮助家庭与关键资源建立联系，提供全面的支持。

这些研究成果在2024年系统实践研讨会和2024年社会工作学术与实践研讨会上展示，突显了这些迫切需求——加强STIC培训以及增加在神经多样化儿童领域服务的机构之间的合作。

### 从像素到使命: 善用社交媒体促进社会公益

2024年3月，MWS通讯部团队与本地创意机构Colours Global携手举办了一场为期三天的工作坊，主题为“从像素到使命”。此次工作坊旨在探讨如何善用社交媒体推动社会公益，教授社交媒体的基本操作和编辑技巧，并为参与者提供机会，与各个MWS中心的服务对象互动。

在MWS疗养院、活跃乐龄中

心和家庭服务中心期间，参与者亲身聆听了服务对象和工作人员的宝贵故事，进一步了解了MWS的工作以及社区的实际需求。对许多参与者而言，这是他们第一次踏入疗养院或家庭服务中心，这样的互动给他们带来了耳目一新的感受。

“亲眼见证社交媒体如何被善用来帮助他人，真是令人大开眼界。工作坊还提供了许多将所学技能实际应用于现实生活中的有意义方法。”一名参与者分享道。



“从像素到使命”工作坊的参与者与MWS和Colours Global的工作人员

您身边是否有感兴趣的青年团体，想善用社交媒体为社区赋权、共同行善?欢迎电邮comms@mws.sg与我们联系!

### MWS护士经理荣获护士优异奖

我们热烈祝贺MWS疗养院 - 油池的护士经理Nuraini Bte Idris荣获2024年护士优异奖。该奖项由卫生部颁发，以表彰那些在护理领域作出卓越贡献的护士。

Nuraini在护理行业已经积累了23年的丰富经验，走过了漫长的护理之路。她回忆道：“我决定成为护士是因为我的祖母。我曾经参与照顾她，她中风

后摔倒离世，这让我萌生了成为一名专业护理人员的渴望。”

如今，作为护士经理，Nuraini不仅负责管理其他护士，监督病房的日常运作，还负责照顾院民并与他们的最近亲属保持密切沟通。她特别珍视与同事、院民及其最近亲属之间建立的深厚关系，大家都把她当成家人。

谈到获奖感言时，Nuraini表达了感激之情，并表示希望今后



能为团队和院民做得更好。“对于所有立志成为护士的朋友们，以及在职的护士同仁们，我想说，护理是一段需要极大耐心的终生旅程。愿我们都能坚持初心，继续为需要帮助的人提供关怀。”UV



### 就业机会

MWS正在迅速扩展，欢迎热心人士加入我们! 欲知详情，请浏览<https://careers.mws.sg/>。

# 在生活转折中 寻找曙光

陈金珠女士经历退休后的低潮和失去亲人的悲伤，一度感到希望渺茫，直到她在创意活动中找到了目标和满足感



五年前，陈金珠女士经历了难以想象的痛苦——她的丈夫和大女儿在几个月内相继去世。当时她沉浸在工作中，几乎没有时间处理内心的悲伤。

然而，2022年退休后，75岁的她被延迟的悲伤以及无望和无力感所淹没。“大部分时间我都呆在家里，觉得自己没用；生活似乎没有意义。”陈女士回忆道。

陈女士和43岁的女儿微玲以及一名帮佣住在同一个屋檐下。微玲承受了母亲情绪低落的重担，并分享道：“我注意到她表现出抑郁的迹象，而且变得非常依赖他人。”

## 发掘兴趣爱好

在朋友的推荐下，陈女士开始经常到访MWS活跃乐龄中心—德义园。自那以后，她通过缝纫、手工制作和涂色等创意活动找到了快乐和目标。这些都是她年轻时从未有机会探索的兴趣爱好。

“一直以来，我都热爱缝纫和手工制作，但由于年轻时家境贫困，我无法追求这些爱好。”陈女士说道。

但陈女士正在弥补失去的时光。她尤其喜欢中心的涂色活动，这些活动由一名MWS志愿者指导。在他的鼓励下，陈女士成功摆脱了自己的限制，接受挑战，探索艺术领域。

## 赋能后代

陈女士的新爱好也激发了微玲，帮助她克服了对尝试新事物的恐惧。“这就像多米诺骨牌效应。看到妈妈追求新的爱好，给了我勇气去尝试搭建乐高积木。一直以来，我都因为害怕失败而避免尝试。我意识到如果妈妈能做到，我也能做到。”她反思道。

微玲重拾的自信也有助于她应对工作上的重大变化。

同时，陈女士坚韧不拔的精神也感染了女儿。

**“现在，妈妈更快乐了，因为她没有这么多时间沉浸在失去亲人的悲痛中——这也帮助我保持积极的态度。虽然妈妈仍然感到孤独，但中心在缓解她的痛苦方面发挥了举足轻重的作用。”**

“现在，妈妈更快乐了，因为她没有这么多时间沉浸在失去亲人的悲痛中——这也帮助我保持积极的态度。”微玲说道。“虽然妈妈仍然感到孤独，但中心在缓解她的痛苦方面发挥了举足轻重的作用。”

MWS旨在为像陈女士和微玲一样的宝贵生命打破跨代贫困的循环，增能赋权。贫困不仅仅包括经济困境，还包括情感空虚、缺乏社会支持和未实现的体验。通过增能赋权，我们希望对未来几代人产生积极影响。

如今，陈女士的生活充满了目标、满足感和个人成长的机会。“自从加入中心，我感到更有活力，因为我的日子变得充实了。”她微笑着分享道。

陈女士的经历突显了一点——要帮助受益者摆脱各种形式的贫困，我们需要提供全面支持，解决情感和社会福祉问题，同时满足经济需求。

对此，微玲深有体会，她对于中心给予她母亲的支持心存感激，并分享道：“没有中心的支持，她不会在生活中找到意义。”

# 填补育儿空缺

祖母Rena\*为填补缺席父母的空缺，在不知不觉中让怨恨和压力悄悄渗入了她的生活

Photo: Canva

当Rena\*的女儿被监禁后，Rena意外地成为了自己3岁和11岁孙女的全职看护人。

这位73岁的退休英语老师感到对大孙女的情绪爆发措手不及。每当孙女遇到学业问题等挑战时，她就会崩溃，而父母缺席的感觉会重新浮现。

全职照顾孙女也让Rena感到压力重重、难以应对。

## 转变策略

在参加了由凝聚家庭社区推广计划 - MWS (MWS FFLC) 主办的正面育儿计划 (Positive Parenting Program, 简称 Triple P) 后，Rena的情况开始有了转机。该计划涵盖了许多主题，包括针对父母或祖父母的正面育儿方式，以及如何培养自信、能干和有韧性的孩子或孙子女。

**“我的小孙女非常倔强。有一次她发脾气，我把她带到一个安静的地方，轻声说：‘奶奶想听你说话，但你也需要听奶奶说。’ 这出乎意料地有效。”**

Rena学会了使用暂停法，帮助孙女们在情绪爆发后冷静下来并反思她们的行为。这教会了她们控制情绪，打破不良行为模式，同时缓解了她自己的情绪压力，防止事态变得更加严重。

“我的大孙女现在更积极地反思自己的行为，事后她也会道歉，这是前所未有的。” Rena说道。

Rena还学会了用平静、安抚的语气来培养孩子的安全感，让她们感到备受支持，而不是用严厉训斥的方式调教她们。

“我的小孙女非常倔强。” Rena分享道。“有一次她发脾气，我把她带到一个安静的地方，轻声说：‘奶奶想听你说话，但你也需要听奶奶说。’ 这出乎意料地有效。”

通过实施 Triple P 策略，Rena 不仅树立了正面的行为榜样和示范了有效的沟通方式，还加强了与孙女们的信任和联系。这让她们的行为和合作度大有改善。

## 打破循环：结束负面模式

她的女儿已经获释，但Rena仍然积极参与抚养孙女们，并承担管教的角色。

“我必须树立权威，合理管教孙女，因为她们的母亲让

她们随心所欲。我会在必要时介入，设立界限，” Rena 说道。

Rena 拥抱正面的祖父母育儿方式，在设定限度内提供选择，制定规则和调节屏幕时间，并奖励正面行为，以确保孙女们成为有责任感的成年人。

Rena 的故事突显了一点——某些育儿方式很可能导致下一代面临挑战，这也是一种跨代贫困的形式。缺乏正面榜样的孩子在成长的过程中，往往经历某些生活方面的贫瘠。他们可能难以发展必要的生活技能和应对机制，从而阻碍他们的情感发展和韧性。

宽容的育儿方式缺乏明确的界限，往往导致孩子缺乏自律，表现出更多的不守规矩行为和较低的学习动机。

他们可能在学业上落后，延续有限的教育成就和缺乏机会的恶性循环。总体而言，缺乏适当的父母指导会影响孩子的成长轨迹，并延续劣势和贫困的循环。

尽管如此，跨代贫困是复杂的。虽然良好的育儿能提供孩子坚实的基础，但它只是促进积极成果的一个部分。

通过耐心、同理心以及实施像 Triple P 这样的策略，Rena 希望帮助女儿打破负面结果的循环，为下一代提供所需的支持，助她们茁壮成长。

\*非真实姓名

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