



Blossom Seeds

福善

Charity with IPC status

UEN 201304904N

回顾2

Reflections No.2

MCI(P) 118/12/2017



TO SERVE WITH LOVE AND CARE



Dear friends

Thank you for supporting Blossom Seeds (BSL).

On 4 April 2016, BSL became a registered charity endorsed by Ministry of Social & Family (MSF) and subsequently a full member of the National Council of Social Service (NCSS) on 1 November 2016. On 1 February 2017, we were awarded Institute of Public Character (IPC). It was a great achievement for this young charity and we are grateful for the endorsement by MSF and NCSS.

For our Home Help Services, our Blossom Kakis have been reaching out to the needy Elderly. We have applied to the Agency for Integrated Care (AIC) to be a partner for Medical Escort and Transport (MET) for the needy Elderly. The Council of Third Age (C3A) has approved to fund BSL for our Senior Volunteerism Programme. BSL is seeking our own Centre to provide our services to the elderly in the HDB estates. In addition to its Home Help Services, our long term vision is to have a Nursing Home and a Sheltered Home for the needy Elderly in our community.

These would not have been possible without all your kind support. We sincerely hope to hear your response on our approach by dropping a quick email at siewchin.ong@blossomseeds.sg. Thank you for supporting our work and being part of our community.

Yours sincerely

Ong Siew Chin
Hon. Treasurer & CEO
On behalf of the Board

亲爱的朋友

谢谢您的支持。因为您的支持，福善能在许多领域取得进展。2016年4月4日，福善成为社会及家庭发展部 (MSF) 批准的慈善机构，随后于2016年11月1日成为国家福利理事会 (NCSS) 的正式成员。2017年2月1日，获得公益机构(IPC)的地位。对于这个年轻的慈善机构来说，这是一个肯定，福善非常感谢MSF和NCSS的认可。

福善的伙伴们对于我们的年长者，提供无微不至的居家照顾。我们已经向护联中心 (Agency for Integrated Care, 简称AIC) 申请成为医疗护送 (MET) 的合作伙伴。活跃乐龄理事会 (Council for Third Age 简称C3A) 也支持我们的年长者义工计划。福善正在寻找自己的中心，xx为老人提供服务。除了家居照顾服务以外，我们的愿景是在社区设立一个养老院和一个年长者的庇护所。

因有您的支持，我们才能继续关怀年长者。我们真诚地希望能得到你们的回馈。可发送简讯到电子邮件 siewchin.ong@blossomseeds.sg。福善感谢您的支持。

敬启

翁秀卿
财务总监兼总裁
代表董事部

Supported By



Administered By



Member of





2013
Incorporation
公司注册

2014

2015

Testimonial by elderly 年长者的回馈

"I'm very grateful for the medical escort service provided by the volunteers. I'm very touched and moved from the service provided by the caring volunteers. Every appointment that I have, they served me tirelessly and patiently. They would accompany me all the way and even the whole day sometimes from morning till evening. I appreciate very much the help given by the kind hearted volunteers of Blossom Seeds."

我非常感谢福善提供的医疗护送服务。福善友伴不厌其烦地照顾我，让我非常感动。每一次看诊，他们都非常有耐心，非常细心的照顾我。他们一直陪伴着我，有时甚至从早上到晚上。我非常感谢福善友伴的关怀与帮忙。

Mdm Soh • Patient of NCC

**Home Based Services
居家照顾服务**

With our dedicated pool of staff and volunteers, BSL continues to deliver our love and care to the door steps of our elderly. We are grateful we have the opportunity to hold the hands of each and every elderly who have come our way, brought them that little joy, provide them that little friendship, and accompany them in these final lap of their lives. Reassuring them that they are not left forgotten and not left alone.

透由我们用心的工作人员和志愿者，福善继续把我们的爱与关怀传递于老人家。感谢我们有机会给与老人家一点欢乐，在他们生命的最后一端陪伴他们，不让他们独自一人。



Medical escorts - a joyless task makes joyful under the care of a dedicated kaki 陪同年长者复诊

Current services include 目前服务项目有

- Home cleaning services 居家清理
- Escorts (Medical Escort and Transport Service) 护送看诊
- Groceries helper 代购日常用品
- Befriending 友伴
- Mind-Stimulating activities 脑保健活动

Admission Criteria 支援标准

- Seniors who are on Public Assistance (PA) 获公共援助金
- Unable to hold a permanent full-time job 长期失业
- Aged 55 and above 55岁及以上
- Ill or disable 生病或残疾
- With little or no income 低收入或没有收入
- With little or no family support 低或无家庭支助

List of referral organisations 转介机构

- Assisi Hospice 雅西西安宁疗护中心
- BW Monastery 吉祥寺
- Jalan Kukoh Resident Committee 慈兰固哥居民委员会
- Pearl's Hill Care Home 珍珠山养生居
- Pioneer Generation Office 建国一代办事处
- Team-managed, person-centred, integrated comprehensive care
- Thye Hua Kwan Senior Activity Centre 太和观
- Tsao Foundation 曹氏基金会



Blossom Love Charity Gala Lunch
爱心宴



Gardens to Plate
从菜园到餐盘

Awarded Charity status
by MSF 慈善机构



Awarded
NCSS Membership
国家福利理事会



2016

Awarded IPC 公益机构
(Institutions of a Public Character)
Status



Nursing Home*
疗养院



Sheltered Home*
年长者的庇护所



Blossom Seeds
福善

Blossom Seeds has a New Logo!
BSL logo is formed with a letter S, representing the seeds of compassion, that blossoms into a letter B, ending with a big heart embracing another heart in its within. It is designed with one continuous line to show our unending and consistent determination to serve with love and care, and build a friendship that is eternal.

福善的新标签，你们看见了吗？
福善的标志是由S字母，代表善心的种子，开花成B字母，形成一颗大的心包含着另一颗心。设计由一条源源不绝的线形成，代表着我们对长者坚持的爱与关怀，与永恒的友谊。

2017

Home Help Services 居家照顾服务



House Cleaning ~ A clean home is a happy home 居家清理



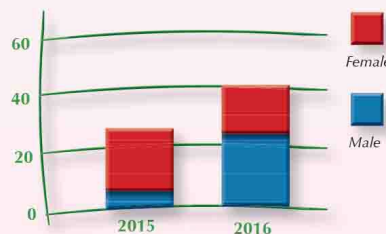
Mind-stimulating
Exercises ~
simple joy of
accomplishment
脑保健活动

Future Plans 未来计划

**Images are for illustration purposes only*

Profile of the elderly served 受惠年长者简介

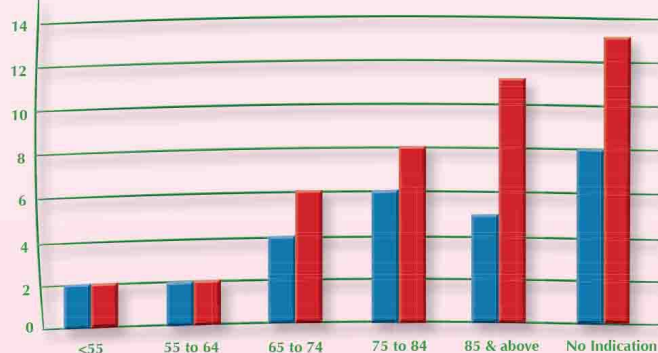
By Gender



By Race



By Age



Our Volunteers and Staffs (“Blossom Kakis”) 福善友伴

BSL focus on empowering the volunteers before carrying out the home-help service. Other than workshops on understanding seniors, the ageing process and practical sessions to engage seniors in meaningful activities, the volunteers also learn how to care for themselves and be culturally-sensible.

福善重视义工的学习。义工除了学习了解年长人士，老化的过程，如何让年长人士过有意义的活动以外，他们也学习如何照顾自己，如何现代各种族，各文化的年长者。



How have I benefited from the volunteer training?

义工培训后的感想。

“I learnt about the importance of trust and understanding in relationships. When volunteering, it is important to stand from the other beneficiary's perspective and consider what's best for them... putting down our ego to truly benefit them and ourselves.”

我意识到人与人之间，信任和了解是非常重要的。在承担义工时，更需要从受益者的角度来看待事情，放下自我，做出对他们最有利的决定。

Ms Shi 史小姐



Communicating with Elderly by Ms Vina Toh
卓玉珠老师分享如何与年长者沟通

What attracts me to join Social Service?

什么促使我加入这个行列?

I started as a volunteer. I noticed that there were always elderly who needed escorts to see the doctor. But there were not enough volunteers to bring them. So I took leave from work to bring them to the doctor. Seeing that this is a need, I decided to join the social service.

My mother protected and cared for me when I was a baby. Now that my mother is old and frail, it's my turn to look after her. This is the little I can do to repay her love and kindness to me. Singapore is built on the contribution of these elderly. I would also like to bring a smile to as many elderly as possible too.

开始时，我只是个义工。我注意到总有老人家需要陪伴去看医生。但总是没有足够的义工带他们。所以我就向公司请假，带他们去看诊。后来发现有这个需要，我决定加入社会服务。

当我还是一个婴儿时，我的母亲保护和照顾我。现在我母亲老了，身体虚弱，轮到我照顾她，以报答她对我的爱。新加坡今天的成就，也是因这些年长者的贡献。我也想为更多的年长者带来微笑。

Mr Leo 梁先生



Tips on preventing and handling elderly falls
By Nurse Esthur Rubykala
年长者滑倒的原因与如何应对



Geriatric Talk by Dr Chow Khuan Yew
邹昆耀医生-年长者应有的医疗保健知识

What motivates me to continue to volunteer?

什么让我坚持承担义工?

Each needy Elderly has his own challenges. He is unable to visit the clinic on his own. I am in my sixties and also experience the challenges of old age. I am glad that I am still able to walk and able to contribute to the community in a small world. I feel that I am very fortunate.

这些年长者因某种原因，连最基本的看诊都有困难。自己步入中年，也体会到病苦，老苦。自己还能走，还能为社会出一份微薄之力。自己是幸福的。

Mdm Lew 刘女士



Volunteer Appreciation Purple Party ~ December 2016
感恩义工派对

Blossom Seeds Events 福善活动

Gardens to Plate 菜园到餐盘午宴 ~ August 2016 | 260 low income families • 260 低收入家庭受惠



Songs and games by youths 歌曲和游戏 ~ May 2016 | 100 elderly, 25 youth volunteers • 100 名年长者, 25 名青年



Blossom Seeds Events 福善活动

Excursion Gardens by the Bay 滨海湾花园一游 ~ July 2016 | 63 elderly • 63 名年长者



Distribution of Golden Delight mooncakes to elderly 欢乐月饼献爱心 ~ September 2016
1038 elderly, 100 volunteers • 1038 名年长者, 100 名义工



Mid-Autumn Celebration at Jalan Kukok 惹兰固哥中秋排队 ~ September 2016
50 elderly, 50 volunteers • 50 名年长者, 50 名义工



Blossom Love Charity Gala Lunch 迎新春献爱心 ~ February 2016

200 elderly, 120 volunteers, 500 guests • 200名年长者, 120名义工, 500名嘉宾



Love – and charity - blossoming at lunch marking double delight



Ms Yeo Soo Cheng (far left) and Ms Anna Ong, both volunteers from Blossom World, performing with the Blossom Kids.

More than 1,000 people celebrated Valentine's Day and the seventh day of the Chinese New Year ("Ren Ri" or the birthday of mankind) over lunch at the Ban Heng Restaurant in HarbourFront Centre yesterday. The Blossom Love Charity Gala Lunch, organised by non-profit organisations Blossom Seeds and Blossom World Society, aimed to instil compassion and gratitude, and provide a platform for young people to interact with the elderly.

About 240 elderly beneficiaries and 20 needy families attended the event alongside over 800 members of the public and volunteers. Senior Minister of State in the Prime Minister's Office Heng Chee How, who was the guest of honour, and Senior Minister of State (Finance, and Culture, Community and Youth) Sim Ann, an adviser to Blossom World Society, gave out hongbao and goodie bags to the beneficiaries. An estimated \$100,000 was raised from the event. The sum will go towards the beneficiaries of both charities, which include children, youth and the elderly. PHOTO: DIOS VINCOY JR FOR THE STRAITS TIMES

联合晚报 Lianhe Wabao

新闻 晚餐时间 生活

Submitted by tongmcg@wb on Sun, 2016-02-14 14:35

独乐乐不如众乐乐, 200名独居老人不分种族宗教, 在人日这一天, 与年轻义工一起欢度农历新年和情人节。

福善基金会和喜悦世界协会今天下午于港湾中心万兴酒楼举办首次联合主办“迎新春献爱心”慈善午餐, 总理公署高级政务部长王志豪, 和社区及青年部兼财政部高级政务部长沈



Blossom Seeds Events 福善活动

Blossom Love Charity Gala Lunch 和乐团圆爱心宴 ~ February 2017

240 elderly, 200 volunteers, 600 guests • 240名年长者, 200名义工, 600名嘉宾





和乐团圓爱心午宴 与老人孤儿共度新春

郭亨利 报道
庄耿闻 摄影

为宣扬孝道、促进社会和谐，福善基金会（福善）和喜悦世界协会（喜悦）联合举办“和乐团圓爱心午宴”，宴请老人与孤儿共度新春。

昨早10时30分至下午2时，公益机构福善与喜悦，在裕廊战备军人协会俱乐部（SAFRA Jurong）联办“和乐团圓爱心午宴”。主宾是总理公署高级政务部长王志豪，喜悦荣誉顾问，财政部兼文化、社区及青年部高级政务部长沈颖也作为特别贵宾出席。

这是该活动举办的第二年，参与午宴的有208名贫困或独居老人、数名低收入家庭成员、16名来自莫罕默迪亚福利院（Muhammadiyah Welfare Home）和拉马克里斯南教会及儿童之家（Ramakrishna Mission Boys' Home）的孤儿、600多名公众及多名福善和喜悦的义工，现场共92桌酒席。



主宾总理公署高级政务部长王志豪（左二）亲切慰问阿婆苏四妹（97岁，左三）与她的女儿郑素莹（45岁，左一）。

活动款项来自两个公益机构收到的捐助，也由现场600名公众捐赠。

主宾王志豪说，希望让年轻人当义工学付出、在家对阿公阿嬷和父母尽孝，也让社会为人口老化做好准备。

沈颖则在致欢迎词时说，希望喜悦能推出更多促进一家三代和乐交流，能鼓励青少年努力向上的活动，继续传扬传统价值观。



Blossom Seeds Events 福善活动

Auspicious Vesak Carnival 2017 年吉祥嘉年华 ~ May 2017

220 elderly, 90 volunteers, 1000 goodie bags distributed • 220名年长者, 90名义工, 分发1000个吉祥礼包





Blossom Seeds Events 福善活动

My Family My Super Heroes Carnival 2017 我的家，我的无敌英雄 嘉年华 ~ June 2017
50 elderly, 200 volunteers • 50名年长者, 200名义工



Blossom Seeds Events 福善活动

A Tribute To The Seniors 向长者献礼慈善午餐 ~ August 2017

150 elderly, 130 volunteers, 50 guests and grassroots partners • 150名年长者, 130名义工, 50名嘉宾与基层人员



Engagement with Other Organisations 与其他团体，学习与交流

As a new Charity, Blossom Seeds (BSL) is happy to learn from the various agencies and organisations
作为一个年轻的慈善机构，福善有许多地方，还需向各机构学习。



◀ *Aspiring to partner with Agency of Integrated Care (AIC) to support seniors to live well and age gracefully at home and in the community ~ November 2016*

希望能成为护联中心的合作伙伴，让年长者能安享晚年。



▲ *Understanding the initiatives by the Council for Third Age (C3A) to promote life-long learning, senior volunteerism and positive ageing ~ May 2017*
向活跃乐龄理事了解帮助年长者终身学习，承担义工与正面积极老化的策施。



▲ *VVOs-Charities Capability Fund (VCF) Funding Seminar by National Council of Social Services (NCSS) to enhance governance and management capabilities. ~ March 2017*
国家福利理事会主办“慈善福利团体技能提升基金”讲座



▲ *Great sharing session with Gambas befrienders ~ April 2017*
与甘巴士的朋友互相学习

Engagement with Other Organisations 与其他团体，学习与交流



▲ Social Service Summit 2017 to discuss progress and actions towards a future ready sector ~ July 2017
社会服务峰会讨论未来慈善团体的进展与方向

Inter-racial 种族间交流



▲ Organised by IRCC to understanding the strengths and pitfalls of Social Media ~ August 2016
族群与宗教互信圈举办了解社交媒体的长处和弊端



▲ An-Nahdhab Mosque 10th Year Anniversary Dinner ~ January 2017
安纳达回教堂十周年晚宴



▲ Promoting sharing, serving, giving and receiving by Realm of Tranquillity since 1978 ~ August 2017
学习清一阁所提倡“为善最乐”，“促进社会责任”的精神。



▲ Celebrating similarities with friends from Bahai Community of Singapore ~ June 2017
与巴哈伊社区的朋友共勉，不亦乐乎？



▲ Meeting the family of Rotarians who are committed to place Service Above Self ~ June 2017
认识罗马尼亚“服务至上”的精神。

OUR VISION 愿景

To be the trusted care-givers of the Elderly.
成为年长者值得信赖的护理人员

OUR MISSION 使命

To develop programs to support lonely and needy Elderly to integrate with the society, regardless of race and religion.
制定方案，协助各种族各宗教的孤独与有需要的年长人士与社会融合。

OUR OBJECTIVES 目标

- Empower the Elderly so that their lives continue to be meaningful and enriching
- Create joyful and happy memories for the Elderly.
- Promote and encourage community participation in caring for the lonely Elderly
- 赋予年长者权力，使他们的生活充实与富有意义
- 为年长者带来快乐愉快的回忆
- 促进和鼓励社区参与照顾孤独的年长者

Need home help service?

需居家照顾服务吗？

Please call 请联络 9113 3452

Interested to be a volunteer?

想加入我们的义工行列吗？

Please call 请联络 9634 1538

or email 电邮 volunteer@blossomseeds.sg

For general enquiries

其他详情

Please call 请联络 9815 6389

or email 电邮 contact@blossomseeds.sg

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Blossom Seeds
福善

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