

# SNTConnects

Biannual newsletter for  
caregivers and partners



## Dear Caregivers and Partners,

2020 will be an exciting year for SNTC as we start partnering with volunteers to increase our capacity to serve. Together with our dedicated team of social work-trained Case Managers, we look forward to continue enhancing our service and support to our clients during their journey with us.

As we recap on past year's highlights, we would also like to thank everyone for the continued support in allowing us to create value in the work we do for the community of persons with special needs.

For any comments or suggestions, do drop us a note at [enquiries@sntc.org.sg](mailto:enquiries@sntc.org.sg).

### 2019 YEAR-END CELEBRATION



SNTC's annual year-end event has a special place in the hearts of our clients from the lower-income families as they often look forward to celebrations to wrap up the year. Such an event not only provides an opportunity for beneficiaries to bond with staff at SNTC over interesting activities, but also offers a much needed respite for their caregivers who are usually occupied with caregiving duties.

On 7 Dec 2019, a group of 21 SNTC's elderly caregivers attended a workshop, "Staying Well – Secrets of the Super Agers". The highly interactive Mandarin workshop engaged our caregivers in mental and physical exercises that aid in strengthening brain health and fitness. The 3.5-hour laughter-filled session was fruitful and saw many positive discussions.

While caregivers were occupied at the workshop, 16 beneficiaries were treated to a guided tour on hydroponic farming at Kok Fah Technology Farm. Throughout the tour, our beneficiaries were encouraged to use their senses of touch, smell, sight, and taste by enjoying freshly harvested salad greens and sniffing different herbs. Thereafter, they planted their own takeaway mini 'vegetable farm'. It was truly a fulfilling experience as our beneficiaries were all smiles.

Special thanks to *Hua Mei Training Academy* for conducting the complimentary caregiver workshop, and *Mediacorp Enable Fund* for the kind sponsorship in support of our commitment to equip caregivers with self-care tips and social support for their well-being.

## ANNOUNCEMENTS

**CALLING FOR**

**VOLUNTEERS**

**SIGN UP FOR:**  
Volunteer Opportunities  
for Persons with Special  
Needs & Elderly Caregivers

**QUESTIONS?**  
enquiries@sntc.org.sg

## Volunteer Recruitment

Over the years, SNTC received several enquiries from the general public, including professionals and caregivers, who expressed their interest in volunteering with us. We appreciate the enthusiasm and support from all who are eager to volunteer their time and expertise.

Having a ready pool of volunteers will allow us to achieve more for our beneficiaries with special needs. SNTC is now having an active volunteer recruitment drive to open up opportunities for home visits, caregiver respite activities, educational workshops and community outreach events to interested parties.

To join us as a volunteer on Giving.sg, do visit <http://bit.ly/SNTC-Volunteers> for more information.



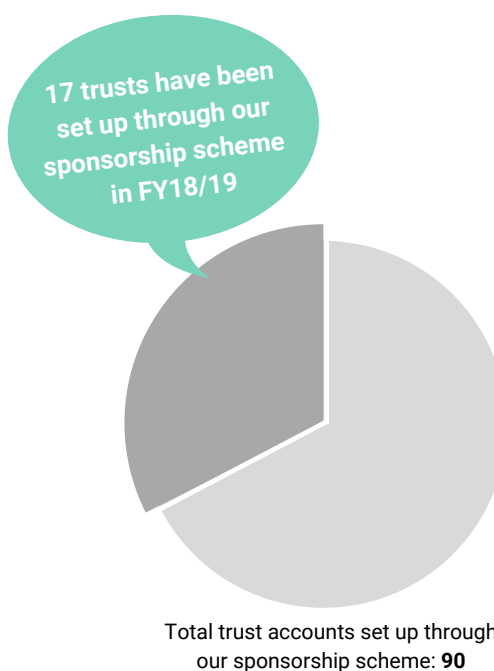
## Donations for Low-income Families with Special Needs

Donations that SNTC receive are used to support low-income elderly caregivers with the initial \$5,000 capital to set up trusts for their loved ones with special needs. The trust provides the necessary infrastructure before assets of caregivers can be injected through wills and nominations.

To date, there have been 90 trusts accounts set up with the kind donations that SNTC received over the years. We notice an increasing trend of needy caregivers who will benefit from this initial grant.

SNTC would like to thank all our donors for your generosity, which has enabled many elderly caregivers to ensure that the future financial assets for their dependants with special needs are safeguarded.

If you would like to make a donation to SNTC on Giving.sg, please visit <http://bit.ly/SNTC-Donations>.



## EVENTS HIGHLIGHTS

As SNTC steps up efforts in reaching out to the community, we have been actively involved in several purposeful events to raise awareness of the importance of future planning.



### NUS Next Age Institute (7 Jun)

SNTC was invited by NUS Next Age Institute as a panel speaker to share our approach towards asset building and financial security for families caring for persons with special needs. The forum highlighted how the knowledge of financial resources and schemes can empower social work professionals to support families in a holistic perspective.



### SNTC Talk for DHHFS (8 Jun)

SNTC organised a talk for members from the Deaf-and-Hard-of-Hearing Federation of Singapore (DHHFS). It was a fruitful session as their members learned about the importance of planning ahead, which included topics on SNTC's services, Wills, and Advanced Medical Directive (AMD).



### MSF Roadshows for DACs and SWs (Jul)

SNTC had the opportunity to be a part of the Day Activity Centres (DACs) and Sheltered Workshops (SWs) roadshows organised by MSF for caregivers this year. Participating caregivers visited the SNTC booth to learn more about our services, and how SNTC could support their dependants with special needs.



### Riverside Secondary School (8 Aug)

In celebration of National Day 2019, SNTC and Riverside Secondary School organised a joint celebration with inclusive play for our beneficiaries with special needs. It was a day of fun games and sing-alongs that fostered meaningful interaction between SNTC's beneficiaries and the secondary school students.



### LearnIn Digital Skills Workshop (21 Sep)

SNTC invited our caregivers to participate in a digital workshop, "Life Skills for the Digital Economy" by social enterprise LearnIn. The workshop equipped our caregivers with useful daily skills such as using mobile apps for transport, messaging, and tracking of medical appointments.



### Let's Play! Event Series Finale (6 Oct)

In 2019, SNTC was a part of Let's Play! – a series of inclusive play events in the community. For the finale event held at PAssion WaVe @ Jurong Lake Gardens in 2019, SNTC set up an awareness booth that championed the value of patience. Participants who took part in the event's amazing race were tasked to fold origami hearts which symbolise this value.



## WHAT'S BUZZING ON FACEBOOK

Frequently Asked Questions  
(Series 2)Must the SNTC  
Trust be topped up  
regularly?Can CPF monies  
be used to set up  
an SNTC Trust?Should a Will be  
written before  
setting up an SNTC  
Trust?

## Facebook Series:

## SNTC's Frequently Asked Questions (Series 2)

We have compiled some of the most commonly-asked questions by caregivers and professionals during our SNTC talks in the community. Do check out our FAQ series by searching #SNTCQnA on Facebook, and feel free to share them with other caregivers who may wish to learn more about SNTC!

View the series here: <http://bit.ly/SNTC-FAQSeries2Posts>

## UPCOMING EVENTS



### Planning Ahead for Your Loved Ones with Special Needs (照顾成年特需者讲座)

Topics: Financial Education, LPA  
Dates: **11 Jan 2020, Sat** (Mandarin)  
**14 Mar 2020, Sat** (English)  
Time: 9:30am - 12:30pm



### Future Care Planning for Your Loved Ones with Special Needs (如何为特需亲人规划财务上的保障)

Topics: Deputyship, Will Writing, LPA  
Dates: **22 Feb 2020, Sat** (English)  
**18 Apr 2020, Sat** (Mandarin)  
Time: 9:30am - 12:30pm

### Special Needs Trust - Why it Matters? 特需信托 - 为什么重要?

## JANUARY

3 January (Fri), 4pm - 5pm  
17 January (Fri), 4pm - 5pm  
31 January (Fri), 4pm - 5pm

To register, call 6278 9598 or  
email [enquiries@sntc.org.sg](mailto:enquiries@sntc.org.sg)

## 一月

1月3日 (星期五), 4pm - 5pm  
1月17日 (星期五), 4pm - 5pm  
1月31日 (星期五), 4pm - 5pm

若有兴趣, 请拨打 6278 9598 或  
电邮致 [enquiries@sntc.org.sg](mailto:enquiries@sntc.org.sg)

298 Tiong Bahru Road, Central Plaza  
Level 10, Singapore 168730



### Bi-Weekly Friday Talks: Special Needs Trust - Why It Matters? (特需信托 - 为什么重要?)

Topics: Special Needs Trust &  
Special Needs Savings Scheme (SNSS)  
Language: English & Mandarin

For enquiries and registration, please call 6278 9598 or email us at [enquiries@sntc.org.sg](mailto:enquiries@sntc.org.sg).

Check out our website and Facebook page for future updates!



Scan the QR code  
to like and follow  
us on Facebook!

## CONTACT US

☎ 6278 9598  
🌐 [www.sntc.org.sg](http://www.sntc.org.sg)

✉ [enquiries@sntc.org.sg](mailto:enquiries@sntc.org.sg)  
f [www.facebook.com/SNTCSG](https://www.facebook.com/SNTCSG)