

APR 2022, ISSUE 21/22 H2

RADIANCE

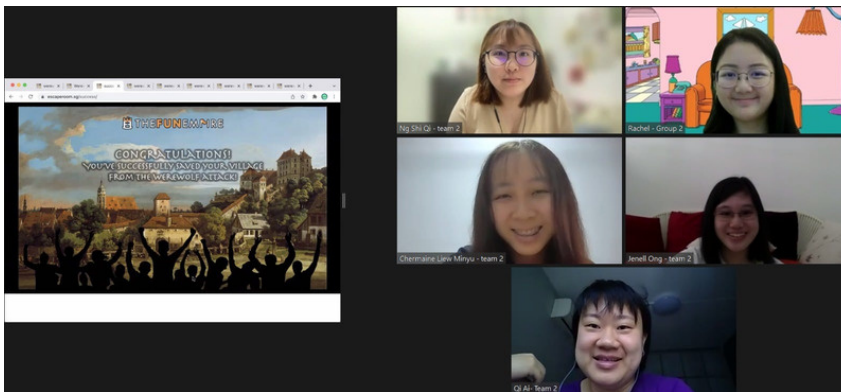
MINDS MYG NEWSLETTER

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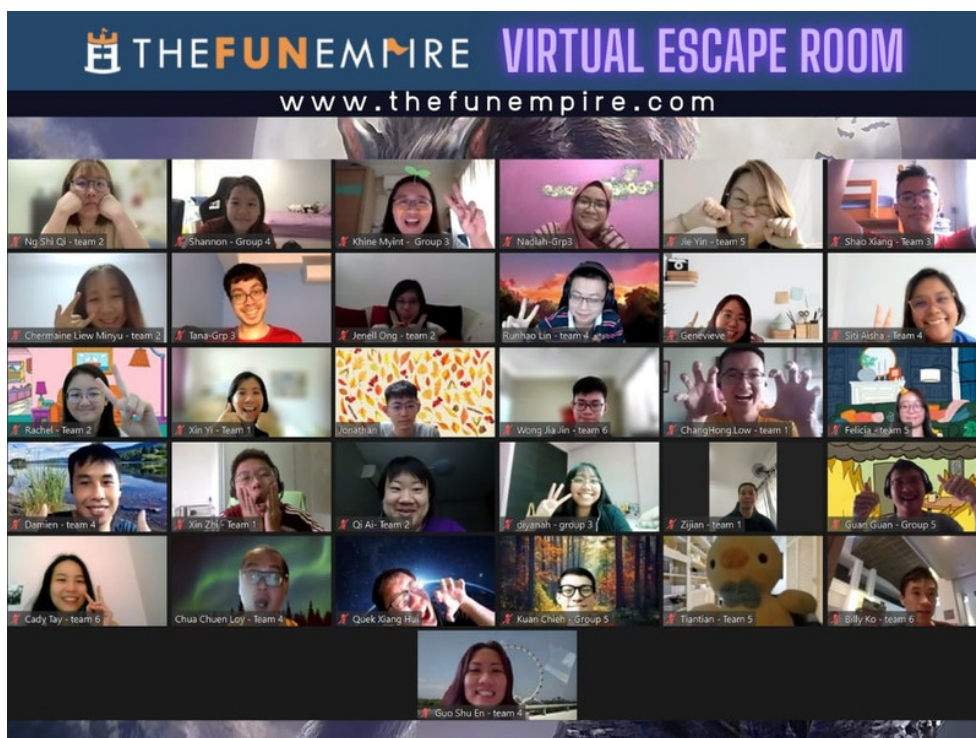
VOLUNTEERS' DAY BONDING VIRTUAL ESCAPE ROOM

BY CHERMAINE (TERRA HOPE VOLUNTEER)



On 5 December, we celebrated International Volunteer Day! Volunteers across MYG projects gathered to solve the exciting mystery of the Werewolf and successfully saved the MYG village in a Virtual Escape Room.

It was most of my teammates' first attempt at a virtual escape room, but the way that it was conducted made it extremely easy to understand how to navigate the platform! The plot of the escape room was quite interesting and the problems we had to solve were relatively challenging. As such, the problems facilitated group work and communication, and required us to come together as a team despite not knowing each other well. This allowed us to get to know each other better, so that was really enjoyable. I'm glad that I decided to sign up for this virtual escape room despite the worries of not having any experience in participating in one!



CHRISTMAS CELEBRATION

BY BILLY (GUILLY VOLUNTEER)



"Santa Claus is coming to town~" sang 45 participants, not physically but through my speakers from the Zoom session we had celebrating Christmas in 2021. My screen was filled with a sea of red / green, topped off with Christmas hats, as everyone was properly dressed for the occasion. It was a particularly meaningful session as even though we couldn't gather in person, everyone took the effort to bring the festive spirit virtually into the zoom session. Besides the sing-a-long session, I, trainees (and I'm sure volunteers alike) learnt more about how Christmas came about through a narration from a video. That really gave a deeper meaning and better understanding to this special day too. Although I enjoyed myself thoroughly during the zoom session, I'm certain all who were on the call hopes that for Christmas in 2022, we would all be singing Christmas carols within the same four walls and be physically reunited.



INTRODUCTORY TRAINING

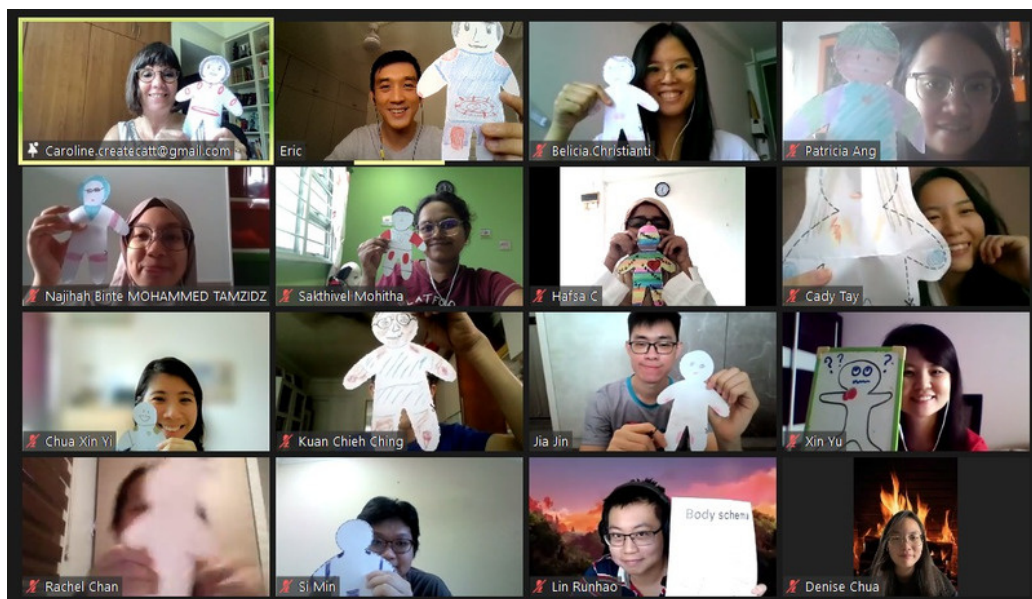
BY SUKAYNA, LUI LENG, EVLYN AND MADHULIK
(CHILDREN'S WING VOLUNTEERS)

Through attending the MYG Introductory Training session, we have gained a deeper understanding of people with intellectual disabilities (PWIDs). We have learnt the three main criteria used to determine whether a person has an intellectual disability, and the common misconceptions surrounding PWIDs. We have also gained insights on the common causes, such as genetic conditions and injuries. Moreover, we are now aware that different degrees of intellectual disability exist, ranging from Mild to Profound, and that various support systems must be in place to help the entire community.

As new volunteers, we have also learnt helpful tips about the appropriate ways to interact with PWIDs and how we can help them with some of the challenges they may face. Such strategies include talking slower and using simple sentences to communicate. Additionally we have a clearer understanding of the different scenarios we might encounter when interacting with PWIDs, such as meltdowns and self-injurious behaviour. We also learnt that when volunteering with PWIDs, we should make a more conscious effort in initiating conversations. We are very glad to have participated in this workshop as it has been a very insightful session that has better equipped us in understanding and interacting with PWIDs.

MYG LEARNING DAY

On 9 April, volunteers participated actively in the the annual MYG Learning Day with the topic Learning Through Developmental Play, where they were taught concepts to organise fun and enjoyable sessions (both physical and virtual) for their trainees. Look out for some pointers in the next page!



LEARNING THROUGH DEVELOPMENTAL PLAY

Learning Notes

WHY IS PLAY IMPORTANT?

It helps clients engage and understand the world. It is not the intellect, but the creative mind that plays with the object it loves.

DEVELOPMENTAL PLAY PYRAMID

A model that illustrates play into four different stages; foundation levels have to be attained first before engagement at higher levels. The lower play levels engage the reptilian brain and the limbic system; particularly autistic clients who are more challenged at the reptilian, while level 4 engages with neocortex.



LEVEL 4: HIGHER PLAY (SOCIAL, SYMBOLIC, ROLES, RULES, AS IFS)

LEVEL 3: ORGANISED MEANING MAKING PLAY

LEVEL 2: CREATIVE EXPLORATIVE PLAY (COMMONLY ASSOCIATED WITH MESSY PLAY, MOVEMENT AND ENGAGEMENT)

LEVEL 1: SENSORY-BODY PLAY AND ATTACHMENT SAFETY PLAY

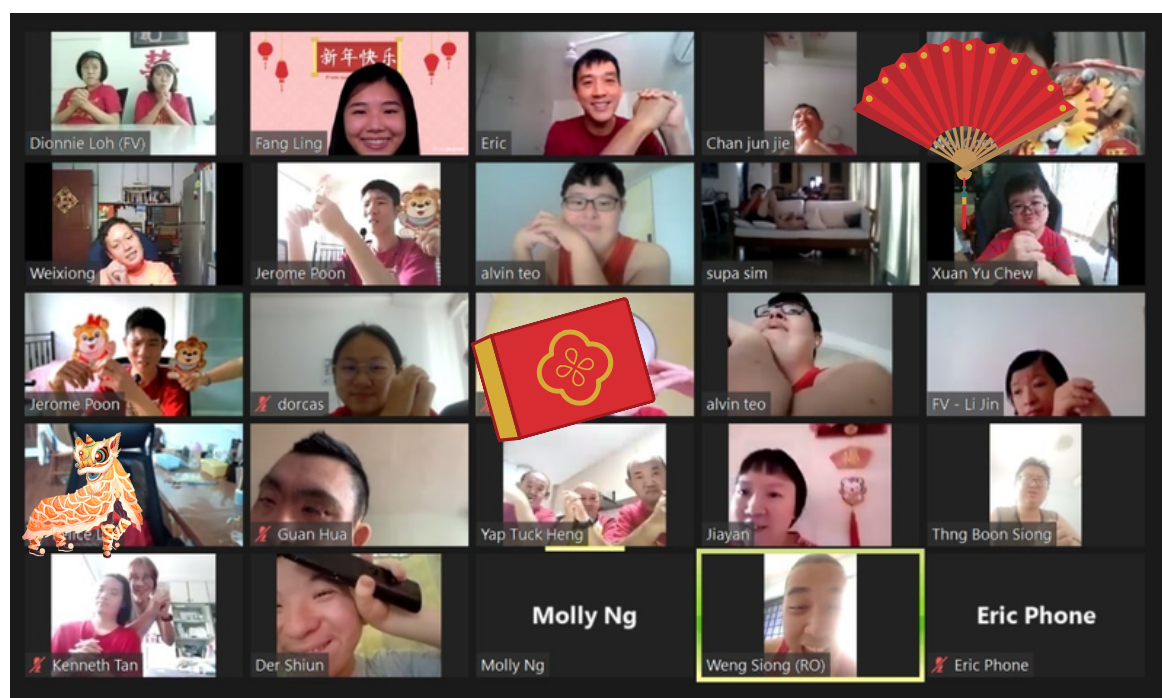
THE PYRAMID IN DEPTH

- **Sensory-Body Play** is a play that engages the five senses and also (i) Sense of Balance, (ii) Sense of Body in Space, (iii) Understanding our bodily responses. Tools of include Body Schema, Hand Schema and Massages, Dance & Movement, Movement Mimicking
- **Attachment Safety Play** gives client a sense of safety for them to open up for play, done through establishing relationship and rituals of affirmation (e.g. validating sounds clients make by responding - using drums/clapping; clients do self-intro and volunteers acknowledge with name and inputs, displaying or publicity of clients' art works).
- **Messy Play** is an exploratory form of play where clients are exposed to chaos and unpredictability; where they learn to control and adapt; where they understand why chaos needs to be contained through behaviour. When a form is created from a mess (e.g. the creation of a "monster" through shredded recycled material or making forms from dough created from its constituents); that is progression from Level 2 play to Level 3 play.
- When clients are **disengaged** at play activity, go back down to bottom of pyramid to improve focus via sensory body play.



CHINESE NEW YEAR CELEBRATION

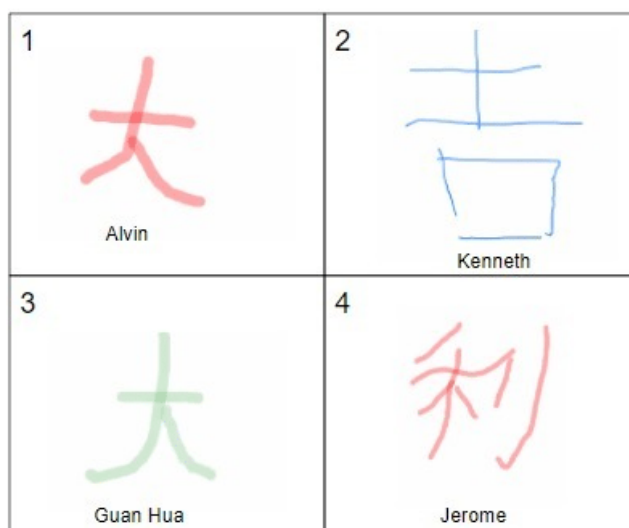
BY DORCAS (FERNVALE VOLUNTEER)



The Chinese New Year mass Zoom session was an enjoyable experience for the trainees as well as the volunteers. The activities like calligraphy competition were engaging and it was heartening to see them participate eagerly and try to master the characters as well as vote for and encourage one another. I was glad that almost every trainee had a chance to try it out with exception of those with technical issues.

The virtual lohei and lion dance also added to the lively atmosphere over zoom and the trainees seemed really intrigued and looked like they enjoyed the festivities despite it being online. Even with COVID measures in place and being unable to celebrate in person together, I'm glad to have brought joy and engagement to them during this season of CNY nevertheless.

MYG
春联



A BOY AND HIS BELOVED MONKEY



Guess how old this monkey soft toy is? During one of the online sessions, we asked trainees to prepare and share the stories about their favourite soft toys and we learnt of the fact that this monkey is actually more than 10 years old! It was a gift from an MYG family day event....

Since then, this monkey has always been this trainee's best friend who comforts him whenever he feels lonely, as he is the only child in his family. We were so touched to hear how much this soft toy means to him and that this is one of his favourite gifts that he has ever received.

And guess who is a huge fan of Snoopy, just like our current MYG Chairperson Jie Yin...?



ARE YOU EXCITED ABOUT THE MYG50 CELEBRATIONS?

2022 marks MINDS MYG's (MYG) Golden Jubilee and we will commemorate this momentous milestone through a series of celebratory events that would span over 2022. Each decade milestone is represented by a special event.

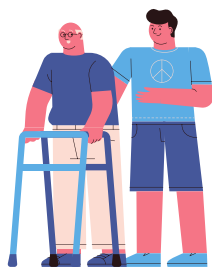


Thanks for participating!

DECADE 2: MYG SETS OFF

26TH MARCH 2022

In 1982, MYG started its first drop-in project at AMK. This event aims to feature the eleven projects with contingents taking on unique trekking routes.



Click here to sign up for the committee!

DECADE 4: MYG ADVOCATES

10TH / 17TH SEPTEMBER 2022 (TBC)

In 2009, the MYG Mission was revised to raise public awareness and acceptance for persons with intellectual disabilities. This will be an advocacy event for intellectual disabilities.



DECADE 1: MYG LAUNCHES

22ND JANUARY 2022

The first event aims to celebrate the establishment of SARC Youth Section (now MINDS MYG) in 1972 and the inaugural combined camp (now ACID) in 1979.

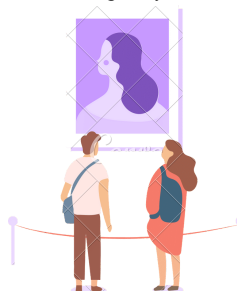


Thanks for participating!

DECADE 3: MYG GIVES BACK

2ND & 9TH JULY 2022

MYG was awarded the Special Friend Award (Group) in 1999 and the President's Social Service Award in 2001. This event will feature MYG volunteering for/with the beneficiaries of another Social Service Agency.



Are you ready for the event?

DECADE 5: MYG GOLDEN JUBILEE

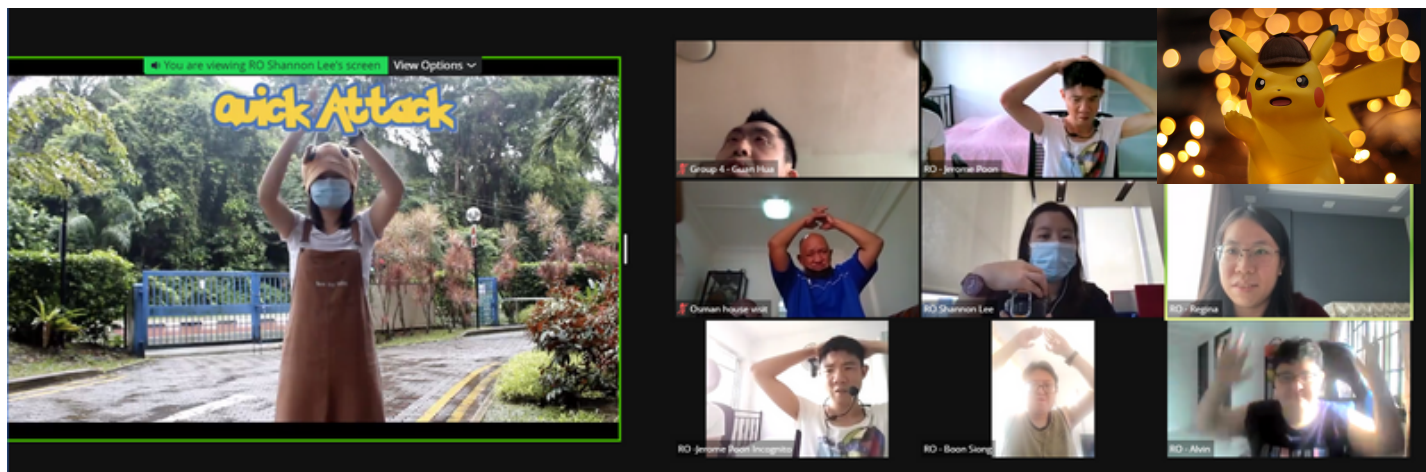
10TH DECEMBER 2022 (TBC)

MYG50 will finally culminate in a dinner and dance event where all members of MYG gather for celebration.

Click here to sign up for the committee!

MYG50 EVENT 1: MYG LAUNCHES

BY TANA (RSPID VOLUNTEER), EVENT 1 ORGANISING COMMITTEE

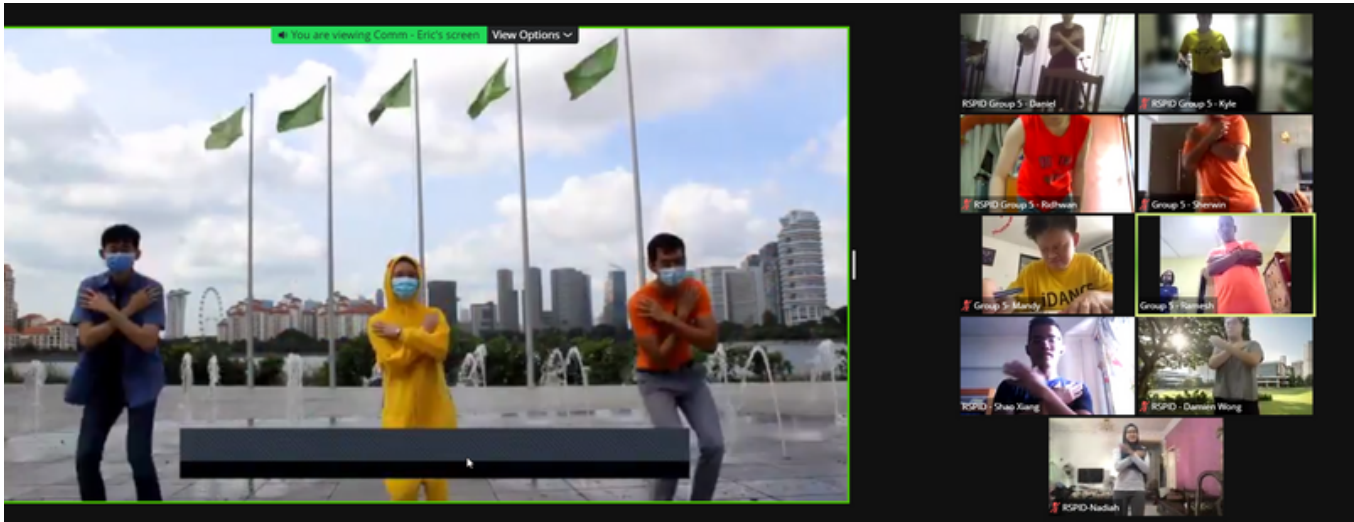


MYG is celebrating its 50th anniversary this year and a series of 5 events have been lined up to commemorate this momentous milestone. The first milestone event – MYG Launches, kick-started on 22 January 2022 and featured various milestones within MYG's long history.

When I volunteered to be part of the planning committee for this event, I did not know what to expect. Previously, the events that I had assisted to plan, were mostly 'physical' in nature. However, given that this event was entirely virtual, it was a completely new experience for me and I am sure it was the same for the rest of the planning committee. Nonetheless, as the weeks went along, I was amazed at how many things we had managed to achieve. Although it was only a 3-hour event, there were so many things that needed to be prepared.

(To be continued.....)



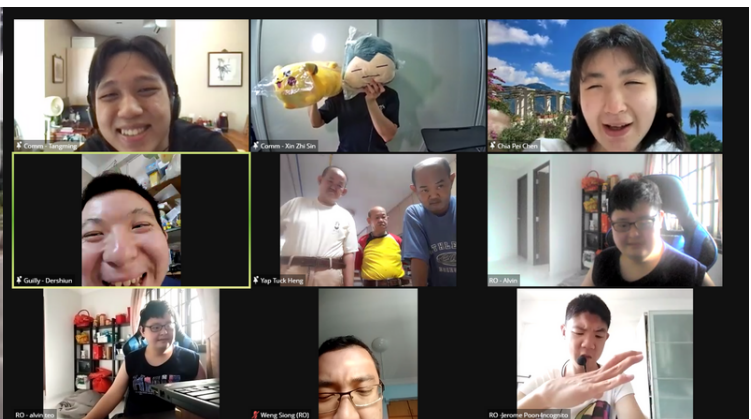


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These included the video editing, animations, challenge creation and inviting of an external vendor for the event, amongst other things. Every member of the committee played a key role in ensuring the event went smoothly. In the end, the collective smiles on the beneficiaries' and volunteers' faces made all the hours of preparation and hard work very worth it. My favourite segment was the one where we appreciated the caregivers who walked the journey with the beneficiaries over the years. It further reaffirmed their dedication and efforts towards caring for their child/ward.

I believe that this event helped to launch MYG50 celebrations successfully, and I look forward to the remaining milestone events!





MYG50 EVENT 2: MYG SETS OFF

BY CHOON SENG (BKTG VOLUNTEER), EVENT 2 ORGANISING COMMITTEE

I thought it was timely to come back when I read that MYG was celebrating its 50th anniversary. After all, I had been away for awhile. I was excited to return but was also a bit hesitant because I did not know any of the younger generation of volunteers that I would be working with and I was worried that I would struggle to integrate with them to deliver Event 2.

The uncertainty of Omicron made the situation worse. We had to continuously adjust our plans and at one stage, I almost threw in the towel. Thankfully, we persevered, adapted well and completed the event.

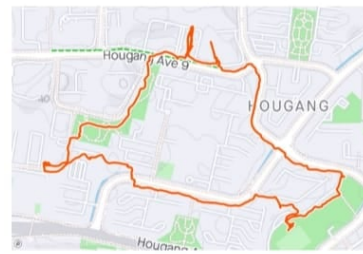
I want to thank the following people for making this journey an enjoyable experience.

1. Volunteers and trainees who joined in the walk over the past weeks. I am happy to meet the younger generation of volunteers (RO Regina, Guilly Amadeus and Jia Jin, TH Jen Yaw, Chee How and Wm) and listen to their journey in MYG. Even though we are from different generations, how we started to serve, our passion and experiences were similar (we have more things in common). Of course, I am glad to be connected again with BK volunteers (Hang Kwong, Yvonne, Karen and Jasmine) and Santhosh (AMK) during the walk, catching up with them, wishing that we can resume our regular gathering soon.

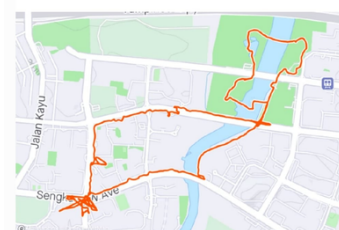
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CW + TH walk

Distance	Elev Gain	Time
4.27 km	62 m	55m 17s



FV



Distance	Elevation Gain
8.74 km	57 m

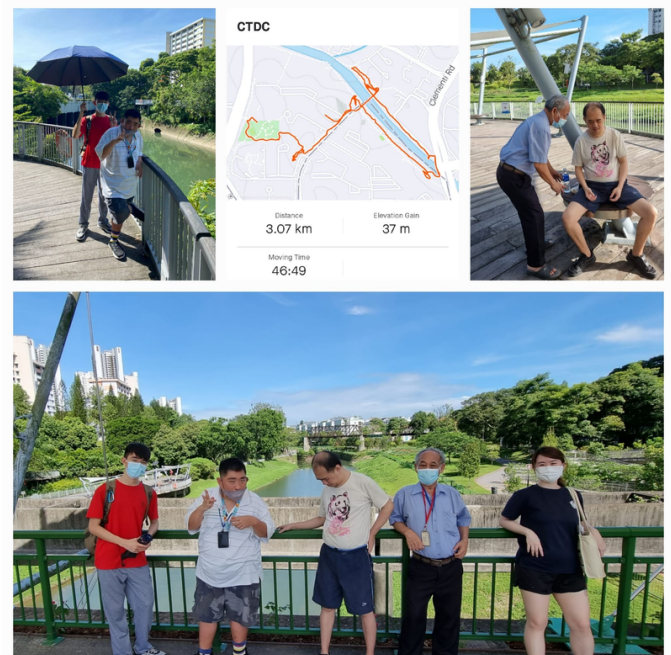
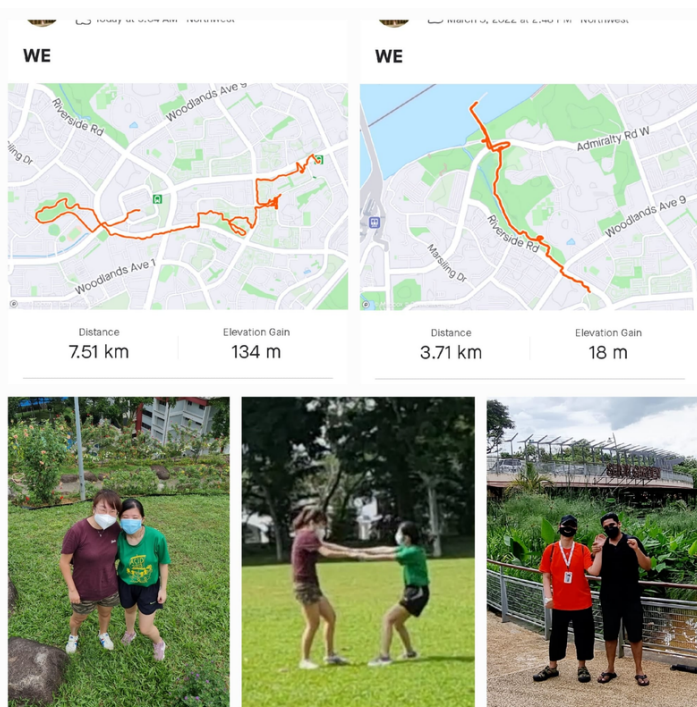


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2. MYG Central Comm (Kuan Chieh, Qihua and Jie Yin). They were always there to guide the Event 2 committee in the planning and execution of the plan! Special mention to MYG Chair Jie Yin. I have the privilege to observe her closely. She served with dedication, commitment and always walked the talk (excellent leadership qualities)! In spite of her happy go lucky demeanour, she is serious in her work and is concerned about the situations in the projects. She also connected well with volunteers and trainees. I am impressed and MYG is lucky to have her leading the team for the past years and hopefully, many more years ahead.

(To be continued.....)



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3. Lastly, Event 2 committee of Denise, Sudha, Santhosh and Fairus. Without them, this event would not have been completed successfully. I am glad to know and to have worked with them. Kudos to Fairus, energetic, resourceful and respectful young man. Many times he initiated calls to me to discuss issues and to propose necessary changes to be made (before announcing them to the rest of the team). Always so meticulous, he made planning look so easy (trust me, it is never easy considering the dynamic situation, complicated whitelisting, etc that most of the time, I am confused). Thank you for walking this journey with me.

I am happy that we managed to complete Event 2. It might not be what we have envisaged initially, nonetheless, we delivered to the best of our abilities. Hope our paths will cross soon. Till we meet again. Take care and stay safe.

