



# RADIANCE

## MINDS MYG NEWSLETTER

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# FOREWORD



By MYG Chairperson Wee Jie Yin

FY 2022/23 marks an exceptional year for MINDS MYG. Despite the challenges posed by the COVID-19 pandemic, we have emerged stronger than ever. After more than 2 years of online and hybrid activities, we were thrilled to resume our weekly sessions of all MINDS MYG projects physically. The ability to once again engage in interactive sessions and venture out into the community not only provides much-needed social interaction but also fosters growth for our trainees and a sense of normalcy.



With utmost joy, we also celebrated the monumental occasion of MINDS MYG's 50th anniversary; our Golden Jubilee in 2022. We are filled with gratitude and admiration for the countless lives touched and transformed over the past 50 years and have poured our hearts into the final 3 milestone events signifying the decades of MYG.

We have come a long way!

We kicked off the FY with MYG Gives Back, signifying the 2000s where MINDS MYG was awarded and the President's Social Service Award (Informal Group Category Award Winner) in 2001. It was also our first full scale physical event since 2019.

We partnered with Maritime Port Authority and Rainbow Center Yishun Park School where our trainees showed that they too can play a part in giving back in their own ways by packing care packs for the seafarers who are one of the many frontliners ensuring the safety of Singapore round the clock.

We continued on to MYG Advocates, an advocacy campaign that served to raise awareness on intellectual disability and the struggles faced by caregivers. We delved into the lives of caregivers and showcased our cause to the online community. We also came up with our very first in-house production - a 3 series video offering insights into the lives of PWIDs and their caregivers; these can now be watched on [Youtube](#).

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# FOREWORD



By MYG Chairperson Wee Jie Yin

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We ended the MYG50 celebrations on a high note with MYG Golden Jubilee, a gala dinner where volunteers, trainees, caregivers and our important stakeholders gathered at The Chevrons. The event was graced by Minister of State, Desmond Tan. Not only did it feature captivating performances put up by our various MYG project groups, the night was also filled with nostalgic videos showcasing milestones and heartfelt testimonials.

As we continue to flourish after the pandemic-induced winter, MYG has also resumed recruiting new volunteers to replenish our ranks. This is crucial to ensure our long term survival as we embark on the next 50 years of volunteerism in society.

For those who are new with us, "Radiance", started in the 1980s, is our very own newsletter which plays a large part in sharing stories across our community. Our articles and stories, contributed by MYG volunteers, go a long way shedding light into many aspects of what we do as a programme for our beneficiaries. To a further extent, there are also stories and experiences which can act as a source of motivation and inspiration for new joiners who are interested in serving the special needs community too.

Happy reading, and happy volunteering!

Cheers,  
Wee Jie Yin



# MYG50 EVENT 3 MYG GIVES BACK



By Event Committee

*MYG celebrated its 50th anniversary in 2022 and a series of 5 events were lined up to commemorate this momentous milestone. In the previous Radiance, we covered the first two events which featured milestones within MYG's long history - MYG Launches and MYG Sets Off. In this issue, we will share more about the exciting happenings from the final 3 events - MYG Gives Back, MYG Advocates and MYG Golden Jubilee!*



MYG Gives Back was MYG's third event organised to celebrate its 50th anniversary. What was originally a small-scale online event soon turned into MYG's first full multi-project physical event since 2019. Thankfully, our co-leads Nadiah and Ren Xian gamely stepped up to the plate.

This event was also supported by the Maritime and Port Authority of Singapore (MPA). This partnership presented our clients with an opportunity to learn about MPA's frontliners and show their appreciation for their hard work.

Despite the tight timeline for the event, the small planning committee showcased their resourcefulness. They came together over a few weekends to create, test, and pack the logistics required for the event. Together with MPA partners, they managed to design 20 games which were simple to learn but guaranteed to entertain clients and volunteers alike.

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# MYG50 EVENT 3 MYG GIVES BACK



By Event Committee



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After weeks of meticulous planning and preparation, the event day was finally here! Social service agency partners from Rainbow Centre Yishun Park School and student volunteers from National Junior College and Hwa Chong Institution arrived early to NTU. With their help, the event venue and game stations were set up in no time. MPA volunteers also came early to set up their booths and provided some fun props for attendees to capture memories together at the photobooth.



Just past 1pm, attendees from various portfolios started streaming into the venue. Emcees Fairus and Xin Zhi helped to hype up the crowd of 300+ by leading them in a song and dance, culminating in a recap of the new MYG 50 dance. Attendees then had fun playing games, winning small prizes, and decorating notebooks to be given to MPA's frontliners.

We are thrilled that the committee was able to play a part in organising this milestone event. It was a special moment to see all our clients dancing together in-person after many online events these past two years. We are also glad that new volunteers were able to experience volunteering with MYG. There were also many familiar faces who came back to this event, whether to help with refreshments or capture memories for our clients. Overall, it seemed like everyone had a good time at the event and that's all that we could have hoped for.



# MYG50 EVENT 4 MYG ADVOCATES



By Chang Hong (Event Committee)



For MYG Advocates, we collaborated with a well-known podcast group, SGExplained, to conduct an episode exploring the life of a People with Intellectual Disabilities (PWID) caregiver and her experience volunteering with MYG. We also made a 3-part video series exploring the caregivers journey, the challenges they faced and the message they wish to relay to the broader public.

We also participated in the Purple Parade as a contingency and accessorised ourselves with purple balloon clappers and pom-poms. The Purple Parade is an annual event that celebrates the abilities and achievements of persons with disabilities. It brings together a vibrant and inclusive community, showcasing the diversity and talents of individuals with disabilities through parades, performances, and engaging activities.

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# MYG50 EVENT 4 MYG ADVOCATES



By Chang Hong (Event Committee)



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Being part of the committee had been a very unique experience as we got to work with people from different projects and different walks of life. Arranging for interviews, curating content and even picking up lighting techniques and videography taught us valuable skills we could use for side hustles in the future. 😊

I won't sugar coat it, as organising the event was new and there was nothing for us to take reference from, it was akin to fumbling in the dark. But ultimately, looking at the end results, we were glad we did it.







# MYG50 EVENT 5 MYG GOLDEN JUBILEE



By Event Committee

On 10 Dec 2022, trainees, volunteers and caregivers gathered to celebrate a momentous occasion - MYG50 Golden Jubilee, marking MYG's five decades of volunteering, growth, and remarkable achievements. Held at The Chevrons' ballroom, it was a day filled with joy, nostalgia, and cherished memories that will last a lifetime.



Our esteemed guests, including our Guest of Honour, Minister of State, Prime Minister's Office, Mr Desmond Tan (M.O.S Tan) and MYG's founder, Mr Tay Tiong Beng, shared inspiring speeches, reflecting on the journey that brought us all together and emphasising the significance of MYG50 as a testament to our enduring volunteering spirit and shared accomplishments. *(To be continued.....)*







# MYG50 EVENT 5 MYG GOLDEN JUBILEE



By Event Committee

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The photo booth captured our moments of laughter and camaraderie and the delectable spread at the buffet line kept the participants well-fed. Trainees were excited to meet M.O.S Tan for the first time and were vying to take a photo with him.



Throughout the evening, captivating performances by our very own MYG project groups delighted the audience, showcasing our talent within the MYG50 community. The enthusiasm was so infectious that even M.O.S Tan and esteemed guests stood up and danced together!

As the event progressed, the MYG50 videos screened took attendees on an emotional journey down the memory lane, showcasing the remarkable milestones and cherished memories of the past five decades. It featured nostalgic footage from the early years to recent events, and heartfelt testimonials from past and present volunteers.



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# MYG50 EVENT 5 MYG GOLDEN JUBILEE

By Event Committee



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One of the highlights of the night was the Best Dressed contest, where participants showcased their unique styles. The runway was ablaze with fashion and individuality, as each contestant vied for the coveted title.

As the event came to a close, participants left the ballroom with a sense of fulfilment and a treasure trove of memories.

We extend our heartfelt thanks to everyone who made MYG50 a resounding success, from the organising committee to the performers, trainees, volunteers, caregivers. Together, we created an unforgettable milestone in the MYG50 journey, and we look forward to many more years of shared experiences and continued growth.





# OUTING TO PSA MARINE'S GERICKÉ FARM

By Priscilla (RO Volunteer)



In May 2023, our project experienced hydroponics farming at PSA Marine's (PSAM) Gerické farm, located at the rooftop of PSAM's office building. Through a series of interactive and hands-on activities, we learnt about hydroponics farming, the life cycle of vegetables and how it enhances food security. Did you know that hydroponics uses 90% less water yet yields three to ten times more crops than land farming?

We tried their hands at seeding, transplanting and even harvesting the vegetables. We were focused and dedicated to the tasks. It was a bright, sunny day, but the heat did not dampen our enthusiasm at all! I'm sure the fresh vegetables they brought home tasted all the sweeter because they had harvested it with their own hands.

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# OUTING TO PSA MARINE'S GERICKÉ FARM

By Priscilla (RO Volunteer)

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After all the hard work, we also got to taste the vegetables cooked by PSAM farm ambassadors. One of our trainees, Alvin, also stepped forward to experience being sous chef. Under the guidance of the farm ambassadors, Alvin successfully whipped up a few kangkong servings!

Our energetic trainees had so much fun interacting with the amiable farm ambassadors - they asked questions about hydroponics, discussed their favourite vegetables and shared their own stories about growing plants at home. It was a beautiful Saturday morning with warm smiles and good vibes all around. Our hearts are full knowing that our trainees went home with new knowledge, a memorable experience, new friendships and ... bags and bags of free vegetables.

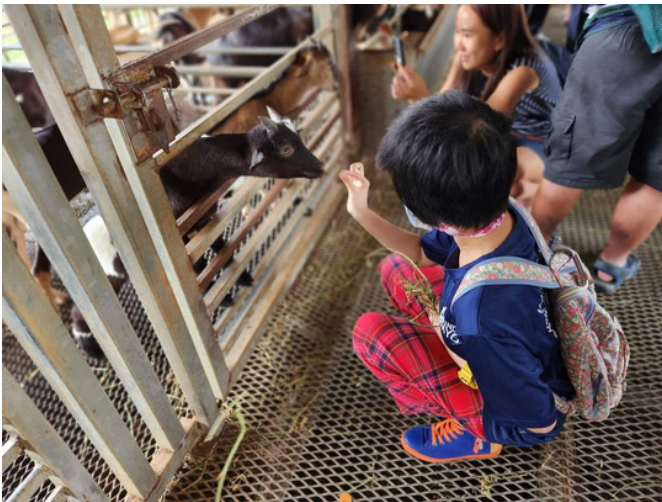






## OUTING TO GOAT FARM

By BKTG Volunteer



After a long period of anticipation, our trainees, caregivers, and volunteers embarked on an outing to a nearby goat farm.

Despite a lengthy bus ride, we were excited to finally arrive at our destination, although the strong smell that greeted us upon disembarking was somewhat overwhelming. We gathered in the open air sheltered canteen before we proceeded to visit the goats. We were handed some hay to feed the numerous goats roaming around in their small enclosures.

One of our trainees was afraid of animals and immediately dashed off when he caught sight of the goats. Other trainees and volunteers were more courageous, although they were slightly afraid, they still bravely held onto the long stalks of dry grass to feed the nibbling goats. It was heartening to see our trainees' curiosity and enthusiasm for the goats, and how some of them took it upon themselves to diligently feed and care for them.

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## OUTING TO GOAT FARM

By BKTG Volunteer

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Later on, we had our teabreak together with another project group, Guilly, who generously shared snacks and fruits with us. We also got to try goats' milk which came in an assortment of flavours. We capped off our outing with a group photo of the goat farm before boarding the bus back home.

The trip was a memorable learning experience for everyone involved. We were thrilled to try new things that we wouldn't typically do, and it was uplifting to witness how inclusive and accepting the public was in engaging with our trainees.





## OUTING TO PULAU UBIN

By Cady (Guilly Volunteer)



On 11 Feb 2023, Guilly collaborated with Accessible Ubin on a fun-filled adventure to the rustic Pulau Ubin. We had a delightful time discovering the island's natural beauty, learning about its history, and making memories together on beautiful Ubin.

Our journey began early in the morning at Changi Point Ferry Terminal. We boarded the bumboat and enjoyed the cool sea breeze as we made our way towards Ubin. Upon arrival, we were greeted by our friendly van drivers who transported us to Chek Jawa.

At Chek Jawa, we embarked on the Mangrove Boardwalk, which was surrounded by lush greenery and an array of wildlife - our group marvelled at the thriving ecosystem there. We also walked out to the jetty viewpoint, and were greeted by the vast sea and calming waves.

After our trek at Chek Jawa, we headed to the charming Main Town in our vans. We toured the area, immersing ourselves in their traditional culture. We also purchased some refreshing ice cream and cold drinks from the locals there.

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## OUTING TO PULAU UBIN

By Cady (Guilly Volunteer)

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As our trip neared its end, we queued for the bumboat back to Changi Point Ferry Terminal. The return journey marked the conclusion of our incredible day trip to Pulau Ubin.

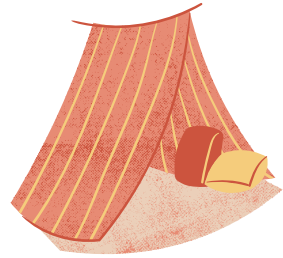
This trip would not have been possible without the help of Accessible Ubin, which is a ground-up initiative that strives to make Ubin more inclusive, safe and accessible - they do an amazing job at it! Our heartfelt thanks to them and all our volunteers. We eagerly anticipate our next adventure!







# ANG MO KIO AND FERNSVALE CAMP



By Wei Jie (AMK Volunteer)



AMK, in collaboration with Fernvale, had its first annual camp since 2019. Back as a day-camp edition, our trainees and volunteers first gathered to buy lunch and some snacks.

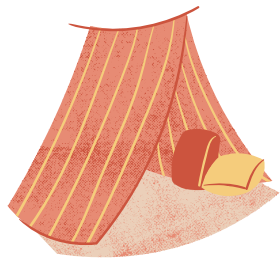
We then headed off to our familiar spot - Aloha Loyang - where we had booked a chalet. The nice, relaxing coastal air gave us a holiday-like vibe. Everyone was quite pleased to escape from the usual hustle and bustle.

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# ANG MO KIO AND FERNSVALE CAMP



By Wei Jie (AMK Volunteer)

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We started off with some station games organised by our volunteers. We had loads of fun and got to know one another as we had many new volunteers with us. We enjoyed a walk along the beach followed by a scrumptious dinner buffet.

Finally, we concluded with the crowd-favourite disco night! Halfway through, we got a 'dancing diamond' going whereby a few volunteers stood at four corners of the room and took turns leading with their groovy moves. We're already looking forward to our next camp :D







# MID-AUTUMN FESTIVAL



By Meng Leng (EP Volunteer)



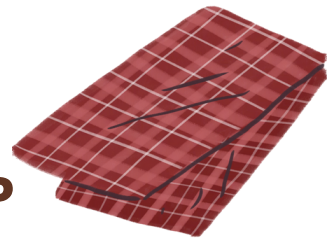
I have spent a memorable Mid-Autumn Festival with a group of volunteers, parents, and special needs children on 3 Sep 2022. Volunteers and parents have come together and made efforts to organise a successful event. Thanks to the good weather, we were able to have dinner and take a walk with the children carrying lanterns around school compound areas.

With the constant changes in the environment especially after we have gone through COVID-19, this activity has helped to improve the wellbeing of everyone in the project group. It provided a much-needed respite and an opportunity for everyone to come together, celebrating the Mid-Autumn Festival and embracing the spirit of togetherness.

It was a joyful and rewarding experience to be able to spend quality time with these children.



# FIDGET BLANKETS WORKSHOP



By Saki (RSPID Volunteer)

On 18 Feb 2023, RSPID collaborated with Anjali Design to conduct an art workshop for our service users in Woodlands Garden School and Clementi Training Development Centre. During the 1.5 hour workshop, participants were given the opportunity to create fidget blankets, a sensory tool that has been proven to be highly beneficial for individuals with intellectual disabilities. Additionally, Anjali Design is a reputable glass designer who has also worked with Enabling Village to conduct similar fidget blanket workshop.

RSPID is thrilled to share the incredible success of this workshop as our trainees have enjoyed themselves, making the fidget blanket; the fidget blanket consists of a patchwork fabric with quilt ornaments that is intended to provide sensory stimulation to the user. Typically, the blanket is placed on one's lap and the individual can fiddle or 'fidget' with little ornaments on the blanket. This helps with self-regulation as it promotes relaxation and a sense of calm.

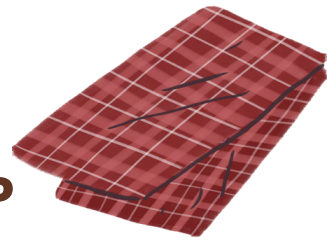
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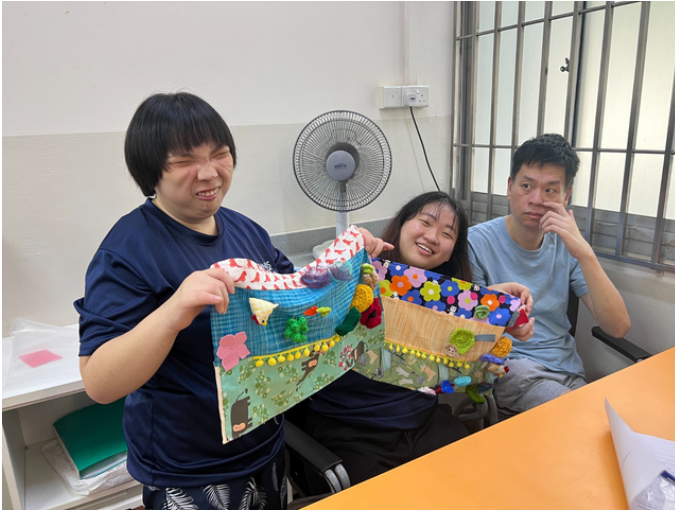




# FIDGET BLANKETS WORKSHOP



By Saki (RSPID Volunteer)



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We also got our volunteers to fill up a worksheet where we note down the different ornaments our trainees have selected and get them to share their thought process during the selection. Though some trainees had limited verbal abilities, we were heartened by their enduring responses. Moreover, we also showcased 8 trainees' works at the Art for Joy 2023 exhibition at Nanyang Technological University, an RSPID event aimed at raising awareness about intellectual disabilities in school.



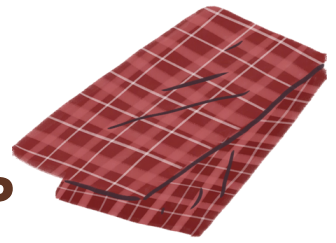
The success of the workshop was truly remarkable. It provided trainees with a meaningful and enjoyable experience, while also promoting their well-being, creativity, and self-expression. By showcasing their works at the exhibition, our trainees were able to contribute to a larger conversation about intellectual disabilities and the importance of inclusion and acceptance.



*(To be continued.....)*



# FIDGET BLANKETS WORKSHOP



By Saki (RSPID Volunteer)



*(Continued from previous page.....)*

We are immensely grateful to Anjali Design for sharing her time and expertise with us, and for helping us to create such beautiful and meaningful fidget blankets. We look forward to more opportunities to work with Anjali Design in the future, and to continue supporting individuals with intellectual disabilities in our community through art and other creative activities.





# AGM CUM VOLUNTEER COHESION



By MYG Committee



On the 25th of March, our dedicated volunteers embarked on a fulfilling and fun-filled day of activities that left our hearts full with a deeper understanding of MYG's mission.

The day kicked off with an introductory training workshop for our new volunteers in the morning. This workshop served as a crucial foundation for their journey with MINDS MYG. It offered a closer understanding of how to work with individuals who have intellectual disabilities. It also emphasised the vital role each volunteer plays in making a positive impact on the lives of our beneficiaries.

As evening approached, volunteers gathered for our first physical volunteering cohesion activity of the Financial Year. A delightful BBQ feast awaited volunteers who arrived after their project sessions. As volunteers enjoyed the scrumptious food, conversations flowed freely. The event provided an opportunity for volunteers to connect, share stories, and exchange volunteering experiences. Some volunteers also picked up the mic to belt out classic tunes spiritedly on the karaoke machine.

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# AGM CUM VOLUNTEER COHESION

By MYG Committee

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The event then progressed to our Annual General Meeting (AGM), the first physical AGM after three years of hiatus. This important gathering allowed us to reflect on the progress made by MINDS MYG over the past year and discuss future plans and initiatives.

We would like to extend our heartfelt appreciation to volunteers who participated in this memorable day and to each and every volunteer who did not manage to join us this time round. Your dedication, enthusiasm, and unwavering support are the driving force behind MINDS MYG's success. Together, we will continue to create positive change and make a difference in the lives of individuals with intellectual disabilities.

