



How time flies! We are now in the last quarter of the year. It has definitely been an unprecedented year of challenges. In spite of the circuit breaker and gradual easing of the safety measures, FaithActs is able to continue engaging our beneficiaries. We would like to thank all our supporters for your encouragement and help rendered during this period.

Battles of Life



From Fear To Faith

Mdm Lee suffers from depression, anxiety disorder and insomnia. Her husband was in the halfway house and she was alone at home with no family support. Mdm Lee lost her part-time job in February and had not been successful in sourcing for another job. Her savings were depleting and she felt extremely insecure and anxious to make ends meet. The Covid situation further aggravated her condition. While Mdm Lee waited for the financial aid from the Social Service Office, FaithActs stepped in and provided her with groceries and household items in the interim.

Mdm Lee needed more attention than other clients as she had expressed suicidal intent. We visited her more regularly to ensure she was safe and help her process her thoughts. We continued encouraging her through telecare during the Circuit Breaker. She learnt to redirect her focus on manageable household chores and her faith. With the timely provision of financial aid and an early release of her husband, Mdm Lee was able to overcome her fears and has developed a more positive outlook.

Donate To Our Beneficiaries

Highlights



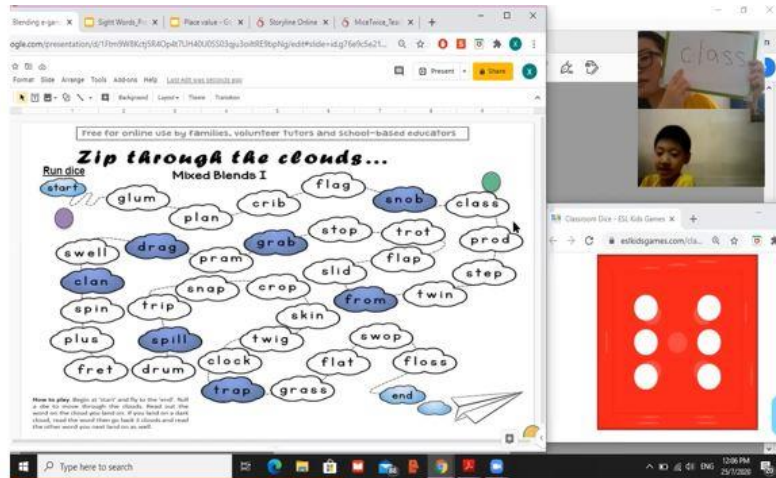
Cheer Up!

All senior programmes were suspended from 7 February 2020. We have been keeping close tabs with our seniors through telecare. We sensed that several of them were in fact showing symptoms of depression and their mental state such as early onset of dementia seemed to have deteriorated. This exacerbated during the Circuit Breaker especially for those living alone and without family support. Our team checked in with them weekly to ensure they were well. Many had expressed how much they missed the programmes and friends at our Centre. They felt “trapped” as all physical interactions were prohibited. As soon as Phase 1 was announced, our team decided to liven up our seniors while ensuring safety measures were in place. Four staff were designated to prepare and distribute Cheer Packs, sponsored by a donor, to 420 seniors. The seniors were pleasantly surprised by the home visit.

The New Normal



Early Learning Programme Plus



Early Learning Programme



The Learning Hub



KidsLEAP

With us entering into Phase 2, FaithActs gradually resume some of our activities and services. As many of us still worked from home, the new norm was to conduct lessons and activities online. However, some of the 'essential' services, The Learning Hub has resumed at our two Centres, Block 50 Commonwealth Drive and Block 118 Commonwealth Crescent with safety measures in place.

Our Fund Raising Projects

[Click to support our PROJECT SPIN](#)

Single parent families is one of the groups most affected by these current challenging times. FaithActs aims to help these struggling families who require financial and emotional support get through the Covid-19 pandemic by providing them with financial assistance, basic necessities, job search, counselling and educational programmes for the youths.

Here are some profiles of the affected single-parent families:

- Parents who are unfit for work due to medical conditions.
- Loss of income due to Covid-19 as they are mainly part-timers in F&B and retail industries, and other ad-hoc jobs. These arrangements were made so that they could care for their children.
- Those who fall through the cracks because of their national status, such as long term social pass holders who need to support their children.
- Transnational single parents whose spouse is either absent or has passed on, and are left to care for their children.

We hope that you can join us in supporting these families. Donate now!

[Click to support our PROJECT SPOT](#)

Through SPOT (Seniors Programme On Technology), seniors will learn to use on-line applications and access the different social media platforms. Our lessons include hands-on learning and engagement with our passionate trainers who will ensure that 'no one is left behind'. This programme will help to boost their self- esteem, confidence and mental well-being.

One of our beneficiaries, Mdm Wong is single and lives alone in Tanglin Halt. As such, she relies greatly on FaithActs to remain socially active. With the help of **SPOT**, she is able to connect with her friends with messaging apps like WhatsApp. She will learn

how to navigate using applications on a smartphone through one-on-one coaching at our centre. With the newly equipped skills, she will then be able to stay occupied at home by accessing news, downloading her favourite game, engaging in lifestyle apps or simply watching videos.

Help our seniors stay socially connected and stave off loneliness!

Thank you for adding richness and meaning to their lives.