

Gladiolus Place



BI-ANNUAL EVENTS & UPDATES

Gladiolus Place

EVERY GIRL LOVED, EVERY LIFE TRANSFORMED.

- 02 Foreword
- 03 Director's Note
- 04 Events and Updates
- 11 About Us



FOREWORD

Due to the Global COVID-19 Pandemic, the first half of 2020 was a perilous journey for many of us. The Pandemic has significantly impacted the entire nation, our economy, our lives, as well as Gladiolus Place. Regardless of all that's happening, Gladiolus Place (GP) remains operational round the clock, 24 hours, 7 days a week. We are classified as an essential service, providing refuge, care and a safe Home for our Girls.

In April, Circuit Breaker measures were initiated for the safety and wellbeing of the nation. It hindered most of our ongoing and pre-planned programs, activities and events. It reduced our physical interaction and affected the quality of therapeutic interventions for our Girls. Yet, GP was determined to overcome these challenges by improvising while adhering to the safe distancing measures.

These are only possible with the love and support from many of you - from friends and family members to supporters who spread the word and reached out to our Girls, we genuinely appreciate every one of you!

As early as January 2020, our staff team underwent Pandemic Readiness Training with Aris International Medical to adequately prepare us to manage Covid-19 at GP.

Shortly after, DORSCON Orange hit us in February, and we had to improvise our March Holiday Programs. We were unable to bring the Girls out for external activities and hence planned our very first indoor camp. This was led by a team of volunteers headed by Miss Natalie. We also held a Parent-Child Workshop for our Girls and their families at GP, and had a MasterChef Challenge for our Girls!

In addition, we are elated to announce the completion of the renovation of our Pet Room. This is made possible with the generous monetary support from Grace Baptist Church. The Pet Room will support GP's new arm of inhouse therapy - Animal-Assisted Therapy, where residents will learn to care for GP's pets and consequently derive therapeutic benefits from it. We are also grateful to our volunteers who educated our Staff and Girls about animal care and the biology of animal behaviour.

Towards the end of the first half of 2020, Singapore progressed into Phase 2 of Circuit Breaker measures. Albeit the trying period we face, we are proud to overcome it together as one GP family. We are looking forward to fully resuming our holistic activities, taking the Girls out on outings, and welcoming our volunteers back into GP! All while remaining alert and vigilant to protect the health and safety of our Girls, and our Home.

Director's Note

Dear Friends, Supporters, Partners of Gladiolus Place, warmest greetings in the name of our Lord Jesus Christ! Welcome to our first bi-annual newsletter of Gladiolus Place for 2020!

We started off the year with much plans in mind. With the outbreak of the Covid-19, while our human nature may prompt us to lament "Alas, all has come to nought", our Team consciously kept these thoughts at bay, and jumped swiftly into action, working tirelessly round the clock to ensure three things for Gladiolus Place:

1. Health and safety of our Girls, and their families
2. Continuation of therapeutic interventions and constructive engagement
3. Business Continuity and Connectedness with one another

The early reports of the Covid-19 spread reminded me of the SARS outbreak in Singapore in 2003. Then, my involvement in pandemic readiness planning and exercises at MSF (then known as MCYS), particularly in ensuring business continuity of youth rehabilitation services in a pandemic crisis showed me that early preparation and readiness were key. Hence, as early as over Chinese New Year, we brought in our partners from Aris International Medical to equip our Staff Team with the proper knowledge and skillsets in pandemic readiness. A Covid-19 Task Force was set up to examine and update existing protocols, with a focus on cascading these protocols to all Staff.

Our proactive and pre-emptive approach ensured that we were progressively readied, both physically and psychologically, to manage the various government-directed precautionary measures, the Circuit Breaker, and more Safe Management Measures (SMMs) that followed suit. These were most stringent for us at Gladiolus Place, as we are categorized as a Category 1A Essential Service providing Residential Care for a vulnerable population.

Gladiolus Place, both Staff and Girls alike, saluted our healthcare frontliners on their amazing efforts to contain the Covid-19 virus. We also celebrated that we were frontliners in the essential service of Residential Care, continuing to provide love, care and shelter to young Girls who would otherwise be homeless. Being at the forefront, we recognized the need to reduce the potential exposure of ourselves, and therefore to our Girls and fellow colleagues and their families, to the virus. As such, many of us, aside from championing the additional measures to be taken at work, have also self-imposed strict restrictions on our social activities.

These collective efforts by our Staff Team touched me deeply, because the Team knew one thing: Whatever they were doing, they were doing it out of love for the Girls, and love for one another in this Family. It was not out of obligation, it was not about adherence to protocols and SMMs, it was out of willing hearts which genuinely preferred the others around them to themselves.

How the Girls coped with the entire season amazed me too. Not only did they meet the season and its SMMs with maturity and resilience, they banded together, as our Team focused on the themes of Gratitude, Appreciation, Counting our Blessings and Giving Back, to reach out to and bless other vulnerable communities around them, rough sleepers, senior citizens, cancer survivors, just to name a few. When it was time for GP to undergo the mandatory swab exercise for all persons working and living in residential settings, our Girls met the swab with so much courage and poise alongside our Staff Team.

It further humbled me when donors and supporters, friends, partners and volunteers came alongside us, pouring out much-needed support, resources and love, ensuring that we have the necessary funds and resources to continue this work with the Girls, even throughout this economic climate.

One night as I was spending some quiet moments with the Lord, a great sense of assurance rushed over me as I was led to Psalm 36. How beautiful a promise that is to us! That cradled in His unfailing love, we will continue to find refuge in Him and partake in His overflowing abundance, joy and delights, despite the many challenges of the season and the uncertainties that lie ahead of us. May His Word encourage and inspire you, as much as they have done for my Team and I at Gladiolus. Be blessed!

" Your love, Lord, reaches to the heavens, your faithfulness to the skies. Your righteousness is like the highest mountains, your justice like the great deep. You, Lord, preserve both people and animals. How priceless is your unfailing love, O God! People take refuge in the shadow of your wings. They feast on the abundance of your house; you give them drink from your river of delights. For with you is the fountain of life; in your light we see light. " - Psalms 36:5-9

Shalom,
Michelle

Events & Updates

College of Alice and Peter Tan (CAPT) x GP Dance Event

On 21 January 2020, NUS CAPT hall hosted “Euphoria”, where our Girls had the opportunity to perform a few dance routines ranging from the genres of Street Jazz, Contemporary, and Hip Hop. In order to prepare our Girls for the big show, 4 students from NUS spent months choreographing and training our Girls in the routines. This was definitely a unique and eventful experience for our Girls!

Special thanks to Associate Professor Dr Tan Lai Yong - Director for Outreach & Community Engagement / Resident Fellow in CAPT, and Ms Natalie Teng, mentor to the NUS volunteers.

GP Girls, Staff, Supporters, & the NUS dance volunteers!



Our Girls performing three different dance routines - Contemporary, Street Jazz, and Hip Hop!



Our Staff Team during the Pandemic Readiness Training!

Pandemic Readiness Training

On 28 January 2020, Gladiolus Place participated in a 1-Day Pandemic Readiness Training with Aris International Medical. With the threats of a global pandemic on our shores, we began to prepare and equip our Staff to be ready for the outbreak.

The training educated our Staff team on basic hygiene and preventive practices, including conducting health screening procedures, donning on and off of protective equipment, and safe management of a suspect or confirmed Covid-19 case. Our Staff team even had a mini role play to practice the knowledge and skills we had learnt on our fellow colleagues!



Mural Painting with LASALLE Students

What started off as a project with two LASALLE College of the Arts undergraduates - Tiffany and Yu Zhi, turned out to be a beautiful art piece on our family lounge wall at GP! This was a project where our Girls had to combine their individual designs into one mural with the assistance of our LASALLE volunteers. It was indeed a heartwarming sight to see our Girls take pride in their work, rushing home from school everyday just to paint the wall together!

The final mural was completed after four weeks and is a piece that reminds us of our togetherness as a GP Family. The mountains and river in the painting symbolise the highs and lows we face in our personal lives, but as a Family, there is nothing we cannot overcome.

Thank you Tiffany and Yu Zhi for creating this beautiful wall with our Girls!

Virtual Event with Singapore Cancer Society - # Cancer Can Give



The Completed Mural!

In September last year, our Girls had a joint Art Therapy session with cancer survivors at the Singapore Cancer Society Rehabilitation Centre. At the joint event, our Girls were greatly moved by the stories of hope shared with them by the cancer survivors.

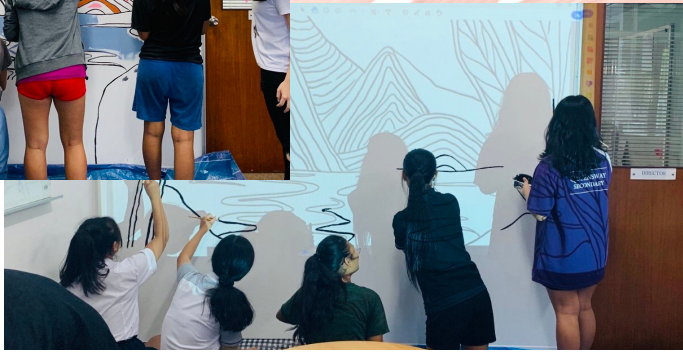
This year, Gladiolus Place continues its partnership with AstraZeneca and Singapore Cancer Society amidst the Circuit Breaker measures, marking our 2nd year of collaboration with AstraZeneca's Cancer Can Give initiative with Singapore Cancer Society.

Through the Zoom platform, the cancer survivors and our Girls came together once again to work on art pieces, this time to express their gratitude towards Singapore's healthcare front-liners. Each piece of artwork painted a unique picture to appreciate every front-liner who dedicated their time, effort and even their lives to battle against Covid-19. The completed mural represents the gratitude towards every front-liner for their selflessness, devotion and effort through such challenging times for our nation!



**LASALLE Students -
Tiffany and Yu Zhi**

**Our Girls
painting
after school!**



**Completed
Mural /
Art Piece!**

Parent-and-Child Workshop at Gladiolus Place

This year, we held our annual Parent-and-Child Workshop within the premises of Gladiolus Place. True to our tradition of employing the use of art and nature therapy, GP's intern art therapist from LASALLE teamed up with GP's intern counsellor from SUSS to bring about an exciting program to our Girls and their families. Using only organic materials they could find in our Home's sprawling gardens, Girls and their families had to build a family mobile from scratch. Our counsellors and therapists were onsite to observe first-hand family dynamics throughout the process of the art creation, and to provide family counselling at appropriate junctures. This Workshop takes us a step closer in our mission to restore our Girls to their families, a piece of work we undertake from the very first day our Girls begin their stay with us here at GP.



**Girls & their families
with their artwork!**

Taekwondo Training and Grading

Gladiolus Place sent our very first batch of Girls for Taekwondo Grading in February! We are overjoyed to announce that all of the Girls have been promoted at Grading Day! One of our Girls even received a double promotion! The Girls' families were invited to witness their daughter's progress and talents on Grading Day. How proud they were of their daughter's achievements!

This was made possible with Coach David and his team of volunteers from Ignite Taekwondo Group, who had been coaching our Girls weekly since late 2019. Not only did they focus on teaching them this new sport, they also worked closely with Gladiolus Place to build character into our Girls. Recalling a quote by Coach David on the day of the Taekwondo Grading,

"It doesn't matter whether you Girls get your black belt. At the end of the day, what matters is that your lives are transformed and that we get to journey with all of you."

We have been privileged to bear witness to the resilience, commitment and dedication the Girls showed in their journey towards the Taekwondo Grading. With the culmination on Grading Day, it was more than just celebrating their promotions. It was a celebration of their journeys in their transformation to become better versions of themselves. Kudos Girls!



BBQ session with Ms Natalie and Team!



Masterchef Challenge!

Food made by our Girls!

Staff as Judges!



Our Girls at their Taekwondo Training!



March Holidays: First Indoor GP Camp and Masterchef Challenge



Our Girls, Staff, & Volunteers at the GP Camp!

When Singapore raised our nation's Pandemic Risk Assessment to DORSCON Orange, we knew the Girls' holiday programs would not be the same. They would no longer be able to participate in any external activities due to strict precautionary measures from the Government Ministries. Nonetheless, our Programs Team improvised and planned more indoor activities which led us to our very first indoor GP camp! It was a 2D1N camp held within GP's premises, carefully curated and planned by our long-time volunteer Ms Natalie and her team. The Girls engaged in fun games and activities that involved the discovery of their identity and worth. The Girls also wrote their life-long goals and enjoyed a BBQ session together with Staff and volunteers!

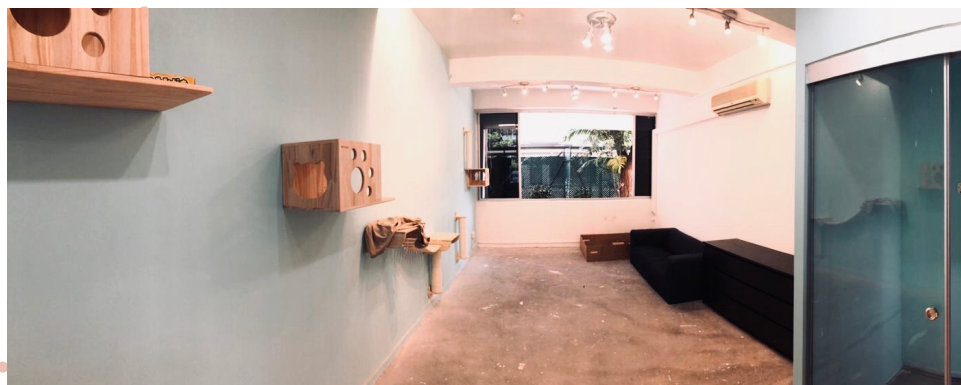
Our Program Executive also planned a MasterChef Challenge. Our Girls were split into teams and engaged in a cooking showdown to see which team could create the best dish, with the following challenge thrown in – The Teams could only use the ingredients they could find within GP's Kitchen! The Girls not only had to stretch their creativity and employ all their culinary skills, they also had to work closely together in order to complete the creation of their unique dishes. At the end of the day, it was not about competing to be the winner of the challenge, it was about the creativity, teamwork and bonding as One GP Family! MasterChef Challenge ended with the Girls and Staff treated to a tasty meal!

Building of Pet Room

Stories have always captivated the minds of people. From children's storybooks to thick memoirs, stories typically centre around the struggles of a main character, finally culminating in his/her breakthroughs. Through empathizing with the main character's struggles, readers are led to consider their personal experiences as well as to perhaps find breakthroughs in their personal lives.

Therapeutic conversations can be similar to stories. The therapist creates a safe space for clients to tell their stories, empathizing with and encouraging them to develop their ongoing narratives through a series of well-placed questions. Therapy opens a platform for therapist and client to connect, and in so doing, lead to a place where positive change can happen.

To allow clients to take shelter from difficult conversations, animals can be recruited during the therapeutic conversation. Animals too, have their stories to tell, and can be an effective and safe avenue for clients to soothe themselves in difficult conversations.



Our Pet Room!

Be it a stroke, or a pat on the animal, animals have long been known to provide a soothing experience for people from all walks of life.

With a generous donation from Grace Baptist Church, as well as support from an animal welfare organization, Gladiolus Place has been able to embark on this journey to bring Animal-Assisted Therapy to an inhouse mainstay. Where previously animal groups would visit every month to provide that soothing experience to our Girls, we will now be able to house these animals as pets, and to employ these animals meaningfully and consistently in our therapeutic interventions.

Although the Circuit Breaker has delayed our progress in welcoming our furry friends (felines they will be!) to GP, we certainly look forward to embarking on this therapeutic journey in due time, and to sharing about this journey with all our readers in our next newsletter!

Our GP Family

GET TO KNOW US!

Gladiolus Place prides ourselves in our unique Family Culture. Meal times are communal, and the entire Family, consisting of Staff and Girls, sits down together after every family dinner to enjoy Family Time – a dedicated time where Girls and Staff are able to share about their struggles and victories for the day in a safe and non-judgmental space.

The Staff team strives to provide a model of how Family can and should look like – one where every member of the Family is loved, respected, cared for and nurtured. This is especially important as our Girls will one day grow up and start families of their own. This is why the modelling of Family and family values begins with Staff, as Staff relate to fellow colleagues as Family.

At GP, we enjoy celebrations too! Birthdays (of both Girls and Staff), the occasions when Girls are discharged back to their families, and even the occasion of a retiring Staff are celebrated! Every individual here matters as we celebrate milestones as one big GP Family.

In June this year, our Director introduced the term “Ohana” to us. Popularised by Stitch in the movie “Lilo and Stitch”, Ohana is the Hawaiian word for Family. And what Family means is that no one gets left behind, and that Family always sticks together no matter what. This is the Family we all belong to at GP! ♥



Family Time & Birthday Celebrations!



Gathering via Zoom!



We celebrate Staff Retirement & Residents' Discharges too!

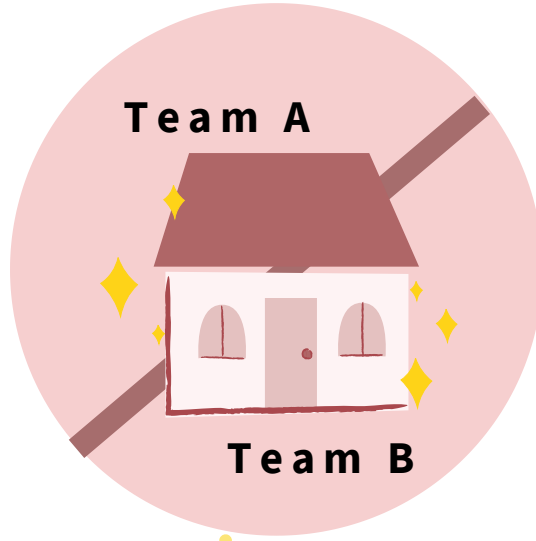


Circuit Breaker,



28 JAN 2020

Gladiolus Place participated in a 1-Day Pandemic Readiness Training.



12 FEB 2020

Staff: Split Team Implementations & Work From Home (WFH) arrangements



CIRCUIT BREAKER

7 APR 2020

Full WFH for all staff (except Family Care Officers) & Home Based Learning (HBL) for our Girls.



Laptops from Engineering Good



Thank



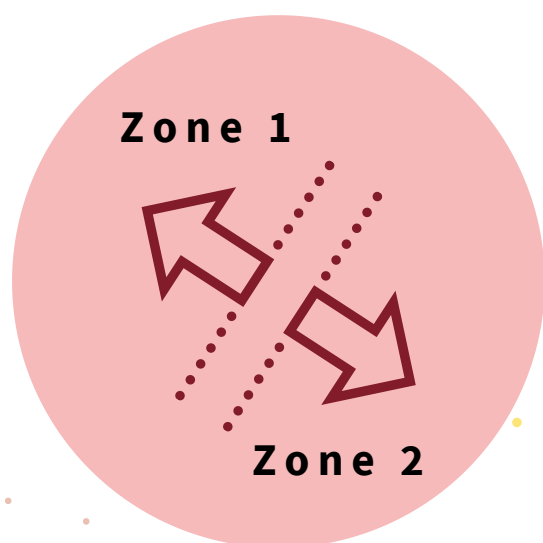
Our Volunteers who delivered food donations from Fortune Supermarket



Udders Ice Cream Donation!



Phase one & two



PHASE 1 2 JUN 2020

Safe Reopening:
Girls alternated between
HBL & school. Split Zones
were set up to reduce risk
of cross infections among
our Girls.



PHASE 2 19 JUN 2020

Safe Transition: No more
HBL for our Girls. All Girls
travel daily to school for
classes. Enhanced
precautionary measures to
ensure the health and safety
of our Girls even with
increased exposure.



TODAY

Gladiolus Place continues to
uphold strict precautionary
measures. We have stringent
hygiene and cleaning
protocols, health screening
measures, and visitor
registration procedures.

You Donors and Supporters!

Your donations have not only supported the Girls at GP, you have also inspired our Girls to bless others around them in return!

In order to reach out to the seniors at Cornerstone Senior Centre, our Girls rehearsed and performed a song which they recorded and sent to their elderly friends. Although Covid-19 meant that the Girls could not visit them physically as they did regularly in the past, our Girls hoped that this friendly gesture would bring a smile to the faces of each and every one of their elderly friend at the Centre.

When the Girls heard about the plight of the rough sleepers in Singapore, especially how this group have been particularly affected by Covid-19, they were thankful that they had a comfortable roof over their heads, with warm meals to fill their tummies and friendly Staff to attend to all their needs conscientiously.

They wanted to share a piece of all they have been blessed with and decided to pack and donate welfare packages to a group of rough sleepers. Rummaging through their personal stash of food and rations, they drew out items they felt would be useful to the rough sleepers and pooled them together for the welfare packages. Kudos to our Girls for their giving hearts!

With all the donations and support pouring in from individuals and organisations, our Girls were wowed by the love shown to them. They took time to pen down their gratitude towards every person and every organization who had contributed to them during the Circuit Breaker. These letters were dedicated to the abundance of food donations that kept them nourished, monetary support that kept our Home and all our therapeutic interventions and programs running, donations of protective and sanitizing equipment that kept our Home safe and clean. and last but not least, laptop donations which supported the Girls' Home-Based Learning.

Sponsor - a - Girl

Partner with us on our Sponsor-A-Girl campaign to help provide refuge and basic necessities of the Girls living under our care.

With your **monthly** support, this enables Gladiolus Place to fulfil our mission of healing and renewing these Girls so that they may be restored back to their families and communities as transformed individuals.

Here's how you can help:

You can arrange a standing instruction with your bank to **PCS - Gladiolus Place** // DBS Autosave Account No. 033-900043-4

Alternatively, you could email us for a Giro/Donation form and we will assist you further from there.



info@gladiolusplace.org.sg

This is the difference you can make in their lives

\$30

Pocket money for 5 days

\$50

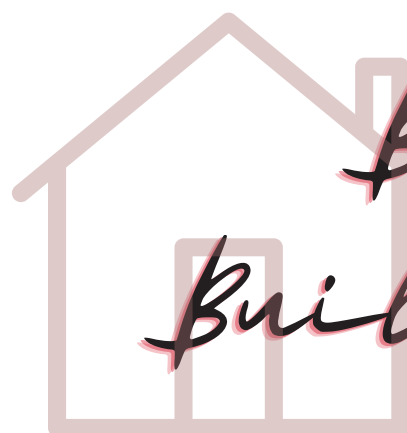
1 month's worth of school supplies

\$100

Psychotherapy for 1 month

\$200

1 month's worth of breakfast & dinner



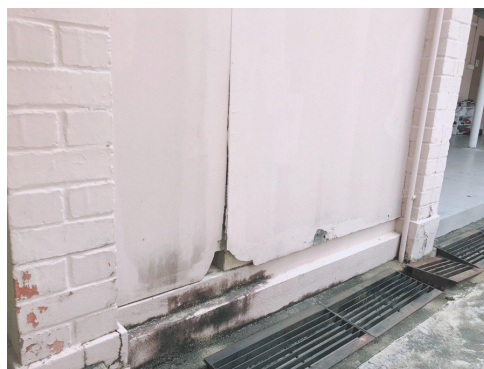
Build our Home, Build their Lives



It's been a long while since the last comprehensive maintenance was carried out on our facility. Many parts of our facility have fallen into disarray. Parts of the ground have sunken, leaving the ground uneven at many places, and causing cracks to several structures of the Home. The paint has aged and is peeled. The original window panes are easily broken and when they do, pose a safety hazard to our girls. These are just some examples of the urgent repair and replacement works needed to be done across the Home.

There are much more works to be done in order to create a safe and comfortable living space for the Girls we shelter. As Gladiolus Place strives to provide a place of refuge for our de facto homeless teenage girls, we aim to be a comfortable abode and a place where our Girls can call Home, while still working hard to provide quality care, and effective therapeutic services to both child and family. For this endeavor, we aim to raise **\$250,000**.

Would you help them build their lives as you support our drive to build our Home?



Urgent repair works needed!

About us

Gladiolus Place is a Christian residential refuge for teenage girls. Here, we strive to develop each resident holistically, in her body, mind, soul and spirit, in a safe and loving family environment.

Our therapeutic interventions are specifically designed for this purpose, in the core areas of academic, vocational, physical and character development. We envision for each girl, under our care and nurturing, to bloom like the Gladiolus flower, clothed in strength and honour, empowered to be women of dignity and confidence, so that they may live their lives to the fullest, as intended by Christ.



DONATE TO OUR MISSION



Add your Name & Telephone Number under the UEN/Bill Reference section

Donate

If you wish to make a donation today, please write your cheque in favour of "PCS – Gladiolus Place", and mail it to 6A Mattar Road Singapore 387715.

Please do indicate your name and NRIC number as these are required for tax exemption from IRAS. All outright donations will be entitled to a tax deduction of 2.5 times the amount received. To find out more, write to Ming Shiang at mingshiang@gladiolusplace.org.sg.

Volunteer

If you are interested to partner with us, write to us and we will get in touch with you shortly!



INFO@GLADIOLUSPLACE.ORG.SG

You can also indicate your area of interest if you have something in mind, and we can work something out with you!



CONTACT US



**6A MATTAR ROAD,
S387715**



**6348 5674 (TEL)
6348 5081 (FAX)**



GLADIOLUS PLACE



@ GLADIOLUSPLACE

GLADIOLUSPLACE.ORG.SG



*Every Girl Loved,
Every Life Transformed.*

JANUARY - JUNE 2020