

Rotary  FRCS  
Clubs in Singapore  
Foundation of Rotary Clubs Singapore

# FRCS Charity Gala Dinner

*Featuring Performance by TENG Ensemble*



*Programme Booklet*

# About the Gala

With the captivating theme of “East meets West,” the Foundation of Rotary Clubs Singapore (FRCS) Charity Gala Dinner in 2023 promises a truly distinctive experience. This special evening will feature not only a delectable 8-course dinner but also a mesmerising performance by The TENG Ensemble, a leading performing arts group in Singapore.

As we proudly celebrate our 30th year of impactful service, FRCS has dedicated itself to a multitude of humanitarian and educational causes, making a profound difference in our community. Alongside our 30th anniversary celebration, we also commemorate the 25th year of dedicated service by our FRCS Family Service Centre (FRCS FSC) and the 1 year milestone since the inception of our FRCS Eldercare and Caregivers Centre (FRCS ECC). The support we have received thus far has been instrumental in FRCS’s steadfast pursuit of our goal to enhance the well-being of individuals and families throughout Singapore.

Thank you for joining us in our ongoing mission to empower seniors and foster a stronger, more connected community. Your support will help us make a lasting impact and create a brighter future for all.

*Fundraising Period:*  
29 September 2023 - 31 December 2023

# The Night's Events

- 6:30pm      Arrival of Guests  
Registration  
Cocktail reception
- 7:00pm      Programme begins  
  
Speech by Mr Chew Ghim Bok  
*Chairman, Foundation of Rotary Clubs Singapore*  
  
Speech by Guest-of-Honour, Ms Low Yen Ling  
*Minister of State  
Ministry of Trade and Industry  
Ministry of Culture, Community and Youth  
Mayor of South West District  
Adviser to Bukit Gombak GROs*
- 7:20pm      Dinner commences
- 8:00pm      The TENG Ensemble (part 1)  
*The Greatest Showman Medley  
Jai Ho  
The Evolution of Pixar*
- 8:20pm      Dinner continues
- 10:00pm     The TENG Ensemble (part 2)  
*Dream Shanghai  
The New Journey to the West 狼極濛刮  
The New Legendary Swordsman 狼歡VII 屢懼*
- 10:30pm     Photo op with The TENG Ensemble Musicians

*Thank you and good night*

# Chairman's Foreword

Dear esteemed guests and supporters,

Thank you for joining us at the Foundation of Rotary Clubs Singapore (FRCS) Charity Gala Dinner 2023.

Over our 30-year journey since 1993, we've committed ourselves to uplifting communities through various programs and services, including our FRCS Family Service Centres in Clementi and West Coast, as well as the newly formed FRCS Eldercare and Caregivers Centre.

This evening symbolises unity and collective efforts towards a noble cause. The funds raised tonight will further empower our mission to promote active ageing, addressing the evolving needs of our seniors and caregivers, as well as supporting individuals and families in need. Our vision encompasses an inclusive and supportive environment where every individual can age with dignity and purpose.

I'm deeply grateful to our donors, sponsors, volunteers, and the entire FRCS team for their unwavering dedication and hard work. Your efforts have made a tangible difference in countless lives.

Lastly, a special note of thanks to The TENG Ensemble for tonight's performance. Look forward to a one-of-a-kind musical experience.

Let us join hands tonight, not just in celebration, but in reaffirmation of our commitment to building a brighter future for our community.

**Chew Ghim Bok JP, BBM(L)**

*Chairman, Foundation of Rotary Clubs Singapore*



# FRCS Eldercare & Caregivers Centre

Foundation of Rotary Clubs Singapore Eldercare and Caregivers Centre (FRCS ECC) provides comprehensive support and assistance to elderly individuals in our communities. The centre plays a crucial role in ensuring the well-being and quality of life for senior citizens.

FRCS ECC offers a range of services, including fitness, art and educational programmes, social activities, nutrition platforms, and companionship. It provides a safe and nurturing environment where seniors can receive care and attention tailored to their unique needs.

One of the primary benefits of FRCS ECC is the opportunity for seniors to socialize and engage in activities that promote mental and physical well-being. The centre also offers support to family caregivers, allowing them to balance their lives with caregiving responsibilities.

In essence, FRCS ECC is a cornerstone of compassionate and dignified care for the elderly, ensuring that they can age gracefully, while remaining an active part of their communities.

## Fine Art Classes

Fine art classes in FRCS ECC offer numerous benefits and unique opportunities for senior citizens to learn new skills. Firstly, it provides relaxation from everyday stress, and stimulates creativity, providing an outlet for self-expression.

Secondly, making art can improve attention span, and problem-solving skills. It may combat cognitive decline and promote mental agility.

Furthermore, the classes foster social interaction, creating a sense of community among participants. Seniors bond over their shared artistic pursuits, reducing feelings of isolation. Making art can be a fulfilling experience.

In essence, fine art classes in the centre enhance seniors' emotional well-being, cognitive abilities, and social connections, contributing to an enriched later life.





*Interpretations of The Great Wave, Hokusai by our FRCS ECC Seniors*



*Colour Theory Class at FRCS ECC*



*Interpretations of The Great Wave, Hokusai by our FRCS ECC Seniors*



## Fitness Programmes

Fitness programs in FRCS ECC offer numerous benefits for senior citizens. Firstly, they promote physical health, enhancing strength, flexibility, and balance, reducing the risk of falls and injuries.

Regular exercise also helps manage chronic conditions such as diabetes and arthritis.

Secondly, fitness programs improve mental well-being, reducing the risk of cognitive decline and depression. They provide a social outlet, fostering friendships and a sense of belonging.

The seniors are categorized by FRCS ECC Team for targeted fitness programmes. This involves assessing individual needs, considering factors like mobility, physical conditions and fitness goals to provide effective exercise regimens.

In essence, fitness programs in the centre are a holistic approach to senior health, enhancing physical and mental well-being while fostering a sense of community and empowerment. These programs boost overall quality of life, helping seniors maintain independence and engage in daily activities more easily.



## *Words from our Beneficiaries*



My mother, Madam Leow, has been a homemaker, looking after my younger brother and me, and assisting my father with his small business, all at the same time. While in a survival mode back then, she dedicated all her time, effort, and love into our small family of four. Because of this family commitment, my mother didn't have time and opportunity, to uncover her hidden talent that has been deeply buried beneath the heavy burdens of day-to-day life.

But like a ray of morning sunshine gently peeping out from the sleepy clouds, it's only until after retirement and joining the programmes in the FRCS Eldercare and Caregivers Centre, my mother has finally uncovered her hidden talent and interest in drawing and painting. To our surprise, for someone who has never picked up a drawing pencil or paint brush to create any artwork before, my mother did it effortlessly with little supervision from the art teacher. Her natural art talent pleasantly amazed us when she first showcased her artwork to us.

Ever since then, my mother would frequently share her artworks with us. She would spend most of her free time, indulging herself in drawing and painting, desperately making up for the loss of time that she has missed out in expressing her inner self. She is like a delighted horse, finally running freely in the endless green fields of her imagination. And my mother has been continually surprising us with her art improvements, week after week.

Other than actively participating in art-related events, my mother has been exercising 3 times a week, attending Ukulele lessons and seminars at the FRCS Eldercare and Caregivers Centre.

Special thanks to the staff, volunteers, and donors who have fervently supported this organisation. Thanks for bringing sparks of joy, offering a sense of purpose, and brightening up my mother's retired life. Her smiles and enjoyment when joining the programmes organised by you all speak of the meaningful mission that all of you have accomplished for our seniors. Well done and keep up the good work!

### **Olivia Lim**

Daughter of Madam Leow



## *Words from our Beneficiaries*



I look forward to the Fine Art classes at ECC - learning how to use different art mediums in painting, and drawing n painting techniques by different teachers. I also like the exercises which help strengthen my body.

Since participating in activities at ECC, my family is happy that I'm enjoying the activities.

### **Helen**

Beneficiary of FRCS Eldercare and Caregivers Centre

My mother has been more active since joining FRCS ECC. She has more friends who share the same interests and she takes part in activities that interests her. She is happier and has the company of friends. She is also more proactive in exercising.

I have not had any chance to participate in the activities but my mother shows me her artworks and pictures of her exercising. She has even showed me the weights that she bought for strength-exercises.

Thank you to the staff, volunteers at the ECC who have given their time to organise and conduct the activities for the seniors. Thank you to the donors who generously sponsor the events and activities; without which my mother would not have the chance to participate in so many varied activities.

My mother has never willingly gone to a museum with my family even when we suggested to her. But now, she is willing to explore different things with the friends at ECC.

### **Karen Lee**

Daughter of Helen



# FRCS Family Service Centre

Established in 1997, Foundation of Rotary Clubs Singapore Family Service Centre (FRCS FSC) is a division of the Foundation of Rotary Clubs (Singapore) Ltd (FRCS). Previously named Rotary FSC, the Centre was rebranded as FRCS FSC in January 2020, to align itself with the parent organisation.

FRCS FSC offers Information and Referrals, Counselling and Case Management, Group Work and Community Support Programmes. We have a dedicated team of professionals to support and empower individuals and families to manage their social and emotional challenges.

Since April 2021, FRCS FSC has been operating the SG Cares Volunteer Centre (VC) @ Clementi. We promote volunteerism initiatives, build volunteer capacity and forge community partnerships to strengthen Clementi town's effectiveness in meeting the community's needs. SG Cares VC @ Clementi is sited within the FSC at Clementi office.

# Focused Intervention Teams (FITs)

*FITs are formed as part of concerted efforts by FRCS FSC to enhance its staff competencies and build specialisations in targeted areas such as Addictions and Mental Health, Early Childhood and Parenting, and Counselling and Psychotherapy Services.*

## FIT for Addictions and Mental Health

SobeRISE is a flagship programme developed by the FIT for Addictions and Mental Health. This ground-up initiative is supported by the National Addictions Management Service (NAMS). SobeRISE provides tailored case management and support services for individuals and their families affected by alcohol use disorder. Through partnership with Ministry of Manpower, SobeRISE conducts talks to foreign workers since May 2023 to educate them on the impacts of excessive drinking and healthy and positive coping strategies.





## **FIT for Early Childhood and Parenting**

Parent-Child Link (PCL) programme is an initiative of the FIT for Early Childhood and Parenting, that supports and assists families with children aged 0 to 6 to strengthen their bonds through reading and play. PCL runs under the idea of nurturing relationships and creating steppingstones to enhance and stimulate healthy learning and growth for families with young children.

## **FIT for Counselling and Psychotherapy Services**

FIT for Counselling and Psychotherapy Services capitalizes on staff's existing strengths working with various therapeutic modalities from Gottman Therapy to Motivational Interviewing and Mindfulness Based Cognitive Therapy to better support individuals, couples and families in managing their intra- and inter-personal issues more effectively. Through this initiative, FRCS FSC also hopes to make such focused and psychotherapeutic services more accessible and open to the community.



## *Words from our Beneficiaries*

"I am glad that I came to FRCS FSC a few years ago. It has changed my life as the social workers were helpful and thoughtful. They were there when I was down and out and when I was in need of support the most. Social workers like Ms Shi Yan did not seem to get tired of listening to my never-ending problems and about my illness. I am grateful to her and the staff for being helpful and kind to me and my family all these years without looking down on us. They even motivated us and cheered us to move on. I know no matter how hard life is, life must go on. Thank you once again and may God bless all of you. My prayers are with all of you."

### **Mdm Jenny\***

Beneficiary of FRCS Family Service Centre

"Having gone through four different social workers from FRCS FSC over the years, I feel that they all had different strengths and knowledge on certain things. They were resourceful and would try their best to support me with my situation. At first, it was frustrating having to rebuild trust with a new social worker each time, but I realised that it gave me the opportunity to open up more, reflect and process my thoughts and feelings about my situation. I am also grateful to Ms Suhaina for making me feel comfortable to voice my concerns and for being efficient in following up on my needs."

### **Mr Ivan\***

Beneficiary of FRCS Family Service Centre

\*Names have been changed to protect clients' identity

## *Words from our Staff*

I joined FRCS FSC in early 2022 with the aim of seeking opportunities to integrate counselling and social work practices to help couples and families. After spending some years in the eldercare sector, I had pondered that if changes had been made at earlier family life stages, would clients' quality of life be different in their later years?

Working in the FSC has its fair share of challenges as families are coming in with increasingly complex needs and risk concerns. Social workers are also working hard to balance rendering personalised assistance to clients and maintaining accountability and service standards.

Thus, I am especially grateful towards the frequent check-ins from co-workers, having shared visions to help clients in need and not forgetting the light-hearted jokes that make the work much more interesting!

I recalled a mother who was feeling suicidal upon discovering her husband's extra-marital affair. Over the course of intervention, she stopped contemplating suicide, rebuilt her self-esteem and developed strong aspiration to be emotionally supportive towards her daughter. As a result, the daughter no longer needed to work overly hard to keep her mother safe. It feels rewarding to see a mother living with purpose and a daughter living with more joy and freedom.

**Ms Chan Wai Ping**

*Senior Social Worker*



## *Words from our Staff*

I wanted to expand my skills in establishing and deepening relationships with community partners in supporting individuals and families to change their situations. Being with the FRCS FSC for the past 2 years have allowed me ample opportunities to get to know about the importance of community partners coming together with a singular purpose as well as to work with a more diverse range of clients.

Being my first time working in a FSC setting, some of the challenges I faced during my work here includes adapting to new and ever-changing systems and bringing the different resources within the West region of Singapore to collaborate for change.

The support culture in this FSC has been amazing! I can approach not only my supervisor but also my practice circle and colleagues when I need some case direction or input regarding some of my cases.

Rapport building creates a safe space for clients to open up before any work can be done. As such, I would try various methods to engage my clients and make them feel comfortable to share. Through the time that I engaged and paced with the clients, it has been rewarding to know that they have felt motivated to work on improving their family situation, build resilience and show ability to advocate for themselves.

**Ms Suhaina Samsi**

*Social Worker*



# About The TENG Ensemble

The TENG Ensemble is a critically acclaimed Singaporean Chinese fusion music group that imbues musical influences from the East, West, traditional and contemporary. Its members comprise music educators, scholars and award-winning instrumentalists.

Since 2009, the Ensemble's performances have been lauded and coveted in the Singapore arts scene, the public and in various communities. They have been described as having created something uniquely Singapore by the Prime Minister of Singapore and have consistently sold out their concerts since 2013.

The Ensemble's signature sound is not one that can be easily pinpointed, as the group constantly looks to innovate and break new ground with familiar yet refreshing, accessible yet enigmatic music. Their works take inspiration from past and present and aim to represent today's musical sensibilities and aesthetics.



## Milestones

The Ensemble has performed extensively for both live shows and televised broadcasts. Some stages that they have taken on include the Esplanade Concert Hall, Singapore Day in Melbourne, George Town Festival, Singapore International Jazz Festival, ASEAN Tourism Forum, TEDxPetaling Street, Youth Olympic Games, Shanghai World Expo and more. In the digital space, their music videos have attracted avid fans amongst a global audience.

To date, the Ensemble has also released three albums and one EP. Two of their albums — *Stories From an Island City* (2016) and *Heirlooms* (2019) — were awarded 4.5 out of 5 stars by *The Straits Times* and highly regarded by several other media outlets. Furthermore, *Stories From an Island City* made waves beyond Singapore, ranking first on Hong Kong's iTunes World Music chart when it was released.

## Noteworthy Mentions

"The TENG Ensemble injects new elements into traditional culture and created something uniquely Singapore." – Lee Hsien Loong, 3rd Prime Minister of Singapore since 2004

"A spectacular performance by The TENG Ensemble marrying Eastern and Western musical instruments." – Halimah Yacob, 8th President of Singapore from 2017–2023

"The TENG team not only excels in Chinese music but is keen to introduce more people to it." – Grace Fu, Minister for Culture, Community and Youth of Singapore from 2015–2020

"A well-loved Singaporean band with a unique fusion sound comprising Western and Chinese musical instruments." – Mothership.sg, one of Singapore's largest independent digital news outlet



# EXPERIENCE MUSIC FOR MINDFULNESS

**Evidence-Based Music To Bring Inner Peace To Those In Need**

Relieve stress, enrich your mind, and harmonise your soul with this modern therapeutic masterpiece.

TENG's Music For Mindfulness album is born from two years of research with the Singapore Institute of Technology and the expertise of seasoned music therapists, providing solace and serenity to those in need.

Embark on a journey of relaxation by asking us for a trial session, where you will immerse in TENG's unique East-West fusion and discover how Binaural Beats harmoniously merge with classical Chinese music's five healing elements.

**Join us in our mission to spread calm and support those in need.**

Your involvement can have a profound impact. Reach out to [teresa@thetengcompany.com](mailto:teresa@thetengcompany.com) to learn more and be part of this transformative journey.

Find out more!



[bit.ly/music-for-mindfulness](https://bit.ly/music-for-mindfulness)



[www.thetengcompany.com](http://www.thetengcompany.com)



# TENG Gives Back

Musical Performances That Bring Comfort To Those in Need

TENG started TENG Gives Back as a musical initiative to spread goodwill. Since then, we have touched thousands in nursing homes, hospices, and treatment centres, bringing solace and upliftment.

Our collaboration with music therapists and beneficiary organisations, including the Foundation of Rotary Clubs (Singapore)'s Eldercare & Caregivers Centre, has made a significant impact and fulfilled our threefold mission:

- 1 Extend the gift of music to patients, families, and caregivers so that they, too, can experience its magic.
- 2 Harness the therapeutic power of music for healing and emotional support in the chronically and terminally ill.
- 3 Offer comfort, joy, and rejuvenation to long-term residents of community hospitals and nursing homes.



Contact [teresa@thetengcompany.com](mailto:teresa@thetengcompany.com) to make a difference and join us in giving back.

*We extend our deepest gratitude to all our donors for your generous support.*

**Your invaluable contributions are pivotal in driving positive change and making a real difference in our community.**



A heartfelt *Thank You* to our partners,  
The TENG Ensemble and The Fullerton  
Hotel, in making this a successful event.

*Our sincere appreciation* to Diageo Global  
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*Thank you* to the Rotary Clubs in  
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FRCS Eldercare and Caregivers Centre.

