



The Helping Hand

“Come unto me, all ye that labor and are heavy laden, and I will give you rest” Matthew 11:28

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Highest honour for drug offender turned social worker

After almost a decade behind bars, stay at halfway house helped turn his life around

Cara Wong

As a teenager, Mr Kelvin Quak was a gang member who tried hard to gain the acceptance of his fellow gang members.

But he got addicted to the drug and spent almost a decade behind bars for drug-related offences between 1977 and 1990.

It was only after his last stint in prison that Mr Quak finally found the resolve to kick his habit while staying at The Helping Hand, a halfway house.

Now 60, Mr Quak has remained free of drugs – and crime – for close to three decades, and is committed to helping others see clear of them as a social worker with the Methodist Mission Society.

He was one of five people who received the Outstanding Achievement Award yesterday at the annual Yellow Ribbon Celebrating Second Chances Awards Ceremony at The Star Vista in Bishan Vista.

The award is the highest honour presented to outstanding former offenders who have remained crime-free for more than 15 years and have made distinguished contributions.

Mr Quak said his life now is a far cry from that of his early days. Like his two older brothers, he became a gang member when he was in secondary school and picked up the drug habit, he said.

“It was soon caught and jailed for drug-related offences. “But the moment I came out, I forgot about everything. I had lessons outside and I went to join my gang brothers again

in taking drugs,” he said. It was the halfway house that opened his eyes to a new way of living, he said.

Waking up every morning used to be very painful as he would worry about how he would get his next fix.

“But there, every morning was a fresh new day. We would wake up at 5am, do our exercise and then work hard at refurbishing and moving furniture,” he said.

The halfway house sells task furniture and provides moving services.

“I felt a strong sense of accomplishment that I had never felt before,” he said.

He found special meaning in helping other former drug offenders like himself while staying in The Helping Hand, he added.

That spurred him on to become a social worker after he left the halfway house, and he often travelled to similar facilities in East Asia to work on anti-drug movements and rehabilitation initiatives for former offenders.

The father of two also volunteers with The Helping Hand, where he conducts Bible studies and counsels former drug addicts.

“Quitting is not easy. Those who try may often feel very disheartened when they go back to society,” he said.

“I hope the successful ones will have the determination and keep it in mind that there are no quick paths to success. Everything must be done step by step.”



Mr Kelvin Quak, 60, with his wife, Hau Sim Chew Lay Hwee, 61. Mr Quak has remained free of drugs – and crime – for close to three decades, and is committed to helping others see clear of them as a social worker with the Methodist Mission Society. ST PHOTO: AL PHONGS CHEN

Yellow Ribbon Celebrating Second Chances Awards Ceremony 2019

God often uses the very weak and unlikely instruments for the beginning and carrying on of a good work. There is no such thing as a person too washed-up or too insignificant to fulfil the Great Commission as commanded in Acts 1:8. Just like the Samaritan woman recorded in John 4:39, many who walk through the gates of The Helping Hand, having tasted the goodness and saving grace of our Lord Jesus Christ, left and became an effective witness for the Gospel of Jesus Christ.



Kelvin Quak receiving the Outstanding Achievement Award together with his family



Linus Kok receiving his award



Jonathan Tan receiving his Award

At the “Yellow Ribbon Celebrating Second Chances Awards Ceremony” on 12th October 2019, two of our staff members and seven of our alumni were awarded the Yellow Ribbon Celebrating Second Chances Awards 2019. The award recognizes the success of the ex-offenders in persistently living their new lives, free of drug and crime and becoming contributing members of society after their release from prison. These awardees also stand out as positive role-models and great encouragers to other ex-offenders who are still in the process of gaining acceptance from their families and society. We are thankful to God that two of our alumni received the highest award which is the Outstanding Achievement Award for remaining crime and drug free for more than fifteen years.

Our hope and prayer are for our brothers to continue to let their light shine before others so that people may see their good deeds and give glory to our Father in heaven. We also trust that God will bless, guide, and sustain all our brothers in their life-long recovery journey.

JUVENILES AND YOUTH-AT-RISK - OUR CONCERN



Students from Yuhua and Jurong East Secondary school



Students from Woodlands Ring Secondary School



YouthGO, an outreach by FSC



Students from St Gabriel's Secondary School



At YMCA

Statistics on Juveniles and Youth-at-Risk compiled by the Ministry of Social and Family Development from a 2017 Survey released by the Department of Statistics Singapore showed 141 Juveniles and Youth-at-Risk admitted to Youth Homes. There were also 85 cases of Youth Beyond Parental Control and 451 new probation cases.

Juveniles and Youth-at-Risk often face challenging circumstances and are prone to be influenced by their family, close friends and the environment. Many of them are susceptible to making wrong choices, not fully understanding the impact and consequences of those choices. This is where we come in by providing a helping hand to intervene and steer them away from further destruction.

On five different occasions, The Helping Hand was invited to conduct talks at Secondary Schools, Youth Outreach Programmes, and a Family Service Centre. The topics covered ranged from anti-drugs

and anti-gangs talks, to the struggles, pain, and stigma ex-offenders faced, and how drug abuse and criminal activities will eventually lead to the painful consequence of incarceration. We hope by sharing our experiences with them through these talks, we can help them to avoid repeating their mistakes.

We pray for more of these invitations so that we can impart our experiences to help these young people realize the consequences of drug abuse and crime, and prayerfully stay away from it.

SHARING THE MINISTRY

The objective of a deputation is to motivate the people in churches we visit to have a burden for the work of our ministry and join us in being soul-winners for the Kingdom of God. We could be their missions, right here in their own backyard.

We also hope and pray that as we conduct our deputations and share our ministry we can build up and strengthen the relationship between the churches and us. After all, we may be different parts of the body, but we all belong to the one body of Christ.

We hope by the grace of God, we will be invited by more churches to share the work that God is doing in the ministry of The Helping Hand.



Our Deputation Team



A Song presentation at Covenant Presbyterian Church



Miki's sharing his testimony



Worshipping at BBTC



Ministering at Bishan BP Church



Singing For The Lord



Sunday Service at Covenant Presbyterian Church

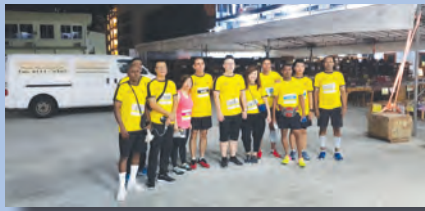


Redeemer Baptist Church



Ministering at Bethesda-Bedok Tampines Church

11th YELLOW RIBBON PRISON RUN 2019



Getting ready before the break of dawn



Goodie Bag Collection



Warming up for the race



Waiting for the race to start



President Halimah Yacob flagged off the 10km & 5km runs



I've fought the good fight. I've finished my race

The Yellow Ribbon Project organised by CARE Network has three goals in mind.

- To create awareness of giving second chances to ex-offenders.
- To generate acceptance of ex-offenders and their families into the community.
- To inspire Community Action to support the rehabilitation and reintegration of ex-offenders.

On an early and beautiful September Sunday morning, a group of 12 staff and residents got ready for the Yellow Ribbon Run 2019.

The theme for this year's run "I Believe in YR Second Chances" brought the runners through historical and prison sites including Selarang Halfway House, Tanah Merah Prison, Lloyd Leas Community Supervision Centre, Changi Prison Wall and finally into the Changi Prison Complex. For many runners, it was a rare once in a life-time experience to be physically behind the prison walls. At the end of the run, a Rehabilitation Fair featuring live performances, food trucks and experiential exhibitions inspired by true stories



The run is well underway



Tapping their support



We did it!

of ex-offender's rehabilitation journeys awaited the runners.

The run was graced by Her Excellency President Halimah Binti Yacob and about 10,000 people participated in the event. The Yellow Ribbon Prison Run symbolises our commitment to

giving ex-offenders a second chance. Every step taken on the Run represents a step towards hope and reconciliation.

We, at The Helping Hand, are truly thankful to know that there are so many people out there who are willing to give of their time and money to make this "I Believe in YR Second Chances" a real possibility for the ex-offenders.

2019 年黄丝带第二次机会的颁奖庆典

Highest honour for drug offender turned social worker

After almost a decade behind bars, stay at halfway house helped turn his life around

Cara Wong

As a teenager, Mr Kelvin Quak was a gang member who tried heroin to gain the acceptance of his fellow gang members. But he got addicted to the drug and spent almost a decade behind bars for drug-related offences between 1977 and 1990. It was only after his last stint in prison that Mr Quak finally found the resolve to kick his habit while staying at The Helping Hand, a halfway house.

Now 60, Mr Quak has remained free of drugs - and crime - for close to three decades, and is committed to helping others steer clear of them as a social worker with the Methodist Missionary Society.

He was one of five people who received the Outstanding Achievement Award yesterday at the biennial Yellow Ribbon Celebrating Second Chances Awards Ceremony at The Star Vista in Buona Vista.

The award is the highest honour presented to outstanding former offenders who have remained crime-free for more than 15 years and have made distinguished contributions.

Mr Quak said his life now is a far cry from that of his early days. Like his two older brothers, he became a gang member when he was in secondary school and picked up the drug habit, he said. He was soon caught and jailed for drug-related offences.

"But the moment I came out, I forgot about everything I had been inside and I went to join my gang buddies again

to taking drugs," he said. It was the halfway house that opened his eyes to a new way of living, he said.

Waking up every morning used to be very painful as he would worry about how he would get his next fix.

"But then, every morning was a fresh new day. We would wake up at 6am, do our exercise and then work hard at rehabilitating and moving furniture," he said.

The halfway house also took furniture and provides moving services.

"I felt a strong sense of accomplishment that I had never felt before," he said.

He found special meaning in helping other former drug offenders like himself while staying at The Helping Hand, he added.

That spurred him on to become a social worker after he left the halfway house, and he often travelled to similar facilities in East Asia to work on anti-drug movements and rehabilitation initiatives for former offenders.

The father of two also volunteers with The Helping Hand, where he conducts Bible studies and counsels former drug addicts.

"Quitting is not easy. Those who try may often feel very disheartened when they go back to society," he said.

"I hope the scoffenders will have the determination and keep it in mind that there are no quick paths to success. Everything must be done step by step."



Mr Kelvin Quak, 60, with his wife, Heoath Khoo Lay Hwee, 63. Mr Quak has remained free of drugs - and crime - for close to three decades, and is committed to helping others steer clear of them as a social worker with the Methodist Missionary Society. ST PHOTO ALPHRAGUS CHEBU

上帝经常会使用微不足道及看来不起眼的器皿，来开拓和扩展祂的善工，因为没有一个人是无能及一无是处到无法履行出使徒行传 1 章 8 节的大使命。也就如约翰福音 4 章 39 节记载的撒玛利亚妇人一样，许多踏入援手之家大门的弟兄们，都尝到主耶稣基督救赎恩典和美善，并回归社会成为有震撼力的耶稣基督福音的见证人。

在今年 10 月 12 日的“黄丝带第二次机会的颁奖庆典礼”上，我们的两名同工



Kelvin Quak receiving the Outstanding Achievement Award together with his family



Linus Kok receiving his award



Jonathan Tan receiving his Award

和七名校友为 2019 年黄色丝带二次机会的获奖者。这奖项表扬他们在出狱后过着改过自新的新生活，摆脱了毒品的捆绑并为社会做出的贡献，这更是那些还在争取，被社会与家人接纳的前囚犯们的正面积积极榜样。我们感谢上帝，援手之家的两位校友获得了最高的杰出成就奖项，以表扬他们继续奉公守法，远离毒品超过了 15 年的健康生活。

我们祈望的是弟兄们继续在人面前为主发光，活出好行为以见证主在他们生命的荣耀。一切归荣耀给我们天上的父。我们也深信在这条，人生漫长康复的道路上，主必赐福，引领和保守我们的弟兄。

The Helping Hand

Panel of Advisors:

Assoc. Prof Ernest Chew
Prof Philip Lee
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Rev. Dr. William Wan

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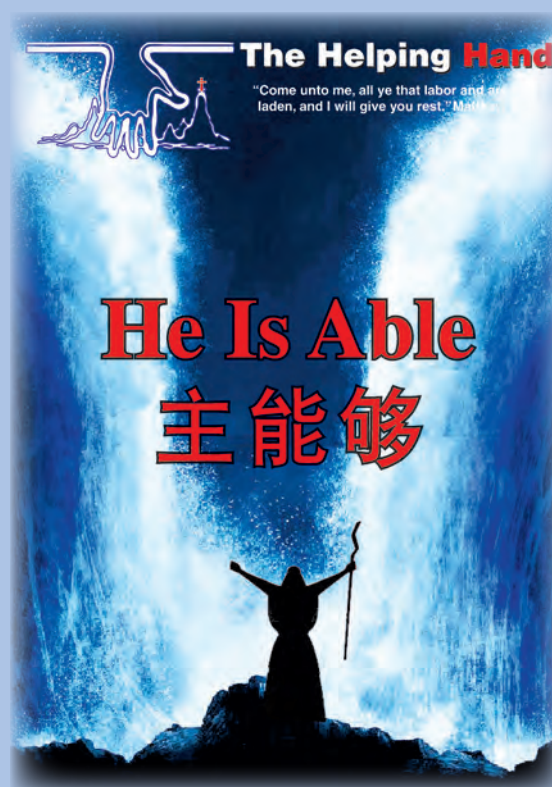
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Pray With Us

The Helping Hand's prayer requests and needs

1. Pray for the staff to continue serving the Lord with zeal and diligence. That together in unity and harmony, they will live exemplary lives that will encourage the residents and bring glory to God's name.
2. Pray that the residents who walk through the gates of The Helping Hand will come to know Jesus as their personal Lord and Saviour.
3. Pray that the Lord will bless our Furniture and Moving businesses so that we can generate the necessary funds to sustain our ministry.

Bicentennial Community Fund (BCF)

This year marks the 200th anniversary of Sir Stamford Raffles's arrival in Singapore. The Bicentennial Community Fund (BCF) through the National Volunteer and Philanthropy Centre (NVPC) will be matching dollar for dollar donations received between 1st April 2019 to 31st March 2020 for organizations recognized as Institution of Public Character (IPC). All donations are 250% tax deductible. The Helping Hand has just passed our halfway mark for qualifying for the maximum amount of \$400,000. We really need your help in reaching the maximum amount and would greatly appreciate your support.

S/No	Items	Amount
1	Sponsors for Our 10 th Charity Golf 2020	\$30,000
2	Publication of The Helping Hand 33 rd Anniversary Magazine	\$10,000
3	Sponsors for Cycling Jerseys for Ride to Restore 2020	\$10,000
4	33 rd Anniversary Celebrations 2020	\$8,000

We are grateful to all the people who are being used by the Lord to provide for our needs. Your every act of generosity is deeply appreciated and is a great encouragement to us as we continue to labour for the Lord.

All Cash donations to The Helping Hand are tax-exempt