



# The Helping Hand

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

Jul - Sep 2022 MCI (P) 003/01/2022

## THH Family Dinner



It has been proven that people with strong family associations are generally healthier and stand a better chance in their recovery than those who have no close family associations or social network to support them. Families coming together help to remind their loved ones that they are not alone in their fight, and it encourages them in their path to move forward towards their recovery.



On 2 July 2022, The Helping Hand organized our family dinner, and all the residents were encouraged to invite their families to join us as well. It has been a while since we had our family dinners and everyone was excitedly looking forward to it. We gave our kitchen staff a break from preparing the food and a caterer was engaged to provide a sumptuous meal.

The turn-out was encouraging and the event started with our



CEO, Mr. Mervyn Lim, extending a warm welcome to all the guests and thanking them for their support towards their loved ones under our care. Our Social Work Manager, Mr. Raymond Chow, together with Bro. Jason Gwee and Bro. Royston Campbell, led us through a time of Praise & Worship, followed by a short exaltation from our Executive Director, Mr. Richard Khalil, who spoke on the importance of family bonding.



After the message, the residents and their loved ones proceeded to



enjoy the dinner prepared for them. The atmosphere of having the residents and their families eating together was truly

encouraging. Their conversations and shared laughter filled the entire dining area. An old-school ice-cream vendor riding a scooter provided traditional ice cream flavours for a good old-fashioned dessert.

The dinner soon came to an end but the smiling faces of our residents and their families lingered on as memories.

CHRIST OUR LIVING HOPE



# 12th Charity Golf Tournament



The Helping Hand (“THH”) hosted its 12th Charity Golf Tournament at the Masters Course, Laguna National Golf Resort Club on 22 September 2022.

Registration started at 11.15 am and eager participants started filtering in. This year, the atmosphere was friendly and it was not long before the participants started exchanging golf slogans and one-liners.

Unlike last year, when Singapore was still under COVID-19 pandemic

restrictions and lunches at events were limited to only bento boxes, the participants were treated to a sumptuous buffet this year. After the hearty lunch, the participants were ready to tee off. To make things better, the weather was what any golfer could wish for – overcast with a gentle breeze throughout the entire game.

We wish to congratulate the 32 golfers who won prizes through a pre-game raffle draw and the two winners of our tournament who received shopping vouchers.



THH would like to take this opportunity to thank our 21 donors who gave outright donations and all the 116 golfers who came to support us and made the event a success. Through the generous contributions from our donors, we raised \$188,150, and the money will go towards our continuing effort in providing care, support, and activities for our rehabilitation clients.

We also wish to express our appreciation to Boltttech for sponsoring the Hole-in-One \$50,000 cash prize. Many thanks also to F & N Limited and Polar Puffs & Cakes for providing beverages and snacks at the event.



God has indeed been very faithful to THH, and He has never failed to provide for our needs. This time, He did it through the support and generosity of our participants and sponsors. May we continue to see more ex-offenders being transformed as a result of their giving and participation in our future Charity Golf events.



## Ride & Run 2022



The Ride & Run to Restore 2022 was a fundraiser organised to celebrate the 35th anniversary of The Helping Hand. Unlike the previous year's fundraiser, this year's event was in a hybrid format (virtual and physical) and included the cycling and walking/running event. This exciting and meaningful fundraiser attracted 115 participants and \$182,777 was raised through the generosity of many donors.

In the virtual segment, participants who took part in the cycling event covered a distance of 25,144km while those who walked or ran completed 2,139 km. In the "Longest Total Cumulative Distance (Cycling)" category, the participant braved a total distance of 2,483.25km in the 2-month virtual race period.

The physical ride/run/walk segment of the fundraiser called, "Go the Extra Mile" or GtEM, was held on 2 July 2022. Participants who were members of the public were paired with ex-offenders on a physical 35km ride or 3.5km walk. During the ride or walk, they had the opportunity to interact with the ex-offenders and learn more about their journey of restoration.

The Helping Hand had the privilege to partner with Break the Cycle SG (BtC), a ground-up initiative by cyclists to use cycling to break the cycle of recidivism in Singapore. The volunteers from BtC rode and guided the participants throughout the entire 35km ride. Our residents who took part in this physical ride were very encouraged by these volunteers who befriended and motivated them.

We look forward to Ride to Restore 2023 and may our Lord use this fundraiser to raise awareness of the work of The Helping Hand. We are here to transform ex-offenders to live Christ-centred lives.



# Learning Urban Farming Techniques



Singapore produces less than 10% of its nutritional needs and 90% of our food supply comes from abroad. The recent pandemic and unrest in some parts of the world have challenged us to explore new techniques and ways to increase food produce locally. For land-scarce Singapore, urban farming can help us sustain and stabilise our food supply and mitigate our dependency on imports.



From 23 – 24 July 2022, the Central Singapore Community Development Council organised a roadshow at Toa Payoh called Skill for Good Festival 2022. Mayor Denise Phua graced this occasion as the Guest of Honour and more



than 3,000 visitors and enthusiasts made their way through the various booths over the course of the two days.

The Helping Hand (“THH”) was assigned a booth and its given theme was Pick up Urban Farming Techniques. We thank God for the opportunity and throughout the two days, the brothers from THH shared their knowledge of urban farming, offered advice, and answered questions from the visitors. To follow up on the roadshow, THH offered a short workshop on urban farming and 70 participants signed up for our workshop. It was great to see so many people expressing an interest in urban farming and we hope to see more soon!



At THH, we use the Aeroponics system which is based on the plant cultivation technique of misting nutrient solution onto free-hanging plant roots in an enclosed system. One of the main benefits of this system is the yield which is 30% higher than plants grown by other techniques within the same period. The vertical configuration of the system allows us to grow our plants vertically, reducing the space required by 85%.



We are thankful to be able to include urban farming as one of our work therapies to enhance residents’ skills and employability.



## 援手之家 家庭晚宴



事实证明享有良好健康家庭体系的人与没有近亲的家庭或其他的社交网络扶持的人相比之下，在康复的道路上，前者有较高的成功机率。在家人的一路扶持和陪伴下，有助于提醒他们的挚爱在这复原的路上，他们不是孤军作战，更积极的勉励他们朝着康复的道路迈进。



2022 年 7 月 2 日，援手之家举办了中心的家庭晚餐聚，我们鼓励所有学员邀请他们的家人一同出席当晚的晚餐。每个人都兴奋地期待着，因为我们已有好一段时间没有家庭聚餐了。这一天我们就让我们的厨房同工休息一下放下手中的工作，就以订餐饮服务商来提供当晚的丰盛佳肴。



当晚的出席人数可真令人鼓舞，就由我们的首席执行官 Mervyn Lim 先生以温馨热烈的欢迎所有来宾中掀开了当晚的序幕，他感谢家人们对我们的学员，他们亲人的支持。我们的社工主管 Raymond Chow 先生和 Jason Gwee 弟兄与 Royston Campbell 弟兄更带领我们度过了一段赞美与敬拜的美好时光，随后我们的总干事 Richard Khalil 先生也与大家



以简短扼要的分享家庭凝聚力的重要性。

紧接着信息后，学员和亲人们也

开始享用中心为他们准备的晚餐。学员和家人们一起共享晚餐的氛围实在令人鼓舞而且他们的谈笑分享声更充满了整个场所。古早式三轮摩多车的冰淇淋老伯，更为我们提供传统古早美味的冰淇淋甜点。

晚宴已来到尾声，但学员们和他们家人的笑脸已成了挥之不去的记忆，荡漾在我们的记忆里。

# The Helping Hand

## Governing Board:

Ms. May Loh  
Mr. Timothy Hia  
Ms. Loke Wai Yin  
Rev. Dr. Yap Kim Sin  
Mr. Michael Chew  
Dr. Erik Ang  
Mr. Eugene Lam

## Mailing Address:

P. O. Box 578  
Ang Mo Kio Central  
Singapore 915603

## Home Address:

819 Upper Serangoon Road  
Singapore 534678  
Tel: 62832204 Fax: 62833748

Email: [adminsUPPORT@thehelpinghand.org.sg](mailto:adminsUPPORT@thehelpinghand.org.sg)

Website: [www.thehelpinghand.org.sg](http://www.thehelpinghand.org.sg)



@thehelpinghandsingapore



## Pray With Us

### The Helping Hand's prayer requests and needs

1. Pray for the staff to live exemplary lives that will encourage the residents and glorify our God in heaven.
2. Pray for all residents walking through the gates of The Helping Hand, to experience the amazing love of our Lord Jesus Christ.
3. Pray for God's blessings to be upon our Social Enterprise Activities to generate the necessary funds to sustain the ministry.
4. Pray for a safe and smooth recovery for those affected by COVID-19 and protection against COVID-19 reinfections.
5. Pray for God to lead and guide us in ensuring that everything THH does will be according to His will and for His glory.

S/No	Items	Amount
1	THH Family's Day Dinner – December 2022	\$20,000
2	Bibles and Christian Education Books	\$2,000

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.

To donate, please scan the QR Code or click the link below.



<https://www.giving.sg/web/the-helping-hand>



Charity Reg: 000673/IPC: 000344/UEN: S88SS0058F

**All Donations to The Helping Hand are tax-exempt**

CHRIST OUR LIVING HOPE