



## A Message From CEO

MICHAEL CHEAH  
CEO, THE HELPING HAND



As we begin a new year, I want to thank you, our partners, donors, volunteers, and friends, for standing with us in this journey of transforming ex-offenders to live Christ-centred lives.

In 2025, The Helping Hand (THH) will take a significant step forward as we adopt HSM+, the new Halfway House Service Model introduced by the Singapore Prison Service. This national initiative provides enhanced structure, support, and aftercare for residents. We're honoured to be part of this shift, which will help us serve even better.

But for THH, real transformation goes deeper than systems or programmes. It begins in the heart—and it often extends to the home. That's why our key focus this year will be on strengthening spiritual growth and rebuilding family relationships.

## PAST EVENTS

**17**  
JAN **Learning Journey with Cisco Systems**  
Friday  
10:00 AM - 2:00 PM

**04**  
FEB **Alpha Course Launch**  
Tuesday (Weekly)  
7:00 PM - 10:00 PM

**07**  
FEB **CNY Lunch with Agape Services**  
Friday  
12:00 PM - 2:00 PM

**15**  
FEB **Family Support Group Launch**  
Saturday  
6:00 PM - 8:00 PM

**22**  
FEB **Visit to CN Connect**  
Saturday  
6:00 PM - 8:00 PM

**28**  
FEB **Church Deputation @ Chen Li Presbyterian Church**  
Friday  
10:00 AM - 1:00 PM

**15**  
MARCH **THH 38th Anniversary Celebration**  
Saturday  
5:00 PM - 10:00 PM

**29**  
MARCH **Pet Blessing Event with Solomon's Porch Singapore**  
Saturday  
10:00 AM - 2:00 PM



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## CNY Lunch with Agape Services

CNY celebration with Agape Services, over a year of partnership in Agape providing internship opportunities for our residents.

In celebration of Chinese New Year, our leadership team and beneficiaries joined Agape Services for a meaningful Lohei gathering. This occasion also marked a year of partnership with Agape, which has been instrumental in providing training internships for our residents. Through this collaboration, our residents have gained valuable work skills and emotional resilience, empowering them to pursue employment and reintegrate into the community. We are deeply grateful for Agape's ongoing support in helping our overcomers rebuild their lives.

## Learning Journey with Cisco Systems

Hosting Cisco Systems for an engagement visit and workshop.

We were delighted to host Cisco Systems' Marketing and P&C teams for a learning journey in January. During their visit, they learned about THH's mission and our unique four-fold therapy approach, encompassing spiritual, social, physical, and work therapies. Cisco staff heard inspiring testimonies from our residents, participated in a muffin-baking session guided by one of our overcomers, and conducted workshops on Digital Literacy and Interview Etiquette to support our residents' personal and professional growth.



## Alpha Course Launch

In partnership with Alpha Singapore volunteers to introduce a faith-based learning journey for residents.

With our desire to strengthen the spiritual component of our program, the Helping Hand incorporated the Alpha Course for all our residents into our spiritual curriculum in 2025. Working with Alpha Singapore, we will do two runs of the Alpha Course every year.

Each run is three months, comprising of 12 sessions with each session lasting 2 ½ hours. During each weekly session, the group will gather for worship, watch a video, breakout into small groups for discussion about the video and end with a fellowship meal.

The first run from February to April just concluded and 45 residents received their Certificate of Attendance. During the 12 sessions, there were many highlights but one that stood out was session 9 that taught about the Holy Spirit. At the end of that session, about 30 residents stood up to rededicate their lives to Christ. It was a beautiful sight to behold. We are truly blessed and encouraged to see the residents enjoying and benefiting from the Alpha course and we are excitedly waiting for the next run to start in August.



On behalf of The Helping Hand, we want to thank Alpha Singapore for their support in helping us run the Alpha Course and for bringing in the 12-15 volunteers who facilitate the four Mandarin and two English breakout groups. All glory to God.

## Family Support Group Launch

**Kickstart of monthly facilitated sessions for residents and their family members.**

The Helping Hand (THH) launched the monthly Family Support Group (FSG) on 22 February 2025 with the desire to create a safe space for beneficiaries and their families to reconnect and strengthen their relationships with one another. It also serves as a platform for family members to come together to share their stories, learn from each other and fellowship over supper.

The FSG in February was well received with a total of 14 beneficiaries and their family members attending. Participants were able to share and engage with THH Social Work staff and volunteer counsellors who supported the FSG.

Participants and family members expressed their gratitude to staff and volunteers for organising the family support group and providing this platform for them to engage with their loved ones, and to hear from other family members' experience.

THH will continue facilitating the FSGs every month and we hope our beneficiaries and their families will be able to benefit from these sessions.



## CN Connect Seminar

**Participation in SPS partners' discussion on "Strengthening Support for Seniors".**

THH participated in the CN Connect event organised by SPS on 13 February. The theme was "Strengthening Support for Seniors". The presentations by SPS and AIC on "Throughcare Management of Elderly Offenders" and "Community Support Services" respectively highlight the challenges, opportunities and increased supports needed for our silver generation.

THH is also experiencing an increased number of elderly beneficiaries who presents with increased and more complex needs such as mental health concerns, chronic medical conditions, medication management, and physiological challenges.

THH will continue to explore opportunities to better support and care for our senior beneficiaries including incorporating physiotherapy and creative art programs that can be beneficial for their physical and mental wellbeing.



## Church Deputation

### Sharing at Chen Li Presbyterian Church.

By God's grace, The Helping Hand (THH) was given the opportunity to conduct an anti-drug seminar at Chen Li Presbyterian Church to their Community Senior Citizens Ministry. With grateful hearts, we delivered our vision - helping ex-prisoners to reintegrate into society and guiding them to live a Christ-centred life - to the audience of about a hundred people. (Many of whom were non-Christians)

Our co-worker Lydia introduced our ministry through lively and engaging Q&A games, sparking enthusiastic participation from the audience. This was followed by our worship team leading two classic songs from the 1980s, whose melodious tunes struck a chord with the audience and drew rounds of applause.



Our Chaplain, Richard K then shared a heartfelt testimony about God's love and the speaker delivered a clear and relatable message on "How to Overcome Addiction with Love and the Source of Love, who is God." During the post-talk conversations, many attendees expressed that the session not only raised their awareness about drug prevention but also deepened their understanding of the inner struggles of those battling addiction.



Through real-life testimonies, touching songs, and a message full of hope, they witnessed how broken lives can be restored in Christ, despairing hearts can be healed, and dark futures can be filled with light. May the Lord continue to use THH team as a vessel to bring about the love and salvation of Jesus Christ, shining a light into the lives of those wandering in darkness.



## THH 38th Anniversary

**Highlights from our anniversary event, supported by volunteers from Barker Road Methodist Church (BRMC).**

On 15th March 2025, The Helping Hand (THH) gathered at Kim Tian Christian Church for our 38th Anniversary Celebration.

The service began at 5 p.m. and THH's Board members, staff, residents, family members, aftercare volunteers, and church partners, numbering around 360 gathered for the celebration.

Our CEO, Michael Cheah, welcomed everyone and opened in prayer. THH's worship team led the congregation in a time of singing which was followed by the preaching of God's word by Rev. Yap Kim Sin who shared from 2 Corinthians 5: 14-21, "Behold the New Had Come."

After the message, the staff and Helpers presented a song, "10,000 Reasons" to thank the Lord for watching over and blessing THH for all these years. After the presentation, our Board Chair, May Loh dedicated our staff and helpers to the Lord with a prayer of thanksgiving.

When the service ended, our guests made their way back to THH, where they were treated to a buffet dinner sponsored by Barker Road Methodist Church (BRMC). BRMC not only sponsored the food but provided 40 over volunteers who helped serve during the dinner, freeing our staff and residents to enjoy the night with their families and loved ones. The night was indeed memorable, seeing everyone talking, laughing and having great fellowship over the meal.

We truly thank God for a blessed 38th Anniversary Celebration 2025.







## Pet Blessing Event with Solomon's Porch Singapore



In March, we were blessed to partner with Solomon's Porch Singapore for a heartwarming community pet blessing event. The church community, along with their furry friends — including dogs, cats, rabbits, and even hamsters — gathered at THH for a time of fellowship and fun. Beyond the blessings, the event provided a wonderful platform to share about THH's mission and our work initiatives, including our bakery cafe, with new friends from the wider community.



## Support Second Chances

The Helping Hand will be holding our **15th Annual Charity Golf Fundraising Dinner** on **22 August 2025** at **Laguna National Golf & Country Club**. While not everyone may be able to join us in person, you can still make a meaningful difference. Your donation will help fund rehabilitation, skills training, and family support for ex-offenders working to rebuild their lives.

In 2024, we journeyed with **136 ex-offenders** through our four-fold therapy programme. We have also launched Singapore's first Family Support Group based in a halfway house, strengthening family ties to reduce recidivism.

Every donation is eligible for a **250%** tax deduction and will be matched dollar-for-dollar by Tote Board, up to \$250,000—doubling your impact.

To give, simply scan the QR code to access our Donate page. Please indicate **"Charity Golf"** under the Purpose field.

