



Pastel Nagomi Art Pieces Created by THH Residents, facilitated by Art & Grow Collective SG.

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Ride & Run to Restore 2025

We held our annual Ride & Run to Restore on 12th April 2025, and we are deeply thankful for the good weather and strong turnout!

A total of 185 participants took part in either the cycling or running routes, with a mini carnival that followed, creating a festive and meaningful experience for all.



What made this year especially special was seeing our beneficiaries and the broader community ride and run side-by-side, symbolising solidarity and hope in the journey of restoration.

A heartfelt thank you to our Guest-of-Honour Belinda Lee, our dedicated sponsors and supporters, and the amazing team of volunteers who made this meaningful event possible.

Link to the event highlights is at the end of the newsletter!





Cycling Workshop with Break the Cycle

“Life Behind Bars” – a cycling workshop series conducted in partnership with Break the Cycle ran across several Saturdays in March and April 2025, leading up to our Ride & Run to Restore event.

Residents picked up essential cycling skills — from bicycle maintenance to road safety — while also building resilience, trust, and teamwork through this shared activity.

A heartfelt thank you to the dedicated volunteer cyclists and coaches from Break the Cycle and Saddlewerkz, who journeyed alongside our residents, offering not just technical guidance, but also friendship, encouragement, and hope.

We are especially thankful that our residents can now continue with monthly community cycling rides, staying active while connecting with a supportive and uplifting community.



Family Bowling Day

We had our first ever Family Bowling Day on 21 June at Singapore Bowling Temasek Club! About 90 beneficiaries, family members and staff together with 60 volunteers from Barker Road Methodist Church and Art & Grow Collective SG participated in the vibrant event. Our beneficiaries and their families had a great time bowling together and enjoyed the buffet dinner.





Pastel Nagomi Art Sessions

We started weekly Pastel Nagomi Art sessions, facilitated by Art & Grow Collective SG. The sessions had been well received and a positive experience for our residents who are able to use art as a form of relaxation and enjoyment. One resident who attended every single session has expressed interest to pursue a Diploma in “Basic of Pastel-Nagomi-Art & Associated Instructive Art Course” which will allow him to be a certified Nagomi Pastel Art Instructor through the Yellow Ribbon Fund STAR (Skills Training Assistance to Restart) Bursary.



SafeTALK Suicide Alertness Training

We also organized a Livingworks Suicide Alertness For Everyone safeTALK session in May. It is a half-day training on suicide alertness, helping participants to recognize a person with thoughts of suicide and connect them with resources who can support them. A total of 12 participants (staff and volunteer counsellors) attended the training, facilitated by Ben, our Head of Social Work.

Agape Services: One Year of L.O.V.E.

Together with Agape Services, we celebrated the first anniversary of the L.O.V.E. programme — a joint initiative providing structured, on-the-job training in Laundry and Cleaning Services for our residents.

We thank God for the progress made:

- **50%** of our residents **successfully completed** the training programme
- **50%** reported a **positive shift** in **mindset**

A key to this encouraging outcome has been the stable work environment and consistent community support provided through our Agape partnership. Overcomers thrive better when surrounded by structure, encouragement, and belonging.

Prayer Requests

Resilience in the Midst of Rising Challenges

We invite you to join us in prayer, especially as we face growing concerns around K-Pods, a new drug trend in Singapore. These substances pose serious challenges to sustained recovery and reintegration.

Please pray:

- For spiritual resilience and alertness among our beneficiaries
- For wisdom, unity, and strength for our staff as they support them
- For God's protection and breakthrough for those at risk of relapse

Read more in CNA's recent feature on halfway houses, link is at the end of the newsletter!

Thank you for walking with us in this mission.

Together, let's restore hope, rebuild families, and offer the gift of a second chance.

To give, simply scan the QR code to access our Donation page. Donations are eligible for 250% tax deduction. Do provide your NRIC / FIN / UEN Number if you require tax exemptions. Lastly, under the section "purpose", please enter "Newsletter".

To donate:



Scan the QR code

Thank You For Making a DIFFERENCE.

With your support, we can:



**Afford monthly
maintenance fees**



**Run programmes
for our residents**



**Provide food and
shelter for our residents**

Did you know?

Every dollar you give helps turn someone's story from hopelessness to *hope*.