

**Alive Community Network**  
Annual Report for Year Ended 31<sup>st</sup> July 2007

Alive Community Network was set up in 4<sup>th</sup> October 2002 as a society.  
It was registered under the Charities Act on 19<sup>th</sup> August 2004.

**Charity Registration Number:** 1804

**ROS Registered Number:** ROS 290/2002 WEL

**Registered Address:** 291, Oriental Plaza, New Bridge Road,  
#02-10/11,  
Singapore 088756

**Management Committee:**

- 1) Mathew Mathews, President
- 2) Leong Yoong Hwa Terence, Vice President
- 3) Chong Jack Sheng, Treasurer
- 4) Chua Sin Lee, Asst. Secretary
- 5) Lai Sock Le Shirlie, Secretary
- 6) Chew Ban Chuan Victor Mark, Committee Member
- 7) Ho Choon Kiat, Committee Member
- 8) Khoo Chong Kiat, Member
- 9) Esther Lavinia Lim Ai Chern, Member
- 10) Geraldine Yap Liop Ngee, Member
- 11) Chua Sin Hong, Member

**Banker:** DBS Bank Ltd

**Auditor:** John Navamani & Co.

**Objective:**

- a) To increase awareness among young professionals of the needs of the community and the ways they can contribute.
- b) To harness the support of medical professionals and other interest or professional groups or volunteers to develop social, welfare and community programmes and activities for the community.
- c) To have all such other objects and do all other things as are complementary or incidental to the attainment of the foregoing objects, or any of them and particularly as follows:
  - i. Provide talks, seminars, workshops, symposiums and conferences on family, marriage, youth, singlehood and other related topics, matters and social issues.
  - ii. Provide counselling therapy, social and educational programs to members of the public.
  - iii. Conduct fund raising activities
  - iv. Lease, purchase or build premises where such objects can be carried out.

**Finance & Funding**

The funds of the Society are mainly derived from free-will offerings and income generated from counselling/educational courses run by the Society.

Any additional fund required for special purposes are raised from members with the consent of the General Meeting of the members.

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**REVIEW OF YEAR 2006 – 2007**

Throughout the year, the society carried out various activities to promote its aims. A brief write up of these activities are as below.

Educational Endeavors

*Counselling education*

The society has successfully registered a Diploma and Advanced Diploma in Counselling with the Ministry of Education. The Advanced Diploma programme was certified by the Australian Counselling Association. The programme has been officially launched in April 2006 to provide quality counselling education at very affordable rates. The program currently uses a rolling admission system for students to enrol in the program. 25 students who are from various helping agencies have benefited from this programme.

*Tuition/Enrichment classes*

The society offers tuition classes to students living within the vicinity of its premises – Cantonment, Everton Park, Spottiswoode Park & Queenstown. The ultimate intention of these tuition and enrichment classes was to offer classes of a high quality to those who cannot afford it by first engaging those who could afford to pay standard fees. The profits of this initiative are aimed to provide scholarships to those who cannot afford high quality tuition services.

During the financial year, the centre has registered with MOE to offer tutorial classes. Publicity blitzing of flyers to inform families in the vicinity of Cantonment, Spottiswoode Park, Redhill, Queenstown & Everton Park will be done in Jan 2008 again.

Counselling endeavors

*Premarital Counselling classes*

Pre-marriage counselling classes were offered by a qualified marital counsellor for a total of 4 couples. Couples were put through the Psychological Audit of Interpersonal Relationships (PAIR test) and provided an evaluation of their compatibility scores. Each couple was offered 6 sessions of personal counselling following the curriculum, "Saving your Marriage Before it Starts".

*Personal Counselling*

Counselling was given weekly on the premises by 1 counsellor and 1 youth worker. Counselling cases presented included issues with marriage, relationship issues, emotional distress, depression and delinquency. The youth worker also counselled youth dealing with gender identity issues and difficulties handling emotions. In all approximately 40 persons benefited from counselling help through the year with several receiving intensive help during this period.

Fund-Raising Project

A team of 4 youths joined Citibank-YMCA Youth for Causes 2007 project to raise funds for Yong-En Care Centre. Theme of the project's to sell LEGO bricks at \$2 each brick that are used to build a LEGO castle. Finale event to showcase the LEGO castle and to present our cheque donation was held at Tiong Bahru Plaza on 8 September 2007.

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**REVIEW OF FINANCIAL STATE AND EXPLANATION OF ALL MAJOR FINANCIAL TRANSACTIONS**

Most of the funds received this year were through donations from Jesus Is Alive Missions. There are frequent donations from an educational institution, Camford Business School.

For this Financial Year in May 2007, we have engaged 1 full-time staff Mr. Paul Teo. While members of the society assisted in providing administrative support and counselling services without remuneration. Prominent expenses go to the administration of counselling programmes. These costs included registration to the Ministry of Education, accreditation fees for counselling program, costs of books & materials and costs of hiring instructors.

**FUTURE PLANS AND COMMITMENTS**

For the coming year, we hope to submit our application for IPC status by end of FY2008. We foresee the following benefits for IPC status:

- ❖ Ability to obtain public donations with double taxation exemption for donors.
- ❖ Development of good corporate governance to enhance efficiency & transparency.

Besides the services mentioned above, we plan to run 1 fund-raising project to enhance visibility & to obtain certain collaborations with others.

In addition to the services mentioned above, the society plans to begin the following programmes in 2008: -

**Befrienders' Training**

Recognizing that most people do not turn to formal social service providers in times of needs, but rely heavily on their social support systems, the society is embarking on a training program to equip individuals interested in helping their friends on a peer level.

Befrienders will undergo monthly full day workshops covering among other issues

1. Basic skills in communication
2. Basic intervention skills
3. Stress management
4. Recognizing possible psychopathology
5. Supporting individuals using professional mental health services

This program will be targeted to youth and young adults across the island.

**Dealing with Emotions and Thoughts Workshop**

This 5-part workshop uses principles from Cognitive Behavioural Therapy that recognizes most of our negative feelings stem from irrational thoughts.

Objective of the workshop is to teach participants to identify, change and replace these destructive thoughts with more constructive ones. The group sessions allow participants to explore some of these issues together in a therapeutic setting.