
ANNUAL REPORT 2022

ONTO NEW HEIGHTS



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Celebrating SG Families

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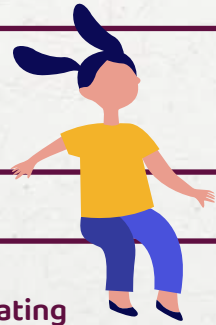
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CELEBRATING SG FAMILIES



Chairman's Message



2022 was designated the Year of Celebrating Singapore Families. In a sense, this was most apt. The Covid-19 pandemic brought many families closer and reinforced the importance of family. Yet, in the face of changing family structures and working environments, existing challenges remain and more lie in wait. I am happy to share that Morning Star, with its spirit of excellence, dedication, and nimble innovation, has with its many partners and collaborators been actively helping families navigate these challenges. Here are some key highlights.

Since its founding year, Morning Star has been heavily involved in helping children develop their social emotional skills that are crucial for their personal and social well-being. In 2022, Morning Star opened a new NOVA Lab at Valour Primary School. This is Morning Star's 4th NOVA Lab, in addition to our existing NOVA Labs at St Joseph's Institution Junior, Montfort Junior School and St Stephen's School. In addition, Morning Star also piloted a Social-Emotional Learning Enrichment workshops using LEGO bricks at Montfort Junior School and Good Shepherd Place children's home. The LEGO bricks were sponsored by LEGO and were used for expressive play. It is hoped that the use of the LEGO bricks will make social and emotional learning more accessible and effective for the children.

In 2022, Morning Star continued to support families with children who are inadequately supported at home through upstream, preventive and early intervention programmes at our CareNights centres. This year, there was a significant increase in the number of volunteers stepping forward to give of their time and effort to the programme. This was most heartening. It shows that many in Singapore identify with and are prepared to share in our mission. It also gives us the confidence that we can extend CareNights to other neighbourhoods when called to do so.

Finally, a word about our training programmes. Morning Star is a proud partner of the Parent Support Programme (PSP) offered by the Ministry of Social and Family Development (MSF). The number of families impacted through our work in the PSP has grown to almost 4,000 families in 2022 alone. Our parenting training programmes on

special focus areas like anger management, stress management and digital wellbeing have been especially attractive, a reflection of the stress points parents face in their work and social environments. There was also strong participation and interest among grandparents for our parenting programmes. In our Kopi Sessions for Grandparents, we shared skills for grandparents to better approach, interact and relate with their grandchildren.

As I have shared in my message last year, none of these programmes would have been possible without the help and support of our many partners and volunteers. I would like to take this opportunity to especially thank Mr Michael Koh who will be retiring from the Board in 2023. Michael joined the management committee of Morning Star in 2005. A firm believer in doing good to receive good, Michael was himself an alumnus of Morning Star's Common Sense Parenting training programme before joining and volunteering on the board. His calm presence and gentle hand in the board's deliberations have been both inspiring and inspirational. We wish him all the best in his future endeavours.

Equally critical to our work in 2022 as in previous years is the generous support of donors, government agencies and stakeholders. It cannot be gainsaid that our programmes are made possible only because of the unstinting generosity of our supporters and stakeholders. These include the MSF, the Ministry of Community, Culture and Youth, the Catholic Archdiocese, Caritas Singapore, South-East Community Development Council, the Canossian Sisters, the National Council of Social Services, ST Telemedia, Oscar@SG Fund, Give@Avanda Fund, Ng Kim Suan Foundation, Lew Foundation, Lee Foundation, Tan Chin Tuan

Foundation, NTUC Fairprice Foundation, LEGO, Legal Options LLC, Collective Designs and many others. Thank you from the bottom of our hearts. Thank you for believing in the mission of Morning Star of strengthening family relationships here in Singapore.

In 2023, we look forward to the opening of our new Whampoa Centre that will flagship our Aspire programme, which aims to strengthen family relationships in an integrated and therapeutic space through broad-based programmes, specific skills training and targeted intervention for families under stress. 2023 is also when we will launch our first Brick Club in collaboration with Play Included UK, the leading training provider in LEGO's Brick-by-Brick Programme. The Brick Club will focus on developing the social and emotional skills of children who walk through its doors. We offer these efforts and the wellbeing of all clients, sponsors and partners to God, who has sustained and continues to sustain our efforts. To him be all glory, honour and praise.

Mr Kelvin Poon
Chairman | Morning Star Community Services Ltd



Organisation Information

1.

2.

3.

4.

SERVICES & PROGRAMMES
by Morning Star

▶ Student Care Services

▶ NOVA Learning Intervention Programme

▶ CareNights @ Morning Star

▶ Family Wellness Division

- Programmes
- Case Management
- Training
- Counselling

Morning Star Community Services is governed by its Constitution, registered as a charity under the Charities Act (Chapter 37) on 27 November 2002 and a Company Limited by Guarantee on 31 August 2016.

Morning Star Community Services Limited

25 Lorong 33 Geylang #04-01
Pu Tian Building Singapore 387985

UEN No.

201617675H

IPC Status

1 July 2022 to 30 June 2025

Auditor

Kreston David Yeung PAC
128A Tanjong Pagar Road
Singapore 088535

6285 1377

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www.morningstar.org.sg

www.facebook.com/morningstarsg

To Donate:
morningstar.org.sg/donate



To Volunteer:
morningstar.org.sg/volunteer



Corporate Governance

Board Governance

Induction and orientation are provided to incoming Board members upon joining the Board

Code 1.1.2

Response Complied

Are there Board members holding staff appointments?

-

No

The Treasurer can only serve a maximum of 4 consecutive years

1.1.2

Complied

All governing board members must submit themselves for re-nomination and re-appointment, at least once every 3 years

1.1.8

Complied

There are documented terms of reference for the Board and each of its committees

1.2.1

Complied

Conflict of Interest

There are documented procedures for governing board members and staff to declare actual or potential conflicts of interest to the Board at the earliest opportunity

Code 2.1

Response Complied

There are special procedures to deal with the conflict of interest when board members have any interest in business transactions or contracts, joint ventures, suppliers, service users, beneficiaries or staff

2.3

Complied

Board members do not vote or participate in decision making on matters where they have a conflict of interest

2.4

Complied

Board members have signed a Conflict of Interest Declaration

2.5

Complied

There is a whistle-blowing policy in place to address concerns about possible wrongdoing or improprieties in financial or other matters within the charity

-

Yes

Strategic Planning

The Board periodically reviews and approves the strategic plan to ensure that activities are in line with objectives

Code 3.2.2

Response Complied

Strategic plans, programmes and outcomes are adequately reported to stakeholders

3.2.3

Complied

The Board monitors the progress of the documented plan to develop capacity and capability

3.2.4

Complied

06 --- Celebrating SG Families

Morning Star Annual Report 2022 --- 07

Human Resource & Volunteer Management

	Code	Response
The Board approves documented human resource policies for staff, process for setting the remuneration, measurable and clearly defined targets	5.1	Complied
	5.2	
The Board approves a documented Code of Conduct	5.3	Complied
Human resource policies aim to attract, retain and motivate staff with suitable qualifications, experience and performance	5.4	Complied
There are processes for regular supervision, appraisal and professional development of staff	5.5	Complied
There are documented policies for claims for reimbursement of expenses	5.6	Complied

Disclosure & Transparency

	Code	Response
Number of Board meetings and Board members' attendance is disclosed	8.2	Complied
Board Members are not remunerated	2.2 8.3	Complied
The highest paid staff receive \$100,000-150,000 annually	8.4	Complied

Financial Management & Internal Controls

	Code	Response
There is a documented policy to seek the Board's approval for any financial matters provided apart from core charitable programmes	6.1.1	Complied
There are documented procedures in place for internal controls for financial matters in key areas	6.1.2	Complied
Reviews on internal controls, processes, key programmes and events are regularly conducted	6.1.3	Complied
There is a process in place to identify, monitor and review key risks	6.1.4	Complied
The Board approves an annual budget for plans and regularly monitors expenditure	6.2.1	Complied
MSCS aims to keep in reserves up to two times of total operating expenses and regularly reviews its financial status	6.4.1	Complied
There is a documented investment policy approved by the Board	6.4.3	Complied

Disclosure & Transparency

	Code	Response
All collections received are properly accounted for and promptly deposited	7.2.2	Complied
All donations in kind received are properly recorded and accounted for	7.2.3	Complied

Our only assets are cash in the bank and that functions as a reserve for future projects or continuation of current programmes and services if needed.



Board Members Meeting Attendance

Mr Kelvin Poon Chairman since 2016	4 out of 4
Ms Christina Lim Deputy Chairman since 2016	4 out of 4
Mr Bernard Yee Secretary since 2020	3 out of 4
Ms Elizabeth Sulistio Treasurer since 2019	3 out of 4
Ms Kit Tan Chairman, Human Resources Committee since 2019	4 out of 4
Mr Gerald Tan Board Member since 2016	4 out of 4
Mr Joseph Yeo Board Member until Jun 2022	4 out of 4
Mr Michael Koh Board Member since 2016	3 out of 4
Ms Sharon Goh Board Member since 2022	1 out of 1



Executive Management Team

Mr Freddie Low Executive Director	1 Aug 2012
Mr Rick Lee Deputy Director, Family Wellness Division	18 Mar 2019
Ms Josephine Loh Senior Training Manager, Family Wellness Division	6 May 2013
Ms Agnes Yeo Finance Manager	16 May 2016
Ms Sherlee Choliluddin Corporate Services Manager	5 Feb 2018
Mr Khong Kiong Seng Communications & Development Manager	21 Feb 2018
Mr Shaun Liu Interim Case Manager, Family Wellness Division	1 Apr 2021
Ms Justyna Ng Programmes Manager	18 July 2022
Ms Marie Khong NOVA Learning Intervention Programme Manager	16 Sep 2019
Ms Jennifer She Student Care Services Manager	3 Feb 2022

Conflict of Interest Policy

Every Director shall observe the provisions of Section 156 of the Act relating to the disclosure of the interests of the Directors in transactions or proposed transactions with the Company or of any office or property held by a Director which might create duties or interests in conflict with his duties or interests as a Director. Whenever a Director in any way, directly or indirectly, has an interest in a transaction or project or other matter to be discussed at a meeting, the Director shall disclose the nature of his interest before the discussion on the matter begins. A Director shall not be entitled to participate in the discussion or vote in respect of any transaction or arrangement in which he is interested and he shall not be taken into account in ascertaining whether a quorum is present.

Board of Directors



Mr Kelvin Poon – Chairman
Deputy & Managing Partner,
Rajah & Tann Singapore



Ms Christina Lim
– Deputy Chairman
Head of HR & Communications,
B. Braun Singapore



Ms Kit Chan – Chairman,
Human Resources Committee
HR Business Partner, Tech Date



Mr Gerald Tan
Manager, Systems & Projects,
PetroChina



Mr Joseph Yeo
Quality Assurance Manager,
GE Aviation



Ms Elizabeth Sulistio
– Treasurer
Senior Audit Manager,
OCBC Bank Group Audit



Mr Bernard Yee
– Secretary
Managing Director,
Resource Law

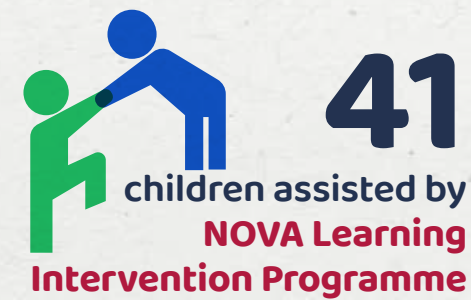
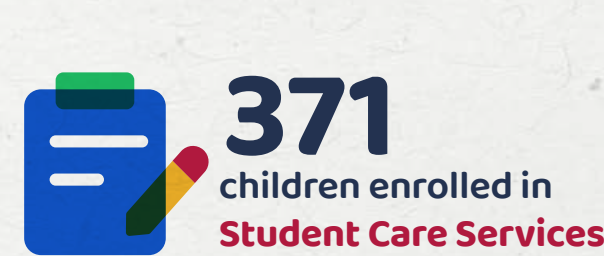


Ms Sharon Goh
In-house legal counsel,
JERA Global Markets Pte Ltd



Mr Michael Koh
Senior Estate Manager,
Housing & Development Board

2022 at a Glance



Thank you!



Bath gel & hand wash,
Guardian Health & Beauty

Heart icon Birthday pizza & ice-cream,
Far East Organization

Board games, Mr Michael Sim

Children's Day party & gifts,
Far East Organization



Christmas gift packs
Korean Presbyterian Church



Heart icon Healthy snack
boxes, Cedele



Heart icon LEGO® sets & activity
books, LEGO Singapore

Heart icon Concert Tickets,
Our Tampines Hub

Heart icon Honsei® Tea sachets,
HSC International

Heart icon Colgate® Toothpaste &
toothbrush set,
Colgate-Palmolive Company



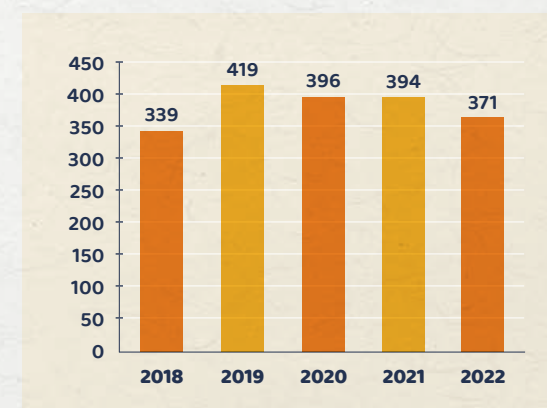
LEGO® Christmas gift sets, LEGO Singapore

CHILDREN'S SERVICES

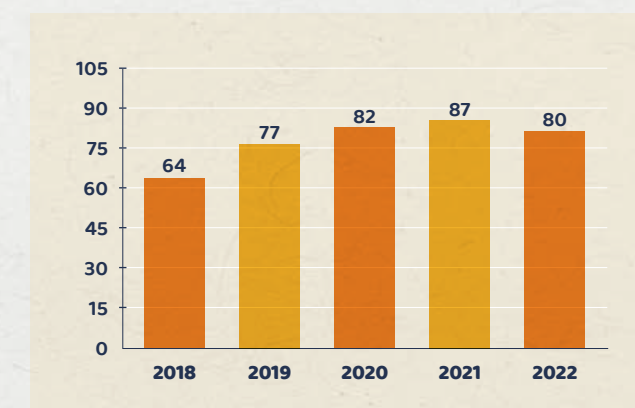


Student Care Services

Student Care Enrolment



Student Care Fee Assistance (SCFA) Scheme



Household Income of Families under SCFA

Househod Income	No. of Families	%
≤ \$1,500	25	31%
\$1,501 to \$2,600	22	27%
\$2,601 to \$4,000	23	34%
\$4,001 to > \$4,500	10	8%
TOTAL	80	100%

With the relaxation of Covid-19 measures, we have been engaging our children through face-to-face engagement with volunteers from community partners and resuming enrichment with instructors onsite. Our children felt that the face-to-face engagements were more fun and interactive. They enjoyed participating in the programmes with their friends.

Collaboration with Community Partners



1.



- ▶ 1. Fun with Jumping Clay & Paper Sculpture Workshops by B Inspire! Pte Ltd Sponsored by National Arts Council & CDCs
- ▶ 2. More Clay & Paper Collage Workshops by B Inspire! Pte Ltd Sponsored by National Arts Council & CDCs
- ▶ 3. Jazz Dance & Creative Movement Programmes by JUMP Productions Sponsored by National Arts Council & CDCs
- ▶ 4. Hip Hop Dance Programme by JUMP Productions Sponsored by National Arts Council & CDCs
- ▶ 5. Cartoon Drawing by B Inspire! Pte Ltd Sponsored by National Arts Council & CDCs
- ▶ 6. Science Projects by Little Changemakers Sponsored by Collective Designs Pte Ltd
- ▶ 7. Financial Literacy Programme by Junior Achievement Singapore
- ▶ 8. Children's Day Kindness Programme by Little Changemakers Sponsored by Collective Designs Pte Ltd
- ▶ 9. Project Artemis on Wildlife Conservation by National Junior College
- ▶ 10. Groovin' with Ukuleles by Music Solutions Sponsored by National Arts Council & CDCs
- ▶ 11. Ancient Civilisations Programme by Little Changemakers Sponsored by Collective Designs Pte Ltd
- ▶ 12. Christmas Party with volunteers from Heart of God Church



12.



3.



5.



7.



8.



11.



4.



6.



9.



10.

CareNights

Total Children since 2016	Total Families since 2016	Total Children Served in 2022	Total Families Served in 2022	Total Indirect Beneficiaries
222	136	88	55	340

115
volunteers
clocked in
991 hours



We Would Like to Thank Our Corporate Partners

Sweetest Moments for sponsoring cupcakes for the children's bi-monthly birthday celebrations



Far East Organization for sponsoring dinner and gifts for Children's Day and our Christmas Party, as well as bringing our children on a June Holiday outing to Katapult Trampoline Park

CHIJ St. Nicholas Girls' School and Caritas Singapore for gifting care packs for Children's Day

Christian Assembly Church for sponsoring an outing to SuperPark

Rahmatan Lil Alamin Foundation (RLAF) for reimbursing a grant for our children's enrichment programmes





Heart of God Church, Lions Clubs Singapore and DC Services for Children for sponsoring lunch and dinner, as well as gifts from the children's wish lists for our Christmas Party at Bedok North and Primavera centres

LEGO Singapore for sponsoring Christmas gifts

Bloomberg for sponsoring Christmas gifts

Korean Presbyterian Church for sponsoring Christmas gifts

Heartware Network and NUS Teach SG for coaching the children in their academics

Month	Programmes and Activities
January	<ul style="list-style-type: none">▶ Music Collaboration by core volunteer Ms Carol▶ Volunteer Online Briefing and Induction for newly recruited volunteers▶ Weekly Check-in Calls with parents
February	<ul style="list-style-type: none">▶ Penpals Initiative: our Primavera and Bedok North centre children wrote letters to residents of THK Home for The Disabled▶ Emotions Life Skills Group Sessions with Care Corner Singapore 
March	<ul style="list-style-type: none">▶ Science, Arts & Craft Lessons by NTU Twenty-One Young Hearts (TYH)▶ Neighbourliness Workshop by Hopefull▶ Staff Training on "Working with Children with Special Needs" by guest speaker Ms Michelle Lim 
April	<ul style="list-style-type: none">▶ Weekly Tuition Sessions by Heartware Network at Sengkang and Primavera centres
May	<ul style="list-style-type: none">▶ Refresher Staff Training on Child Management
June	<ul style="list-style-type: none">▶ Weekly Tuition Sessions by NUS Teach SG▶ Block Visit in Primavera region▶ Outing at Katapult Trampoline Park  

NOVA Learning Intervention Programme

NOVA in Numbers

41
children assisted by
NOVA Learning
Intervention Programme

85%
of children achieved
minimum **75%**
attendance

88%
of children **improved in**
their Social-Emotional behaviour
after receiving NOVA
programme interventions

92%
of parents **felt more confident in child**
management at home after receiving
support from NOVA Facilitators

95%
of parents were **engaged**
in receiving updates of their
children's progress in NOVA

Nurturing One's Valuable Attributes is the acronym for NOVA Learning Intervention Programme which provided Social-Emotional Learning (SEL) support to Primary 1 to 5 children in four schools in 2022:

- ▶ Montfort Junior School
- ▶ St. Stephen's School
- ▶ St. Joseph's Institution Junior
- ▶ Valour Primary School

The NOVA programme is a complimentary programme for school children, with the vision that as many children as possible would benefit from building their SEL competencies to meet life's challenges during their growing up years.

NOVA Intervention Learning Programme is a child-centric, early intervention programme that adopts the CASEL (Collaborative for Academic, Social and Emotional Learning) framework which focuses on 5 core competencies:

- ▶ Self-Awareness
- ▶ Self-Management
- ▶ Social Awareness
- ▶ Relationship Skills
- ▶ Responsible Decision-Making

The approach is a systemic and collaborative effort between the NOVA Team of Facilitators, the school leaders, form teachers and parents/ caregivers with the belief that a concerted effort will bring about a

Month	Programmes and Activities	
July	<ul style="list-style-type: none"> ▶ Introductory Singing Lesson Series by A Cappella Society 	<ul style="list-style-type: none"> ▶ Block Visit in Toa Payoh region for Agape Village centre 
August	<ul style="list-style-type: none"> ▶ Birthday Celebrations at all 4 centres 	
September	<ul style="list-style-type: none"> ▶ Reading Programme by Heartware Network and Tanoto Foundation ▶ Staff Bonding Lunch on Teachers' Day 	
October	<ul style="list-style-type: none"> ▶ Children's Day Special Dinner Party and Gift-giving 	
	 	
November	<ul style="list-style-type: none"> ▶ Air Dry Clay Workshop ▶ Outing at SuperPark ▶ Staff Training on "Validating Feelings" ▶ Visit by Permanent Secretary to the Department for Education of the UK Ms Susan Acland-Hood and Deputy Director of the International Education Directorate Mr Oscar Tapp Scotting 	  
December	<ul style="list-style-type: none"> ▶ Christmas Party and Gift-giving ▶ Staff Training on "Generating Engaging Lesson Plans" 	 

sustainable positive behavioural change in the children.

NOVA is run daily within the school premises with the school providing needed facilities and the NOVA Team providing trained NOVA Facilitators and materials to engage the children.

Parents of children enrolled in NOVA are provided with Triple P® Parenting Workshops conducted by Trainers from our Family Wellness Division as a value-added service.

Fourth NOVA Lab @ Valour Primary School

A new NOVA Lab commenced at Valour Primary School (VPS) on 4 July 2022 as soon as the Covid-19 situation eased up in Singapore. The school leaders identified with NOVA's purpose and programme deliverables and collaborated with the NOVA Team to bring an established SEL programme to their school.



New Pilot-Tested Social-Emotional Learning Enrichment Workshop



A pilot test of an SEL Enrichment Workshop was done in November and December 2022.

2-day SEL workshops were conducted at Montfort Junior School and Good Shepherd Place children's home. Altogether, the workshop reached out to more than 60 children and equipped them with basic SEL knowledge and skills like Time Management, Problem Solving Skills, Emotional Regulation and Making Friends.



LEGO Singapore kindly sponsored the LEGO® bricks which were used as a form of expressive play during the SEL workshops.

Success Story

When Edward* first joined NOVA, he struggled with managing disagreements with his peers and would retaliate verbally with unkind words. He also lacked positive team player skills and would frequently impose his opinions on others

Using NOVA programme lessons and targeted interventions through an Individualised Learning Plan (ILP) specially tailored for Edward, the NOVA Facilitators processed with Edward on the importance of managing disagreements effectively and coached him on what he could say to communicate his dislikes to his peers in a polite manner. In addition, the Facilitators encouraged Edward to practise perspective-taking through

roleplays to consider how his groupmates might feel when he was unwilling to listen to their suggestions. After 1 year and 9 months of attending NOVA, Edward displayed stronger social awareness and relationship skills competencies which helped him make positive decisions, such as being a better team player who was receptive to others' ideas during group activities, and he became a better listener.

After sustainable improvement in Edward's Social-Emotional behaviour had been observed across his three environments of home, school and NOVA, he graduated from NOVA in June 2022.

Token of Appreciation Built by NOVA Children from St. Joseph's Institution Junior (SJII)

Six boys from SJII were tasked to conceptualise and build a LEGO creation as a token of appreciation for LEGO Singapore's cash donation to the NOVA Programme. They built a NOVA Boat inspired by the idea that they could sail together with the NOVA Facilitators as they enjoy the NOVA programme where they have a fun environment to play and at the same time learn SEL skills.



Christmas Gifts sponsored by LEGO Singapore for all the children in NOVA





Programmes

FWD Telegram Channel

The Family Wellness Division (FWD) leverages social media to reach out to busy parents who are often on the go. The Telegram channel is an additional resource to support and empower parents to raise happier and more confident children using curated information from well-loved parenting books to bite-sized caregiving infographics.

Creating an Ecosystem of Support for MSCS through Partner Engagement

The Programmes Team has initiated many conversations with stakeholders, both public and private alike. The intention is to share our work and open the possibility of collaboration and cross-fertilisation of ideas which help strengthen the brand equity of MSCS.

Through meeting like-minded partners, we gain valuable insights, discover opportunities for collaboration and forge a caring and collaborative ecosystem that the new Family Wellness Centre in Whampoa, as well as MSCS as a whole, is a part of.

Special mention to our strategic partners: SG Cares Volunteer Centre at Jalan Besar and SG Cares Volunteer Centre at Sengkang who have rendered their full support to us at MSCS, by providing volunteers to support our causes and activities.

They provided MSCS with 10 volunteers to pack goodie bags which are meant to be distributed to some 700+ residents at rented flats, as well as some other 20+ volunteers to engage residents at our Block outreach (2023).

SG Cares is also working closely with other department such as Student Care Services, to provide more volunteers to lead, sponsor and support programme delivery to our children.

Volunteer Engagement

MSCS is currently growing our pool of volunteers. We have the intention to provide volunteering opportunities beyond merely episodic ones to mid and longer-term commitment that are skills and interest-based, such that they can be mobilised for our projects.



Volunteers packing goodie bags on 28 Oct

Case Management

67 cases were referred for Case Management support in 2022. As of December 2022, 80 cases remained under active Case Management.

Case Management services continue to provide one-stop intake assessment services for both Morning Star Community Services and community enquiries seeking various support. This will ensure families and clients are accurately directed to relevant services that they require in a prompt manner.

We continue to enhance our collaboration with community partners and agencies for Case Management to render more holistic support to families in need.



Training

“Family is not always about blood. Sometimes, it’s about who is there to hold your hand and support you when you need them.” — Helen Barry

Total number of families impacted:

3,994



Total number of training hours clocked:

1,331.5



In 2022, Morning Star strove to collaborate with community partners in order to create more helping hands to deliver our programmes, thus, touching more lives and families.

Parent Training Programmes

Signposts for Building Better Behaviour @ MENDAKI

MENDAKI has been our partner since 2019, impacting 20 families thus far. This was no small feat as Signposts runs could only be conducted in-person. When safe management measures were lifted, we were able to quickly reconnect with MENDAKI and its clients to resume our Signposts runs. The clients were glad to meet up face-to-face for relationship building.



Signposts Mendaki

Triple P® (Positive Parenting Programme)

Our Triple P programmes continued to be well received by parents and caregivers. When we started promoting Level 4 Group Sessions with special focus topics, we attracted more ‘eyeballs’ to our programme which translated to more parents and caregivers attending the programme with us. This was because the focus topics like Anger Management, Stress Management and Digital Wellbeing, just to name a few, resonated with them. We impacted 756 families for Level 2 Webinars. There was a total of 226 clients for Level 3 One-to-one Coaching, clocking 1,808 hours. We also supported 64 clients for our Level 4 Group Sessions, who spent a total of 704 training hours with us.



Triple P

Triple P Level 2 Webinars on Grandparenting & Kopi Sessions for Grandparents

“We tend to forget to affirm the grandchildren. Through the games, we learnt to affirm them for their efforts which would then motivate them to try their best and not give up easily.” — Grace Chang

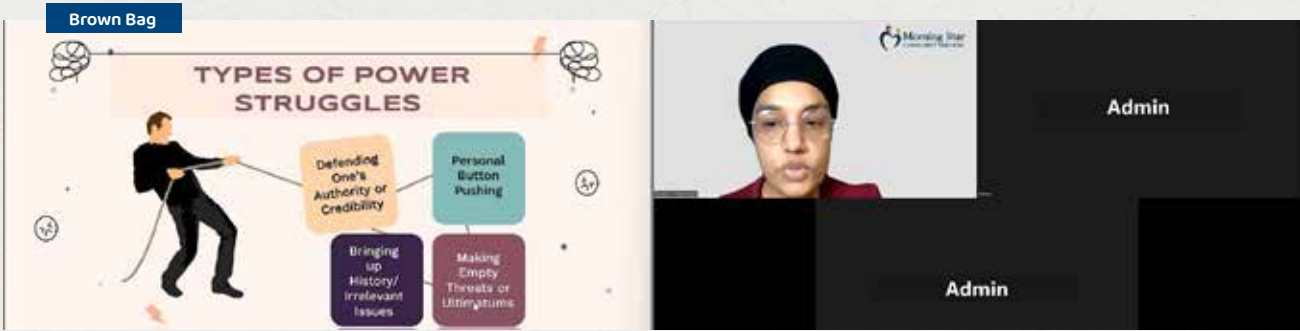
We conducted 2 runs of Level 2 Webinars on Grandparenting in 2022. It was so heart-warming to see grandparents trying their best to tune in to us online that we proceeded to set up a face-to-face support group for grandparents, aptly named Kopi Sessions for Grandparents. Skills on how to pass on family values were coached to grandparents through playing traditional games like Five Stones, Snakes & Ladders and Pick Up Sticks. Passing their legacies down to their grandchildren could also be done creatively by sharing photographs of themselves depicting the different milestones in their lives. We were even featured on Channel NewsAsia, Channel 5 News (English) and Channel 8 News (Mandarin).



Kopi Sessions

Brown Bag Lunch Talk & Podcast

To be in tune with the digitally savvy young parents of today, we started our Brown Bag Lunch Talk. We started in September with the title of Motivating Children to Learn. In October, we explored Understanding Love to Build Stronger Family Relationships, and in November, we had the topic of Dealing with Power Struggles. These lunchtime talks could also be accessed on our podcast in 2023.



Child Training Programmes

“Every child is a different kind of flower and altogether, make this world a beautiful garden.” — Mary Margaret Moore

Celebrate Our Children: A Family who Plays Together, Stays Together

On 7 October, in conjunction with Children's Day, we celebrated the occasion with families whose children were graduates of our IY Small Group Dinosaur programme. Through playing traditional games like Five Stones, Paper Heart Origami and Paper Bola, the children and their families learnt about their Love Languages. Parents also used the opportunity to inculcate their family values like respect, responsibility and honesty to their children.



The Incredible Years® Small Group Dinosaur Programme

Watching a child grow up physically is a joy. Witnessing a child grow socially and emotionally is a blessing. We journeyed with 6 children and their families from June to November. Each small change was affirmed, and each improvement was celebrated. Every opportunity was a hope that more good things would be coming. It was an honour to navigate with these children and their families in their journey of life.



ROAR with Dina



The popular March holiday workshop, ROAR with Dina, came roaring back in March 2022! The children were coached in social-emotional regulation skills through the various fun play activities.



Couples Training Programme

Prevention & Relationship Enhancement Programme (PREP 8.0)



We conducted our first run of PREP 8.0, a couples programme to enhance couples' relationships, in October. As with all young couples starting a fresh journey of marital life together, our couples realised that this new phase was not a bed of roses. Candidly, they raised their challenges of making joint decisions, resolving issues amicably and respectfully and learning each other's quirks and idiosyncrasies first-hand. With role plays, the couples practised how they could solve problems together, understanding each other by applying the Listener-Speaker Technique. The couples left the 12-hour programme with a set of useful skills to protect and enhance their marital relationships.

Training Programmes for Professionals

The Incredible Years® Group Leaders Training (Online)

We were very fortunate to be able to have The Incredible Years® programme developer Dr Carolyn Webster-Stratton explain how to use the suite of The Incredible Years programme to promote social, emotional and academic competence in children in a webinar on 14 July.



The IY Basic Parent Group Leaders Training was attended by 12 local and international attendees while the IY Small Dinosaur Group Leaders Training was attended by 12 other attendees.



The Incredible Years® Home Coaching Programme

A group of social workers, youth workers, psychologists, counsellors and student care facilitators from Marymount Centre underwent The Incredible Years Home Coaching programme with us. From the training, they learnt how to coach the clients under their care on behavioural concerns as well as their immediate parents and caregivers.



Nurture 2.0 Programme Volunteers & Lead Teachers Training

For the past 7 years, we had partnered Central Community Development Council (CDC) to train their group of volunteers and Lead Teachers in charge of the Nurture 2.0 child programme. These volunteers and Lead Teachers were trained to manage classroom discipline as well as to enhance engagement in their learners.



Collaboration with Republic Polytechnic



Students from Republic Polytechnic collaborated with Family Wellness Division on their final year project. They helped us to review the promotional processes of our services and programmes. The outcome was a revamped website and a new Telegram channel to reach out to our younger target audience of clientele.



Counselling



The Covid-19 pandemic continued into its third year, wearing down companies and families. Counselling Services saw an increase in the number of cases and provided over 348 counselling therapy hours for clients, a 50% increase from 2021. Morning Star provided not just face-to-face counselling services but also counselling therapy over Zoom for clients who preferred the convenience.

Morning Star continues to provide professional counselling services at the Counselling Centre at Sengkang from Mondays to Fridays and on Saturday mornings. Our team of counsellors and associate counsellors are trained in a variety of therapy modalities, including CBT, Narrative Therapy, EMDR and Play Therapy, and are able to help individuals, couples and families navigate through a wide range of issues.

Morning Star is the first organisation in Singapore to be trained in the LEGO® Brick-by-Brick programme developed by Play Included C.I.C. in the U.K. This programme trains

counsellors and other helping professionals to set up and facilitate Brick Clubs. Brick Clubs involve groups of up to three children interacting with each other through playing with LEGO®. It allows them to hone their skills in communication, respect, friendship-building, problem-solving and other life skills. Counselling Services has set up Brick Clubs in the Student Care Centres at Hougang and St. Gabriel's Primary School. With the expected opening of a new Counselling Centre at Whampoa in 2023, Counselling Services plans to set up a LEGO® room to run Brick Clubs there.

Theraplay® Training for Professionals

After being postponed for two years due to the pandemic, Morning Star successfully organised two runs of Level One Theraplay® Child & Family Training packaged with Group Theraplay® Training and one run of Advanced Theraplay® Practice Training in March 2022. The training was conducted by Mrs Donna Gates, the Senior Supervisor and Trainer for The Theraplay Institute U.S.A. and attracted a total of 18 participants. Morning Star is continuing its partnership with The Theraplay Institute to conduct another round of training in March 2023.

Bedok Green Primary School Community Day

On 23 July 2022, Bedok Green Primary School (BGPS) observed BGPS Community Day to promote mental wellness and environmental education for a stronger Singapore. Morning Star was invited by the school to conduct a 1-hour workshop on 'Mindfulness for Parenting' as part of a repertoire of activities for this event. Participants learned how to use Mindfulness through breathing, body scanning and empathy. Counselling Services looks forward to working with more schools to provide wellness programmes to students, teachers, families and the community.



Brown Bag Webinar

In collaboration with the Training Department, Counselling Services conducted a free 1-hour Lunchtime "Brown Bag" Webinar on 28 October 2022. The topic was on 'Understanding Love to Build Stronger Family Relationships' and over 60 participants signed up. The webinar was positively received, with 80% of attendants giving the speaker and the content a rating of 5 out of 5. With the success of the webinars in 2022, further webinars have been planned for 2023.



Testimonials



"Ming Cherng is patient and comforting in all our sessions. He understood my problems and anxieties, and guided me in a systematic and non-pressurising manner. I felt understood and heard, and I am not afraid to be vulnerable with Ming Cherng in every session." — L.W.

"The counsellor helped us to understand how arguments occur between couples and the different languages of love. In the last session, the abbreviation of STOP also gave us a consensus of where to stop the argument, how to take out any bad temper or harsh word and put love into each other. It is good to have this counsellor give us suggestions after analysing the situation that we are in. So, overall, it was a good experience for us and we recommend this counsellor to others." — H.Y. & S.S.

"I appreciate all of this. I could open up and share my problems with him. He's an understanding person and he's a good listener! I had a hard time trusting a counsellor but I had an instinct that this was gonna be a great one, so I decided to open up. It was an amazing journey. I hope others will be able to have a wonderful session with him too." — A.F.

Partner Acknowledgements

A
A Cappella Society
Ahuva Good Shepherd Children's Home,
Marymount Centre
Anastasia Liew

B
BallonAid Group AID
Bedok Green Primary School
Bedok Green Secondary School
Bedok South Secondary School
Bedok View Secondary School
Bloomberg Singapore
Broadrick Secondary School

C
Canossian Catholic Primary School
Care Corner Singapore
Caritas Singapore
Cedele, The Bakery Depot Pte Ltd
Central Singapore Community
Development Council
Channel NewsAsia
CHIJ Katong Secondary School
CHIJ St. Nicholas Girls' School
Christian Assembly Church
Chung Cheng High School
Colgate-Palmolive Company
Collective Designs Pte Ltd
Community Chest Singapore
Community Foundation of Singapore

D
Damai Primary School
Damai Secondary School
DC Services for Children

E
Edutomahawk, ITE College West
Eunos Primary School

F
Fairprice Foundation
Far East Organization
Fengshan Primary School

G
Geylang Methodist Primary School
Give@Avanda Fund
Guardian Health & Beauty

H
Haig Girls' School
Heart of God Church
Heartware Network
Hokkien Foundation
Honsei, HSC International Pte Ltd
Hopefull

I
Institute of Mental Health
ITE College West

J
Joshua & Celia Au
Junior Achievement Singapore

Korean Presbyterian Church

L
Lee Foundation
Legal Options LLC
LEGO Singapore
LEGO Foundation
Lew Foundation
Lions Clubs Singapore
Little Changemakers

M
Maha Bodhi Primary School
Michael Sim
Ministry of Social & Family Development
Montfort Junior School
Moove Media Pte Ltd

N
Nanyang Polytechnic
National Arts Council
National Council of Social Service
National Junior College
National University Hospital
Ng Kim Suan Foundation
Ngee Ann Primary School
North-East Community Development Council
NTU Twenty-One Young Hearts (TYH)
NUS Teach SG

O
Opera Estate Primary School
Oscar@Sg Fund
Our Tampines Hub

P
Ping Yi Secondary School
Play Included UK
President's Challenge

R
Rahmatan Lil Alamin Foundation (RLAF)
Red Swastika School
Rock Stevenson Pte Ltd

S
SG Cares Volunteer Centre
(Jalan Besar & Sengkang)
Sim Choon Wah
South-East Community Development Council

S
ST Telemedia
St. Anthony's Canossian Primary School
St. Anthony's Canossian Secondary School
St. Joseph's Institution Junior
St. Stephen's School
Sweetest Moments Singapore

T
Tan Chin Tuan Foundation
Tanjong Katong Girls Secondary School
Tanjong Katong Primary School
Tanjong Katong Secondary School
Tanoto Foundation
Telok Kurau Primary School
Temasek Primary School
Temasek Secondary School
The Straits Times
THK Home for The Disabled
Tote Board Social Service Fund

V
Valour Primary School
Victoria Secondary School

W
Wong Wei Teck

Y
YMCA of Singapore
YMCA Youth for Causes
Yu Neng Primary School

Locations

1.

Morning Star Headquarters
25 Lorong 33 Geylang #04-01
Pu Tian Building S387985
6285 1377
2.

Morning Star Training Centre
Blk 323B Sengkang East Way
#01-553 S542323
6285 1377 (ext. 139)
3.

Morning Star Family Wellness Centre
Blk 323A Sengkang East Way
#01-545 S541323
6285 1377 (ext. 140)

4.

Hougang Centre
Student Care
4 Lorong Low Koon S536450
6285 1377 (ext. 127)
5.

Sengkang Centre
Student Care
CareNights
Blk 261B Sengkang East Way
#01-400 S542261
6285 1377 (ext. 128)
6.

Bedok North Centre
Student Care
CareNights
Blk 508 Bedok North Ave 3
#01-369 S460508
6285 1377 (ext. 129)
7.

Primavera Centre
Student Care
CareNights
Blk 95 Bedok North Ave 4
#01-1415 S460095
6285 1377 (ext. 130)
8.

St. Gabriel's Primary School
Student Care
220 Lorong Chuan S556742
6285 1377 (ext. 132)
9.

St. Joseph's Institution Junior
Student Care
NOVA Learning Lab
3 Essex Road S309331
6285 1377 (ext. 131)
10.

St. Stephen's School
NOVA Learning Lab
20 Siglap View S455789
6241 9513
11.

Montfort Junior School
NOVA Learning Lab
52 Hougang Ave 8 S538786
6510 1588
12.

Valour Primary School
NOVA Learning Lab
49 Punggol Central S828728
6242 6390
13.

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6801 7400



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