

## Study & Cultural Tours on 25 November 2009

**Tour Capacity:** 40 persons per group

**Departs:** 9:00 a.m. from RELC

**Returns:** 4:30 p.m.

Time	Group 1	Group 2	Group 3	Group 4
9.30am	MINDSville@Napiri	Spastic Children's Association	APSN Centre for Adults	Metta Home for the Disabled & Metta Home Day Activity Centre
11.30am	Depart for next venue			
12.00pm	Lunch			
1.00pm	URA City Gallery	APSN Centre for Adults	Society for the Physically Handicapped	BizLink Centre
2.30pm	Chinatown	Little India	Chinatown	Little India
4.30pm	End			

### Brief on Places of Visit

#### 1. Association for Persons with Special Needs (APSN)/Centre for Adults

The Centre for Adults (CFA) provides skills-based training for persons with mild intellectual disabilities beyond the age of 19 years old. The Centre provides work training and support programmes to prepare the trainees for job opportunities in the open market. The work training programmes consist of commercial handicraft, F&B, grass cutting, janitorial, recycling and horticulture. The support programme provides a 1-year support for our clients who have been successfully placed out into open employment to help them maintain their jobs.

The Centre facilities include hot kitchen, bakery kitchen, canteen, hydroponics greenhouses, thrift shop, computer room, photographic room and art room. Our hydroponics vegetables farming and landscaping have attracted many visitors from other non-profit organisations and schools. The Centre was awarded the Silver in the "Community In Bloom" Awards 2008 and one of our instructors was named Community In Bloom Ambassador. **Website:** [www.apsn.org.sg](http://www.apsn.org.sg)

## Study & Cultural Tours on 25 November 2009

### 2. BizLink Centre Singapore Ltd

#### **Theme: Towards Inclusion in Employment for People with Special Needs**

Twenty four years in the industry, Bizlink Centre Singapore Ltd is the leading agency offering a one-stop consultancy and placement services for employers and for people with disabilities. Bizlink's team of professionals assesses people with disabilities to determine their suitability for employment and link them to relevant employers or to services and resources in the community.

Towards Inclusion in Employment for People with Special Needs will be the highlight of the visit to Bizlink Centre, which assists people with disabilities to achieve independence, dignity and integration into mainstream society through Open and Sheltered Employment. **Website:** [www.bizlink.org.sg](http://www.bizlink.org.sg)

### 3. Metta Home for the Disabled and Metta Home Day Activity Centre

The Metta Home for the Disabled and Metta Home Day Activity Centre were set up in December 2000 in Woodlands to cater to disabled individuals living in the northern region of Singapore. They provide residential care and day care services for people with disabilities aged between 16 and 55, irrespective of race and religion. Tending them with holistic care and working closely with their caregivers is a multi-disciplinary team that comprises a social worker, training officers, staff nurses, assistant nurses, nursing and therapy aides.

**The Metta Home** strives to engender integration and warmth in our services to minimise feelings of institutionalisation amongst our residents, we go beyond satisfying their basic physical and medical needs to incorporate community-based programmes into their daily routines. The **Day Activity Centre** features different enrichment programmes aimed at developing the living skills of beneficiaries. Hydrotherapy sessions and regular occupational therapy and physiotherapy interventions are also carried out under properly tailored treatment plans drawn up for residents and day care beneficiaries who suffer from medical conditions like muscular atrophy, structural and postural deformities. **Website:** [www.metta.org.sg](http://www.metta.org.sg)

## Study & Cultural Tours on 25 November 2009

### 4. Movement for the Intellectually Disabled of Singapore (MINDS) – MINDSville@Napiri

MINDSville@Napiri is a multi-service centre which provides 3 residential programs and houses one of MINDS' day activity centres. **MINDSville@Napiri Home** provides accommodation, care, supervision and rehabilitation for adult persons with intellectual disabilities, aged 19 years and above, with high support needs. **MINDSville@Napiri – Hostel / Group Home** is for adult persons with intellectual disabilities, aged 19 years and above, with low support needs. It is suitable for persons who are fairly competent in basic self-care activities, able to be employed in sheltered workshops/open employment and have the potential to learn to travel independently. The Group Home seeks to train adult persons with intellectual disabilities who have the potential to live independently in community settings and to be engaged in open employment. **MINDSville@Napiri - Children's Wing** is Singapore's first dedicated home for intellectually disabled children. It provides accommodation, care and protection to children with intellectual disabilities from 6 to 18 years old. The children continue to receive special education and training while residing in the Children's Wing. **Napiri Training and Development Centre (NTDC)** is a community-based day program where the clients attend training in the centre from 9am to 4.30pm on weekdays. This program aims to enhance clients' quality of life through training and maintenance of daily living skills and development of clients' potentials.

The 4 programs seek to adopt a training and developmental model, focusing on acquisition of daily living skills and self-empowerment of the residents/clients. Our multi-disciplinary team of allied health professionals offers activities and support that address the physical, social, emotional and cognitive needs of the residents/clients and aim at developing their potential, reintegration into their families and promoting social integration. **Website:** [www.minds.org.sg](http://www.minds.org.sg)

### 5. Society for the Physically Disabled

The Society for the Physically Disabled (SPD) works towards the integration of people with physical disabilities into mainstream society. Through programmes that encompass rehabilitation, employment, training, education, consultation and assessment in assistive technology, day care, and social service support, they work in partnership with people with physical disabilities to maximise their potential and to help them to be self-reliant and independent.

## **Study & Cultural Tours on 25 November 2009**

Visitors will have the opportunity to see the range of facilities offered such as the Multimedia Centre, Day Care Centre, Infocomm Accessibility Centre, Sheltered Workshop, the Specialised Assistive Technology Centre, Rehabilitation Centre and Therapy Hub. **Website:** [www.spd.org.sg](http://www.spd.org.sg)

### **6. The Spastic Children's Association of Singapore**

The Spastic Children's Association of Singapore (SCAS) was established in 1957 to provide early intervention, special education, rehabilitation services, day activity centre programmes, vocational training and gainful employment for children and adults with Cerebral Palsy in Singapore. The vision of SCAS is to be a leading regional centre for persons with Cerebral Palsy, helping them to realise their full potential and to lead a life with respect.

Visitors will get to see the Early Intervention Programme for Infants and Children (EIPIC), the Sheltered Workshop, Day Activity Centre (DAC) and the Rehabilitation Centre. **Website:** [www.spastic.org.sg](http://www.spastic.org.sg)

### **7. Chinatown Singapore**

Singapore's Chinatown evolved around 1821 when the first Chinese junk arrived from Xiamen, Fujian province in China. The passengers, all men, set up home around the south of the Singapore River which is known today as Telok Ayer.

Chinatown is full of contrasts and fascinating details. Historic buildings have been lovingly conserved and century-old beliefs are still practised. Much of Chinatown has recently been renovated, but the old traditions endure. During Chinese New Year, the whole of Chinatown is lit up and buzzes with activity as stalls sell a variety of festive goods.

Chinatown offers shopping and eating. Antique shops abound, specializing in everything from large furniture and decorative pieces to small jewellery, porcelain and jade. There are many places of interest, including mosques, temples, markets, parks, and shop houses.

## Study & Cultural Tours on 25 November 2009

### 8. Little India

As you step into Little India, be prepared for an assault on the senses! You will be greeted by the strong, heady scent of spices and jasmine garlands, followed by the treasure trove of silverware, brassware, wood carvings and colourful silk saris, dazzling to behold.

The first Indian settlers in Singapore arrived with Sir Stamford Raffles as assistants and soldiers back in 1819. In the late 19th century, many more Indian immigrants arrived to find work, be it as labourers to build roads or to take up key positions in the civil service.

Today, Little India is the focal point of Singapore's Indian community. Its spice-scented streets beckon you to a cornucopia of ethnic jewellery, jasmine garlands and silk saris. From the large Tekka Centre and Little India Arcade to Arial the small provision shops, Little India is packed with interesting things to discover. Colourful temples co-exist side by side with churches and mosques, parrot fortune tellers stationed by the five-foot way and tantalizing scents of spices drifting out from restaurants. Don't leave Little India without a temporary Henna tattoo or try "Teh Tarik", a hand pulled cup of tea.

### 9. URA City Gallery

Visit the Singapore City Gallery to view urban planning and design and to see the built heritage in Singapore. The Gallery has a 11 metre by 11 metre architectural model of the central area in Singapore. Some of the exhibits are interactive, and you can try your hand at urban design. You also get to check out how we want to make Singapore a great place to live, work and play. You get to see what the long term Concept Plan and Master Plan are like.  
**Website: [www.ura.gov.sg/gallery](http://www.ura.gov.sg/gallery)**