

A MESSAGE FROM OUR ME2 TEAM



Ho! Ho! Ho! It's the Holiday Season upon us and as we sit and ponder about our Resolutions for 2023 over marshmallows and oh-so-hot chocolate, we would like to take you down a memory trip with us.

The second half of 2022 have been bustling with lots of activities, programmes and events. We are so proud that more than 120 students have graduated from our Me2 programmes this year and are now a part of our Me2 family.

We can't wait to see what 2023 has in store for us. There is still so much work to be done and together with our sponsors, partners and family of like-minded Champions, we will keep advocating for inclusivity and diversity.

Warmest Regards,
The Me2 Team

ME2'S DEVELOPING ARTIST & POET – SAW HAN



THE MIRROR

When I look in the mirror
Who do I see?
Is it someone happier
Than yesterday's me?

Do I see all my faults
In the thinking mode default?
Or do I see beauty
And endless possibility?

S.H.MOY 14th July 2022

Our Featured Me2 Trainee – Saw Han

In our December 2022 Edition of our Me2 Newsletter, we would like to shine a spotlight on our budding star – Saw Han.

Cue Rihanna's "Shine bright like a diamond, Shine bright like a diamond" in the background as that it is how we feel about our featured talent. Saw Han is a warm, creative and selfless individual. She is well-liked by her peers and instructors because of her gracious, caring and easy-going nature. One to always spot anyone in subtle distress, Saw Han makes it a point to make everyone feel heard and cared for.

Saw Han attends our Create with Me2 programme and is one of our rising stars. Despite being visually impaired, Saw Han produces amazing artworks with an acute attention to detail. Her signature is no doubt, the beautiful poems she composes to accompany her every art piece.

We are currently working with WriteHaus Asia to produce Saw Han's book of art and poems. In the meantime, you can purchase Saw Han's limited-edition creations at our Me2 events.

We would like to take this opportunity to thank our Sponsors for their kind contributions which help defray the training costs for Saw Han and allow her to develop her creative talent and grow into the fine artist and poet that she is.

Please continue to show your support for our Trainees like Saw Han and look out for her upcoming creations in 2023!

JULY 2022 HIGHLIGHTS

A Sneak Peek into our "Improv with Me2" Programme



One of Me2's Core Programmes is our "Improv with Me2" Programme. This is a re-enactment programme which exposes Me2 trainees to real-life situations so as to give them a bank of strategies to adopt when they encounter them in everyday life. The objective behind this programme is to help individuals become more independent and relief the stress on their caregivers.

Our Trainees are taught how to develop meaningful friendships by learning social interaction, personal space and interesting conversational topics. Through repetitive and patient efforts of their dedicated Trainers, we have seen how our Trainees improve in their confidence and communication skills.

We also touch on important life skills like learning how to purchase food for themselves, their friends and their loved ones. Our trainees had a ball of a time in the classroom as they practiced how to invite their friend to lunch and make purchases at different food and drink stalls. The biggest test was the learning journey to an actual food centre, where the students executed the skills that they learnt in the classroom. As captured in the pictures above, our Trainees did an excellent job and had a great time out with their classmates.

Improv with Me2 is one of Me2's Core Programmes and is approved for funding under SG Enable's Temasek Trust - CDC Lifelong Learning Enabling Fund.

We started this programme with the objective to increase independence, quality of life, alleviate caregivers' stress and most importantly, help to prevent regression which happens quickly due to the lack of social interaction and stimulus.

Interested in our Improv with Me2 programme? Write in to: workwithme@me2.com.sg or call us at +65 9239 2023 to find out more!

In the words of the Day Activity Centre's staff Mr. Mohan, "I can't believe my eyes! Just talking about it brings tears of joy to my eyes." as he described the scene of Faiza, our Me2 student making choices for herself which ended with her carrying her own tray of food back to her table to join her friends.

Progress like the ones we experience can only come with the combined efforts of our Trainers, Partners and Sponsors. With consistent engagement, we can improve quality of life and prevent regression. We look forward to teaching our Trainees about Singapore's Public Transportation System in 2023!

AUGUST 2022 HIGHLIGHTS

Me2 Programmes in full steam ahead!



Me2 works closely with Partners and Organizations to customize programmes unique to their clients' needs. From social interaction, life skills to creative expressions, there is something for everyone. Best of all, our Programmes are also approved under SG Enable's Temasek Trust CDC Lifelong Learning Fund which enabled so many to benefit from them, fully funded.

SEPTEMBER 2022 HIGHLIGHTS

Me2's Curated Job Ready Training Programme for Sundac Bedok



Me2 partners with Sundac Bedok to offer job ready training for their Day Activity Residents who undergo pre-vocational training at nearby coffee shops for half a day. They help to clear plates and cups quite independently despite having intellectual disability.

Me2's training programme helps the Trainees to learn appropriate communication and conduct to have with patrons of the coffee shops. They also practice important habits like personal hygiene. Trainees learn through a simple step-by-step breakdown of what they should do - from waiting at an appropriate distance, asking before clearing to even how to sort the different utensils. We love how much pride they take in their work!

NEWSLETTER

DECEMBER 2022 EDITION

Me2's Limited-Edition Mid-Autumn Festival Table Lantern Collection at Tanah Merah Country Club



The Mid-Autumn Festival falls annually on the 15th day of the 8th Chinese Lunar month, when the moon is believed to be the brightest and fullest. Family and friends gather to enjoy mooncakes and lantern walks under the beautiful moonlight.

Me2's Mid-Autumn Lantern Collection produced by our Me2 Trainees come in 4 different designs and each purchase is gifted with a poem written by Me2's Artist and Poet, Saw Han. A big thank you to everyone who bought one to support our Trainees!



Sign up for our Baking with Me2 programme and be part of our class of Bakers for our 2023 Mid-Autumn Festival Mooncake Collection!

No prior experience is required!

Call our Friendly Ambassadors at +65 9239 2023 to find out more about our Early Bird Rates!

Bake sales go into defraying the programme fees for the under privileged.

ME2'S FEATURED HANDMADE LANTERN COLLECTION

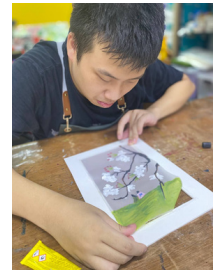
A Closer Look at our Limited Edition Me2 Table Lanterns for Mid-Autumn Festival 2022



Let the River Flow

Hear the sound of the river flowing
As it waters the earth with life springing
It meanders through the mountains
Powerful to cut and shape the ravines.

May the river of life flows into you
Watering, nourishing, invigorating
And it flows out from you to others
That you be blessed to be a blessing.



Written by Saw Han for Me2



May you Soar

Look at the birds of the air
See how well they dare
They do not sow or reap or store away.
Yet provided for and do not worry.

May you have abundant provision
And have a vantage point vision
And as you stretch forth your wings
May you soar to reach your dreams.



Written by Saw Han for Me2



Fruitfulness

On this auspicious Mid-Autumn Festival
May it be a celebration that is special
That this be a new season of fruitfulness
In your life, your family and all your business.

May your basket always be filled to the full
With all the things that are nice and wonderful
And shimmer with golden goodness
For your generous heart and kindness.



Written by Saw Han for Me2



Seasons of Life

Observe the plum or cherry blossom
As it grows through the different seasons
The flower-size changes for a reason
Displaying strength and resilience.

As you journey through the seasons of life
May you be gloriously endowed
With strength, resilience and growth
And bloom beautifully on this earth.



Written by Saw Han for Me2

NEWSLETTER

DECEMBER 2022 EDITION

Me2 at Singapore University of Social Science Community Engagement Fair 2022



We took part in the Community Engagement Fair 2022 at Singapore University of Social Science (SUSS) alongside many other inspiring Social Enterprises and Social Service Agencies.

It really warmed our hearts to meet so many youths who were so ready to pledge their support for Inclusivity and Diversity with us. Check out the pledges made by some of the students we met!

Aside from the programmes we offer, Me2 also dedicates time to participating in Community Engagement Events to try to reach a wider audience and spread awareness about what we do and the audience that we serve. We also conduct recruitment, be it full time, part time or on a voluntary basis. Keep your eyes peeled for our next Engagement Drive, we look forward to meeting you in-person!

OCTOBER 2022 HIGHLIGHTS

Thye Hwa Kuan Moral Charities



A Big Congratulations to our students from Thye Hwa Kuan Moral Charities for completing their Me2 Quality of Life Programme.

Thye Hwa Kuan Moral Charities is one of the organizations that Me2 partners with to provide specially curated programmes specific to their clients' interests and abilities. In this case, we customized a 3-in-1 programme for their clients to experience 3 of our Me2 Quality of Life Programmes - Improv with Me2, Create with Me2 and Cooking with Me2!

The students learnt to converse with one another and found out interesting things about one another through their conversation. We love watching them gush when they discover that their friends have common interests as they do. They also got creative with their hands as they worked on different art techniques and prepared simple meals. We miss everyone already and look forward to seeing everyone again in 2023!

NOVEMBER 2022 HIGHLIGHTS

My First Portfolio with Me2 - A Digital Performance Programme @ YMCA



Into current affairs? Love being in front of the camera? Me2 recommends our My First Portfolio with Me2 Programme.

Loosen those nerves with theatre activities, learn spiels and take turns to hit the "record" button.

My First Portfolio with Me2 is a programme for learners to develop their own digital portfolio and be confident and fluent speakers in front of a camera. With live streaming increasingly overtaking how messages are communicated, marketed, and taught, it is instrumental for learners to pick up this essential skill.

Our students had a ball of a time putting on different hats in this fun and interactive programme. From being an anchor at the newsroom, an on-site reporter to an eyewitness being interviewed, our Trainees put their best foot forward and played the roles so well.

Looking at all the talents we have, we may just very well start our own Me2 Channel! Hmm ...

Sign up for our My First Portfolio with Me2 programme and you may be well on your way to becoming a content creator. (*Details on the last page)

Besides news reporting, the programme also exposes Trainees to different video themes such as being a game show or television host.

Trainees will have the opportunity to learn basic video skills by working with the functions of a mobile phone and a tripod. They will also give cues to the performers on standby so that they know when the camera is recording.



Sandwich Making with Me2 - A Meal Preparation Programme @ YMCA

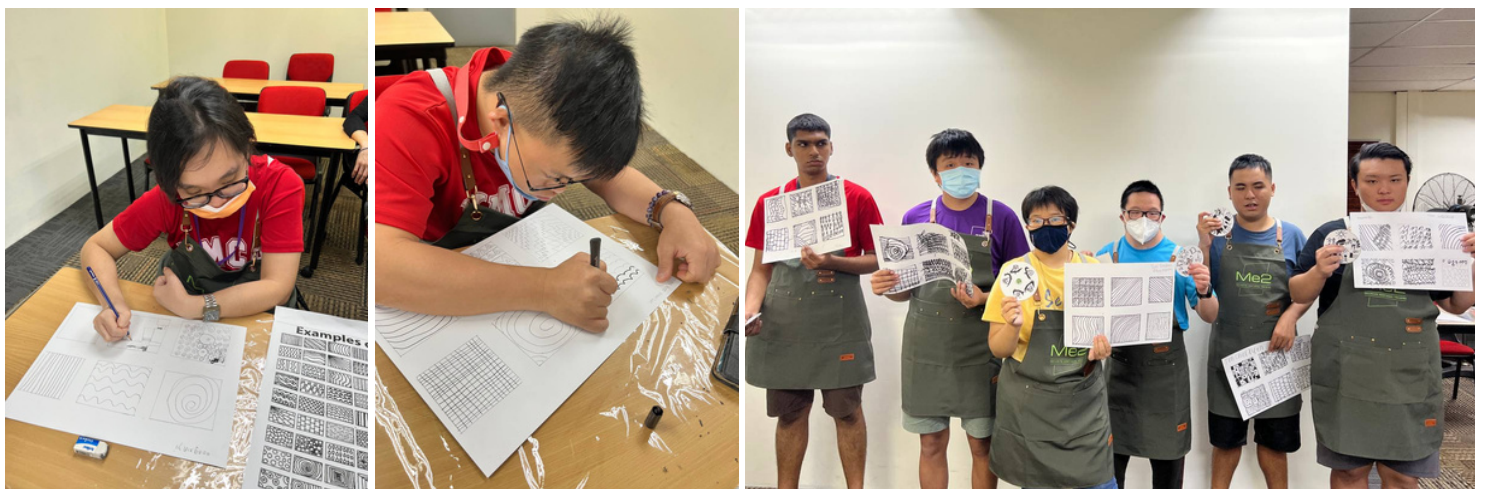


Our "Art of Food Assembly" programme gives Trainees easy to create meal options at home. Who says home cooking needs to be complex and boring?

In our 90 minutes workshop, our instructor will equip Trainees with important skills and basic food hygiene knowledge so that they can independently create delicious yet easy-to-make meals at home, without neglecting their nutritional needs.

Just check out our Trainees in action! Keep up the good work!

Create with Me2 - A Visual Arts Programme @ YMCA



Create with Me2 is a creative art programme that exposes learners to different art techniques and art mediums through the storytelling about famous artists and the introduction to art history. The programme is intended to improve the motor skills of the learners through a fun way of learning.

In one of our classes, our Trainees tried their hand at creating different lines - wiggly, wavy, zigzag ... the possibilities are endless! It was wonderful to observe the Trainees' concentration once they started work!

Well done Trainees!

DECEMBER 2022 HIGHLIGHTS

Hospitality Workshop for YMCA Youths



Me2 conducted a 4-day Hospitality Workshop for youths 14 to 15 years old who have a keen interest in the Hospitality Industry. In partnership with YMCA, our programme aims to expose these Youths to what the Hospitality industry is really about.

Needless to say, our Youths learnt so much in just 4 days - exploring table setting, table service and even tried making adorable food art.

We are so proud of our youths who all displayed a bright future in the Hospitality Industry.

#Fighting!

Make way for Batch 3 - Early Childhood Vocational Training Programme for Youths



Me2's Vocational Training Programme for Youths will offer them an insight to the Early Childhood industry so that they can make an informed decision about their future.

This programme will equip them with the fundamental & essential understanding of working with children, basic storytelling skills as well as engagement and classroom management techniques.

Me2 offers Youths at Risk and Persons with Special Needs different Vocational Training Programmes to prepare them for the real world and to be job ready.

DECEMBER 2022 HIGHLIGHTS

Me2 Trainees with Special Need are hard at work crafting gingerbread houses for the upcoming Yuletide Golf Challenge and Dinner to celebrate Christmas 2022



Happening on 17th December 2022 at the Tanah Merah Country Club, our Me2 Trainees got to work as early as October 2022!

We love how our Me2 art studio is looking very much like Santa's Toy Workshop, it definitely is feeling a lot like Christmas these days. The gingerbread houses have lovely details, are made of clay-wrapped mason jars and will light up from within.

Sale of the gingerbread houses will go into defraying Me2 programme fees for the underprivileged.



One of the key highlights of the Yuletide Golf Challenge and Dinner Christmas Event is the in-person debut of Me2's artist and poet - Ms Saw Han.

Joined by her dedicated instructors, Ms. Saw Han will be painting a canvas of the Tampines Course in real time on the day! We are so excited and incredibly proud of her for taking on this project! #PaintwithMe2

It's going to be a jolly good Christmas this year!

ME2 FEATURED GIFT IDEA

Still looking for a meaningful gift? Purchase our Me2 Denim Apron and lend a hand to our beneficiaries

Imagine a world where everyone has access to opportunities, where no one is left behind and forgotten because they don't necessarily fit into "societies' norms". We want to create a world where everyone has the opportunity to say, "Yes, sign me up, me too.", "Yes, I can do that, me too!", "Yes, include me, me too!".

One way we can help create a wider reach and include everyone is by the sale of our Me2 merchandise. Proceeds go to funding the programmes and training for those who need financial assistance.

Comes in Denim Black and Denim Green. Get them for \$22 per piece from our Marketplace: www.Me2.com.sg





SUPPORT

I want to pledge my support for inclusivity and diversity:

- \$3000 to offset fees of Me2 Training Programme for 1 individual (Person with Special Needs, Youth at Risk or Caregiver)
*Sponsored Trainee's choice of Me2 Training Programme includes Me2's 3 Core Programmes, Quality of Life Programmes and Vocational Training.
- Making a cash contribution (no minimum amount)
 Amount: \$ _____
- Sponsoring items eg. laptops, cooking equipment (microwave, air-fryer)
 Items: _____

DETAILS

PERSONAL DETAILS (I would like to be excluded from Me2's publications & social media)

Full Name: _____ (Dr / Mr / Mrs / Ms / Prof)
 Email Address: _____ Contact Number: _____
 Home Address: _____

ORGANIZATION DETAILS (I would like to be excluded from Me2's publications & social media)

Name of Organization: _____
 Contact Person: _____ (Dr / Mr / Mrs / Ms / Prof)
 Organization Address: _____
 Email Address: _____ Contact Number: _____

PAYMENT

By Paynow

ME2 PTE. LTD.



SCAN TO PAY

1. Scan the QR code or key in '202126907N' into your mobile banking app.
2. Enter the amount.
3. Under Ref No., key in "Golf with Me2"

By Bank Transfer

Account Name: ME2 PTE. LTD.
 Bank Account No.: 072-042891-9
 Bank Name & Code: DBS BANK LTD. (7171)
 Branch Name & Code: DBS RAFFLES PLACE (72)
 SWIFT Code: DBSSSGSG
 Bank Address: DBS ASIA CENTRAL MBFC TOWER 3,
 12 MARINA BOULEVARD, SINGAPORE 018982

TERMS

By providing the information set out in this form, I/we agree and consent to Me2, as well as its representatives and employees collecting, using, disclosing and sharing amongst themselves the personal data provided above as well as in the records of Me2 from time to time, and disclosing such personal data to Me2's authorized service providers, and relevant third parties for purposes reasonably required by Me2 to process my transactions to Me2, and to update on its use, as well as relevant activities in Me2.

OUR FEATURED VOLUNTEER: CARL GRIFFITH



We cannot stress enough how important it is for us to have Volunteers like Carl Griffith who support us in the work that we do.

Meet Carl Griffith (pictured on the right), who volunteers once a week with us and who never fails to bring a smile to the faces of our Trainees (as pictured on the left).

Read about Carl's experience as a Me2 Volunteer from the man himself! (*Taken from Carl's personal LinkedIn Post).

"One of the greatest aspects to working at Standard Chartered Bank is to be presented with amazing volunteering opportunities and have our contributions supported in so many ways through facilitation from colleagues as well as with our leave allowance.

Last year I was a reading mentor with LCSS under very challenging conditions because of COVID. I think it is the acting profession that talks about the perils of working with animals and young children. Well, I can tell you that sharing an eBook onto a screen on an iPad with a 6 year old who's using that same iPad and screen to read, have themselves on video, speak out loud whilst getting encouragement from me all at the same time is indeed challenging but all the more wondrously rewarding for all that!

Rewarding is an interesting word isn't it? And just the other day my partner asked me how my latest volunteering session went and what I got out of it.

I am now volunteering through Me2 with SUN-DAC.

I am a classroom assistant supporting an art teacher and 2 other teachers who come from a speech and drama background. Our students are about 10 adults with learning difficulties that mean they have trouble communicating and interacting. We do exercises, dances, art and, most recently, role-playing the situation of going to a hawker centre and their taking money, finding a table, ordering food and drinks and the whole process. On Wednesday I was master Chef Carl serving a variety of local dishes including Nasi Lemak!

Don't tell my People Leader, but I have long exhausted my leave allocation and continue to go every couple of weeks or so. I can't wait until we go to the Hawker Centre for real and have the students enjoy their newly learned skills and associated confidence!

So back to that question - what do I get out of it? Well, I discussed this yesterday at a lovely lunch with my new team mate and fav colleague, Pranav Shirke who, with his coaching skills, helped me realize that it is the purity of the experience I enjoy with the students - an experience that takes me to another place - a place without work agendas, without politics and without other work-related challenges and mess.

The students I'm sure, have their own challenges and it's hard to know what they are. But their smiles, their enthusiasm and the relationships I am building with them that manifest in lovely smiles and great laughs, make me think we're doing kind of ok."

THANK YOU FOR VOLUNTEERING WITH ME2!

UPCOMING HIGHLIGHTS IN 2023



Learn the Art of starting a Home-Based Business

We are so excited to introduce our upcoming Entrepreneurship Programme - Inclusive Business (iBusiness) Owners.

If you always wanted to start your own business but am worried about the rental costs that come with the Brick-and-Mortar Model, this might just be the right course for you. In this course we teach you how to start your very own home-based business. From designing your logo, creating your first Instagram Post and writing your captions, this course is set to get you ready for a real business.

Limited seats per run. Email your interest to: workwithme@me2.com.sg or call us at +65 9239 2023 and we will be in touch for a casual chat.

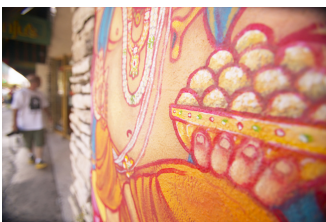


Inclusive Arts (iArts) Company

We are starting Me2's iArts Company - Your one stop Arts Company dedicated to developing a path for those with an interest in Performance Arts so that they can shine on the big stage.

Our iArts Company offers a supportive and inclusive environment for anyone who have a love for the arts and want to hone their artistic talents. Through our programme, iArtiste can develop their personal character and build their professional portfolio.

Keep a lookout for our more announcements at the start of the year!



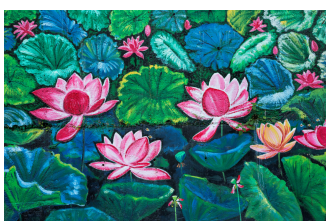
Artist Development Programme

Me2's Artist Development Programme goes beyond the classroom and into the world of commissioned murals and exhibitions.

Learn from Professional Artist and have the opportunity to develop your own signature and yet learn to work with specifications from different clients.

Artists who are interested to join Me2 Artist Development Programme must have previous art experience and have to undergo an interview to be accepted into this niche Programme.

Artists to please email your interest to: workwithme@me2.com.sg or call us at +65 9239 2023.





ABOUT ME2



Me2 provides Persons with Special Needs, Youths at Risk and Caregivers unique training & support to help them bridge the skills they need to be more independent and employment ready.

Aside from our 3 core programmes, we also offer quality of life programmes in the areas of meal preparation, self care and communications.

As part of our commitment to listen to our stakeholders, we also customize workshops tailored to the needs of our clients and partners.

Interested to find out more?
Talk to us today!



<https://www.Me2.com.sg>



enquiries@Me2.com.sg



+65 9239 2023

ANNOUNCEMENT

Me2 is looking for talents to be a part of our Me2 iArts Company Production in 2023!

Do you or someone you know have a talent to share? Yes? Keep a lookout for our announcements in 2023 as we stage our first ever Me2 Production - A Show for Everyone, indeed! Without giving too much away, here are some possible categories you can shine in:



Hosting

For those who enjoy engaging the crowd and have a great sense of humor.

Acting

Are you good at remember scripts and following directions?

Singing

Can you hold a tune? Ready to take your singing from the bathroom to an actual stage?

Dancing

If your hips don't lie and you love to break out in dance, we want you!