



A MESSAGE FROM OUR ME2 TEAM



As the vibrant days of summer 2024 begin to warm our spirits, we extend to you our warmest and most joyful greetings

The start of the year has been bustling, marked by new and bold initiatives, as well as strong partnerships. We've seen great progress and can't wait to share the highlights and successes with you.

As we dive deeper into the summer season, we're excited about the opportunities ahead to innovate and connect. Our community is our strength, and together, we create an environment that nurtures growth and creativity.

We hope your summer is filled with energy, creativity, and moments that make you smile.

Warmest Regards,
The Me2 Team

SPOTLIGHT ON ME2'S STUDENT - MUI TENG!



Mui Teng's Breakthrough: Overcoming Barriers to Embrace Confidence

Ong Mui Teng's journey with the "Improv with Me2" programme has been life-changing, transitioning from a reserved individual who communicated only in Hokkien and Mandarin, to confidently speaking simple English.

This remarkable change was fueled by the programme's focus on independence and community living skills, tailored to help participants integrate into the community.

With over a year of dedicated training, Mui Teng not only learned a new language but also came out of her shell, changed her posture and embraced her personality.

Mui Teng enjoys games and centre activities. She is also a devoted animal lover, especially of dogs. Mui Teng attends the Ageing Well class in our partner-agency SUN-DAC.

Despite her intellectual disability, Mui Teng's story highlights the effectiveness of supportive educational environments in unlocking the potential of individuals with special needs, proving that with the right opportunities and support, barriers can be overcome and personal triumphs achieved.

JANUARY 2024 HIGHLIGHTS

Pathlight School's Performing Arts Group Welcomes the Dragon Year 🐉



Pathlight School is the first autism-focused school in Singapore to offer the national curriculum together with life readiness skills. It caters to students on the autism spectrum with related conditions, aged 7 to 18 years, who are cognitively able to access national curriculum but require additional support such as smaller class sizes, special accommodations and teaching staff trained in autism.

The School was established by Autism Resource Centre (Singapore) at the invitation of the Ministry of Education (MOE) and started operations in January 2004 with just 41 students. Today, it has more than 2,040 students and is one of the fastest growing and progressive special schools in Singapore.

As the Lunar New Year ushers in the Year of the Dragon, our students from Pathlight School's Performing Arts Group have immersed themselves in preparations since the very first week of school in January. Their efforts culminated in a unique and interactive performance titled "Nian's Attack on Pathlight Village," bringing to life the Legend of Nian with a creative twist.

The performance was not just a showcase of talent but also an engaging experience for the audience. Spectators were invited to participate actively, taking on roles as either the mythical beast Nian or the Villagers, in a spirited effort to chase the creature away. This interactive element was highlighted by the students leading the audience through specific movements and chants, seamlessly integrating them into the performance at key points in the performance narration.

Pathlight School's Performing Arts CCA is a progressive four-year journey that introduces students to different dance genres and theatre performances, ranging from monologues and small group skits to large-scale musicals.

As the curtains fell on "Nian's Attack on Pathlight Village," the air was filled with applause, celebrating the students' hard work and dedication. This performance showcased their growing artistic proficiency and ability to captivate an audience. We look forward to setting the stage for another exciting year in the arts.

FEBRUARY 2024 HIGHLIGHTS

Goals Beyond the Game: The Junior Stars Football Special Lights Up Hope and Inspires Young Talents in Singapore



As event organizers, we were absolutely thrilled to orchestrate the Junior Stars Football Special in Singapore. This event, held on February 4, 2024, at Catholic High School, was a heartfelt initiative combining the thrill of sports with a charitable cause, aimed at supporting children from low-income families.

The collaboration among the Premier League, Central Singapore Community Development Council (CDC), and Starhub was a monumental success. By teaching children aged seven to thirteen not only functional football techniques but also valuable life skills, we aimed to instill a sense of confidence and hope. The inclusion of a mock press conference and a mini tournament added a realistic and exciting element to their experience.

The event was graced by the legendary Peter Schmeichel, whose presence was a highlight for everyone involved. His involvement went beyond just teaching football; it was about inspiring these young minds by sharing his experiences and the significant role sports can play in uplifting lives. The children not only learned from his stories but also felt a personal connection that we believe will leave a lasting impact on their lives.

Moreover, the opportunity for the children to see and take photos with the Premier League trophy was incredibly special. It's not every day that one gets to be so close to such a prestigious symbol of sports excellence. This experience, we hope, will ignite a lasting enthusiasm for football and sports in general.

We are immensely proud of the impact this event has had. Seeing the joy and excitement on the children's faces and knowing the positive influence it will have on their future, reinforces the importance of such initiatives. We believe that through sports, we can offer these young stars a beacon of hope and a path to a brighter future.

We are grateful for the support of our partners, and everyone involved, and we look forward to hosting more events like this, where we can continue to make a difference in the community through the power of sports.

FEBRUARY 2024 HIGHLIGHTS

Me2 hosts National University of Singapore Students for an Engaging Session on Community Support Initiatives.



In a collaborative effort to foster understanding and support for community services, we recently welcomed a group of students from the National University of Singapore (NUS) to our space. The session hosted by our Director of Growth and Partnerships, Kelvin, was aimed at educating the youth about our organization's pivotal role in aiding persons with disabilities (PWDs), at-risk individuals, and caregivers.

The session included an in-depth discussion about Me2's various programmes, which are tailored to address the unique needs of our community.

During the visit, the students were introduced to several flagship programmes, such as Quality-of-Life training for PWDs, vocational training for at-risk youth, and respite services for caregivers. These programmes not only demonstrate Me2's commitment to social responsibility but also highlight the organization's innovative approaches to inclusivity and support within the community.

"Our mission at Me2 Pte Ltd is to create a more inclusive society where everyone, regardless of their abilities or circumstances, has the opportunity to thrive," explained the Director. "Engaging with the bright minds from NUS not only allows us to share our work but also inspires these future leaders to think critically about the roles they can play in community development."

The students engaged actively with the Me2 team, participating in discussions and sharing their perspectives on how to enhance community support frameworks. Many expressed a deepened understanding of the challenges faced by PWDs, at-risk individuals, and caregivers, and the critical support that organizations like ours provide.

As Me2 Pte Ltd continues to lead and innovate in community support, the engagement with NUS highlights the importance of academic and professional partnerships in fostering a more inclusive society. Through such collaborative efforts, Me2 aims to enhance the efficacy of community services and inspire the next generation to contribute meaningfully to societal improvement.

MARCH 2024 HIGHLIGHTS

Empowering Independence through me2's "Improv with Me2" Programme



The innovative "Improv with Me2" programme, offered by Me2, continues to break new ground in its mission to support clients in gaining greater independence and better integration into the community. This term, the programme has taken a vibrant turn, focusing on the indispensable role of physical activity in leading healthy and fulfilling lives.

In an exciting recent event, participants of the programme had the opportunity to venture out to a nearby park in Springleaf, where they could engage with various exercise facilities. This outing was not just about physical exercise but also about reinforcing the community spirit and the empowerment that comes from active participation in public spaces.

Physical health is a cornerstone of overall wellbeing, a fact that "Improv with Me2" integrates into its curriculum. The programme teaches that regular physical activity can significantly improve mental health, boost mood, and enhance the ability to engage in daily tasks independently. By focusing on physical health, the programme helps participants build stamina, strength, and confidence, which are crucial for their autonomy and social integration.

Springleaf Park, known for its serene environment and well-maintained exercise facilities, provided the perfect setting for participants to learn and enjoy physical activities. The park visit allowed participants to explore different types of exercise, from stretching to using outdoor fitness equipment. These activities were designed to be inclusive and adaptable, ensuring that everyone, regardless of their physical abilities, could take part.

The focus on physical activity this term is a testament to the programme's holistic approach to empowerment. As the programme moves forward, it aims to keep aligning its activities with the needs and interests of its participants, ensuring that every term brings new opportunities for growth and integration.

APRIL 2024 HIGHLIGHTS

Jean, Co-Founder of Me2, Addresses Special Education Needs in Hong Kong on Facebook Live



In a significant move to foster understanding and support for special education needs (SEN) in Hong Kong, Jean, the co-founder of Me2, took to Facebook Live to engage with netizens and address their questions and concerns directly.

This live session marked a pivotal moment for stakeholders—including parents and educators—seeking insights and solutions for the challenges faced by the SEN community.

Jean's initiative to use a widely accessible platform like Facebook Live underscores Me2's commitment to transparency and community involvement. The session provided a direct line of communication between the public and Me2.

During the live session, Jean tackled a variety of pressing topics, such as the adequacy of resources in schools and teacher training. One of the critical issues highlighted was the need for more specialized training for educators to equip them with the skills necessary to effectively teach and support students with diverse needs.

Another significant point of discussion was the role of inclusive education. Jean emphasized that inclusion does not merely mean placing students with and without SEN together in the same classroom; it involves a fundamental rethinking of teaching strategies, classroom environments, and curricula to accommodate all learners.

The response from viewers was overwhelmingly positive, with many expressing their appreciation for the opportunity to voice their concerns and receive direct responses. Parents and educators shared their personal experiences and challenges, contributing to a richer, more diversified dialogue about what special education in Hong Kong could look like moving forward.

Jean's Facebook Live session has sparked a broader conversation about the future of special education in Hong Kong. It is clear from the community's engagement that there is a strong desire for continued dialogue, improved resources, and actionable changes. Jean committed to taking the feedback received during the session to plan further engagements like this to keep the momentum going.

Me2's live event with Jean not only provided valuable information and support to the SEN community but also highlighted the power of digital platforms in bridging the gap between leaders in education and the public. As Hong Kong continues to evolve its approach to special education, the insights gathered from such sessions will be crucial in shaping a more inclusive and supportive educational environment for all students.

You can watch the recorded live here:

<https://www.facebook.com/share/v/C6SpaWkZ2nFxpoeY/?mibextid=WC7FNe>

APRIL 2024 HIGHLIGHTS

Jean's Inspiring Journey: From Private Banking to Advocacy for Special Education Needs

In a compelling interview with Bruno Lee, Jean, the co-founder of Me2, shared her transformative journey from a comfortable career as a private banking executive to spearheading a venture dedicated to serving individuals with special education needs (SEN).

This enlightening discussion provided invaluable insights into the motivations and challenges Jean faced in her quest to foster a diverse and inclusive community.

Transitioning from finance to the non-profit sector came with its set of challenges. Jean shared the initial difficulties she faced, including navigating a new industry, understanding the intricate needs of her new audience, and securing funding and support for Me2.

However, her determination and commitment to her cause led to overcoming these hurdles, illustrating her dedication and resilience. Me2's initiatives, such as inclusive education programs and community outreach, have made significant strides in promoting understanding and acceptance.

Jean's interview with Bruno Lee not only shed light on her personal and professional journey but also inspired many to consider how they can make a difference in their communities. It served as a reminder that with passion and perseverance, it is possible to drive change and create environments where everyone can belong and excel.

Jean has been a dedicated figure in the education industry for the last 13 years, specializing in right brain enrichment programmes that foster creativity and cognitive development. Her comprehensive range of programmes includes speech and drama, dance, visual arts, and communication. These offerings are designed to engage children holistically, encouraging them to explore their talents and express themselves artistically.

Jean, an innovative educator and mother to two boys, often cites her sons as her primary inspiration in her journey. Her role as a mother has deeply enriched her perspective and understanding, enhancing her empathy towards the fears and hopes that parents of children with special needs experience. As Me2 continues to grow and impact lives, Jean's story remains a powerful inspiration for anyone looking to make a significant change in their career or community.



You can watch the interview here:

<https://www.facebook.com/share/v/C6SpaWkZ2nFxpoey/?mibextid=WC7FNe>

APRIL 2024 HIGHLIGHTS

Me2 flies to Hong Kong

Jean shares insights on "The Unplanned Journey" - Navigating the Realities of Special Education Needs



In an insightful talk titled "The Unplanned Journey," Jean, co-founder of Me2, addressed the unavoidable challenges of Special Education Needs (SEN) that many parents face. Her presentation delved into the common struggles encountered by families, discussing the emotional journey from denial to acceptance and offering actionable advice for the early stages of diagnosis.

Jean emphasized that SEN issues are often unexpected and can bring a spectrum of emotions for parents, from confusion to concern. She pointed out that denial is a natural initial reaction as parents grapple with the reality of their child's needs. However, the journey towards acceptance is crucial not only for the child's development but also for the family's overall well-being.

Jean's discussion aimed to empower parents with knowledge and tools to effectively address and embrace the challenges of SEN, turning an unplanned journey into a path of opportunity and growth for their children. Her talk was a source of inspiration and a call to action for parents to engage actively in their child's developmental journey from the outset.

Mabel conducts "Peering into Differences: A Masterclass on Empathy, Inclusion, and Teaching for Special Needs"



For the very first time, our Principal, Artistic Director and Master Trainer, Mabel brings her Masterclass to Hong Kong. This marks a significant opportunity for attendees in the region to benefit from her extensive expertise and experience. Mabel tailored this mandatory Masterclass for individuals aspiring to teach Me2 programmes, as well as those eager to deepen their understanding of creating impactful experiences for individuals with special needs.

"Peering into Differences", offers an introduction to understanding, engaging with, and adapting programmes for individuals with special needs. Through discussions, practical exercises, and real-world examples, attendees will discover how to create meaningful and transformative experiences for individuals with special needs.

Mabel's ultimate goal is for participants to embark on a transformative journey of empathy, compassion, and inclusivity. By fostering these values, she aims to pave the way for a more inclusive and equitable society, where every individual is valued and empowered to contribute positively.

APRIL 2024 HIGHLIGHTS

Me2 Expands to Hong Kong: Certifying Educators in Inclusive Arts Curriculum

In an exciting expansion of its educational initiatives, Me2 has launched a comprehensive one-week training programme in Hong Kong, aimed at certifying educators in inclusive arts curriculum. This move marks a significant step in Me2's commitment to fostering inclusive education globally.

The training program is specifically designed for educators who are keen to excel in delivering inclusive enrichment programs. The curriculum, focused on Public Speaking, Drama, Digital Performance and Community Living Skills Training, is rooted in the principles of Universal Design for Learning (UDL).

Throughout the week, participants will be immersed in a dynamic learning environment that emphasizes practical skills and theoretical knowledge. The curriculum is carefully crafted to address the nuances of inclusivity in the arts, preparing educators to create and lead programs that accommodate a diverse range of student abilities and backgrounds.

The highlight of the program is its strong emphasis on accessibility and engagement, which are crucial in the field of enrichment education. By integrating UDL principles, the training ensures that educators are well-equipped to design lessons that are not only educational but also universally accessible.

Upon completion of the training, participants will receive a certification acknowledging their proficiency in delivering inclusive educational programmes. This certification is not just a testament to their skills but also a gateway to implementing these practices in their own classrooms across diverse educational settings.

The launch of this training programme in Hong Kong is a testament to Me2's dedication to spreading inclusive educational practices worldwide. By equipping educators with the tools and knowledge to teach inclusively, Me2 is paving the way for a more equitable and accessible learning environment for all students, particularly in the enrichment disciplines of public speaking, drama, and digital performance.



APRIL 2024 HIGHLIGHTS

Inclusive Enrichment Programmes Thrive in Hong Kong: Trial Classes Showcase Talent



After completing rigorous training in the enrichment programmes, our newly certified educators were eager to introduce children of various age groups to an array of creative disciplines. The trial classes conducted included Chatter Bug (Public Speaking), Jr. Performs (Drama), and My First Portfolio (Digital Performance), each tailored to cultivate specific skill sets among young learners.

Chatter Bug focuses on nurturing confident communicators from an early age. Through engaging activities that include storytelling, speech dynamics, and interactive dialogue, children are encouraged to express their thoughts boldly and articulately. The trial classes witnessed enthusiastic participation, with young speakers learning to articulate their ideas with clarity and confidence.

Jr. Performs offered a stage for children to explore their theatrical talents. This programme emphasizes emotional expression, teamwork, and creative storytelling, which are crucial in drama. The trial sessions provided a safe and supportive environment where children could explore different characters and narratives, enhancing their interpretative skills.

Our enrichment programmes are meticulously designed following the principles of Universal Design for Learning (UDL), ensuring that every child's learning needs and preferences are accommodated. By embracing this framework, we aim to provide multiple means of engagement, representation, and expression.

Through these adaptive and inclusive educational practices, our programs are setting a standard for how enrichment classes can and should accommodate diverse learning needs.

My First Portfolio introduced children to the exciting world of digital performance. This programme blends technology with artistic expression. The trial classes were especially popular as children enjoy content creation.

The success of these programmes in Hong Kong can be attributed to the enthusiastic response from both participants and parents. The adaptability of the curriculum to suit local cultural contexts and the engaging teaching methodologies contributed significantly to the programmes' popularity.

The success of the Singaporean programmes in Hong Kong marks a promising start to what could be a new era in creative and inclusive education across Asia.

MAY 2024 HIGHLIGHTS

Empowering Youth Through the Arts: A New Pathway in Early Childhood Education



In a world where education and personal development are paramount, innovative programmes that cater to marginalized communities are especially valuable. Me2's "Teaching the Arts" programme stands out as an impactful vocational training initiative, designed specifically for youths at risk. This six-week course aims to equip these young individuals with the skills needed to pursue careers as enrichment teachers in early childhood arts education, offering a new perspective on empowerment and career readiness.

The structure of the programme is meticulously crafted to ensure comprehensive learning and practical application. The first four weeks are dedicated to intensive classroom training, where participants delve into the fundamentals of classroom management and age-appropriate teaching methods. The curriculum is rich and varied, covering essential areas such as storytelling, drama activities, music and movement, and role play. Participants also learn how to design educational materials and lookbooks for school drama performances, focusing on techniques that address the developmental needs of young children.

What sets this programme apart is its emphasis on practical experience. Following the initial training, participants spend two weeks engaged in classroom observation. This phase is critical as it allows them to witness experienced educators in action and apply their newly acquired skills in real-world settings. This hands-on approach is instrumental in helping them see the direct impact of arts education on young minds, enabling them to refine their teaching techniques with the support of professional educators.

The programme culminates in professional development sessions that prepare participants for the workforce. These sessions include resume writing, interview preparation, and job placement support, ensuring that the participants are not only trained in educational methodologies but are also equipped to navigate the job market effectively.

Successful participants receive personalized coaching on how to present their skills and experiences compellingly to potential employers, enhancing their prospects of securing roles as support teachers in educational institutions.

The YMCA of Singapore runs several vocational training programs, including the YMCA-Inclus Train & Place Series and the Vocational and Soft Skills Programme (VaSSP), which equip individuals with special needs and at-risk youth with essential job skills.

Me2 is a Training Partner of YMCA, specifically in the "Teaching the Arts in Early Childhood" vocational training. This programme focuses on training participants in arts education for young children, enhancing their employment prospects in early childhood education sectors.

MAY 2024 HIGHLIGHTS

Me2's Art Galleries at Punggol and Ang Mo Kio Libraries Showcase Remarkable Talent



In the bustling urban landscape of Singapore, the Me2 art galleries located within the Punggol and Ang Mo Kio libraries are pioneering a vibrant “No Longer in the Background” initiative. These galleries showcase an array of artworks created by artists with disabilities as part of the “Create with Me2” visual arts programme. This initiative not only provides a platform for these artists to display their talents but also integrates them into the community, fostering a deeper connection through creative expression.

The programme, which began as a Quality-of-Life enhancement programme, has grown into a full-fledged art movement, providing artists with disabilities the platform to express themselves and challenge societal perceptions about disability. Visitors to the galleries can expect to see a diverse range of artworks, from paintings and sculptures to mixed media installations.

The impact of these galleries extends beyond the artists; they serve as an educational tool for the community, promoting inclusivity and understanding. These spaces invite visitors to reconsider the limits of ability and artistry, underscoring the idea that creativity is unbound by physical limitations.

So, if you find yourself in Punggol or Ang Mo Kio, we encourage you to visit the libraries and explore the artistic works created by our talented students from Sun-dac Upper Thomson.

To visit our Galleries:

- **Punggol Library: 83 Punggol Central, #02-03, Waterway Point, Singapore 828761**
- **Opening hours: Open daily from 10:00 AM to 9:00 PM**

- **Ang Mo Kio Library: 4300 Ang Mo Kio Avenue 6, Singapore 569842**
- **Opening hours: Monday to Friday: 11:00 AM to 9:00 PM / Saturday: 10:00 AM to 9:00 PM / Sunday: 10:00 AM to 5:00 PM / Public Holidays: Closed**

MAY 2024 HIGHLIGHTS

Crafting Connections: The Mosaic with Me2 Program's Journey in Enhancing Lives Through Art



"Mosaic with Me2" is a quality-of-life programme that aims to enrich the lives of individuals with disabilities through the art of mosaic making. This programme is not merely about crafting art; it's an educational journey where participants enhance their tactile skills, engage in therapeutic activities, and express their inner creativity in a supportive environment.

The process of placing small pieces together to create a mosaic masterpiece requires patience, precision, and persistence. These qualities translate into daily life, as participants learn to manage tasks with attention to detail and improved concentration. Moreover, the act of creating art is inherently soothing, offering a form of stress relief and mental clarity that is vital for emotional well-being.

Social interaction is a critical component of the Mosaic with Me2 programme. Participants work alongside peers and instructors, fostering a sense of community and belonging. This collaborative environment helps reduce feelings of isolation by connecting individuals with shared interests and challenges, thereby building a supportive network that extends beyond the confines of the program.

The program also focuses on life skills that are transferable to other areas of life, such as problem-solving, project management, and the ability to follow complex instructions. These skills are cultivated in an artful context but have profound implications for participants' independence and competence in everyday activities.

Community exhibitions and collaborations with local businesses and institutions are a hallmark of the Mosaic with Me2 program, showcasing the remarkable talents of its participants to a broader audience. These events not only highlight the capabilities and achievements of the artists but also play a crucial role in changing public perceptions about disability.

By exhibiting their work, participants demonstrate that disability does not define their abilities or their potential.

NEWSLETTER

JUNE 2024 EDITION

MAY 2024 HIGHLIGHTS

Moving Together: How Dance With Me2 Uplifts and Unites



The "Dance with Me2" programme is designed to enrich the lives of individuals with special needs through dance. It was recently featured in Channel NewsAsia's documentary "The British-Born Volunteer Who Served Singapore's Needy For 40 Years | Singaporean at Heart."

This heartwarming segment highlighted the impact of dance as a therapeutic tool, showcasing how movement and rhythm can foster not only physical wellness but also emotional and social growth among participants at SUNDAC Bedok.

The "Dance with Me2" programme at SUNDAC Bedok is expertly taught by our Dance Instructor Luqman and assisted by Eileen.

Under Luqman's guidance, the programme employs a tailored approach to dance that not only considers the physical capabilities of each participant but also their emotional and social needs. His teaching style is inclusive and adaptive, ensuring that all participants, regardless of their abilities, can partake in the joy and therapeutic benefits of dance.

Sessions are characterized by a warm, encouraging atmosphere where participants feel safe and supported to express themselves.

His expertise in integrating artistic expression with disability support enables him to create a curriculum that is both engaging and beneficial for participants. This approach not only improves participants' motor skills and coordination but also boosts their self-esteem and fosters a strong community spirit.

Sign up for our Me2 Programmes today! Join a community that celebrates diversity, fosters empowerment, and spreads joy. Whether you're a participant or a volunteer, there's a place for everyone. Don't wait—Call us at +65 9239 2023 or write in to askme@Me2.com.sg now and be part of our inspiring journey towards a more inclusive society.



CNA Insider is a digital platform from Channel NewsAsia providing in-depth articles, documentaries, and reports on key issues affecting Asia and beyond, covering a wide range of topics from social affairs to technology.

Watch the Episode here:
<https://www.youtube.com/watch?v=KP-xJgI9D-s>

JUNE 2024 HIGHLIGHTS

Empowering Seniors Through Drama: The Impact of the Me2 Programme on Ageing Well

In an era where the spotlight on holistic health increasingly includes mental and social elements, innovative programmes like Drama with Me2 are stepping up to offer refreshing solutions tailored for the senior community with disabilities.

This initiative leverages the transformative power of drama to not only entertain but significantly enhance the lives of older adults, fostering a vibrant approach to ageing well.

The Drama with Me2 programme was conceived with the objective of integrating persons with disabilities into the expressive world of theatre, providing them with an avenue to engage, articulate, and connect. Recognizing the therapeutic benefits of drama, the programme is meticulously designed to align with the needs and capabilities of senior participants, ensuring accessibility and enjoyment for all involved.

Drama with Me2 is more than just an acting programme; it's a comprehensive journey through social interaction, self-expression and collaborative creation, which are crucial for mental health and community building.

One of the key successes of Drama with Me2 is its role in combating loneliness, a common issue among the elderly. By participating in group activities and performances, seniors develop a sense of belonging and purpose, which are essential for psychological well-being.

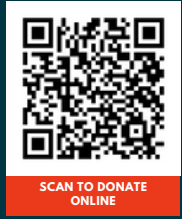
The programme also offers cognitive benefits; memorizing lines, understanding cues, and interpreting characters can enhance memory and problem-solving skills.

Additionally, the physical aspect of drama helps maintain mobility and coordination, which are vital for physical health. The careful design of the programme ensures that these activities are safe yet effective, catering to the diverse health profiles of senior participants.





PLEDGE
YOUR SUPPORT
FOR INCLUSIVITY
AND DIVERSITY



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



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.

UPCOMING PROJECTS IN 2024

“Teaching the Arts” in the Early Childhood Industry Vocational Training Programme



Are you passionate about teaching and the arts? Join our 'Teaching the Arts in the Early Childhood Industry' Vocational Training Programme, designed for aspiring youth educators who want to make a difference through creative expression.

This comprehensive training includes classroom management, innovative teaching methods, and hands-on experiences in storytelling, drama, music, and movement. Whether you're looking to enhance your skills or start a rewarding career, this programme offers the tools and support you need to thrive in early childhood education.

Call us at [+65 9239 2023](tel:+6592392023) to enquire more!

"Shadows of Trust" a Triptych Monologue Performance by Pathlight School's Performing Arts Group



"Shadows of Trust" is a timely triptych monologue that delves into the emotional and social impacts of online scams. The performance is designed to explore the perspectives of three individuals affected by this deceit: the victim, the scammer, and a family member of the victim. The performance will conclude with a brief interaction where all three characters share the stage in a symbolic scene that emphasizes the widespread impact of online scams and the shared responsibility of the community to foster a safer digital environment. This closing acts as a reminder of the vigilance needed in an increasingly connected world.

Join Our "Meal Prep with Me2" Cooking Classes!



Unlock the joy of cooking with our "Meal Prep with Me2" programme, specially designed for persons with disabilities. Our classes provide a supportive and fun environment to learn a variety of simple, tasty recipes with both heat and non-heat options available. Each class is tailored to foster independence and confidence in the kitchen, ensuring that you can enjoy making meals that are not only delicious but also suited to your needs. Sign up today and start your journey to becoming more self-reliant in the kitchen while enjoying the process of cooking with new friends! Call us at [+65 9239 2023](tel:+6592392023) to enquire more!



ABOUT ME2



Me2 is dedicated to supporting individuals & transforming lives in our community. We offer a range of impactful programs that serve three distinct groups: persons with disabilities, youths at risk, and caregivers.

Our programmes focus on quality-of-life, vocational, and community living skills training. By providing essential skills, resources, and support, we aim to enhance self-confidence, improve communication, and foster inclusion within the community.

Interested to find out more?
Talk to us today!



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



askme@Me2.com.sg



+65 9239 2023

ANNOUNCEMENT

Join the Me2 family as we embark on an exciting new chapter! We are thrilled to announce our expansion and are now seeking passionate individuals to join us as trainers and volunteers. If you have a heart for making a difference in the lives of others and a desire to be part of a supportive and inclusive community, this is your opportunity.

At Me2, we believe in the power of personal connections and the transformative impact of mentorship. As a trainer, you will have the chance to inspire and guide individuals on their journey towards personal growth and self-discovery.

Volunteers are the backbone of our organization, providing invaluable support and encouragement to our participants. Whether you have a few hours to spare or wish to immerse yourself in a fulfilling long-term commitment, there are various ways to get involved.

Join our expanding family and become part of a vibrant network of individuals who share a common vision: to foster personal development, build lasting relationships, and uplift one another. Please get in touch with us and together, let's create a brighter future, one connection at a time.