

# 20 20

## ANNUAL REPORT

Seventy Times Seven

Prison Fellowship Singapore Limited



## SEVENTY TIMES SEVEN

Seventy Times Seven (70x7), previously known as “Life Anew”, was registered with the National Council of Social Service (NCSS) as a fund of the Prison Fellowship Singapore Ltd (PFS) with the status of an Institution of Public Character (IPC) on 1 November 2009.

In January 2015, the Ministry of Social and Family Development approved the name change.

<b>IPC NUMBER:</b>	IP000680
<b>UNIQUE ENTITY NUMBER (UEN):</b>	T09CC0007H
<b>REGISTERED ADDRESS:</b>	50 Playfair Road #03-01, Noel Building, Singapore 367995
<b>EXECUTIVE DIRECTOR:</b>	Chua Kok Wan (appointed 16 June 2020)
<b>BANKER:</b>	Development Bank of Singapore Ltd
<b>AUDITOR</b>	Baker Tilly TFW LLP

# 1. INTRODUCTION

## ABOUT SEVENTY TIMES SEVEN (70X7)

70x7 is an initiative and a fund of Prison Fellowship Singapore Limited (PFS). It was set up to fund activities of PFS that are both non-religious and social in nature. The programmes funded by 70x7 aim to embrace and enable inmates, ex-offenders and their families on their journey from brokenness to wholeness, regardless of their race and religion.

## OUR VISION

### Reconciliation of love and justice

Our areas of focus are to:

- foster a community of partners to engage and embrace inmates, ex-offenders and their families
- create and run programmes to enhance the well-being of ex-offenders and their families
- address and support the needs, eg. financial, educational, social and welfare of the ex-offenders and their families
- help to reconcile broken relationships through counselling and other In-care programmes, e.g. Victim Empathy Programme and Gang Desistance Programme

## 2. MANAGEMENT COMMITTEE

	NAME	DESIGNATION	OCCUPATION	DATE OF APPOINTMENT
1.	DR HO YEW KEE	CHAIRMAN / MEMBER	PROFESSOR, ASSOCIATE PROVOST, SINGAPORE INSTITUTE OF TECHNOLOGY	13 FEBRUARY 2014
2.	MS HO KAH YIN	TREASURER / MEMBER	GROUP CFO, ACORN MARKETING & RESEARCH CONSULTANTS (GROUP) PTE LTD	4 JUNE 2018
3.	DR YAP CHEE MENG	MEMBER	DEPUTY HEAD & SENIOR LECTURER, DEPARTMENT OF INDUSTRIAL & SYSTEMS ENGINEERING, NATIONAL UNIVERSITY OF SINGAPORE	1 JUNE 2016
4.	MS LISA THENG	MEMBER	MANAGING PARTNER, CNP LAW LLP	23 APRIL 2019
5.	MR DAVID KOH	MEMBER	EX HR DIRECTOR, INCHCAPE (SOUTH ASIA)	23 APRIL 2019

### ATTENDANCE AT MANAGEMENT COMMITTEE AND JOINT BOARD (WITH PFS) MEETINGS

	NAME	24 FEB 2020 JOINT BOARD	16 JUN 2020 JOINT BOARD	1 SEP 2020 JOINT BOARD	29 OCT 2020	7 DEC 2020 JOINT BOARD
1.	DR HO YEW KEE					
2.	MS HO KAH YIN					
3.	DR YAP CHEE MENG			0		
4.	MS LISA THENG					
5.	MR DAVID KOH					

## 3. POLICIES

### FUNDING SOURCES

70x7 is financially supported by donations from churches, organisations, individuals, foundations and government grants.

### RESERVE POLICY

70x7 shall maintain a reasonable reserve equivalent to one to three years of net unrestricted liquid assets to cover unrestricted expenses. As at 31 Dec 2020, 70x7's net unrestricted liquid asset to cover unrestricted expenses stood at 1.8 years.

### MANAGEMENT AND AVOIDANCE OF CONFLICT OF INTEREST

We require members of the Management Committee to make a Declaration of Conflict of Interest annually and to abstain from any decision making if he/she has a conflict.

### STAFFING

70x7 is a fund of the Prison Fellowship Singapore. As it is not an entity, it therefore does not have any staff. The staffing information below pertains to staff services provided by Prison Fellowship Singapore under a memorandum of understanding arrangement between PFS and 70x7.

As at 31 December 2020, there is a total of 17 staff, comprising all full-time staff in PFS.

## **4. KEY ACTIVITIES**

70x7 renders a comprehensive range of services for inmates, ex-offenders and their families through its Through Care and Family Care Ministries.

### **THROUGH CARE MINISTRY (TCM)**

#### **PRE-SENTENCE**

- Pre-sentencing Counselling to prepare the offender, after he/she has been charged or convicted, for prison life. In 2020, we were referred 4 pre-sentence cases.

#### **IN-CARE**

- In-care (in-prison) Counselling and reformatory sessions such as Gang Desistance, where inmates are given an opportunity to renounce their gang affiliation and turn over a new leaf.

#### **AFTER-CARE**

- Prison Gate Ministry - welcoming inmates upon their release at prison gate to offer transitional assistance eg. Transit-link cards, NTUC vouchers, clothing, application for government financial assistance, shelter and meeting other immediate needs.
- After-care is where the “rubber meets the road” and it takes a community to journey with an ex-offender and his/her family.
- 70x7 provides support to the ex-offenders with the primary objective to journey with the ex-offender towards community re-integration.
- The following are some of the After-care activities:
  - Case management and referrals to other Social Service Agencies (SSAs).
  - Job coaching and matching
  - Skills upgrading workshops
  - Bonding and celebrations eg birthdays and career milestones
  - Short term financial assistance and practical meal support.

### FAMILY CARE MINISTRY (TCM)

FCM reaches out to and addresses the needs of the inmates' family members. By partnering with volunteers and other supporters, we befriend and support the families, with the objective of breaking the inter-generational cycle of crime. Our FCM programmes aim to strengthen the family unit, to promote reconciliation and to promote change towards assimilation in the family and the wider community.

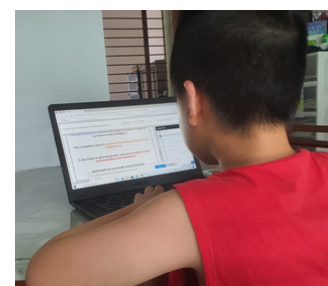
During the COVID-19 pandemic, FCM extended our reach to families of ex-offenders too. Families with ex-offenders also suffered as Singapore was under lockdown. Our Integrated Ministry (IM) strategy seeks to elevate the role of the family in the ex-offender's re-integration journey as the key motivational factor to change.

Apart from family visitations, FCM runs a Care Club for the youth and children (2 to 20 years of age), averting delinquency through practical and educational support. This is 70x7's contribution in the preventive work undertaken with our beneficiaries. All Care Club's PSLE students in 2020 were promoted to secondary school.

### FAMILY CARE ACTIVITIES

Practical support for inmates' families include accompanying the elderly for medical visits to polyclinics and hospitals, escorting families for tele-visits with inmates in prison, social assistance applications and referrals, case management, financial assistance, educational programmes for youth and children, educational bursary for tuition and outings for children and the families. It also consists of the following:

- Milk & Diapers Programme
- Early Learning Programme
- Monthly Grocery Support
- Weekly Tuition for Primary and Secondary Students
- Language Coaching for Foreign Spouses
- Art Therapy
- Counselling
- Home cleaning project
- Hospital medical appointment escort
- Prison visit escort
- Mount Alvernia Outreach Clinic
- Donation items (eg: Beds, Sofa, Washing Machine)
- Mooncake during mid-autumn festival
- Financial assistance



## IN 2020, FCM MINISTERED TO:

- 113** families who has a family member in prison
- 52** youth and children received weekly tuition
- 10** pre-primary children enrolled for Early Learning Programme
- 13** children referred to art therapy
- 26** partnering churches in Family Care Ministry
- 175** volunteers supported our monthly family visitations



### PROGRAMME PARTNERS IN 2020

Singapore Youth for Christ  
Scripture Union  
Monster Reader  
School of the Arts Singapore  
National University of Singapore  
Economic Development Innovations Singapore (EDIS Cares)  
Pavilion Foundation  
Ara's Ark  
Arting Hearts  
Engineering Good  
People's Association (PA)



### 5. VOLUNTEER ENGAGEMENT AND PARTNERSHIPS

We regard our volunteers as our most valuable partners, in reaching out to the inmates, ex-offenders and their families. During the COVID-19 pandemic, our staff took the opportunity to engage our volunteers across TCM and FCM to thank them for their faithful support and partnership.

We know it takes a community to journey with our beneficiaries, hence we need to equip this group of stakeholders to deepen their ministry reach. We value each volunteer's commitment, as we seek to enlarge the scope and enrich the content of our training programmes to train our volunteers.

Prior to the launch of the Integrated Ministry (IM) strategy in July 2020, we hosted multiple Zoom meetings to introduce the IM strategy. We provide orientation and training to all new volunteers, so that they are prepared to support our beneficiaries and their families.

#### OUR VOLUNTEERS ARE ACTIVE IN:

- Supporting our beneficiaries in their re-integration journey in After-care
- Participating in grocery and meal delivery events during the COVID-19 pandemic in Family Care
- Befriending and coaching our beneficiaries

#### SOME OF THE TRAINING PROGRAMMES PROVIDED TO OUR VOLUNTEERS INCLUDE:

- Gang Desistance Strategy
- Parenting Principles
- Understanding the Use of Genograms
- Anti-Drug Advocacy
- Stress and Anger Management
- Mental Wellness and Self-care
- Personal Data Protection Act guidelines
- Befriending Communication Skills
- Psychology of Substance Abusers & Criminals

### 6. KEY EVENTS IN 2020

#### MEAL BLESSING, GROCERY DELIVERY AND NEW LAPTOPS DURING THE COVID-19 LOCKDOWN

The COVID-19 Circuit Breaker in April 2020 wrought unprecedented challenges. Regular meetings for counselling, fellowship and other support services were all suspended. Our beneficiaries and their families encountered severe hardships in various forms, including finding gainful employment and staying employed.

To alleviate part of their sufferings, PFS engaged our ex-offenders in the F&B industry to prepare meals for the families severely impacted. Our staff and volunteers then delivered the meals to their individual homes. The **Meal Blessing** event was organised with a dual purpose, (i) to provide hot meals for these families and (ii) to procure these meals from fellow beneficiaries in the F&B industry to supplement their income, which was severely impaired by the COVID-19 pandemic.

We provided these meals to more than 60 beneficiaries and their families. A total of 166 meal packs were delivered by PFS staff and volunteers, who managed to dispatch the last few packs of dinner until 9 pm, to the delight and appreciation of the recipients.

In addition, TCM and FCM teams showed their practical love to our beneficiaries and their families by conducting two **Grocery Delivery** initiatives in April and May to a total of 87 families.

For the first delivery, 42 families each received a fresh grocery hamper containing a 5 kg pack of rice, one portion of fresh fish, two portions of fruits, two portions of vegetables, a carton of eggs and a loaf of bread.

For the second delivery, 45 families were blessed with fresh groceries and fruits. These grocery deliveries not only lightened their financial burden, but also addressed the essential nutritional needs of the beneficiaries' families, often with dependent children and aged parents. These groceries were donated under the "Share Your Grocery" social initiative, focussing only on fresh foods.

Besides the Grocery Delivery, 15 students belonging to our After-care and Family Care Ministries also received **New Laptops**, essential for their home-based learning conducted by their respective schools. These laptops were sponsored by the "Happy Seed", a corporate sponsor.

## **7. NEW INITIATIVES IN 2020**

Notwithstanding the challenges of COVID-19 Safe Management Measures, PFS decided to implement our Integrated Ministry (IM) Strategy in July 2020, focussed on harnessing the Through Care Ministry and Family Care Ministry resources together, to provide a more holistic and beneficiary-centric ministry approach for our beneficiaries.

Wednesday morning is dedicated to an IM Staff Case Conference, where IM Co-ordinators discuss the holistic needs of an ex-offender and his/her family through an IM case file. This is made possible through the pre-release interviews conducted by the IM Co-ordinators (i) with the inmate and (ii) with his/her family, 1 to 2 months prior to his/her release date.

One of the key outcomes of the IM Strategy is to establish an After-care Support Network (ASN) for the ex-offender and his/her family prior to his/her release. With this strategy, we are preparing the ASN ahead of time. This allows better preparation to receive the inmate at the Prison Gate and journey with him/her in After-care. In 2020, we opened 42 IM cases; and referred 57 After-care and Family Care cases to our Volunteer Counsellor panel for counselling.

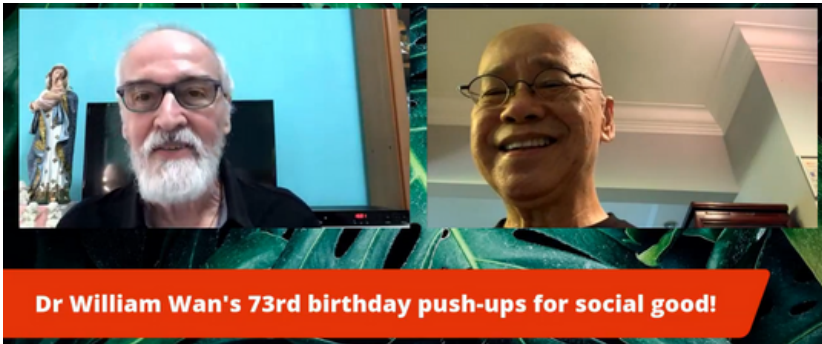
With IM, we need more After-care and Family Care volunteers for 2021. As the old saying goes, “it takes a kampung to raise a child” in Singapore. At 70x7, we believe it takes a community to journey with an ex-offender and his/her family. This community is essentially you and I, and together we can make a real difference in these lives on the mend.



## 8. FUNDRAISING IN 2020

### **PUSHING LIMITS: DR WILLIAM WAN'S 73RD BIRTHDAY PUSH-UP FUNDRAISING CHALLENGE**

In celebration of active ageing, PFS's Chairman, Dr William Wan decided to accept a push-up challenge to raise funds for 70x7 on 7 June 2020, his 73rd birthday.



On the afternoon of his birthday, this septuagenarian executed 100 push-ups in a 30-minute live challenge hosted by veteran radio presenter, Mr Brian Richmond. This was way beyond the original target of 73 push-ups to mark his 73rd birthday! This live event garnered 246 shares and more than 8,500 views on Dr Wan's Facebook.

The challenge raised \$297,270 for 70x7 and it was a spin-off from a video that Dr Wan posted of himself doing 20 push-ups in May 2020 on Facebook. He had encouraged his friends to do at least five push-ups every day and add one more every alternate day.

Exuding the quintessence of active ageing, Dr Wan turned his birthday celebration into a birthday blessing for many ex-offenders and their families through 70x7.

### 9. FINANCIAL REVIEW

70x7 recorded a net surplus of \$661,175 for the financial year ended 31 December 2020. This is attributed mainly to donations raised and government grants (i) the \$-for-\$ matching grant from the Bicentennial Fund for our 66th anniversary Gala Dinner held in 2019; (ii) our Chairman's push-up fundraising event for his 73rd birthday held in June 2020; (iii) the Care & Share grant distribution from National Council of Social Service (NCSS); (iv) the COVID government support schemes eg Jobs Support Scheme (JSS); and (v) lower programme spending due to COVID.

### REVIEW AND CHANGES IN THE POLICY

Nil.

### EXPLANATION OF THE PURPOSE FOR WHICH THE CHARITY'S ASSETS ARE HELD

#### Passenger Van

- Ferrying ex-offenders and their families to their homes, halfway houses and other SSOs
- Ferrying the children to and from their homes for Care Club programmes
- Conducting home visitations in the evenings for the delivery of grocery and other items, including Angel Tree Project
- Transport for beneficiaries for events and other activities
- Re-location assistance when beneficiaries are moving to the government rental flats.

### STATEMENT OF ACCOUNTS

Statement of Accounts and Reports for the financial year ended 31 December 2020 are as per our submission on the Charity Portal.

## 10. FUTURE PLANS AND COMMITMENTS

70x7 will continue to focus on funding and running programmes that are non-religious and social in nature. It will also seize opportunities to collaborate with like-minded organisations in the same sphere to deliver the best care and services to the beneficiaries.

Our lease for the office premise is due to mature on 14 October 2021. The Board has approved plans to expand our ministry and thus we will be moving to a larger premise by 3Q2021.

- For In-care, we are planning programmes to have a wider reach to support SPS with various non-religious and social programmes.
- For Family Care, we are exploring a training programme adapted from Community Reinforcement and Family Training (CRAFT) for our volunteers to better prepare the inmates' families to receive their loved ones upon their release.
- 70x7 through PFS will press on in its digital journey in 2021 to implement a Volunteer Management System (VMS) and a Human Resource Management System (HRMS) to support the staff administrative needs.





**THANK YOU**