

*This report is dedicated to all our volunteers and friends of Beautiful People.*



### About Beautiful People

Beautiful People is a volunteer project that aims to create a platform for professionals and skilled persons to share skills and spend time with teen girls associated with various community organizations including family service centres, welfare homes and youth outreach organizations in Singapore. Beautiful People is an opportunity for volunteers to enrich the lives of others through mentoring, skills exchange and friendship, and find themselves also enriched in the process.

Beautiful People's vision is for girls in our community to live with dignity and respect for themselves and others. Our aim is to encourage awareness and appreciation for each individual's strengths and unique beauty. We advocate that however beautiful one is on the outside, it is being beautiful inside that is, by far, more important.

Our goal is to share and teach important life skills to the teens and to expose them to hobbies that are fun, meaningful and productive.

Specifically, we aim to help teens:

- Develop a sense of self-respect, dignity and purpose
- Develop life-skills that will enable them to procure and retain productive and dignified employment
- Develop hobbies that are fun or productive to uncover or showcase talents
- Form mutually edifying friendships with Mentors and Big Sisters
- Develop healthy and positive social relationships with family and friends



# Executive Summary

Building on the successes and lessons of 2011, Beautiful People is steadily moving forward in our pursuit of helping teenage girls in Singapore to pursue their dreams and connecting women mentors in one-on-one relationships with the girls that will last a lifetime.

Beautiful People saw 2012 as a year of stepping forward in new initiatives such as the BP Club, where a platform was created to foster the continuation of the Little and Big Sisters' relationships. We view **relationships** as a vital constitution to who we are and what we do, and the **BP Club**, though only in its second year, is an important part in this process.

It was also through the BP Club, that Beautiful People began running hands-on Financial Education workshops for the girls. As the girls begin to gain **employment** after going through the My Beautiful Life programme, the Financial Education workshop guides the girls in how to handle new financial situations.

In 2012, Beautiful People's reach also grew to include one more home, **Gracehaven**. The Beautiful People programme at Gracehaven was tailored by volunteers to fill the specific needs of the home and was even extended by the home administration after the first few months. Beautiful People was also active in Pertapis, AG Home, The TENT, and Beyond in addition to Gracehaven with **over 50 Little Sisters** graduating from the 2012 **My Beautiful Life programme**.

The purpose of Beautiful People even extended past the borders of Singapore with a trip in December 2012 to **Mae Sot**, Thailand where Big Sisters and Little Sisters visited and served the Burmese community suffering from poverty. Our hope is that all of our Sisters continually gain perspective for reaching out and caring for others as we learn to **give and receive** in circumstances that encourage **life-learning**.

The year of 2012 was full of **fun** and growing for everyone involved with several new initiatives launched and promoted from the previous year. As always, the successes of Beautiful People are, by nature, lifelong successes as we endeavour to cultivate relationships that span a lifetime. Our dream as Beautiful People is only possible through the participation of dedicated volunteers, **Big Sisters**, who are the essence of what we do and the **Little Sisters** who choose to engage in these relationships and for that we are grateful.

**Thank you** for your role as a **Friend of Beautiful People** to make all of these successes a reality.



# Message from the F o u n d e r

Dearest Friends and Family

If there is one thing that the journey of Beautiful People reminds us, it is that Family is the most important thing in life. *Family* comes in many forms; some that we create and some that are given by birth. In both cases, family is what holds our hearts, lifts our heads and keeps us strong at times when our weaknesses and frailties overwhelm us. What most characterizes a strong family is the sense of common cause and common destiny, an acceptance of what we cannot change, but a stubborn commitment to the idea that we can be better, and better together. Families teach us about unconditional love, about commitment and not convenience, and about moving past the short-term ups and downs because there is a bigger picture and a long journey ahead.

I've always maintained that while some of us are blessed with a less rocky or tumultuous journey as family, all families face pains, troubles and dysfunctions, and as such, no one can judge or be judged for their family. I've not always been the best daughter or sister or partner but I want to be better and my Beautiful People family encourages me to be so.

*Relationships transform lives if we let them. It can be a scary journey, and that is why we never walk alone.*

May this year also remind you of the value of family – the one you were gifted with and the one you create, and may you take a risk to deepen a relationship or let go of what no longer serves you or holds you back from fully living the joy of family. Take the risk, you are not alone, and see what dream will unfold.



*With love and friendship,*

*Melissa*



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# Home Report : AG

Co-leaders: Lim Kwee Yen, Jennifer Lim, Chan Siew Wai

BP Established in 2006

No. of girls outreached in 2012: 30

No. of girls in MBL program 2012: 15

No. of girls graduated MBL program: 13

In late May, Beautiful People kicked off the 2012 MBL program at AG Home with 15 girls. The program acted as a structured platform to provide both the Big and Little Sisters the chance to establish and develop relationships. Through these activities, the Little Sisters were equipped with the tools, skills and networks to help them meet obstacles in their school life, as well as build the foundation for their future.

The pairing of the Big Sisters and Little Sisters and the grouping of the trios (3 Big Sisters and 3 Little Sisters) took place in August 2012. Through these relationships, the Little Sisters learned more about themselves, the support network available, choices and consequences, and conflict and stress management. Both Big Sisters and Little Sisters learned and grew together as we discovered more about ourselves and each other through the trio groups. The MBL session concluded with the year-end BP camp in December, organized by the BP alumni girls from the BP Club. At the camp both Big and Little Sisters had lots of fun and learning through the various planned activities including the BP career fair on the last day of the camp.

"It has been 3 years since we first met, Joycelyn. She was turning 16 and doing her N Levels that year. She had already been discharged from AG and she would always initiate to go for supper after the sessions. I was excited for the opportunity to bond and send her home after the sessions. One evening, knowing the various events that had been going on in Joycelyn's life, I was worried and asked her to meet up. That evening she didn't speak much and I only posted questions to her about her future, relationships and values. That night seems to be the turning point where our relationship deepened.

I'm not sure if I'm successful in mentoring Joycelyn, but at least I know I've developed a friendship and she'll call me when she needs advice. This journey is a self-discovery journey for me too as I've learnt about my weaknesses and management skills. I'm glad I didn't give up and I'm blessed to have mentors and Big Sisters to encourage me along the way. Relationships aren't built over night and the perseverance does pay off." - Siew Lin

# Home Report: Pertapis

**Home Name: Pertapis Centre for Women & Girls**

**Co-leaders: Quek Jing Yan, Hasnorimah Basari**

**BP established in Sep 2009**

**No of girls outreached in 2012: 22 girls**

**No of girls in MBL program: 14 girls**

**No of girls graduated MBL program: 14 girls**

In 2012, the theme for the MBL Programme in Pertapis was "Family Bonding" with the Big Sisters building relationships with both our Little Sisters and their family members. Our Big Sisters first met the Little Sisters in February where we had a session facilitated by the Games Tour volunteers. Through the excitement of playing, the fun and laughter broke the ice. For the next few months, we learnt about self-awareness, self-esteem, and the importance of our relationships through the MBL curriculum. During these sessions, our "young leaders", girls who have graduated from the previous batches, were great at facilitating the energisers for us!

We attended a screening of a local documentary, "Painted Ladies", about how five women overcome their personal challenges of abuse, family breakdowns, and unwanted pregnancies to pursue their dreams. Many of our Sisters connected with the challenges and this led our Sisters to open up to share our stories that created deeper bonds with one another as we continued our MBL journey together. To create stronger relationships, we also met the family members of our Little Sisters over a fun chocolate making event.

After setting the foundation of our relationship, we went through life skills sessions, such as learning about Choices and Consequences, to help with our Little Sisters' transitions after they leave the home. The biggest highlight of our MBL journey was a two day, one night camp where our Sisters bonded over interactive learning, a fun amazing race and staying overnight with one another!

Our 2012 learning and bonding journey concluded in our graduation ceremony in December where family and friends joined in to celebrate our achievements for the year. While it was the end of our MBL Programme, it was also the beginning of our journey together outside of Pertapis.



*"As mentors we have provided guidance, direction, support, motivation, assurance, focus, perspective, diversity and understanding. We give this powerful act of simply listening, and we provide a sounding board for their ideas and perhaps are a source of inspiration or aspiration for them. But I think the greatest gift that we give them, at the core, is a sense of unconditional love. Through it, I think many have "grown" to have a sense of self-worth and self-respect; simply because for some of them, this may be one of the few sources of dependable love that they have experienced. And it's made all the more potent because it comes from a stranger who has no obligation or connection to them but gives it freely and openly. Whether they openly acknowledge it or not, I believe they recognize it. For my Little Sister, I have seen it reflected most in her extended family and the way they were first surprised by, and then embracing of, my relationship with her. I mean, why would a stranger give their child time or even just care about her? In turn, I think this has helped her family somehow strengthen their relationship with her and they know that I'm there to help or listen if needed." - Vi Nguyen*



# Home Report: Grace Haven



*"Through this Beautiful People journey - I think we really helped the Little Sisters see the beauty that was within themselves. Even though they may not have thought of themselves as 'beautiful' and may not have felt that they were special at the start of their journey, they began to appreciate their unique strengths and slowly started to celebrate themselves as our programme went on. They all had such unique talents - we had Little Sisters who loved acting and singing, and others who were really serious about making their own financial decisions. At every activity there were girls who truly excelled- and I think the confidence that this built in them will bring them far in life."- Lala Wang*



**Co-leaders: Serene Koh, Chiong Suet Chee, Debbie Woon, Ray Pong**

**BP established in Sept 2012**

**No. of girls outreached in 2012: 18**

**No. of girls graduated Beautiful People programme: 17**

The eight-month long journey with our Little Sisters at Gracehaven was centred on their hopes and dreams. Our first formal activity together, which marked the start of our bonding, was the creation of their vision boards - their hopes and aspirations for the future told through pictures and words they found in magazines. This activity opened us to their world and formed the basis of many conversations we would have in our families. For the next three months, the Little Sisters set a short-term goal for themselves and our bi-weekly sessions taught them useful tools to bring them toward achieving that short-term goal. This involved interactive theatre, eulogy writing, games and team-building exercises to expose them to the values of taking responsibility, facing challenges and taught them that they were not alone in their journeys. In December, we had a Christmas party with lots of food and we celebrated the big progress our Little Sisters had made towards their goals! We started the new year with even stronger bonds in our families, and the new year was focused on imparting "life skills" to our Little Sisters that would help them transition into life outside the home. Although this involved many difficult and sensitive questions on health, self-image and financial independence, the courage and honesty displayed during these conversations really encouraged genuine sharing in our families and as a larger Gracehaven family. Finally, it was heartening to see our Little Sisters dress up as what they wanted to be in the future for our end-of-program photoshoot. It was a short nine months but it truly felt like they were already all grown up. The positive energy and amount of hope reflected in our Little Sisters' smiles was truly inspiring.

# Home Report: The Tent

**Co-leaders: Veronica Pang, Ye Yingyi and Choo Mengeng**

**BP Established in Sep 2010**

**No of girls outreached in 2012: 15**

**No of girls in MBL program: 9**

**No of girls graduated MBL program: 9**

Our Big Sisters commenced the year with the monthly befriending activities to warm up and get to know The TENT girls in the first half of 2012. The pairing up of mentors/mentees started right after the MBL Programme kicked off in May. The structured MBL program incorporated life skills coaching such as Financial Planning and Choices & Consequences, before we ended the MBL Programme with a camp at The TENT. This last activity for the year included a joyful Christmas celebration and the MBL Graduation Ceremony at Changi Cove Resort. There were many fun bonding sessions through these activities as each volunteer Big Sister drew closer and built stronger relationships with her Little Sister. The TENT administrators also gave Beautiful People their thumbs up. They are gaining their confidence each day in our programme and in the volunteers. We are told that the Little Sisters indeed look forward to the monthly activities with us. During the latter half of 2012, we also kicked off a new and important initiative of arranging tuition classes for the Little sisters at a Tuition Centre and on private basis. This initiative was met with an extremely positive response and will continue to be rolled out to more girls in the future.



*"After the initial befriending sessions, I started the one-to-one pairing relationship with a Little Sister, Min, as I sometimes call her. She's 16 years old this year, and hopes to do well in her O-levels to pursue a course of study that will lead her eventually to her interest area in Forensics. She's talented - enjoys playing the guitar, and is already starting to pay it forward in her own little way, by volunteering with YMCA at the Association for Persons with Special Needs (APSN)."*

*"I really enjoy spending time with all the girls, through the structured programs that Beautiful People has developed for the girls. To me, this is a journey of a lifetime because we're ultimately a relationship, not a program. My Little Sister was later discharged from the home, and we still maintain close and frequent contact. We often go back to visit the rest of the girls to see how they're doing."*

*"Sometimes, I can't help but wonder if my small efforts do really contribute a difference? And the answer is 'Yes.' Very often, whilst we may not be able to directly influence any of the girls' decisions, their way of thinking, views and attitudes towards life (not surprising, given what they have been through at their young age, and given that they are teenagers after all, still in the growing up phase), I still believe that the sustained relationships, "presence", and continual support helps in building the safety net which they can fall on, if they ever need to one day. In my own way, I try my best to be an inspiring mentor to which they can look up to, for advice or for a listening ear to hear them now & then. It's indeed a journey in which we stride on, advance and progress together. I believe I have grown together with the girls, and I have certainly learnt as much as, if not more from the girls - their strength, resilience and determination to succeed in life despite life's circumstances." - Ye Yingyi*



# Home report: BP Club



**Co-leaders: Dora Yeo, Allison Phua and Ashley Wong**

**Established in: 2011,**

**Purpose: To engage with BP Alumni (discharged Little Sisters)**

2012 was an exciting year for the BP Club, with many initiatives being pushed through for the first time.

The Club organised hands-on cooking sessions with the girls – some lucky little sisters from The TENT, together with their Big Sisters got their hands dirty, learning how to bake scones and an assorted variety of delicious quiches, whilst another group of girls from Beyond got to sample chilli crabs made from scratch using a secret family recipe. The girls from AG Home attended a December camp, together with BP Alumni's Young Leaders. The latter also had a hand in the planning and organisation of the event. The girls bonded together over activities such as Amazing Race, Grooming Workshops and a BBQ. Despite the differences in age, background and race, Sisters, big and little, had a wonderful time of fun, food and fellowship.

Throughout the year, the Club also organised a series of Financial Education Workshops, in which the girls learned how to better manage their money and were educated on the perils of overspending and the wisdom of savings.

The BP Club was conceptualised to ensure that the relationships forged between Big and Little Sisters would not end upon the Littler Sister's leaving the home, and to provide for meaningful interactions, bonding moments and opportunities to laugh and learn in sisterhood. Whilst still in its infancy, the Club aims to expand and grow year by year with each batch of Little Sisters being accepted into the fold. Our success has been encouraging, and the Young Leaders who have been identified have stepped up to the plate in terms of helping us organise and run key events in the Club's calendar.

# MBL Programme

## My Beautiful Life Programme

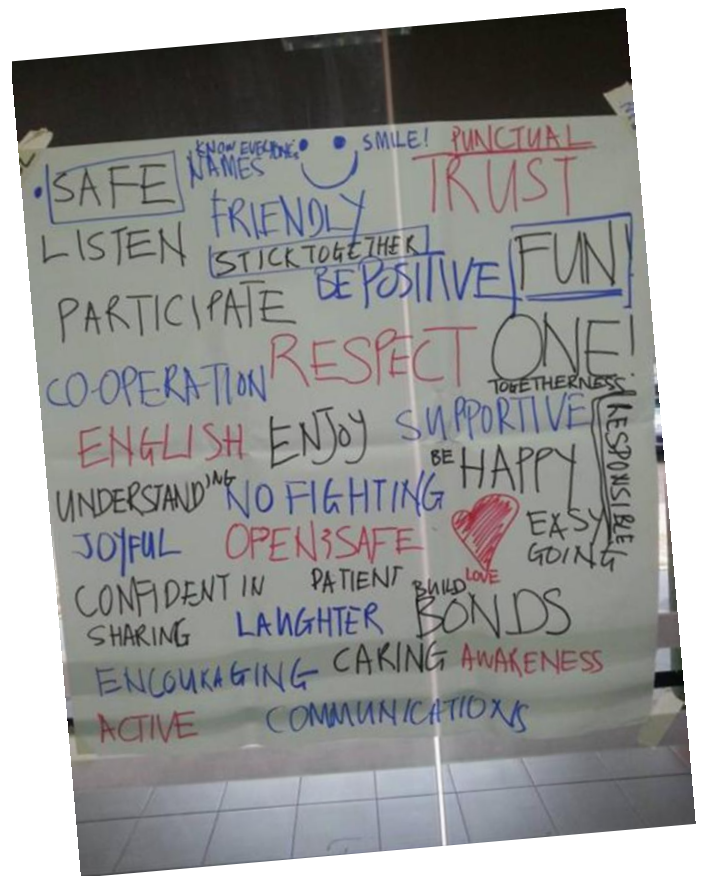
The My Beautiful Life (MBL) Graduation ceremony on December 16 was attended by more than 70 guests, mainly proud family members who were there to witness a special moment as 36 girls received their certificates for completing the MBL Programme.

The MBL is a career guidance and mentoring programme for teenage girls in four of our partner welfare homes. It is a one-year programme for girls who are about to be discharged from the homes. Each girl is paired with a Big Sister mentor who is there to walk her through key life transitions and to help her start a positive and supportive circle of friends as she integrates into society.

The MBL Programme is based on the importance of building a positive self-image, making responsible choices, strengthening family/social networks plus essential life skills such as communications, conflict, stress management, and teamwork.

Financial Education and On-the-Job training in the Beauty, F&B, Retail, and Hospitality industries are also incorporated into the MBL Programme.

Beautiful People would like to thank Temasek Holdings for sponsoring the MBL Graduation Ceremony at the Changi Cove Hotel on 16 Dec 2012.





# Family Engagement



## Beautiful People Family Lunch

### *Enjoying time together, as a family*

It was a great warm day, perfect for an iced drink and a dip in the pool, and our Little Sisters from Beautiful People were listening attentively next to an equally warm brick oven.

With the support of Binjai Tree and One Dream, the Saturday of 17 March 2012 saw Little Sisters in the open kitchen of Extra Virgin Pizza at Asia Square, learning the art of pizza-making from the experts led by Chef Matthew. It was a fun creative session as our Little Sisters experimented with the various ingredients and sauces ranging from the usual tomato and cheese bases to more exotic flavours like pesto pistachio. Our little sisters also enjoyed making their own soda concoctions – lemon ginger and strawberry flavours – perfect for the warm day. They had a boisterous fun time in the kitchen, and then, the best part, serving the pizzas they had lovingly prepared, to their Big Sisters and other family members.

We enjoy being the family that eats together, and stays together. Coming together to prepare food, clean up and finally, sit around the dining table to eat together, was yet another a wonderful opportunity for us to catch up with one another, bring the families of Little and Big Sisters into the Beautiful People family, and just simply enjoy one another's company and conversation.

Thank you once again to One Dream, Binjai Tree and Extra Virgin Pizza for being our lovely hosts, and for sharing in our dream!



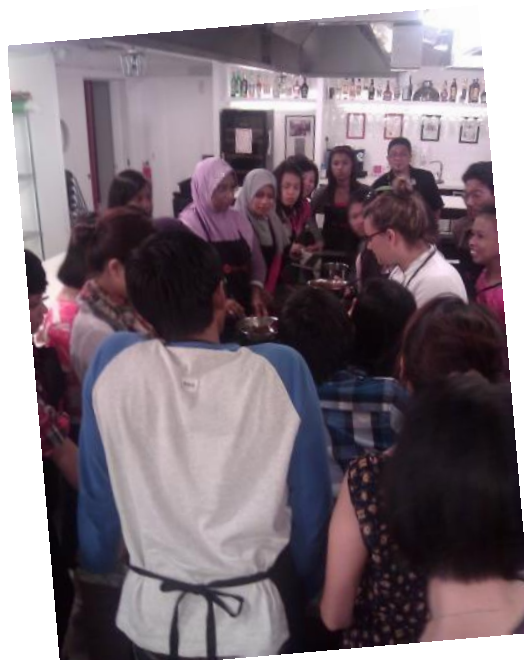
# Family Engagement



## Sweet Family Bonding over Chocolate Baking!

The latest batch of Pertapis Big Sisters had the first outing with their Little Sisters and their families on 10 June 2012. We spent the evening making lava cakes and cookies at Palate Sensations Cooking School. It was a little chaotic with noise from beating the mixture, little children clamouring for a taste of the liquid chocolate and flour flying all around. But this casual setting enabled the Big Sisters to bond and get to know their Little Sisters and their families better. While waiting for the yummy desserts to bake, the Little Sisters and family members also made cards for one another to show their love and appreciation.

This family engagement session was organised by a group of young leaders from the NUS Lead Programme 2012.



# Community Involvement (CIP)



## Trip to Mae Sot in December 2012

It was all about the joy of giving. The Little Sisters worked and saved hard not for their own gift but to go overseas to contribute. A chance to give back in Thailand, Big and Little Sisters received more than they expected.

"(I) Love the children and their gracious hearts. They don't have much but what they have they lovingly and willingly give it to us. Tears of joy to receive such gestures." - Big Sister Dora

"An awesome eye-opener trip for me. Where I learned to be humble and be thankful for what I have now. Giving the children lots of love and leaving precious memories for them to keep." – Little Sister Emma

"The children have so little but yet they have so much to give and share, through their little acts of kindness and thoughtfulness." – Big Sister Yen

"This was a most meaningful and fruitful trip! It was my first time travelling with my mum doing CIP together. During this trip, it gave a lot of time to bond with my mother as it helped to us to understand each other better and take care of each other. Thus, our relationship has improved." – Little Sister Ying

"I am very proud of, and humbled by the sight of our girls working so hard to raise funds to support the Mae Tao Clinic and their working so well with and encouraging the young Burmese children in organizing the Christmas party for their community."- Big Sister Yoek

"I packed a whole lot of anticipation for the trip... along with the readiness to just simply jump in and be who I need to be and do what it takes to create a connection with the children such that they feel love, joy & fun!"- Big Sister Ming

"This is my 6th trip to Maesot. I have the opportunity to see how the children have growth not only taller but as well as their character. I always find strength in them and they always give me energy to face my next day." – Big Sister Phyllis

*Coloring, singing, playing games, wiping snot off little noses, cooking alphabet soup, making stars and photoframes, organizing a mega Xmas party... it was all in a day's work. =)*

# F u n d r a i s i n g

## Fundraising Committee Report for 2012

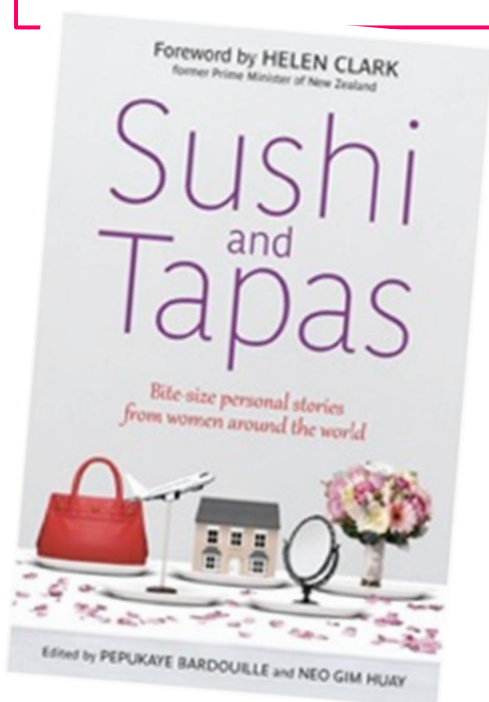
Prepared by Meena Mylvaganam with inputs by Fazeela Rashid

At the beginning of the year, the Fundraising Committee met on a regular basis to try to work out a year's plan. A fundraiser was organised when the editor and publisher of ***Sushi and Tapas: Bite-Size Personal Stories from Women Around the World*** approached Beautiful People to be part of their book launch in September.

Beautiful People purchased the books at a special discounted price to be sold at the launch and then the proceeds were given to Beautiful People. Also, BP purchased additional copies to be sold to interested Big Sisters after the launch event.

As with any fundraiser organised, we try our very best to have the girls involved. In this particular instance, three of the authors and the editor spent a morning at Pertapis with the Little Sisters participating in the My Beautiful Life (MBL) programme. The girls enjoyed meeting and talking with the authors, hearing about their difficulties and how they have overcome them. We will continue to endeavour to include this aspect in all our fundraisers whenever possible. Fundraising is not just to raise funds for the cause and the programmes we run, but to also spread awareness about Beautiful People and to impact the Little Sisters.

As a spinoff from this collaboration, Fundraising Committee member, Fazeela Rashid, worked with her employer, Temasek Holdings, to become more involved with Beautiful People.





# F u n d r a i s i n g

In Dec 2012, Beautiful People sold Sticky Date Fruit Cakes as our social enterprise project during the Christmas season. Preparation for the project started early with the ingenuity of Chef Kamal Fondueman who created a Halal fruit cake recipe just for this special occasion. With the Singapore Halal Culinary Federation sponsoring the kitchen, 10 of our Little Sisters worked with him and learnt what it was like to work in a typical confectionary with 3 full days of intensive baking! Together with some Big Sisters, our team baked a total of 500 cakes that were all sold out! In addition to the invaluable hands-on baking experience, the project also had a surplus of \$9540 that will go into supporting our Little Sisters' dreams. It was truly a gift that keeps giving!



## Baking cakes to get a taste of working life



ST PHOTO: LAU FOOK KONG

THIS Christmas season, around 10 to 12 girls from various girls' homes here will be baking hundreds of sticky date fruitcakes to sell.

As part of a social enterprise project now in its second year, they will be learning many aspects of managing an F&B business such as baking skills and how to manage deliveries and costs.

The baking spree is organised by Beautiful People, which aims to support teenage girls on probation as they leave girls' homes and re-enter society. "We believe that in a different environment with different influences, these girls will have

a real opportunity to choose to lead a different life," said business development director Dawn Kong, 40.

The project is a culmination of a year-long mentoring programme that teaches older girls job-related skills. This year, Beautiful People aims to bake about 500 cakes and has received around 300 orders so far, said entrepreneur Shindy Vij, 53.

Each cake costs between \$28 and \$35, depending on the order amount.

She is one of the people behind the social enterprise arm of Beautiful People, which gives the girls a taste of what it is like

to be in the working world. Last year's batch of girls baked and sold 3,000 cupcakes for Christmas.

Mr Muhammad Kamal, known professionally as chef Kamal Fondueman, will be teaching the girls his specially created halal sticky date fruitcake recipe, and overseeing the three full-day sessions. Said the chef: "I am glad I can be a mentor and teacher to them even though it'll only be for three days."

Last year, recounted the 40-year-old, the girls had fun singing along to British star Adele's songs as they cleaned the kitchen.



# Numbers and facts



Our family :  
 Little Sisters – 75  
 Big Sisters – 70

Home	Pertapis	Gracehaven	AG	The Tent	Beyond
No. of Big Sisters	22	18	15	15	5
No. of Little Sisters	20	17	15	15	3





# Financials & Acknowledgements

		% of total
<b><u>INCOME STATEMENT</u></b>		
<b><u>Income</u></b>	<b><u>\$40,480.46</u></b>	
Donations (Corporate)	\$5,616.76	14%
Donations (Foundations)	\$11,694.54	29%
Donations (Individuals)	\$20,539.85	51%
Other activities	\$2,629.31	6%
<b><u>Expenses</u></b>	<b><u>\$27,421.27</u></b>	
<b><u>Programme</u></b>		
Camp	\$5,749.81	21%
My Beautiful Life	\$4,166.75	15%
Club	\$8,798.10	32%
<b><u>Volunteer Management</u></b>	<b><u>\$3,967.16</u></b>	<b><u>14%</u></b>
<b><u>Stakeholders</u></b>	<b><u>\$2,973.43</u></b>	<b><u>11%</u></b>
<b><u>Operational Expenses</u></b>	<b><u>\$696.02</u></b>	<b><u>3%</u></b>
<b><u>Fundraising</u></b>	<b><u>\$1,070.00</u></b>	<b><u>4%</u></b>
<b><u>Net Income/ (loss)</u></b>		
<b><u>Surplus Account</u></b>		
Beginning balance - 1/1/2012	\$164,227.14	
Net income/ (loss)	\$13,059.19	
<b>Ending balance - 31/12/2012</b>	<b>\$177,286.33</b>	

## Acknowledgements

We would like to thank the following organizations and businesses for making 2012 a beautiful year.

*Binjai Tree*

*Chef Kamal Fondueman*

*Club 21*

*Como Foundation*

*Extra Virgin Pizza*

*Mastercard*

*One Dream*

*Palatte Sensations*

*Singapore Halal Culinary Federation*

*Tao Payoh Central Community Club*

*Temasek Foundation*

*Unifem*

## Home Partners

*AG Home*

*Beyond Social Services*

*Gracehaven*

*Pertapis Centre for Women and Girls*

*The TENT*