

# PERTAPIS SHARES

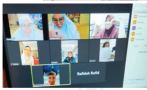
SHARING  
WITH YOU NEWS & UPDATES  
FROM OUR  
FAMILY AT PERTAPIS

## MESSAGE

We hope you are well. Amidst these trying times, we have to continue to persevere & adapt to the new normal. Here's sharing with you how we have been adapting ourselves by implementing the necessary safety measurements in our homes & centres, to work together to ensure the safety & well-being of our Pertapis family.

## PSCFH

The Safe Entry QR code is implemented for contact tracing purposes. Our staff & residents also underwent the swab test.



Activities such as physiotherapy were held while maintaining social distance. Meetings were conducted through zoom to keep all staff updated of latest advisories.

By Pertapis Senior Citizen Fellowship Board

## PCH

Our Programme Coordinator, Mr Shiek, keeps our residents updated on the COVID-19 situation & happenings.

We have been receiving donations in-kind through contactless delivery mode. Social distancing is observed in open spaces such as the dining area.

Staff are also on full Personal Protective Equipment (PPE) when crossing zones.



By Pertapis Children's Home

## PCWGW



We did our part by alternating seating arrangements in classrooms that has been set up for home-based learning & in the makeshift dining area.

A check-in point upon entry into the centre by scanning the QR code has also been implemented.

Apart from the above, other measures such as a queuing system in the dining hall has also been adopted to ensure social distancing measures are met.

By Pertapis Centre for Women & Girls

## PHH



Daily temperature-taking is held for our residents & staff. Safe distancing measures are in place for any activity such as during handphone utility time.

We had an opportunity to have a video conference with President Halimah Yacob. And also had an opportunity to collaborate with Geylang International Football Club's staff & players to distribute aid.

By Pertapis Helpline Board

## PERTAPIS MOVERS

### BUSINESS RESUMES!



In light of Phase 2 of the Post-Circuit Breaker, we are now able to resume our moving & transportation services!

We make it our priority to deliver reliable, efficient & hassle-free moving services for our valued customers at very affordable rates!

Contact us at 6748 6821 or 9116 9757 or email us at [movers@pertapis.org.sg](mailto:movers@pertapis.org.sg) for more enquiry!

By Pertapis Movers



## KIDDY CAMPUS



Our childcare was fully opened since 2 June 2020. Before the opening, teachers cleaned the entire centre & ensure that safety measures were implemented throughout.

Masks are compulsory for everyone & safe distancing is reminded regularly. Frequent hand washing is also observed before & after meals & after every activity.

By KIDDY Campus



## #PCCU CARES

Due to the Covid-19 situation, people may feel heightened emotions or uncertainties for their future. As fellow humans, these experiences will likely affect us too. So here are some tips to caring for yourself!



### TALK IT OUT

Take time-out to distract yourself & speak to a friend. Reflect on challenging thoughts & feelings, & re-frame your thoughts.



### BREATHE

Clear your thoughts by having 5 to 10mins of breathing exercises. Take this time to remember your good work & accomplishments.



### SELF-LOVE

It is okay to feel negative or out-of-control during hard times. Care for your mental health & physical well-being by doing what you love.

## PCCU IS HERE FOR YOU!

Tel: +65 6745 3969 | Email: [pccu@pertapis.org.sg](mailto:pccu@pertapis.org.sg)

Facebook: Pertapis Counselling & Care Unit

By Pertapis Counselling & Care Unit



GIVING IS NOT ABOUT MAKING A DONATION,  
IT'S ABOUT MAKING A DIFFERENCE.

SCAN THE QR CODE TO VISIT OUR WEBSITE TO DONATE NOW!

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