

*Threads of Connection,
Fabric of Unity.*



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Chairman's Message

Caritas Singapore has been and continues to be an integral part of the fabric of our society. Just as threads are interwoven to create a tapestry, our efforts, our work are intricately connected with the lives of those we serve. Guided by faith and compassion, we strive to uplift communities, empower individuals, and inspire hope among the vulnerable, marginalised and displaced, regardless of race or religion.

Our mission goes beyond providing aid; it is about building bridges of understanding, fostering dignity, and nurturing hope and resilience. In collaboration with our member organisations – collectively known as the Caritas Family – we serve families, children, the elderly, prisoners, people with disabilities, migrant workers, and individuals facing medical challenges.

To capture the depth and breadth of our work, we are launching our inaugural Impact Report—a testament to the collective difference the Caritas Family makes in society. Just as each thread strengthens a tapestry, every act of service we undertake weaves together a more compassionate and resilient community. Through this report, we seek to highlight the meaningful contributions of the Caritas Family, share the tangible outcomes of our initiatives, and inspire greater support and engagement. By reflecting on our journey and ongoing commitments, we hope to encourage more people to take action and be part of this mission of love in action.

Our work is only possible through the generosity and support of our community—donors, volunteers, and partners who share our vision of love in action. As we look ahead, we remain steadfast in our mission to weave compassion, hope, and dignity into the fabric of society. Together, let us continue to make a meaningful impact, one life at a time.

Agnes Liew
Chairman, Caritas Singapore



Caritas Singapore and Caritas Family

Caritas Singapore is the social and community arm of the Catholic Archdiocese in Singapore, uniting over 20 Catholic charities and organisations under the Caritas Family umbrella and supporting individuals of all backgrounds through 70+ programmes.

Communities Served

Family and Children

Seniors

Key Projects

Environment

Mental Health

Caregivers

Capability Building

Marginalised

This year, we deepened our commitment to caring for creation. Inspired by Pope Francis' encyclical *Laudato Si'*, we took purposeful steps towards environmental stewardship, promoting sustainability across our initiatives. Additionally, we focused on building capabilities within our Caritas Family, ensuring that we remain effective and impactful in our mission.

Programme Highlights

Clarity's Community Mental Health Service

OVER 6,850 COUNSELLING SESSIONS WERE CONDUCTED

Clarity Singapore is a mental health charity that supports individuals (18 to 35) facing anxiety, depression, trauma, and emotional challenges. Serving people of all backgrounds, it offers inclusive, compassionate care to promote recovery, acceptance, and empowerment, helping individuals lead meaningful lives through tailored mental health services and support.



Montfort Care's Learning Lab for Seniors

MORE THAN 335 SENIORS WERE ENGAGED

Montfort Care's Learning Lab for Seniors promotes lifelong learning to enhance seniors' wellness and confidence. It encourages personal growth, social connection, and active volunteerism. By reaching out to heartland communities, the programme fosters positive ageing and empowers seniors to stay engaged, relevant, and connected through meaningful learning opportunities.

Caritas Singapore's Walk with Caritas Family

1,600+ JOINED INAUGURAL WALKATHON UPLIFTING THOSE IN NEED

Caritas Singapore's walkathon celebrated community with a 5km walk, carnival stalls, performances, and interactive booths. The event raised awareness of efforts to support the vulnerable, highlighting a shared commitment to positive change.



Note: The figures and information presented in this report are based on data submitted by the respective Caritas Family organisations. Every effort has been made to compile and present this information accurately with due care.

Children, Youth & Families

5,720

Children and youths served



Our member organisations are committed to addressing the complex and multifaceted needs of vulnerable children and youths within our community through the provision of services such as counselling, child and student care centres.

Boys' Town's Adventure Centre

79% of clients experienced significant growth in their emotional and personal development. Equipping them with essential skills to navigate challenges and build stronger relationships with others.

Morning Star's EXSEL Programme

90% of clients successfully applied their knowledge of social-emotional learning (SEL) to create meaningful improvements in their personal lives.

Canossaville's Extended Care Programme

More Than 95% of clients were able to enhance their football, violin and arts and craft skills during the Saturday programme.

“I feel blessed for having such opportunities for my children knowing I might not be able to provide these courses for them.

It surprised me too as I learned that my kids have such interests, something that without this programme, I would have never known.”

- Ms K, Parent of client

Seniors



Montfort Care's Goodlife! HomeBathing Service

More Than 98% of seniors reported improved skin conditions and moods, restoring their sense of dignity.

Morning Star's ASPIRE InterGen Programme

95% of seniors reported enhanced cognitive and emotional well-being within one year of joining, experiencing greater mental clarity, emotional resilience, and a stronger sense of connection with those around them.

590 Clients served



The Caritas Family is dedicated to serving the most vulnerable members of the community, and the elderly are at the forefront of our social mission. We recognise the unique challenges faced by older individuals, including declining health, loneliness, and limited resources. We work tirelessly to provide comprehensive support that addresses both their physical and emotional needs.

Montfort Care's Learning Lab for Seniors

97% of seniors reported improvements in:

Knowledge of active aging

Methods for staying active

Expanded social network through the courses in Learning Lab.

Persons with Mental Health Conditions

1,670 Clients served

8,860 Counselling/therapy sessions conducted

Clarity's Community Mental Health Services

79% of clients improved their Global Assessment of Functioning (GAF) scores, showing progress in mental health and daily functioning.

“I overcame addiction, anxiety, and panic attacks with support from Clarity Singapore, where therapy helped me to build self-awareness and begin recovery. Now, I embrace healthy habits, enjoys outdoor activities, and finds purpose through volunteering. Highlighting the benefits of physical activity and nature, I share my story to inspire others to seek help and start their own healing journeys.”
- Lawrence (not his real name), Client

In response to today's evolving challenges, the Caritas Family is committed to supporting individuals facing mental health concerns. Through counselling, therapeutic support, and workshops, we empower individuals with tools for healthier, more fulfilling lives. Our mental health literacy initiatives promote understanding, reduce stigma, and foster a compassionate, informed community.



Catholic Family Life's Counselling and Therapy

94% of counselling clients reported significant improvements in well-being and mental health.

Boys' Town's Clinical Intervention Centre

89% of clients showed improvements in their functioning and mental well-being.

Caregivers

With growing caregiving demands among Singaporeans, our member organisations have introduced programmes to support caregivers. These include training, respite care, educational talks, support groups, and retreats. Designed to address the physical, emotional, and financial challenges of caregiving, these initiatives empower caregivers with practical skills, provide relief, and affirm their vital role by fostering a sense of support, resilience, and value.

Boys' Town's Sanctuary Care

93% of parents and caregivers reported a reduction in stress and an enhanced ability to cope with situations at home.

Persons with Intellectual Disability

The Caritas Family provides tailored day activity centres and training programmes to support individuals with intellectual disabilities. These initiatives aim to empower individuals, help them reach their full potential, and provide essential resources and support to overcome challenges and lead meaningful, fulfilling lives.

Mamre Oaks' Day Activity Centre

82% of clients showed growth in social inclusion, daily skills and community engagement

“I was seeking a supportive space for growth, and over time, the centre has become a place where I feel confident and engaged. Once hesitant about outdoor activities, I now eagerly participate and embrace new experiences with growing confidence.”
- Peter (not his real name), Client

150 Clients served

Morning Star's CareNights Programme

More Than 95% of caregivers felt uplifted, with significant improvements in areas such as

- Receiving Respite
- Addressing Family Crises
- Skills Upgrading
- Financial Stability



On the Margins



17,720
Individuals served



Through inclusive programmes and services, our member organisations uplift marginalised individuals, promote resilience, opportunity, and well-being. These efforts provide vital resources, combat isolation, and address systemic inequities, empowering people to reclaim their voices and engage in society with dignity and hope.

Archdiocesan Commission for the Pastoral Care of Migrants & Itinerant People's (ACMI) Outreach and Engagement

98% of migrant workers reported feeling a stronger connection with the communities in Singapore, enabling them to interact and integrate positively with the local population.

Catholic Lawyers Guild's Legal Clinic Sessions

95% of clients successfully accessed and benefitted from the legal clinic sessions, receiving the guidance and support needed to navigate their legal challenges. These sessions empowered clients to make informed decisions and address their personal concerns, such as family issues, estates, employment, personal accidents, etc., with greater confidence.

Catholic AIDS Response Effort's (CARE) Non-Residential Programme

60% of non-residential clients showed significant improvement in cultivating a more positive outlook on life. This growth reflects the programme's impact in helping persons living with HIV/AIDS build resilience, regain hope, and approach their challenges with a renewed sense of purpose.

Environment

190kg

Of waste was carefully sorted to maximise recycling efforts and ensure environmentally responsible disposal, reflecting our commitment to sustainable practices



Caritas Agape Village

95% of events at Caritas Agape Village¹ utilized reusable cutlery and utensils, significantly cutting down on single-use waste. This initiative has contributed to a more sustainable approach in reducing the social integrated hub's overall environmental impact.

¹ A social service integrated hub developed by Caritas Singapore to bring together the common services of the various Catholic organisations to provide holistic and integrated care to those in need—regardless of race or religion, all under one roof.



760

Individuals were engaged in initiatives promoting environmental awareness and sustainability

150kg

Of edible plants were grown and harvested in Caritas Agape Village, underscoring Caritas Singapore's commitment to food sustainability

Capability and Community Building

Theory of Change Workshop

86% of participants from 16 Member Organisations expressed competency in their knowledge of programme monitoring and evaluation after attending the workshop.



Leaders' Council Meetings

126 participants engaged in discussions and formed networks for potential collaboration both within and across sectors to strengthen solutions in the social service sector. Topics discussed included governance, social mission, inhibitors to collaboration, etc.



“For me, the Caritas Family is a community of like-minded organisations focused on social impact. The Leaders’ Council Meetings provide a valuable platform to connect with fellow leaders, exchange ideas, and explore potential collaborations. I truly value the insights shared during these sessions, as the benefits extend well beyond the meetings themselves. **These gatherings have led to stronger relationships, cross-organisational training, and meaningful collaborations that drive greater social change.**”

- Kelvin, Head of Partnerships, Caritas Singapore

Thank You for Supporting Change

As we look back on a year of impactful work, we extend our deepest gratitude to each supporter, partner, volunteer, and advocate who made these achievements possible.

Together, we are creating a better future, where individuals and families facing challenges are empowered to thrive, and communities are strengthened. Your unwavering support has helped us to continue our mission of building a more compassionate and resilient society. With your partnership, we are able to reach more people, offer essential resources, and provide hope to those who need it most.

Looking Ahead

Our work is far from over. With your continued support, the Caritas Family can build on these successes and embrace new opportunities to deepen our impact. Together, we will continue to expand our programmes, reach more individuals in need, and address emerging challenges in our communities. By fostering collaboration, strengthening partnerships, and empowering those we serve, Caritas Family is committed to creating lasting change and a brighter future for all. As we move forward, we remain focused on our mission, and are confident that, with your ongoing support, we can achieve even greater milestones in the year ahead. Thank you for being part of this transformative journey.

Get Involved



Donate

Help us reach even more individuals and communities.



www.caritas-singapore.org/donate



Volunteer

Join hands with us and contribute your time & talents.



www.caritas-singapore.org/volunteer

Together, we make lasting change possible.



info@caritas-singapore.org



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