



### A MESSAGE FROM OUR ME2 TEAM



Ho! Ho! Ho! The Christmas season is here again, and as we wrap ourselves in the glow of festive lights, we're taking a moment to celebrate the incredible journey 2025 has brought us!

One of our proudest moments was hosting our first ever inclusive event, A Carnival of Stories, where the community came together in celebration of stories, performances, and shared humanity. It was a beautiful milestone that truly embodied what Me2 stands for.

With the holiday season in full swing, our hearts are full and our excitement for what lies ahead is brighter than ever.

May the year ahead bring everyone fresh possibilities, renewed inspiration, and countless reasons to smile.

#### SPOTLIGHT ON ME2'S NEWEST ARTS-BASED LITERACY PROGRAMME: PAGE TO STAGE!



We kicked off an exciting new chapter with our collaboration with bestselling children's author Neil Humphreys, whose delightful stories now shape the heart of our newest programme, Page to Stage. Bringing his imaginative worlds to life has sparked joy and wonder in every classroom, making each session feel like a fresh adventure.

Page to Stage is an arts based literacy programme that takes children from storybook imagination to confident stage performance. Built on the Me2 Centre of Inclusive Arts Framework, each class blends storytelling, drama, and movement to help children explore expression, character, and creativity. Through lively segments, children gain confidence while learning to listen, move with purpose, and tell meaningful stories.

Our programme is thoughtfully curated by the Inspired themes in Neil's books that explore sustainability, biodiversity, problem solving, and compassion. With trainers professionally equipped in the Page to Stage Curriculum and inclusive teaching strategies, even shy or soft spoken children gradually find their voices and shine proudly on stage.

Page to Stage is more than a drama class; it is a joyful space where literacy, imagination, and performance come together to help every child stand tall from page to stage.

If you are interested in signing up for a trial class or bringing Page to Stage to your centre, simply call us at **+65 8842 2471** or write in to [askme@me2.com.sg](mailto:askme@me2.com.sg) now, we would love to share this experience with you.

### JULY 2025 HIGHLIGHTS

#### A Tender and Transformative Hair Experience With The Head Editor



This month, we had the joy of bringing our seniors from SUN DAC Upper Thomson's Ageing Well class for a special haircut and wash experience, made possible through the generosity of our partners at The Head Editor. For many of our seniors with intellectual disabilities, stepping into a modern salon complete with its mirrors, equipment, and unfamiliar sensations was a first in their lives. What began as uncertainty soon unfolded into a morning filled with curiosity, laughter, and heartfelt connection.

In the weeks leading up to the outing, our seniors prepared through classroom reenactments as part of Improv with Me2. During these sessions, our trainers introduced the idea of a salon visit in a familiar environment, guiding seniors through what it might feel like to sit in the chair, lean back for a wash, and communicate simple preferences. These rehearsals helped them understand each step clearly and gave them the confidence to approach the real experience without fear. It was heartening to see how practice slowly turned apprehension into readiness.

From the moment they arrived at the salon, Janice and Quester welcomed everyone with extraordinary warmth and patience. They explained each step gently, demonstrated tools slowly, and adjusted their pace to suit each individual's comfort level. Because of their kindness, seniors who were initially anxious found themselves willing to try. Those who hesitated at the start eventually relaxed into the experience, discovering delight in something new and unfamiliar.

What followed were beautiful moments. Soft giggles during the hair wash. Wide smiles as they saw their fresh cuts in the mirror. Touching exchanges between stylists and clients who quickly built trust. For some, the gentle head massage was the highlight. For others, simply being cared for with dignity and respect made the experience unforgettable.

This visit was also part of Improv with Me2, our signature daily living skills programme designed to build independence, confidence, and real world readiness through experiential learning. The salon outing gave our seniors the chance to practise communication, follow routines, and engage socially in a welcoming community space.



### JULY 2025 HIGHLIGHTS

#### A Tender and Transformative Hair Experience With The Head Editor

At Me2, we are always on the lookout for community partners who share our belief in dignity, compassion, and inclusion.

Collaborations like this allow our seniors to experience the world in meaningful ways, supported by professionals who see them, honour them, and celebrate their growth.

We are deeply grateful to Janice, Quester, and the entire team at The Head Editor for opening their doors and their hearts to our seniors. Their tenderness turned a simple grooming session into a meaningful milestone, affirming confidence, celebrating courage, and reminding all of us of the power of inclusion.

As we continue to grow our Improv with Me2 programme, experiences like this remind us why community partnerships matter so deeply. When organisations come together with shared purpose and compassion, new possibilities open up for all our clients, from youths to adults to seniors with diverse needs.

We hope this is only the beginning of many more meaningful journeys, each one strengthening confidence, independence, and the belief that every individual we serve deserves to live fully, freely, and with pride. If you or your organisation would like to collaborate with us to create more inclusive and meaningful experiences for our community, we warmly invite you to reach out. We would love to explore new possibilities together.



#### The Head Editor

**The Head Editor is a modern, full-service salon located in Bugis, Singapore, offering professional hair cutting, coloring, and styling services for both men and women.**

**With a skilled team of stylists and a welcoming environment, they specialise in delivering tailored recommendations and refined looks from trims and perms to premium colour treatments.**

**Conveniently nestled at 1 Liang Seah St #02-11 Liang Seah Place, the salon operates from 11 am to 8 pm (Monday to Saturday) and 11 am to 7 pm on Sundays, closed on Thursdays.**

**Visit [headeditor.com](https://headeditor.com) for more information.**

### JULY 2025 HIGHLIGHTS

#### A Confident Step Into Healthcare for Rainbow Centre's Young Adult Activities Group



This month, Me2 Centre of Inclusive Arts welcomed members from Rainbow Centre's Young Adult Activities! (YAA!) for a transformative healthcare learning journey made possible through our meaningful partnership with IDHealth.

For many young adults with diverse needs, visiting a clinic can feel overwhelming. New environments, unfamiliar equipment, and fast-paced interactions often lead to anxiety that makes it difficult to ask for help. Understanding this, Me2 designed a two-step experience to turn uncertainty into confidence.

The programme began with a series of classroom lessons, where our trainers recreated the entire clinic flow through guided reenactments. Students practised registering at the counter, waiting for their turn, experiencing mock nurse checks, engaging in simple doctor interactions, and understanding how medication collection works.

The final lesson culminated in a learning journey to the clinic, where the YAA! participants put everything into practice. With the IDHealth team welcoming them warmly, students registered at the front desk, waited alongside other patients, interacted with clinic staff, and observed real nurse procedures and medication dispensing.

This partnership is especially apt because both Me2 and IDHealth share a deep commitment to making healthcare more approachable for individuals with intellectual disabilities. By blending Me2's experiential teaching with IDHealth's specially designed visual support aids, we transformed what could have been an overwhelming visit into an empowering milestone.

We are proud of the confidence our students gained through this "practise first, experience later" model, and we look forward to furthering this meaningful collaboration as we continue championing dignity, independence, and real-world readiness for the communities we serve.

#### Improv with Me2

**Improv with Me2 is our signature daily living skills programme that strengthens independence, problem-solving, and real-world interaction through engaging, practical activities. Created for diverse learners, it supports self-expression, social confidence, and everyday readiness in a safe and encouraging space. If you're interested, call us at +65 8842 2471 or write in to [askme@me2.com.sg](mailto:askme@me2.com.sg)**



### JULY 2025 HIGHLIGHTS

#### Voices Rising: A Public Speaking Journey with APSN



Me2 Centre of Inclusive Arts had the privilege of journeying with two APSN classes through our Public Speaking Programme. What began as a simple introduction to voice, confidence, and expression soon blossomed into a series of uplifting sessions filled with courage, joy, and discovery. With one dedicated instructor in each class, students received the steady guidance and personal support they needed to grow at their own pace.

Across the seven sessions, every lesson invited students to explore a different part of what it means to speak with clarity and intention. From playful warm ups like Word Association and vocal exercises, to practising projection through fun tongue twisters, the classroom often buzzed with laughter and renewed confidence.

Body language also became an important part of their journey. Through imaginative activities such as transforming into objects, creating shapes with their bodies, and mindful movement exercises, students learned how posture, gestures, and presence play a vital role in speaking to an audience. These sessions encouraged teamwork, loosened nerves, and helped everyone discover the joy of expressing themselves physically and vocally.

We are incredibly proud of every student who took part in this programme. Their willingness to try, to grow, and to step out of their comfort zones reminds us why spaces like these matter. With encouragement, clear structure, and a nurturing environment, every young person can find a voice that feels fully their own.

#### About APSN

**APSN (Association for Persons with Special Needs) is a social service agency in Singapore that provides special education, vocational training, and employment support for individuals with mild intellectual disabilities. Through its schools and training centres, APSN equips students with essential life skills, confidence, and opportunities to thrive in real-world environments. With a strong emphasis on independence, dignity, and community inclusion, APSN continues to empower its learners to reach their fullest potential.**

**For more information, visit: <https://www.apsn.org.sg/>**

### AUGUST 2025 HIGHLIGHTS

#### A Culinary Pathway to Independence with Youths from YMCA @ Minds Hub (Bukit Batok)



This season, we had the privilege of bringing our Meal Prep with Me2 programme to the vibrant youths at YMCA, where learning, laughter, and delicious aromas filled every session. Designed for youths with disabilities, this programme offers more than cooking lessons. It empowers students to build independence, practise life skills, and experience the joy of creating something with their own hands.

Across the weeks, our trainers guided the youths through a beautifully curated menu of Asian and international favourites. Each dish was chosen not only for its flavour, but for the opportunity it offered to practise sequencing, measuring, basic cooking techniques, teamwork, and following routines.

One of the highlights was preparing biryani, where students learned to layer fragrant rice with spices, vegetables, and aromatics. The rhythmic steps of washing rice, mixing spices, and watching colours blend together helped them understand the flow of a multi-step dish while building patience and coordination.

Their creativity shone during the session on mango sticky rice, as they worked with fresh mangoes and warm glutinous rice, learning to plate the dessert with care and pride. The excitement was just as high when they crafted snowskin mooncakes, moulding soft pastel dough around lotus paste and discovering the joy of making a festive treat by hand.

The youths also enjoyed exploring local flavours through laksa, where they learned to assemble noodles, vegetables, and toppings before ladling rich broth over their bowls.

Throughout the programme, what stood out most was the enthusiasm and determination each youth brought to the kitchen. With every session, they became more independent, more curious, and more confident in their ability to complete tasks, try new foods, and work collaboratively.

Meal Prep with Me2 continues to be one of our most impactful life skills programmes, and we are grateful for the opportunity to journey alongside the YMCA youths. Experience our magic yourselves, book a session at **+65 8842 2471** or write in to [askme@me2.com.sg](mailto:askme@me2.com.sg).



### AUGUST 2025 HIGHLIGHTS

#### SUNDAC CCK Learners Visit Watsons Under Me2's Personal Hygiene Module



##### Personal Hygiene Module – Improv with Me2

Help your learners build confidence and independence with our Personal Hygiene module under Improv with Me2. This engaging, hands on programme teaches essential skills such as cleanliness routines, changing clothes, using deodorant, selecting hygiene products, and practising safe, respectful personal care. Through improvisation, role play, and real world scenarios, participants learn in a supportive environment that encourages dignity, self awareness, and everyday readiness.

Bring this meaningful learning experience to your centre today. Sign up at +65 8842 2471 or write in to [askme@me2.com.sg](mailto:askme@me2.com.sg)

As part of Me2's commitment to empowering persons with disabilities through practical, real life learning, our team recently brought clients from SUNDAC Chua Chu Kang on an educational outing to Watsons. This visit was a key component of our Personal Hygiene module, designed to help participants strengthen daily living skills, build independence, and grow confidence in navigating the community.

During the outing, clients practised identifying common hygiene products such as shampoo, soap, deodorant, toothpaste, and sanitary items. They learned how to recognise labels, and make simple purchasing decisions, skills that are essential for personal wellbeing and everyday functioning.

Our trainers also guided learners through social and community interactions: walking safely in the mall, understanding store etiquette, seeking assistance from staff, and handling items appropriately. These experiences help participants transfer what they learn in the classroom to real world environments, making their learning meaningful and relevant.

Beyond product recognition, the outing offered clients a safe space to practise money handling, including choosing items within a budget and counting change at the cashier. This not only builds financial literacy but also reinforces confidence when interacting with frontline staff, an important step toward functioning independently in public settings.

Seeing the products in a real store helped them better understand why hygiene matters and when to use each item. They were encouraged to ask questions, explore different options, and think about their own daily habits, making the learning deeply personal and practical.

The visit to Watsons was not just about buying hygiene products, it was about building dignity, nurturing independence, and showing participants that they can confidently care for themselves in the community. At Me2, we firmly believe that every learning journey should open doors, strengthen self esteem, and encourage individuals to take the next step forward with pride.

### REGIONAL HIGHLIGHTS: CEREBRAL OVERSEAS

#### Expanding Horizons: Launching Chatter Bug & My First Portfolio in Thailand



Me2 Centre of Inclusive Arts is proud to expand our regional footprint with the launch of two of our signature programmes, Chatter Bug and My First Portfolio, at The Arts of English in Nakhon Sawan, Thailand. This marks an exciting milestone as we continue bringing creative, right-brain-driven education to learners across Asia.

At The Arts of English, children experience English through imagination, movement, and expression. The addition of Chatter Bug, our dynamic public speaking and communication programme, introduces students to the fundamentals of confidence-building: body language, vocal expression, storytelling, and social-emotional awareness. Through games, guided practice, and performance-based activities, children learn to speak boldly, listen actively, and present with clarity—skills that support them far beyond the classroom.

Alongside Chatter Bug, Me2 is also launching My First Portfolio, a foundational drama and filmmaking programme that empowers young learners to explore character, creativity, and performance. Students build a mini digital portfolio through segments such as picture description, line delivery, improvisation, and on-camera practice, nurturing both communication skills and artistic curiosity. The programme emphasizes experimentation, imagination, and joyful learning, aligned with Me2's belief that every child deserves a platform to shine.

#### The Arts of English – Nakhon Sawan, Thailand

**Our Chatter Bug and My First Portfolio programmes in Nakhon Sawan brings creative, arts-based English learning to students through drama, movement, storytelling, and expressive activities.**

**Designed to build confidence and spark imagination, the programme helps learners experience English in a fun, meaningful, and engaging way.**

**We are proud to continue growing our presence in Nakhon Sawan as we bring joyful, immersive learning experiences to more children across Thailand.**

**For more information, visit: [facebook.com/The-Arts-Of-English-Nakhonsawan](https://facebook.com/The-Arts-Of-English-Nakhonsawan)**

By embedding these programmes in Nakhon Sawan, Me2 continues to champion an inclusive and holistic learning ecosystem, one where arts, communication, and personal growth intersect. Our collaboration with The Arts of English allows us to reach even more learners, opening doors for children to express themselves, grow in confidence, and discover their unique voice.

As we deepen our partnerships in Thailand, we remain committed to shaping meaningful learning journeys across the region, one creative, expressive, empowered child at a time.



### REGIONAL HIGHLIGHTS: CEREBRAL OVERSEAS

#### Strengthening Skills Across Borders: Our Week-Long Training with our Hong Kong Team



Me2 Centre of Inclusive Arts completed a meaningful and energising week-long virtual training programme for our Hong Kong team, conducted entirely via Zoom. Although we were miles apart, the connection, commitment, and shared purpose felt as strong as ever. This training marked an important step in preparing the new team of trainers to deliver our signature Me2 programmes with confidence, clarity, and heart.

Over the course of the week, our Singapore trainers guided the Hong Kong team through a series of immersive sessions that covered programme structure, classroom management, engagement strategies, and the underlying philosophy that shapes every Me2 experience. Each day focused on different components of our curriculum, ensuring trainers understood not just what to teach, but why each activity, cue, and approach mattered.

The sessions were lively and interactive, filled with demonstrations, role-play, practice teaching segments, and open Q and A discussions. Even through the screen, it was inspiring to witness the enthusiasm and curiosity of the Hong Kong team. They asked thoughtful questions, tried new techniques with openness, and committed fully to learning the Me2 way, one that centres dignity, patience, and inclusive practice at every step.

What made the week especially meaningful was the shared sense of mission. Together, we explored how arts-based learning can build confidence, communication, and self-expression. We discussed how to create safe spaces for diverse learners, how to scaffold tasks for different abilities, and how to bring joy, structure, and creativity into every session.

As we continue expanding our work internationally, we remain committed to supporting our overseas partners with the same level of care, clarity, and collaboration that defines our work in Singapore. Together, we are building a network of educators who believe in the power of inclusion and the transformative role of the arts.

#### Cerebral Hong Kong

**Cerebral Hong Kong continues to strengthen our regional presence by bringing our signature arts-based enrichment programmes to children, youths, and families across the city. Over last two years, our team has trained new educators, refreshed programme delivery, and expanded partnerships with studios such as First Little Step (Tsuen Wan and Olympic) and Kaboodle.**

**Through our holistic approach—combining creativity, communication, movement, and confidence-building—we support learners of all abilities to express themselves, discover their strengths, and grow in a safe and engaging environment. We are proud to see our Hong Kong community thriving as we continue shaping joyful, meaningful learning experiences beyond Singapore.**

### SEPTEMBER 2025 HIGHLIGHTS

#### Speak Up with Me2 x MDAS: Helping Youths Find the Voices They've Always Had



This month, Me2 Centre of Inclusive Arts had the honour of running our Speak Up with Me2 programme with the Muscular Dystrophy Association (Singapore). Designed for youths whose voices are often overshadowed, not by ability, but by the pace and assumptions of the world this programme creates a safe, empowering space for them to be heard.

Across four uplifting sessions, participants learned how to introduce themselves confidently, hold conversations, express preferences, and advocate for their needs. Through simple frameworks, gentle practice, and supportive group activities, many grew more willing to speak up, take turns, and share their thoughts independently.

We witnessed powerful moments: soft voices becoming steadier, shy participants contributing more freely, and young people realising that their perspectives carry weight. The heart of this programme is not perfect speech, but dignity, ownership, and belief in one's own voice.

We are deeply proud of every participant and grateful to MDAS for partnering with us to champion self-expression and confidence in their community. At Me2, we remain committed to creating spaces where every voice especially those too easily unheard can rise and be celebrated.

If your organisation is keen to collaborate or bring Speak Up with Me2 to your community, we warmly welcome you to reach out.

#### About MDAS

**The Muscular Dystrophy Association (Singapore), MDAS, is a dedicated non-profit organisation supporting individuals living with muscular dystrophy and their families. Through specialised programmes, therapy services, advocacy, and community engagement, MDAS empowers members to lead meaningful, confident, and fulfilling lives. With a strong focus on independence, inclusion, and lifelong support, MDAS continues to be a vital pillar for youths and adults navigating the challenges of muscular dystrophy.**



### OCTOBER 2025 HIGHLIGHTS

#### Celebrate with Me2: A Magical Under-the-Sea Children's Day at Down Syndrome Association

This Children's Day, Me2 Centre of Inclusive Arts had the joy of bringing our Celebrate with Me2 programme to the Down Syndrome Association (DSA), treating the children to a lively, imagination-filled morning inspired by our Under the Sea theme.

The celebration opened with upbeat music and an energetic welcome by our Marine Explorer and Ocean Conservationist characters, immediately drawing the children into a playful underwater world.

A crowd favourite was the storytelling segment featuring I'm the Biggest Thing in the Ocean! The children transformed into sea creatures with simple prompts, floating like jellyfish, scuttling like crabs, and swishing like seaweed, strengthening their confidence, imagination, and expressive movement.

Next came squid headgear crafting, where each child created a colourful squid hat using pre-cut tentacles and googly eyes. With support from our facilitators, every child proudly wore their handmade masterpiece and came together for an adorable final dance, performing ocean-inspired actions and ending with a big "splash pose" that lit up the room.

This celebration was more than just a themed event. It was a space for children to express themselves freely, build confidence, and enjoy movement and creativity tailored to their abilities.

We are grateful to DSA for welcoming us so warmly and for allowing Me2 to be part of their meaningful Children's Day celebration.



#### About the Down Syndrome Association (Singapore)

The Down Syndrome Association (Singapore), or DSA, is a non-profit organisation dedicated to supporting individuals with Down syndrome and their families through lifelong learning, social inclusion, and meaningful community participation. Through a wide range of enrichment programmes, family support services, skills training, and advocacy efforts, DSA empowers its members to grow with confidence and independence. With a strong commitment to dignity, acceptance, and opportunities for all, DSA continues to be a vital pillar for the Down syndrome community in Singapore.

### OCTOBER 2025 HIGHLIGHTS

#### In Plain Sight: Unveiling Our First Public Art Installation at One Punggol



On a bright and meaningful afternoon at One Punggol, we gathered with partners, families, supporters, and members of the community to mark a milestone we will never forget. As part of our Carnival of Stories launch, we unveiled our first ever public art installation, “In Plain Sight”, a vibrant mural co-created by artists with disabilities and now proudly displayed at Punggol Atrium. It was a moment that blended joy, pride, and purpose in equal measure, reminding all of us just how powerful visibility can be.

The unveiling was led by our CEO, Ren, together with Sugu, the Executive Director of SUN-DAC. Their presence symbolised not only organisational collaboration, but also a shared belief that the arts can uplift, empower, and shift perceptions. As the cloth was gently drawn back, it prompted spontaneous applause from the crowd gathered around it.

#### A Celebration of Stories Long Kept in the Margins

“In Plain Sight” was developed under our No Longer in the Background initiative, a movement dedicated to bringing artists with disabilities to the forefront of Singapore’s arts landscape. Too often, these individuals create, live, and express in ways that go unseen or unacknowledged. This installation stands as a bold reversal of that narrative, insisting that their stories not only deserve space, but belong in the heart of our public spaces.

The mural’s bright colours, layered imagery, and expressive markings invite passers-by to pause and truly look. What appears simple from afar reveals intricate details up close: overlapping strokes, personal symbols, shared motifs, and quiet histories embedded in every line. Much like the artists themselves, this piece asks the viewer to slow down and discover what is often overlooked.

#### Words that Echo Long After You Leave

Surrounding the mural are quotes written by the artists, each one capturing a piece of their inner world. These reflections share glimpses of honesty, resilience, longing, and pride. For many visitors, hearing these voices for the first time added an emotional layer to the installation that images alone could not provide. What began as an art piece quickly became a space for connection and understanding, a moment where the public could listen, not just look.



### OCTOBER 2025 HIGHLIGHTS

#### In Plain Sight: Unveiling Our First Public Art Installation at One Punggol



To ensure the artwork is accessible to all, every visitor can scan the accompanying QR code to hear an audio description, designed to enrich the visual experience and support individuals with visual impairments. This inclusive feature reflects our ongoing commitment to accessibility in every artistic form.

#### Beyond an Installation: A Movement Taking Shape

This unveiling was more than an artistic moment. It marked the beginning of a collective future we are building with intention, one where persons with disabilities are not hidden, but celebrated; not placed behind, but welcomed into public view with honour.

We extend our deepest gratitude to every artist, supporter, and partner who made "In Plain Sight" a reality. You did not just witness an unveiling. You stood with us in championing a more inclusive and compassionate Singapore.

This is only the start.

"What we share, and what we struggle with, lives here, hidden in plain sight, waiting to be truly seen."

**Explore the art installation, "In Plain Sight" by Me2 Centre of Inclusive Arts in collaboration with artists with disabilities.**

**Visit: Punggol Atrium, 1 Punggol Walk, Singapore 828643.**

**Developed under our No Longer in the Background initiative, the installation invites viewers to pause, reflect, and see what's often overlooked in plain sight.**

**For the full story and artist insights, visit [me2.com.sg/in-plain-sight](https://me2.com.sg/in-plain-sight).**

### OCTOBER 2025 HIGHLIGHTS

#### A Carnival of Stories: Our First-Ever Inclusive Celebration at One Punggol



On 18 October 2025, Me2 Centre of Inclusive Arts marked a historic milestone with A Carnival of Stories, our first-ever fully inclusive public event. Held at the vibrant One Punggol Atrium, the Carnival brought together children, youths, adults, seniors, caregivers, educators, partners, and community members for a day overflowing with creativity, connection, and the power of shared storytelling.

As the event kicked off with the unveiling of our permanent art installation, the atrium transformed into a living, breathing canvas of colour and movement. Families wandered between interactive zones. Performers warmed up at the stage wings. Artists with disabilities prepared their showcases with a blend of excitement and pride. There was a palpable sense of anticipation, something new, something meaningful, something long-awaited was about to unfold.

The heart of the Carnival was built around four thematic pillars, stories that are **unheard, unseen, unspoken, and undoing**. These themes guided everything from performances, booths to workshops, inviting all who attended to reflect on the kinds of stories often pushed to the background. For many of our participants, this was the first time they had been given the space, support, and visibility to express their truths publicly.

Visitors were treated to theatre pieces, spoken word performances, dance, music, visual art, and interactive storytelling. Some stories were bold and humorous. Others were tender and reflective. Many were deeply personal, touching on identity, resilience, loss, healing, hope, and the quiet courage it takes to be yourself in a world that doesn't always understand you.

What made each performance especially powerful was the authenticity of the individuals behind them. These were not polished, rehearsed-for-perfection performers. These were people, artists, children, youths, adults with disabilities, caregivers, speaking in their own ways, at their own pace, in their own voice. And the audience listened. Really listened.

Beyond the main stage, the Carnival offered an entire avenue of curated booths and hands-on experiences. For many artists and participants with disabilities, this was their first time engaging with members of the public in such an open and celebrated platform.



### OCTOBER 2025 HIGHLIGHTS

#### A Carnival of Stories: Our First-Ever Inclusive Celebration at One Punggol

One of the defining principles of A Carnival of Stories was accessibility. We also provided sign language interpreters to ensure Deaf and hard-of-hearing guests could engage meaningfully with performances and announcements.

A key highlight of A Carnival of Stories was our intimate panel discussion featuring caregivers, artists with disabilities, and industry practitioners who shared openly about visibility, advocacy, and the realities behind inclusive arts in Singapore. Their perspectives, honest, vulnerable, and deeply human, created a powerful moment of collective reflection.

As we look forward to future editions of the Carnival, our hope is to continue expanding this movement—bringing more collaborators, more stories, and more communities into this circle of shared truth-telling.

To every artist, performer, caregiver, volunteer, supporter, partner, and guest who filled One Punggol with warmth and wonder: thank you.

You helped create a moment in Singapore's inclusive arts landscape that we will carry with us for a very long time.

And this is only the beginning.

The stories will continue louder, braver, and more unapologetically human than ever.



#### About One Punggol's Accessibility

**One Punggol is a fully accessible community space with wide walkways, ramps, lifts, and barrier-free facilities that allow visitors of all abilities to move comfortably.**

**Its thoughtful layout and clear signage make it a welcoming venue for inclusive events, ensuring everyone can participate with ease and dignity.**



### OCTOBER 2025 HIGHLIGHTS

**UDO Singapore officially adopted our storytelling pillars into their Metamorph division**



Following the momentum of our Carnival of Stories, the celebration continued in a powerful new way as AAG (Advisors Alliance Group) presented the Metamorph category at UDO Singapore's first official debut in Singapore and officially adopted Me2's Carnival of Stories' pillars as the foundation for their division. This partnership marked a meaningful extension of our work, bringing the spirit of Me2 onto a competitive dance stage where movement becomes a vehicle for truth, courage, and lived experience.

UDO (United Dance Organisation), one of the world's leading street-dance bodies, made its first-ever official appearance in Singapore this year, creating the perfect platform for Metamorph's "Dance for Change" showcase.

Before the Metamorph segment began, we paused to honour the quiet heroes who make every milestone possible: our caregivers. Three of Me2's caregivers were invited onstage for a deeply moving tribute. Deputy Prime Minister Gan Kim Yong presented each caregiver with a gift voucher, followed by an unforgettable moment when their children stepped forward with bouquets and a warm embrace. It was tender, emotional, and profoundly symbolic, a reminder of the love, strength, and unseen labour that sustain every journey. This tribute set the perfect tone for the afternoon ahead, paving the way for an extraordinary showcase of honest, powerful storytelling through dance.

With hearts full from the tribute, the atmosphere shifted as the Metamorph segment began. One by one, seven dynamic teams took the stage, each interpreting one of Me2's storytelling pillars, "The Unheard, The Unseen, The Unspoken, and The Undoing" through choreography that was bold, evocative, and deeply intentional.

The judges and audience witnessed pieces that moved beyond technical mastery. Some were raw and emotional; others were sharp, conceptual, and daring. Each performance carried its own heartbeat, its own truth, and its own way of wrestling with the pillar it embodied. By the end of the showcase, four teams were honoured with the prestigious Me2 Awards, recognising how meaningfully they captured the spirit and depth behind their chosen pillar.

These awards celebrated not only artistry, but authenticity and courage, values at the core of Me2's mission.



### OCTOBER 2025 HIGHLIGHTS

UDO Singapore officially adopted our storytelling pillars into their Metamorph division



Rising above an already exceptional slate of performers was the team that earned the highest honour of the day: Kingsmen, The Ultimate Metamorph Champion. Kingsmen captivated the crowd with a piece that was both technically brilliant and narratively profound. Their performance wove precision, emotional weight, and thematic clarity into a seamless whole, leaving a lasting imprint on the audience and securing their title as the inaugural Metamorph champions in Singapore.

As the final applause settled, what resonated most was the collective commitment shared across Me2, AAG, and UDO Singapore. By adopting our pillars and placing our mission at the heart of Metamorph, our partners demonstrated a deep belief in the importance of visibility, dignity, and inclusive storytelling. We are profoundly grateful for their trust, their alignment, and their willingness to champion a cause that places lived experiences, diverse voices, and authentic expression at the forefront.

We will continue creating platforms where every story can be seen, heard, and honoured with dignity. We will keep building partnerships that uplift inclusive arts and amplify voices often left in the margins. And we will remain committed to using creativity, community, and courage to shape a more compassionate, inclusive Singapore.

#### About Advisers Alliance Group

**Advisers Alliance Group (AAG) is a leading financial services group known for its strong culture of mentorship, professionalism, and people-first values. With a focus on developing highly competent financial consultants, AAG is committed to guiding individuals and families toward financial security, long-term planning, and wealth empowerment.**

**The group is recognised for its rigorous training, high ethical standards, and dedication to nurturing the next generation of leaders in the financial industry. Through its emphasis on service excellence and purposeful impact, Advisers Alliance Group continues to inspire confidence and make a meaningful difference in the lives of the clients and communities it serves.**

### NOVEMBER 2025 HIGHLIGHTS

#### Improv with Me2: A Personal Hygiene Learning Journey at IKEA



**SUNDAC CCK (Choa Chu Kang) is one of the key service centres under SUNDAC, a leading organization in Singapore dedicated to empowering adults with intellectual and developmental disabilities.**

**Located in the heart of Choa Chu Kang, this centre provides day activity programmes that focus on life skills training, social engagement, and personal development. Operating hours are Monday to Friday, from 8:30 AM to 5:00 PM**

**Learn more: [www.sundac.org.sg](http://www.sundac.org.sg)**

As part of our Improv with Me2 programme, our participants recently took their learning beyond the classroom and into the real world with a meaningful trip to IKEA. This outing was designed as a continuation of our Personal Hygiene (Space) module, an important component that teaches participants how to maintain cleanliness, care for shared environments, and understand the importance of personal and communal hygiene in everyday life.

Before the journey, our trainers prepared the participants through classroom reenactments, visual guides, and hands-on routines that introduced essential concepts: respecting common spaces, keeping personal belongings organised, throwing waste responsibly, and practising good hygiene in public areas. The learning journey to IKEA served as the perfect real-world extension of these skills, offering a safe, structured environment for participants to apply what they had learned.

The moment we entered IKEA, the excitement was unmistakable. Participants explored mock living rooms, kitchens, bedrooms, and bathrooms, each setup offering a natural opportunity to discuss what it means to keep a space tidy, clean, and functional.

One of the highlights was observing how confidently participants applied their new knowledge. Many pointed out items that belonged “in the bathroom space” or “help keep things clean,” and some even initiated conversations about what they use at home. The visit also allowed them to practise social behaviours, waiting their turn, moving safely in crowds, communicating needs, and using public amenities independently.

The outing ended with a small reflection circle, where the participants shared what they enjoyed most. Many spoke about the rooms they explored, the everyday items they recognised, and how proud they felt applying their hygiene skills in a real setting.

We look forward to more journeys like this, where every space becomes a classroom, every moment becomes an opportunity, and every participant shines a little brighter.



### NOVEMBER 2025 HIGHLIGHTS

#### Move with Me2: A Joyful Movement Journey with Rainbow Centre's YAA Group



This term, Me2 Centre of Inclusive Arts had the pleasure of running our Move with Me2 programme with Rainbow Centre's Young Adult Activities! (YAA!). Designed to be simple, rhythmic, and accessible, the sessions focused on helping participants build confidence, coordination, and body awareness through repetitive guided movement. Each week, our trainers introduced easy-to-follow routines that encouraged stretching, balance, spatial awareness, and basic rhythm.

As the weeks went by, we were heartened to see the YAA! members grow more confident and engaged. Every small step was celebrated, and every effort was met with encouragement.

To end the programme on a festive note, our final session featured a Christmas-themed movement song, bringing smiles all around. Participants swayed, followed actions, clapped to the beat, and enjoyed the cheerful music, turning the last class into a heartwarming celebration of joy, togetherness, and accomplishment.

We are incredibly proud of the youths from YAA! and grateful for the opportunity to journey with them this term. Their enthusiasm and willingness to try made every session meaningful.

We look forward to continuing our partnership with Rainbow Centre and creating more accessible, confidence-building movement experiences for their young adults.

#### About Rainbow Centre's YAA!

**'Rainbow Centre' Young Adult Activities! (YAA!) is a social activity club that aims to enhance the quality of life for persons with moderate to severe disabilities by reducing social isolation.**

**YAA! focuses on building confidence, independence, and social connection through structured activities that promote real-world readiness.**

**With a commitment to dignity, inclusion, and person-centred support, YAA! creates a safe and encouraging environment where every young adult can learn, grow, and thrive.**

### NOVEMBER 2025 HIGHLIGHTS

#### Dance with Me2: Moving with Confidence, Purpose, and Possibility



##### About Dance with Me2

Dance with Me2 is a joyful movement programme that helps participants build rhythm, coordination, confidence, and expressive freedom through simple, accessible routines. Beyond weekly classes, the programme also opens doors to real performance opportunities, giving our dancers the chance to shine on stage and celebrate their progress with family and community.

Interested in joining us? We welcome new participants! If you'd like to sign up or learn more about Dance with Me2, simply reach out to us, we'd love to dance with you. Call us at +65 8842 2471 or write in to [askme@me2.com.sg](mailto:askme@me2.com.sg) now.

Our Dance with Me2 programme continues to grow into one of the most joyful and empowering experiences for our participants. Designed to build rhythm, body awareness, coordination, and expressive confidence, the class does far more than teach dance, it opens doors. Every step, every beat, and every routine is a pathway to real-world performance opportunities that allow our dancers to shine in spaces they never imagined they could.

Dance with Me2 keeps movements simple, accessible, and deeply supportive. We break down steps slowly, use clear visual cues, and create a structured routine that participants can build on week by week. Whether it is learning to travel across the room, working with counts, mirroring a partner, or practising group formations, each activity is crafted to celebrate ability and foster success.

What makes this programme special is how it nurtures both skill and confidence. Participants who begin the term shy or unsure gradually open up, taking bigger steps, moving with clearer intention, and trusting their own bodies in new ways. Our trainers prioritise encouragement and rhythm-based learning, which helps participants feel safe enough to express themselves freely.

Dance with Me2 offers participants the chance to showcase their growth at internal showcases, partner events, and special occasions where their families, caregivers, and the wider community gather to cheer them on. For many, these performances are defining moments—opportunities to stand in the spotlight, experience the thrill of applause, and feel the pride of presenting something they worked hard to learn.

These stages, big or small, are more than events. They build self-esteem. They affirm identity. They show our dancers that their voices and their movement matter.

We are incredibly proud of how each dancer shows up with heart, energy, and resilience. Their courage to step forward, practice with patience, and perform with joy continues to inspire us each week.



### NOVEMBER 2025 HIGHLIGHTS

#### Drama with Me2: Creating, Expressing, and Growing Together



Our Drama with Me2 programme is a vibrant space where participants explore their creativity, practise communication, and build confidence through the art of drama. Designed with accessibility, clarity, and encouragement at its core, Drama with Me2 offers young adults and adults of diverse abilities a safe, joyful environment to express themselves and discover the power of their own voice.

Each session introduces simple but meaningful drama techniques that support real life skills. Through guided role play, storytelling, character exploration, and ensemble activities, participants learn how to take turns, respond to cues, understand emotions, and communicate with greater clarity.

What makes Drama with Me2 truly special is the way participants slowly open up across the weeks. Those who are shy begin volunteering for scenes. Participants who usually give one-word answers start adding more detail to their lines. And individuals who may struggle with social engagement begin to connect more confidently with peers through shared stories and collaborative play.

The programme also prepares participants for real performance opportunities. As they grow more familiar with scripts, blocking, and stage presence, they build readiness to take part in showcases, community events, and presentation moments where their families and peers can witness how far they have come. For many, stepping into a role on stage becomes a breakthrough, an empowering moment that affirms their courage, creativity, and growth.

#### About Drama with Me2

**Drama with Me2 is an expressive arts programme that builds communication, confidence, imagination, and social connection through simple acting exercises, role play, storytelling, and ensemble activities. Designed for diverse learners, the class helps participants explore emotions, practise real life scenarios, and shine through their unique voices and creativity.**

**Interested in joining us? We welcome new participants. If you would like to sign up or learn more about Drama with Me2, simply reach out. We would love to create, act, and tell stories with you. Call us at +65 8842 2471 or write in to [askme@me2.com.sg](mailto:askme@me2.com.sg) now.**

### NOVEMBER 2025 HIGHLIGHTS

#### Grace Orchard School's "Tree of Life" Art Installation Programme



Following last semester's successful completion of a full-length wall mural, Me2 Centre of Inclusive Arts returned to Grace Orchard School with a bold new challenge for the students: creating their first three-dimensional art installation. This semester's project, titled "Tree of Life," invited students to step beyond brushes and paint, and into the world of structure, texture, and immersive art making.

What emerged over weeks of dedication, teamwork, and joyful experimentation was an installation that now stands proudly as a symbol of growth, courage, and community.

#### About Grace Orchard School

Grace Orchard School is a specialised learning environment dedicated to supporting students with mild intellectual disabilities and mild autism through a holistic, values-driven approach. The school emphasises character development, life skills, and vocational readiness, creating meaningful opportunities for students to learn, grow, and contribute confidently to their communities.

With a strong focus on partnership and experiential learning, Grace Orchard School provides a nurturing space where every student is encouraged to develop independence, discover their strengths, and thrive in both academic and real world settings.

The previous semester's mural project taught students how to work collaboratively on a shared canvas. They explored colour theory, basic painting techniques, and the discipline required to complete a large-scale artwork. That experience laid the foundation for this semester's creative leap from two dimensions to three.

The installation was designed as a layered piece combining painted elements, sculptural textures, and individual student contributions. The backdrop features a vibrant burst of multi coloured leaves, each one uniquely crafted by a student.

The three dimensional trunk, built with textured and recycled materials, was assembled piece by piece as students experimented with craft techniques such as folding, layering, gluing, and shaping. This tactile process made the project especially meaningful for students who learn best through hands-on engagement.



### NOVEMBER 2025 HIGHLIGHTS

#### Grace Orchard School's "Tree of Life" Art Installation Programme

While the Tree of Life is a beautiful visual centrepiece, the true magic lies in the learning that happened along the way. Students grew in confidence as they took on new and challenging tasks, experiencing pride when their work was displayed. The project also strengthened teamwork and collaboration as they communicated, took turns, and worked toward a shared goal. Through handling varied textures and tools, they developed motor and sensory skills, exploring tactile materials in meaningful ways. Each leaf became an act of creative expression, reflecting students' feelings, colours, and individuality. Most importantly, they followed a real artistic process from conceptualisation to execution, gaining an authentic experience similar to that of professional artists.

Today, the Tree of Life installation stands as a vibrant backdrop in Grace Orchard School, enriching the environment with energy and meaning. Teachers pause to admire the details. Students proudly point out their contributions. The space has transformed into an uplifting visual reminder of growth, both artistic and personal.

This installation does not just decorate a wall. It tells a story of effort, teamwork, and the belief that every student has a place, a voice, and a contribution worth celebrating.

The success of the wall mural and the Tree of Life installation continues to affirm the value of integrating the arts into learning for students with diverse needs. Me2 remains committed to creating spaces where creativity thrives, skills are developed, and every individual shines.

As we look toward future semesters, we are excited to introduce new themes, new materials, and new artistic challenges that will inspire confidence, imagination, and joy.

If your school or organisation would like to bring meaningful, immersive arts experiences to your learners, we would love to partner with you. Our inclusive arts programmes are designed to build confidence, creativity, and real world skills through hands on, joy filled learning.

To explore our programmes or book a session, contact us at **+65 8842 2471** or write in to [askme@me2.com.sg](mailto:askme@me2.com.sg).



### NOVEMBER 2025 HIGHLIGHTS

#### Proud Moments from Our Improv with Me2, Public Transportation Module (Bus)



One of the greatest joys in our work at Me2 is witnessing the real-world impact of the skills our students practise during training. This year, our Improv with Me2, Public Transportation Module (Bus) has brought us some of the most heartwarming moments yet. After weeks of learning how to identify bus numbers, read signboards, recognise landmarks, press the bell at the correct stop, and navigate routes safely in small groups, our students are now attempting actual travel journeys with their peers and the pride we feel is indescribable.

What begins in the classroom as structured role-play and guided practice slowly transforms into confidence during real outings. Students rehearse common scenarios: how to board safely, how to check their route on signages, and how to communicate with a friend or a bus captain when unsure. Gradually, these rehearsed steps become instinctive actions. The moment they take the initiative to recognise their stop or guide a friend, we know the learning has taken root.

Seeing them journey independently in small, supportive groups is a milestone that goes beyond transportation, it is a step into autonomy, responsibility, and belief in their own abilities. Their smiles, excitement, and sense of achievement remind us why inclusive arts and experiential learning matter so deeply. Each successful bus trip, no matter how short, is a victory for the students, their families, and everyone who has worked alongside them.

We could not be prouder of how far they have come. Every attempt, every decision, and every safe arrival tells a story of growth. And we look forward to celebrating many more journeys with them on the bus, in the community, and in life.

Experience a taste of independence, book a session at [+65 8842 2471](tel:+6588422471) or write in to [askme@me2.com.sg](mailto:askme@me2.com.sg).



### NOVEMBER 2025 HIGHLIGHTS

#### Chatter Bug 2025: Echoes of Culture – A Celebration of Voice, Heritage, and Confidence



This year's Chatter Bug year end production, Echoes of Culture, invites families on a heartwarming journey across traditions, foods, celebrations, and stories from around the world. Instead of stepping into the world of fairytales as they did last year, our young speakers now step proudly into the world of heritage, discovering what makes each culture unique, beautiful, and worth sharing. From traditional attire and favourite foods to festive customs and special family rituals, the children bring these cultural echoes to life through expressive storytelling and confident public speaking.

Throughout the year, our Chatter Bug students have learned to use their voices not just to speak, but to connect. Guided by our structured curriculum, including elements like Strike a Pose, Speak Up, and Hot Seat, the children practised tone, volume, gestures, and eye contact, gradually growing into expressive young presenters. In Echoes of Culture, these skills shine as they introduce themselves, describe their clothing, and share the customs that shape their identities.

What makes this year's production especially meaningful is how culture becomes a bridge connecting children to their families, their heritage, and to one another. Through Echoes of Culture, they discover that every home has a story, every country has a flavour, and every tradition carries love across generations. Their voices echo not just cultural facts, but the warmth of lived experiences such as grandma's stories, festive outfits, shared meals, laughter, celebrations, and memories.

A heartfelt thank you to our dedicated instructors whose commitment and passion made Echoes of Culture possible. From crafting scripts and preparing cultural showcases to guiding each child in mastering their lines, their efforts have shaped a production filled with pride, colour, and meaning. This year, our young storytellers do more than perform. They carry heritage in their voices, and we could not be prouder. Sign up at **+65 8842 2471** or write in to [askme@me2.com.sg](mailto:askme@me2.com.sg).

### DECEMBER 2025 HIGHLIGHTS

#### Finding Freedom in Movement: Move with Me2 at Enabling Services Hub@Jurong



At Enabling Services Hub@Jurong by TOUCH Community Services, movement becomes a language of confidence, joy, and self-expression through the Move with Me2 programme. Designed specifically for persons with disabilities, this programme brings participants into a safe, encouraging space where they can explore dance, coordinated movement, and physical expression at their own pace.

Each session focuses on helping participants connect with their bodies, build awareness of space, and experience the emotional release that comes from simply moving.

#### Move with Me2

**Move with Me2 is an energising movement and expression programme designed to help participants build confidence, coordination, and body awareness through simple guided exercises, creative movement, and joyful group activities.**

**Each session encourages learners to connect with their bodies, explore rhythm and balance, and experience the emotional benefits of moving in a safe, supportive space. Perfect for centres seeking a meaningful blend of physical activity, social engagement, and expressive arts.**

**Sign up at +65 8842 2471 or write in to [askme@me2.com.sg](mailto:askme@me2.com.sg).**

The energy in the room is always vibrant. Participants warm up together, mirroring simple sequences that encourage balance, coordination, and rhythm. Guided by Me2's movement trainers, they learn to shift weight, respond to music, and express emotions through gestures and poses.

Beyond individual movement, the programme deliberately includes partner and group activities that build social engagement and relational trust. In one exercise, participants practice balance together or pass items rhythmically, requiring communication, eye contact, and patience.

These interactive tasks help learners develop teamwork skills while also strengthening emotional regulation and focus. For many participants, these moments become powerful breakthroughs where they discover that they can connect, participate, and succeed.



### DECEMBER 2025 HIGHLIGHTS

#### Building Real-World Independence at Enabling Services Hub@Jurong



In addition to Move with Me2, we also run our Improv with Me2 programme at the Enabling Services Hub@Jurong by TOUCH Community Services. Through this practical life skills series, Me2 continues to empower persons with disabilities needs by equipping them with everyday competencies they can use with confidence. This semester, participants learned an essential self-care skill in the module Applying Plaster, a hands-on, confidence-building session that breaks down a simple routine into clear, manageable steps. Using guided improvisation and real-life practice, the module strengthens independence, problem-solving skills, and readiness for daily situations. Participants enjoyed the sense of accomplishment that came from mastering a real-world skill.

Participants began by exploring when and why we use plasters, learning to identify minor cuts or abrasions and understanding how proper care prevents infection.

Using visual cues, role-play scenarios, and easy-to-follow demonstrations, trainers guided participants through each stage, from selecting the right plaster size, peeling the backing, and applying it firmly onto the skin. The improvisational element allowed participants to practise in realistic scenarios, such as "I cut my finger while opening a box" or "I got a small scrape while walking," making the learning relatable and memorable.

By the end of the module, participants walked away with more than just a new ability. They experienced the empowerment that comes from knowing they can care for themselves in everyday situations.

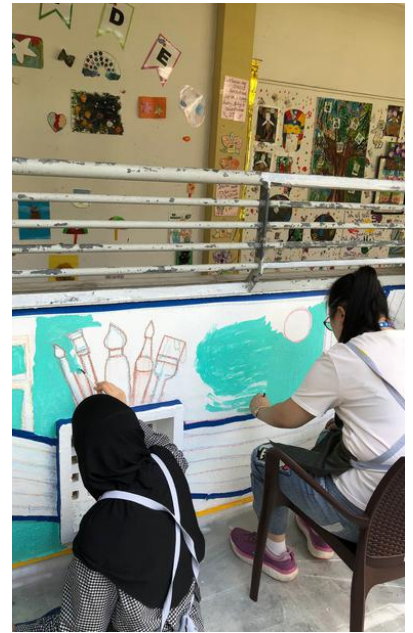
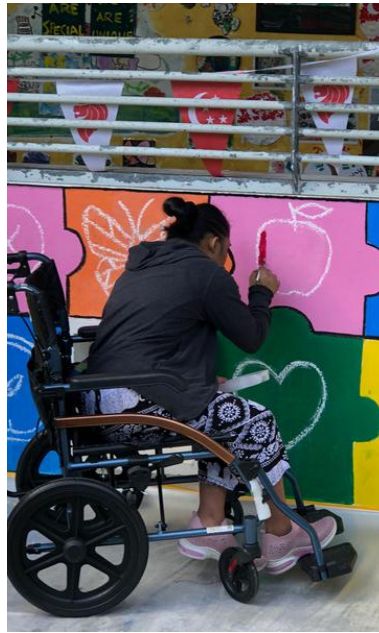
#### About Enabling Services Hub@Jurong

**Operated by TOUCH Community Services, ESH@Jurong's goal is to strengthen the care ecosystem for persons with disabilities in the western regions of Singapore. At ESH@Jurong, persons with disabilities can receive support while participating in inclusive events and Continual Education and Learning programmes to bolster their functional and social skills.**

**By collaborating with community partners, ESH@Jurong allows persons with disabilities, their caregivers and the community to engage in meaningful interactions and discover volunteer opportunities, contributing to a more inclusive neighbourhood.**

### DECEMBER 2025 HIGHLIGHTS

#### Painting Possibilities: SUNDAC Upper Thomson's "Paint with Me2" Programme



At SUNDAC Upper Thomson, creativity comes alive through Paint with Me2, an inclusive arts programme designed to empower adults with disabilities through colour, expression, and community. Over the past months, our Me2 arts team has been working closely with SUNDAC clients to transform the centre's walls into vibrant visual stories that reflect joy, identity, and shared experiences.

The programme is built on a simple yet powerful belief: that art is for everyone. Each session invites clients to explore painting in accessible, enjoyable ways.

The mural itself reflects themes of community, hobbies, movement, and self-expression. Bright icons, rainbows, shapes, and creative motifs fill the walls, capturing the individuality of SUNDAC's clients while also representing the vibrancy of the centre. As each colour was added and each section completed, pride grew not only in the artwork, but in the process. Clients practised fine motor skills, decision-making, communication, teamwork, and sustained attention, all while experiencing the joy and calm that painting naturally brings.

For many participants, painting became more than an art task, it became a social activity that strengthened confidence and connection. The sense of ownership was clear. Each stroke, each symbol, each completed panel told the world, "I made this. I am part of this space."

Paint with Me2 continues to demonstrate the power of inclusive arts to uplift, engage, and inspire.

**Paint with Me2 is a community mural programme by Me2 Centre of Inclusive Arts that brings people of all abilities together through collaborative art-making.**

**Led by our trained facilitators, we guide participants, many of whom are individuals with disabilities, through a step-by-step creative process that transforms blank walls into vibrant stories of hope, identity, and belonging.**

**If you have a wall that could use some colour, meaning, and heart, we'd love to create a mural for you. Let's turn your space into a canvas of inclusion and joy together.**

**Call us at +65 8842 2471 or write in to [askme@me2.com.sg](mailto:askme@me2.com.sg) now.**



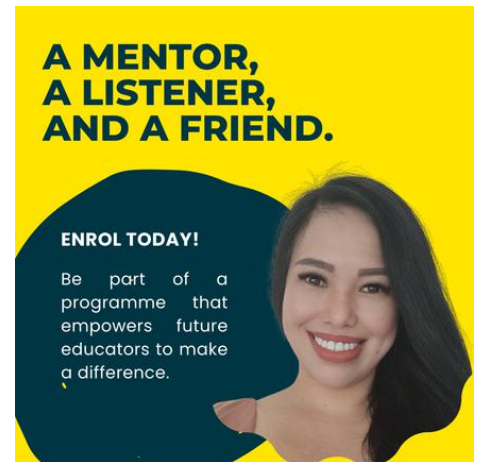
### JUNE 2025 HIGHLIGHTS

#### Transform Your Future with our Early Childhood Vocational Training Programme

Looking to make a difference in early childhood education? The Early Childhood Vocational Training Programme at Me2 Centre of Inclusive Arts, led by our Director of Strategy and Inclusive Arts, Mabel, offers an unparalleled opportunity to gain the skills, confidence, and experience needed to succeed in this meaningful field.

##### Why Choose This Programme?

Mabel's approach goes beyond conventional training. Her dedication to fostering both technical expertise and personal growth has created a nurturing space where trainees feel empowered to explore their potential fully. In Mabel's words, "This programme isn't just about learning to teach; it's about discovering your unique strengths and realizing how you can impact the lives of young learners."



Trainees who have completed the programme often express how Mabel's mentorship made an impact to them:



"Mabel is very enthusiastic and always smiling. She's always happy and finds ways to make us laugh."



"Thank you for believing in me, Miss Mabel. You are the best mentor and teacher, and I appreciate everything you've done to help me accomplish my dreams."



"Ms. Mabel is the best and most patient trainer ever. I enjoy having her around me. She's understanding, and I feel comfortable opening up to her."



"She believed in me when I didn't, Miss Mabel helped me through this course and stood by my side."

Mabel's influence on her trainees extends far beyond the classroom. She has instilled in them a commitment to helping others, just as she has helped them. Her approach is holistic, teaching them not only how to be effective educators but also how to be compassionate leaders in their own right.

**If you're ready to start a fulfilling career in early childhood education, don't miss this opportunity to learn from Mabel Lim. Spaces are limited—enroll today to secure your spot and begin your journey!**

**Call us at +65 8842 2471 or drop us an email at : askme@me2.com.sg now**



### 2026 PROGRAMMES HIGHLIGHTS



+65 8842 2471

Sign Up

#### Chatter Bug: The Ultimate Public Speaking Programme for Young Learners!



Unlock the power of confident communication with Chatter Bug, an inclusive and engaging public speaking course designed to help young minds master the art of speaking effectively and with impact. Through fun, thought-provoking topics and interactive visual aids, students will build essential speaking skills in a dynamic and supportive environment.

- Fun & Interactive Lessons: Explore exciting topics and boost communication skills with creative tools.
- Inclusive & Supportive: Tailored to every learner's unique style, fostering confidence in every voice.
- Competitive Edge: Top students will be shortlisted for prestigious Public Speaking Competitions!

Join Chatter Bug today and let your child discover their voice!

#### JR. Performs: A Dramatic Arts Programme for Young Learners!



Ignite your child's creativity with R. Performs! From improvisation to speech, mime to music, and engaging role-play activities, this course offers a dynamic space for kids to express themselves and develop their dramatic talents.

- Explore Multiple Art Forms: Dive into improvisation, speech, mime, and role-play for a well-rounded performing arts experience.
- Inclusive & Fun: Tailored to every child's unique talents
- Build Confidence & Expression: Perfect for young learners to discover their voice, boost self-esteem, and develop social skills.

#### My First Portfolio: A Digital Performance Programme for Young Learners!



Empower your child to shine in front of the camera with My First Portfolio! As live streaming continues to shape the way we communicate, market, and teach, this course equips kids with essential skills to excel in the digital world.

- Build a Digital Portfolio: Create a collection of exciting and impactful digital content.
- Master On-Camera Presence: Gain confidence in speaking and performing in front of the camera.
- Diverse Performance Opportunities

Give your child the tools to succeed in today's digital age with My First Portfolio—where creativity meets confidence!



### 2026 PROGRAMMES HIGHLIGHTS



[askme@me2.com.sg](mailto:askme@me2.com.sg)

[Sign Up](#)

#### Drama with Me2: A Theatre Journey for Performers with Disabilities



Drama with Me2 is more than just an acting programme—it's an immersive experience designed to integrate participants into the expressive world of theatre. Through social interaction, self-expression, and collaborative creation, this programme empowers learners to explore their creativity while developing valuable life skills.

- **A Journey of Self-Expression:** Learn the art of theatre while gaining confidence and creative freedom.
- **Cognitive Benefits:** Boost memory, problem-solving, and critical thinking through line memorization, cue understanding, and character interpretation.
- **Collaborative & Fun:** Work together with peers in a supportive environment to create meaningful performances.

#### Art Bug: A Creative Exploration for Young Artists!



Unleash your child's inner artist with Art Bug, a fun and inclusive programme designed to spark creativity and build artistic skills. Through hands-on projects and diverse art forms, students will explore everything from drawing and painting to sculpture and mixed media.

- **Explore Various Art Forms:** Dive into a wide range of creative mediums and techniques, from painting to sculpture.
- **Foster Creativity & Confidence:** Encourage self-expression and boost confidence through artistic exploration.
- **Fun & Supportive Learning Environment:** An inclusive space where every child's creativity is celebrated and nurtured.

#### Dance with Me2: A Dance Journey for Dancers with Disabilities



Let your creativity flow with Dance with Me2, an exciting and inclusive dance programme designed to inspire learners to explore movement, rhythm, and self-expression. Through a variety of dance styles and interactive activities, students will develop confidence, coordination, and a love for dance.

- **Explore Different Dance Styles:** From contemporary to hip-hop
- **Boost Confidence & Coordination:** Enhance physical fitness, coordination, and body awareness
- **Express Yourself:** Dance as a way to express emotions and stories through movement in a supportive and creative environment.

### NEW COLLABORATORS ON OUR MARKETPLACE

#### Hokkien Mee Earrings



These handmade Hokkien Mee earrings pay tribute to one of Singapore's most loved hawker dishes. Made from high-quality polymer clay, each earring shows a detailed mini plate of Hokkien Mee with all its iconic ingredients. Yellow noodles, prawns, and squid rings are shaped and painted by hand. Green beans add color, while a lime wedge and sambal chili complete the look.

\$30.00

Tiny Clay creates unique, handmade clay food accessories for daily use.

#### Fresh Flower Preservation – Commission Order



Turn your wedding bouquets into timeless wall-framed displays. Pressed flower preservation is a time-honored technique that gently removes moisture from fresh flowers while maintaining their delicate form and intricate details. The pressing-dry method preserves their beauty in a two-dimensional form, making them perfect for artistic displays, framed keepsakes, and personalized gifts. Loved for its elegance and sentimental value, pressed flower art transforms fleeting blooms into lasting treasures.

From \$120.00

#### Chocoalbab Gift Set



Discover our curated gift sets, each filled with fun, flavour, and a whole lot of joy. Premium cereal coated with premium Belgian dark chocolate sauce and fresh almonds. The only chocolate tub that comes with almonds. Its not so sweet and its delicious! You can eat it on its own, spread it on bread, eat it with muffins, eat with ice cream, yoghurt, eat it with your cereal or even put it on your acai bowl for that chocolate kiss!

\$30.00 – \$50.00

(Products contain nuts; Products are halal certified)

**Shop with a purpose and make a difference!**

**Discover a vibrant hub for inclusive art, creativity, and purpose at Me2 Marketplace! As part of Me2 Centre of Inclusive Arts, our marketplace brings together handcrafted products, artwork, and unique offerings by persons with disabilities, youths at risk & our network of collaborators.**

**VISIT OUR  
MARKETPLACE**





We're inviting passionate individuals and organizations to join our vibrant Me2 Marketplace community! Whether you're an individual artist, a small business, or a corporate partner, we're excited to collaborate with you.

## Here's your opportunity to:

- Showcase your unique services or products.
- Be part of an inclusive platform supporting social impact.
- Connect with like-minded collaborators.



DETAILS

### SELECT YOUR CATEGORY

☐ individual ☐ Corporate

**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: \_\_\_\_\_

Business Registration Number: \_\_\_\_\_

PRODUCT INFORMATION

### TELL US ABOUT YOURSELF

Description of Services/Products:

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Website or Portfolio Link (optional):

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Social Media Links (optional):

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#### BIG NEWS FOR THE NEW YEAR!

We're welcoming amazing new products to our marketplace and making shopping even easier with categorized subgroups. Get ready for a smoother, more exciting experience!

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.



## JOURNEYING TOGETHER

**SG60 Campaign: A Powerful Celebration of Inclusion, Creativity & Nationhood!**



As Singapore turns 60 this year, we at Me2 Centre of Inclusive Arts are turning up the volume on inclusion, creativity, and hope. To honour this national milestone, we are thrilled to announce the SG60 Campaign, a heart-led initiative that will fully sponsor 60 individuals with disabilities across three of our most transformative signature programmes:

- Improv with Me2
- Create with Me2
- Artist Development with Me2

This isn't just a birthday celebration, it's a movement. One that opens doors, amplifies voices, and carves space for persons with disabilities to shine, grow, and lead. Whether you're just beginning your journey in the arts or ready to take your skills to the next level, this is your year.

From building vital life skills through drama improvisation, to exploring artistic talents with our guided art-making sessions, to stepping boldly into the world of professional creative work—SG60 Journeying Together is your springboard. It's about more than the arts. It's about belonging, confidence, career exploration, and being part of something bigger.

### Who Can Apply?

- Singaporean Individuals with Disabilities (18 years & above)
- Diagnosed with Autism Spectrum Disorder or Intellectual Disability (including Down Syndrome)
- Able to provide a copy of NRIC and proof of permanent disability
- From families with financial challenges (holders of Blue/Orange CHAS card)

(Note: PRs & Foreigners may apply via self-payment.)

This is your invitation to be seen, to be heard, to be celebrated. As we mark Singapore's 60th birthday, SG60 is more than just a campaign. It's a canvas. And you are the artist. Whether you're discovering your voice or ready to showcase your unique talents, this is your chance to step into the spotlight and be part of something truly meaningful.

Don't wait, spots are limited. Apply now and make your mark in Singapore's 60th chapter. Let's co-create a more inclusive tomorrow, together.



**Be one of the lucky 60 to be sponsored for our following programmes:**

Improv with Me2 is a dynamic and inclusive session where participants learn essential life and social communication skills through the power of improvisational theatre.

This unique session blends improv theatre with real-world scenarios to build confidence and essential communication skills. Participants will explore everyday tasks like buying a meal and taking the bus through role-play, and guided support in a safe, sensory-aware space.

**JOURNEYING TOGETHER**

**SG60 Fully Sponsored Daily Living Skills Programme for Persons with Disabilities**

**Me2**  
CENTRE OF Inclusive Arts  
A member of the CERBERA Family

**LIMITED SLOTS APPLY NOW!**

**SG 60**



Enhance Skills for Everyday Community Confidence – Learn Social Communication, How to Buy a Meal & Ride the Bus!

Artist Development with Me2 is a progressive art programme designed to guide aspiring artists with disabilities in transforming their creative ideas into merchandise-ready artwork.

Participants will draw inspiration from Singapore's rich heritage, exploring iconic shophouses, local food motifs, and vintage signages—all reimagined into meaningful and marketable designs for lifestyle products like tote bags, prints, and accessories.

**JOURNEYING TOGETHER**

**SG60 Fully Sponsored Artist Development (Merchandise) Programme for Persons with Disabilities**

**Me2**  
CENTRE OF Inclusive Arts  
A member of the CERBERA Family

**LIMITED SLOTS APPLY NOW!**

**SG 60**



Discover the Stories Behind Our Streets – Explore themes on Shophouses, Local Food & Iconic Signages!

Create with Me2 is a vibrant, inclusive arts programme where participants explore their creativity through themes inspired by local food, beloved animals, and famous artists.

Using sensory-friendly methods, participants will enjoy hands-on art-making sessions that encourage self-expression, motor skills development, and cultural appreciation—all within a supportive and joyful environment.

**JOURNEYING TOGETHER**

**SG60 Fully Sponsored Visual Arts Programme for Persons with Disabilities**

**Me2**  
CENTRE OF Inclusive Arts  
A member of the CERBERA Family

**LIMITED SLOTS APPLY NOW!**

**SG 60**



Journey Together with us and uncover themes surrounding Local Food, Animals & Famous Artists!

# SPONSORSHIP RESPONSE FORM



**PLEDGE**  
**YOUR SUPPORT**  
**FOR INCLUSIVITY**  
**AND DIVERSITY**



SCAN TO DONATE  
ONLINE

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

ME2 PTE. LTD.



SCAN TO PAY

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.



### SPECIAL FEATURE

#### Kopi with Dan: Getting to Know Our Assistant Teacher and Curriculum Collaborator



This month, we are excited to feature Dan Ow, our Assistant Teacher and valued collaborator on the Me2 Curriculum Development Team. Dan brings lived experience, sharp observation skills, and a thoughtful mind to everything he does.

In this casual Q and A, we get to know more about his journey, his strengths, and the heart he brings to our community.

**Q1: Hi Dan, tell us a bit about yourself.**

My name is Dan. I would use the following adjectives to describe myself: caring, determined and loyal. In my spare time, I like visiting libraries and parks and watching sports. I have an amazing sense of direction too!

**Q2: What do you enjoy most about being an Assistant Teacher at Me2?**

I enjoy supporting the trainers and our clients during the classes. I am pleased to interact with the students and feel the pure happiness that radiates from them. I like helping them to learn new skills.

**Q3: You are also part of our Curriculum Development Team. What is that like for you?**

I like being part of the Curriculum team and sharing my thoughts with my colleagues. I also listen to their input. I am heartened that we have the shared intention of improving our programmes for the children and adults we serve.

**Q4: What is one memorable moment you have had with our clients?**

There was one time we brought the students on an outing to take public transport, specifically the bus. Among the students was a lady who had rarely taken public transport in the past. During the outing, we gave this lady the opportunity to press the bell before alighting the bus. She did it and she even smiled while pressing the bell! That was a special moment, and I am glad I captured it on camera.

**Q5: What is something people may not know about you?**

I have autism, and I attribute my strengths to autism. Some of these strengths are attention to detail, quiet determination, and empathy. I use my strengths for good, at work and in my personal life.

**Q6: What keeps you inspired in your work?**

Being in a position to positively impact others, is what inspires my work. All the clients need is love, understanding, and a helping hand. With this in mind, I have gladly helped and supported the clients during the classes. I look forward to sharing more pleasant memories with them!

We are grateful to have Dan in the Me2 family. His insight, dedication, and lived experience enrich our classrooms and curriculum, reminding us that inclusion thrives when every voice is valued.



CENTRE OF  
Inclusive Arts

A member of the **CEREBRAL** Family



# NEWSLETTER



## DECEMBER 2025 EDITION



### 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.

### ABOUT US



Me2 Centre of Inclusive Arts, a social enterprise in Singapore, offers a specialized repertoire of fun and interactive programmes focused on activating right brain development through artistic expression.

We aim to inspire and nurture the imagination through captivating activities catered to a wide range of ages and skill levels in visual arts, film-making, dance, theatre and communication.

We believe in making the arts accessible so that everyone can experience or participate in the transformative impact of the arts.



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



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