

SIWEC PULSE

SIKH WELFARE COUNCIL

SEPT 2026



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A PUBLICATION OF THE SIKH WELFARE COUNCIL, SINGAPORE

A Quarter of Growth, Service and Community

Dear Friends and Supporters,

Welcome to our third-quarter newsletter for 2026. Over the past few months, the Sikh Welfare Council (SIWEC) has continued to expand our reach and refine our support networks, driven by the unwavering dedication of our volunteers and community partners.



A major milestone this quarter is the launch of RAAH, our new mental wellness Expert Panel consisting of certified life coaches, social workers, and qualified counsellors. RAAH serves as an approachable first stop to offer a compassionate, listening ear to help individuals navigate everyday challenges, acting as a bridge to specialized care rather than focusing on medical diagnoses. Alongside this launch, our mental wellness team is rolling out an anonymous community survey to ensure our support programs are private, safe, and tailored to your needs.

We are also deeply inspired by the younger generation stepping up to serve. Recently, 21 National University of Singapore (NUS) students formed three teams to assist with ration packing and our Eldercare & Active Ageing sessions, where they introduced seniors to everyday digital tools. Similarly, our youth volunteers are discovering that community service extends far beyond fulfilling Values in Action (VIA) quotas, using personal passions like photography to document events and forge meaningful intergenerational connections.

Our core social support pillars remain as active as ever. In our Bereavement Support Programme, we continue to provide families with a clear starting point for logistical guidance, hands-on assistance with body washing, and free digital obituaries. To ensure families are not navigating an overwhelming process alone, our bereavement helpline is available daily from 7:00 AM to 9:00 PM.

In the realm of rehabilitation, our Prison Counselling & Aftercare Programme provides religious counselling to inmates and crucial reintegration support upon their release. We are tremendously proud that our efforts in this space were recently recognized with the Minister for Home Affairs National Day Award (Home Team Partners) 2026 – Excellence Award.

Looking ahead, we are thrilled to announce that registration is now open for Ride To Serve 2027. Taking place from 19 to 22 March 2027, this initiative will challenge participants to conquer a 500-kilometre route over four days, traveling from Singapore through Batu Pahat and Malacca and back, all to raise vital support for SIWEC.

Whether you are answering the call to join our bereavement team, bringing fresh ideas to eldercare, or preparing to saddle up for a 500-kilometre ride, your contributions make a tangible difference. Thank you for your continued trust and for shaping our community.

In Service and Gratitude,

Sharanjit Kaur

Chairperson

Sikh Welfare Council

RAAH: Walking the Path With You

When our backs ache from sitting at a desk all day, we visit a physiotherapist. When we want to build our stamina, we chat with a fitness coach. And we certainly don't wait for toothache to become unbearable before seeing the dentist! We intuitively know that regular "tune-ups" are the secret to keeping our bodies healthy and strong.

But when it comes to our emotional well-being? We often flip the script. We hesitate, brush off our feelings, and try to tough it out until our batteries are completely flat.

Let's change that. Mental wellness isn't just about clinical labels or treating illnesses - it's about everyday balance. Between school, relentless work schedules, family responsibilities, and the general hustle of daily life, it's completely normal to feel stretched thin or a little lonely sometimes. These aren't signs of weakness; they are just part of being human. Talking to a counselor or life coach should be just as routine as visiting that physiotherapist. It's simply a safe space to untangle your thoughts, catch your breath, and learn new ways to handle stress before it boils over.

Help Us Shape the Future of Support

Because we want to ensure everyone in our community feels heard and supported, the Sikh Welfare Council (SIWEC) mental wellness team is launching a community survey. Through this anonymous check-in, we hope to better understand how you handle daily pressures, what makes it hard to ask for help, and how we can make our services feel safe, private, and perfectly tailored to your needs. Your voice is critical in helping our support programs grow.

Introducing RAAH: Our Mental Wellness Expert Panel

We are also thrilled to introduce our brand-new Expert Panel, RAAH. Built on the belief that no one should have to jump life's hurdles alone, we've brought together a friendly, diverse team of qualified counselors, social workers, and certified life coaches.

Think of this panel as an approachable first stop. They aren't here to run clinical assessments or hand out medical diagnoses. Instead, they offer a compassionate, listening ear to help you navigate everyday bumps in the road. If you ever need deeper, specialized medical care, RAAH acts as a trusted bridge to connect you with the right professionals.



Join the Team: Call for Volunteers

A resilient community is built when we look out for one another. As we roll out the panel, we warmly invite qualified professionals within our community with counselors, therapists, social workers, and life coaches, to join us as flexible, rostered volunteers. Your time and expertise could be the safe harbor someone desperately needs. If you'd like to help, please email your background and resume to Raah@siwec.org

Reach Out Anytime

If work, school, or just life in general is weighing you down, please remember that support is closer than you think. Reaching out doesn't mean you are failing; it means you value yourself enough to care for your well-being. Whenever you need an objective sounding board, our panel is here to listen in total confidence.

You are always welcome to connect with us via **62999234** or email us directly at Raah@siwec.org

21 Students. 3 Teams. One Community Impact.

When 21 National University of Singapore (NUS) students stepped into SIWEC's community programmes, they brought different strengths but one shared goal: to be useful exactly where they were needed most.

Split across three teams, these students tackled everything from senior support to ration packing, proving that a willingness to get involved is the ultimate catalyst for community change.

Not Just Helping Out - Adding Value

At SIWEC's Eldercare & Active Ageing sessions, the students didn't just assist but became part of the programme. They designed fresh activities and introduced seniors to everyday digital tools that younger generations use without a second thought.

For a senior who has always relied on others, mastering a simple app means gaining newfound confidence and autonomy. Sometimes, all it takes is a patient voice sitting beside them saying, "Let me show you."

From Digital Skills to Doorstep Support

The students also rolled up their sleeves for ration distribution. Supporting families requires heavy coordination, preparation, and a readiness to tackle the unglamorous, behind-the-scenes work.

The setting was vastly different from the eldercare sessions, but the students' mindset remained the same: see the need, step forward, and get the job done.

An Intergenerational Exchange

The most powerful moments happened in the spaces between generations. One group arrived with digital fluency and high energy; the other brought decades of lived experience and stories no classroom could ever teach.

Volunteering quickly became a two-way exchange. A student might teach a senior how to navigate a smartphone, but they inevitably leave with a deeper understanding of patience, resilience, and community.

Beyond Volunteer Hours

For SIWEC, the impact of these students wasn't measured in hours logged. It was felt in the fresh ideas they pitched, the relationships they built, and their readiness to serve wherever help was required.



When Loss Comes, Knowing What Comes Next Matters

When a family member passes away, the heavy weight of grief is often immediately interrupted by urgent, practical questions: *What happens now? Who do we call? What needs to be arranged first?*

For many families, these are uncharted waters. This is exactly when the Sikh Welfare Council (SIWEC) steps in, sometimes for the very first time. Our goal is not to take over a family's farewell or replace religious bodies and funeral providers. Rather, we are here to ensure families do not have to navigate an unfamiliar and overwhelming process entirely on their own.

More Than a Hearse and Coffin

A common misconception is that SIWEC's role begins and ends with providing a coffin or a hearse. In reality, our support is much broader. We guide families through the immediate steps following a death, but knowing exactly who handles what can prevent confusion during a highly stressful time.

How SIWEC Supports Families:

- **Logistical Guidance:** Step-by-step assistance with death registration, cremation arrangements, and funeral logistics.
- **Hands-On Assistance:** Where required, staff or volunteers assist with body washing and dressing, and provide on-site guidance at the crematorium.
- **Digital Obituaries:** A free digital obituary service to help families easily communicate funeral details to relatives, friends, and the wider community.
- **Post-Funeral Support:** Connecting families with relevant community resources for ongoing bereavement support after the funeral concludes and connecting them to grief counselling if needed.

What Families Manage:

- **Formalities:** Obtaining the official Death Certificate, applying for the Permit to Cremate, and booking the cremation slot.
- **Religious Arrangements:** SIWEC staff and volunteers do not conduct or lead prayers; these remain the responsibility of the family and their chosen religious leaders.

One Number. One Clear Starting Point.

It is information most of us hope to never need. But when the moment comes, knowing exactly where to turn can make all the difference.

The **SIWEC Bereavement Helpline (+65 6299 9234)** is available daily from **7:00 AM to 9:00 PM**, providing a single, clear point of contact for immediate guidance.

We understand that loss can happen at any hour; however, if you reach out after 9:00 PM, our immediate assistance is inevitably constrained by the late-night closure of government offices, certifying bodies, and key private services. This is especially challenging when a death occurs at home, as critical administrative procedures and formal arrangements generally cannot proceed until these external agencies reopen in the morning.

If you call after 9:00 PM, an automated SMS will outline the immediate next steps to take, and our team will return your call as early as practicable the following morning to help you navigate the remaining arrangements.

Could You Be That Person for Another Family?

Behind all bereavement support are compassionate individuals willing to step forward quietly when another family is facing their darkest hour.

Volunteering in this program takes many forms. You might assist with practical and logistical arrangements, or you might offer specific knowledge of cultural practices, body preparation, or the funeral process to help guide a family respectfully and confidently.

SIWEC warmly welcomes individuals who want to contribute their time, experience, or knowledge to our Bereavement Support Programme. Because sometimes, the most profound support begins with a very simple promise: *"I'm here. Let me help you through the next step."*

Interested in volunteering? Scan the QR code below fill out our volunteer form or call us at 62999234 to know more about our bereavement support programme.

BE A VOLUNTEER

"selfless service is the highest form of devotion"

Register Here



Where Second Chances Begin

A second chance is often imagined as the moment when an inmate walks out of a prison gate. It usually begins much earlier.

Often, it begins with a simple conversation — one that encourages reflection, challenges without judging, and reminds an inmate that their next chapter does not have to be defined entirely by their last. This is the foundation of SIWEC's Prison Counselling & Aftercare Programme.

The Work Behind the Conversation

Inside the prison setting, SIWEC volunteers provide religious counselling and guidance to inmates navigating difficult choices, strained family relationships, and deep uncertainty about the future.

This work is rarely about having all the right answers. It is about listening, building trust, and encouraging responsibility and accountability. It is about helping an inmate see that change is possible and reminding them that counsellors are there to support them along the way.

That responsibility makes volunteer preparation critical. At SIWEC's recent Prison Counselling & Aftercare volunteer engagement session, new and existing volunteers gathered to deepen their understanding of the programme, the realities faced by inmates and their families, and the vital role volunteers play.

While good intentions provide a starting point, meaningful support in the rehabilitation journey requires patience, healthy boundaries, and consistency. True empowerment means recognising a person's full humanity while guiding them towards healthier, more accountable paths forward.

Recognition for Unseen Work

Recently, SIWEC was honored with the Minister for Home Affairs National Day Award (Home Team Partners) 2026 – Excellence Award, recognizing our partnership in supporting rehabilitation and reintegration. Several of our dedicated prison volunteers were also recognized for their years of steadfast service.

These awards are a testament to work that often goes unseen by cameras and ceremonies. It happens quietly, in conversations that may never be heard beyond the walls of prison cells.



The Gate Is Not the Finish Line

For many inmates, the greatest challenges can begin after release.

Returning to the community can mean rebuilding fractured relationships, securing employment, restoring confidence, and learning how to move forward when the past still feels close behind.

That is where aftercare becomes essential. SIWEC continues to support inmates beyond their incarceration, helping them navigate reintegration and reconnect with the community resources they need to move forward.

A successful second chance is not simply about leaving prison. It is about building a life that makes moving forward possible.

What Does a Second Chance Really Need?

It needs an individual willing to change.

A family willing to rebuild.

A community willing to make room.

It needs a volunteer willing to sit across from another person and remind them that there is still a road ahead.

A second chance does not begin at the prison gate. It begins the moment someone believes that a different future is possible.

Be Part of the Journey

Through our Prison Counselling & Aftercare Programme, we aim to provide continued support to individuals during their transition back into the community. Volunteers play an important role in this journey by offering compassion, encouragement and a listening ear when it is needed most.

Are you ready to help someone find their second chance? Scan the QR code to sign up as a volunteer or call us at 62999234 to find out more.



500 Kilometres. Four Days. One Ride That Means More.

Some rides are measured purely in distance. This one is measured in determination, purpose, and community impact.

From 19 to 22 March 2027, **Ride To Serve** returns with an ambitious new challenge: a 500 -kilometre journey across four days, taking riders from Singapore up into Malaysia and back again. The route carries participants through Batu Pahat and Malacca before turning south for the journey home. That is four days on the road and hundreds of kilometres in the saddle, where every turn of the pedal supports something much larger than the ride itself.

Not Just Another Cycling Event

Ride to Serve is built on a simple premise: turning physical endurance into community service. The 2027 edition brings this spirit back to the open road, welcoming experienced cyclists, adventurous newcomers, and dedicated supporters who are ready to push their limits for a meaningful cause.

The route promises everything a long-distance rider could ask for—shifting landscapes, coastal stretches, and vibrant towns. But the true challenge isn't just the distance. It is the grit required to get back on the bicycle each morning, the camaraderie of riding as a team when the road gets long, and the persistent reminder of why you started in the first place.

Riding Beyond the Finish Line

Every kilometre conquered on this journey raises vital support for SIWEC.

This shared mission transforms a grueling physical challenge into a catalyst for community work. Every rider who signs up, and every supporter who backs them, proves that doing good doesn't always have to look conventional. Sometimes, it looks like a bicycle, an open road, and the sheer willingness to go the distance.

Are You Ready for 500 KM ?

Ride to Serve is not reserved for elite athletes. It is for anyone willing to challenge themselves. It is for those who want to discover how far they can go, and who believe that a physical feat becomes infinitely more powerful when someone else benefits from the effort.

Registration is now open, with early sign-up benefits available. The question is no longer how far the road goes. The question is: are you ready to ride it?

2027



RIDE2SERVE

RIDE BEYOND BORDERS
SERVE BEYOND LIMITS

19 March to 22 March 2027



Singapore



Batu Pahat



Malacca



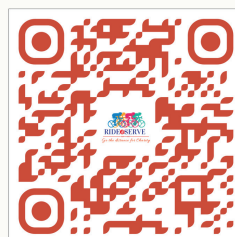
Batu Pahat



Singapore

CONTACT US

SCAN HERE FOR DETAILS
AND REGISTRATION OR CALL
PAUL: 90043954



IN AID OF



SIKH
WELFARE
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Through the Lens: Finding Purpose Beyond VIA Points



By Bellisha Kaur

Young Volunteer, Sikh Welfare Council

Like many students, I initially saw my Values in Action (VIA) hours as just another school requirement to tick off. My main goal was simply to get them done, but volunteering with SIWEC completely shifted that mindset. Stepping outside my usual 18-year-old bubble of school and peers, I found a unique opportunity with Ride2Serve, an annual fundraising cycling event where I volunteered as an event photographer. What began as a straightforward way to log my required hours quickly became a passion I eagerly anticipate every year. Behind the camera, capturing the raw energy of a community coming together for a meaningful cause, I realized volunteering is about much more than just points.

Ride2Serve taught me that volunteering doesn't fit into a single box. Using my passion for photography to capture these moments showed me that we can give back simply by sharing what we love doing.

"Volunteering isn't just about what we give to the community—it's about how the community shapes us."

A single photograph, a brief conversation, or lending a quick hand might seem like small contributions, but these moments have profoundly opened my eyes to the world around me.

Today, I no longer view VIA as just a quota to meet. Long after the hours are logged, what stays with me are the people I've met, the moments I've captured, and the fresh perspectives I've gained.

If you are a young person looking for your next VIA opportunity, I encourage you to look beyond the hours. Find a SIWEC program that sparks your interest, step out of your usual circle, and make a genuine impact.

Want to get involved?

Enquire about upcoming volunteering opportunities by scanning the QR code, calling +65 6299 9234, or emailing info@siwec.org to find out more.



YOU CAN MAKE A DIFFERENCE



A small contribution from you translates into huge benefits for the less fortunate. You can donate by:

- Making a One-off Donation
- Donating Monthly via GIRO
- A Memorial Donation - A thoughtful way to remember a loved one while giving support to others

One-off Donation:

Quick and convenient. Scan the QR code to donate



Download GIRO form:

Enable sustained support for long-term programs

UEN: S98SS0018L

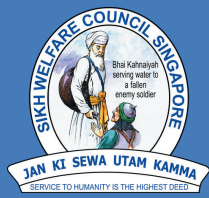
All qualifying donations will be granted a tax exemption of 2.5 times

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Our Services

Bereavement helpline
6299-9234

Family Support

Education Support

Eldercare & Active
Ageing

Bereavement Support

Befriending Support

Mental Wellness
Support

Prison Counselling &
Aftercare

If you or someone you know requires assistance or is interested in our services, please call us, e-mail us or come down to meet us at the SIWEC Office

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