MISSION POSSIBLE: SINGAPORE
Project Profiles 2018-19

PROJECT RAINBOW - TANGLIN TRUST SCHOOL

By reducing the stigma around mental disability and improve the well-being of mentally disabled children in Singapore, Project Rainbow targeted their project to addressing SDG 3 and SDG 10. Working closely with the Rainbow Centre, this team volunteered with eight young children with mental disabilities to aid them in their skills development. This group also started a meditation club in their school to create a space for students to focus on mental health and re-centre during busy and stressful school days.

Project Objectives:
- Raise awareness on the importance of mental health
- Reduce the stigma around mental disabilities
- Improve the well-being of individuals with mental disabilities in society

Activities:
- Conducted a survey to highlight the lack of awareness around mental disabilities in the school community
- Volunteered with the Rainbow Centre every week for 6 weeks to play with the children
- Started a meditation club for Tanglin Trust Students to provide a peaceful space for students to come together to meditate
- Conducted an assembly talk to share about and recognise members of their school community who live with mental disability

Results:
- Created access to mental health resources for students in the school
- Promoted an attitude shift in the community towards those with mental disabilities
- Established trust and strong relationships between students at Tanglin Trust School and the Rainbow Centre

Next Steps: These Agents of Change would like to hand their project down to younger students to continue the volunteering efforts and to sustain the meditation club in their school.