

prisonnews

APR ISSUE 2020

CAPTAINS OF LIVES
REHAB • RENEW • RESTART

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Negotiators from SPS' Prison Negotiation Unit and SPF's Crisis Negotiation Unit, together with representatives from California Department of Corrections and Rehabilitation, at the 30th Annual Crisis Negotiation Competition held at Texas State University in United States.



**SINGAPORE
PRISON SERVICE**

**HE JOINED
THE WRONG
SOCIETY.**

**NOW HE HELPS
UNITE THE
COMMUNITY.**

Muru was given a helping hand to start anew through the Yellow Ribbon Project. He has extended his in return by mentoring ex-offenders and youths-at-risk to get back on track.

Now he pays it forward, inspired by the support and encouragement from the community. You too can play a part towards a safer and more inclusive society.

Lend A Hand. Make A Difference.
yellowribbon.org.sg/YR-Stories



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EDITOR'S NOTE

Dear Readers

This year marks 20 years after the Captains of Lives (COL) vision was first articulated. Our Main Feature looks at the origin of our identity as COL, and Singapore Prison Service (SPS)'s transformation journey since then.

The Singapore Corporation of Rehabilitative Enterprises (SCORE), SPS' close partner in our shared endeavour to reducing re-offending, will be re-branded as Yellow Ribbon Singapore (YRSG) with effect from 1 May 2020. In this issue, we checked in with its Chairman, Mr Chng Hwee Hong on the motivation behind the rebranding and his views on volunteerism.

Also featured in this issue is the Prison Negotiation Unit (PNU). To remain operationally ready, PNU negotiators undergo regular exercises and recently participated in an international competition where, together with the Singapore Police Force (SPF)'s Crisis Negotiation Unit, they emerged champions.

Another team that did us proud was the Prison Sports and Recreation Club (PSRC) Soccer Team, which won three tournaments last season. We spoke to the Team Coach and the Team Captain, who shared their thoughts on winning and the team's plans moving forward.

The COVID-19 pandemic has disrupted our daily routines and affected people's lives on an unprecedented scale. At SPS, comprehensive measures have been put in place to prevent the transmission of the virus in our institutions, and we remain committed to ensuring the safety of our staff and inmates.

In the next page, we showcase some ways that our inmates are giving back, as well as encouragement from our COLs on staying #SGUnited to ride through COVID-19 together.

Mr Wong Ci Yi
Editor, Prison News

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FIGHTING COVID-19 TOGETHER

BAKING OF COOKIES FOR HEALTHCARE WORKERS



Andy, 41

"I am happy when I know that the cookies I baked in the prison will be for the frontliners, as this is an opportunity for me to show my appreciation to them and also for me to help the community. I hope the pandemic will be over soon and for all Singaporeans to be healthy and safe."

DELIVERY OF COOKIES TO HEALTHCARE WORKERS



Siva, Resident of The Helping Hand Halfway House

"I feel very proud to be part of this initiative, as I can see many frontliners who are doing good work and taking on extra duties to make sure that everything is moving in an orderly manner. I pray for their safety and thank them for their sacrifices."

MASK-MAKING FOR MIGRANT WORKERS



Rose, 32

"I felt contented when I completed the project as this is an opportunity for me to help the community while serving my sentence. I hope that the virus will subside soon."

#SGUNITED





SINGAPORE
PRISON SERVICE

20 YEARS OF CORRECTIONAL EXCELLENCE AS CAPTAINS OF LIVES

1999 - 2020

Reported by
Sheena Tay, Chen Shuyi and Chua Yi Gang (Prison News Reporters)



The Old Changi
Prison Wall

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The term 'Captains of Lives' (COLs) refers to the staff of SPS, whose vision is to inspire everyone, at every chance, towards a society without re-offending. Did you know that it has been 20 years since the 'COL' identity was first articulated? Prison News takes a step back into the past, and reports on how far our COLs have come since then.

The term 'Captains of Lives' was unveiled officially on 31 Dec 1999, as part of SPS' first Vision Statement:

We aspire to be captains in the lives of offenders committed to our custody. We will be instrumental in steering them towards being responsible citizens with the help of their families and the community. We will thus build a secure and exemplary prison system.

The new Vision Statement served as a compass to guide SPS towards a desired end-state that was focused not just on secure custody, but also on the need to rehabilitate and reintegrate offenders.

The notion of Captains of Lives (COL) is linked to the following three principles:

To support inmates who are motivated to change through programmes and rehabilitative interventions.

REHAB

RENEW

A commitment an inmate makes to look beyond their imprisonment and change his or her life for the better.

RESTART

To garner the support of community partners to provide opportunities to offenders to restart their lives.



What the captain of a ship does is to steer. The rest of it is time and tide. If the tide is against you, you will be slow. If the tide is for you, you will be fast, but you must always point the ship in the right direction.

Steering Our Captains of Lives in a New Direction

The SPS Heritage Committee interviewed Mr Chua Chin Kiat, former Director of Prisons (1998-2007), who coined the term 'Captains of Lives'. Below are some excerpts from the interview, where he shared his idea of rehabilitation and a first-rate prison service.

WHAT WAS THE INSPIRATION BEHIND "CAPTAINS OF LIVES"?

The vision stated that we will be instrumental in steering offenders towards being responsible citizens. What the captain of a ship does is to steer. The rest of it is time and tide. If the tide is against you, you will be slow. If the tide is for you, you will be fast, but you must always point the ship in the right direction.

I thought that was quite a good image to describe what a captain of lives would do, because what we are responsible for is to point people and steer them in the right direction. Whether or not eventually they get there, it has to depend on the offenders themselves.

WHAT DOES BEING A WORLD-CLASS PRISON SERVICE MEAN TO YOU?

To me, being world-class means that every offender who goes out of prison becomes a responsible citizen. That was in our vision statement, and I fully bought into that. We must produce citizens who are worth their salt in citizenship. They must be productive, good fathers and mothers, good children to their parents, like how you would expect a good citizen to be. That is difficult indeed, but that is what world-class means to me.

Former Director of
Prisons (1998-2007),
Mr Chua Chin Kiat.



04



TIMELINE OF SPS TRANSFORMATION

1999

SPS' Vision Statement with the term 'Captains of Lives' was unveiled at the ground breaking ceremony for the Changi Prison Complex. The Housing Unit Management System was implemented, transforming the role of Prison Officers from being mere custodians to becoming personal supervisors and effective role models to the inmates under their charge.



2002

SPS launched a new corporate image campaign – "Captains of Lives – Rehab, Renew, Restart" to improve public perception and support for our work.



2007

The Basic Music Programme was introduced at the Performing Arts Centre (PAC) at Institution A5, allowing inmates to express themselves through music. Structured training is provided to nurture inmates' musical talent, thereby enhancing their employability upon release.



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2000

The Home Detention Scheme was introduced for low-risk inmates to spend the tail-end of their sentences working in the community, under strict supervision conditions and the use of electronic monitoring. This facilitated their smooth reintegration back into society.

2001

SPS developed a new set of values that formed the acronym HEART – Honour, Excel, Agile, Respect and Teamwork. These values helped to transform our organisation culture as COLs.



2004

The first purpose-built cluster of the Changi Prison Complex, Cluster A, was operationalised, featuring state-of-the-art technologies and an integrated security system.



Former Director of Prisons, Mr Chua Chin Kiat and COLs at SPS Work Plan Seminar 2001.



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2010

SPS and SCORE launched the first **Halfway House Service Model** with eight participating halfway houses, social service agencies that are committed to provide a standard of care and structured intervention for inmates under this Community-Based Programme.

2013

A new Vision Statement was announced by former Commissioner of Prisons, Mr Soh Wai Wah, challenging officers to scale new heights in striving towards a society without reoffending:

"As Captains of Lives, we inspire everyone, at every chance, towards a society without reoffending."

2015

SPS' Mission Statement was revised to better reflect our role as a correctional agency:

As a correctional agency, we enforce secure custody of offenders and rehabilitate them, for a safe Singapore.



2011

SPS became the first public organisation in Singapore to receive the accolade of being one of the **Best Employers** in Singapore and the Asia-Pacific in the **Aon Hewitt Best Employers Study**.



SPS featured in the news as one of the Best Employers.

2014

SPS amended the Prisons Act to expand aftercare support for high-risk ex-offenders, through the introduction of the **Mandatory Aftercare Scheme** and **Conditional Remission System**.

The **Community Corrections Command** was established to provide better scaffolding and support for ex-offenders after their release.



COLs engaging offenders in classroom-based programmes and individual counselling sessions

2016

The **Shared Values In Corrections (SVIC)** were launched at the SPS-SCORE Corporate Advance. SVIC also serve as an acronym for the values of **Synergy, Vigilance, Integrity and Care**.



Former Commissioner of Prisons, Mr Soh Wai Wah, unveiling SPS' Shared Values In Corrections.

2018

The **'Learning Prison'** was implemented as a key strategy in support of SPS' transformation towards Corrections 2025. With the help of our COLs and through initiatives like 'My Action Plan (MAP)' and 'Looking Forward', inmates are inspired to take ownership of their rehabilitation journey and set goals and plans for their future.

2020

The **Selangang Park Complex** will begin operations. Besides the government-run halfway house, it will also house inmates undergoing drug rehabilitation and other community-based programmes.



The Selangang Park Complex houses the Selangang Halfway House, Community Supervision Centre and Drug Rehabilitation Centre.

2017

SPS piloted new initiatives that operationalised the concept of a **'Prison without Guards'**, using technology as a force multiplier to boost efficiency and effectiveness.

Find out more about SPS' technological initiatives in a Straits Times feature [here](#).



Technology was introduced to prison officers to enhance operational effectiveness and to better support the inmates rehabilitation journey.

2019

SPS achieved the **Singapore Quality Service Award with Special Commendation (SQASC)** for the second time, re-affirming its continuous efforts in pursuing organisational excellence and leadership in corrections



Commissioner of Prisons, Mr Desmond Chin, receiving SPS' second SQASC at the Business Excellence Awards Ceremony.

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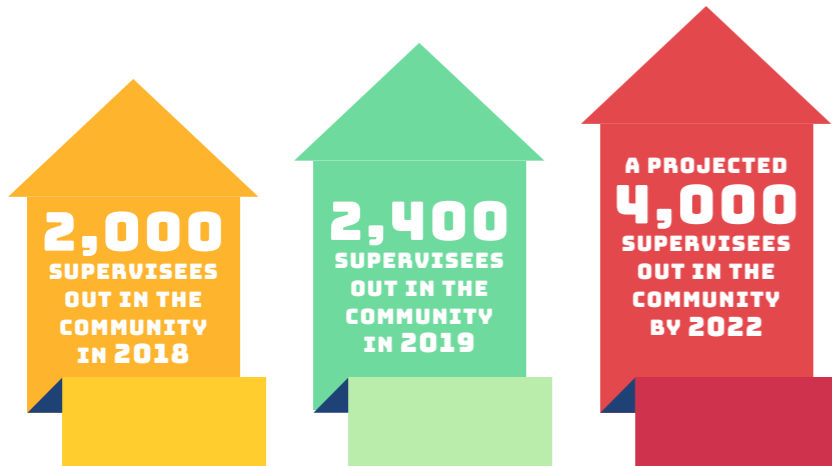
Singapore Prison Service (SPS) and Yellow Ribbon Singapore (YRSG) (rebranded from SCORE with effect from 1 May 2020) chose the Corporate Advance theme, "2Gather, Co-creating Community Corrections, Preventing Re-offending", to represent our joint commitment with the community and public agencies to transform the lives of our offenders and their families. Even though the annual Corporate Advance was cancelled this year due to the COVID-19 situation, this infographic highlights some of our newer initiatives.

Expansion of Community Partnerships and Co-creation Efforts



MORE OFFENDERS PLACED ON COMMUNITY CORRECTIONS

Step-down approach to facilitating offenders' successful reintegration, in partnership with the community.



THROUGH-CARE VOLUNTEER FRAMEWORK (TVF)

- ✓ For inmates with no family support, volunteers can perform the role of pro-social peers and support them in their rehabilitation and reintegration.
- ✓ TVF involves community partners who befriend the inmates in prison and engage them through interest-based activities that lead to opportunities for sustained throughcare engagement post-release.

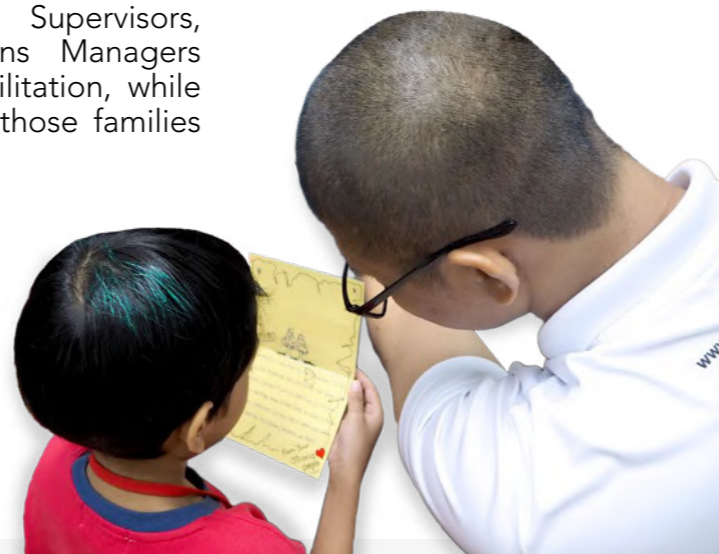


Industrial and Services Co-Operative Society (ISCOS) Kawan-Kawan Programme: Offenders playing Captain's Ball and attending Tea Appreciation Session.



FAMILY INTERVENTIONS AND REINTEGRATION SUPPORT TEAM (FIRST)

- ✓ Recognising that families are powerful motivators for inmates, FIRST was started in 2018 and has benefitted over 100 inmates and their families. FIRST comprises Personal Supervisors, Family Case Managers and Family Interventions Managers who work closely with the inmates on their rehabilitation, while working with SPS' community partners to support those families in need of assistance.
- ✓ SPS will expand FIRST by collaborating with the Ministry of Social and Family Development and social service agencies.



FIRST: Offenders bond with their family members through open visit sessions and guided activities.



CASE MANAGEMENT SYSTEM (CMS) PARTNER SYSTEM

- ✓ The CMS supports SPS' aftercare team in managing supervisees emplaced on community supervision by allowing them to conveniently view and update supervisees' case information on the go.
- ✓ The CMS will soon be extended to SPS' community partners via the CMS Partner System, allowing them to view and share case notes via a secured internet-based webpage.

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Enhancement of Employability and Employment Outcomes



FROM JOB PLACEMENT TO CAREER DEVELOPMENT

✓ SPS works with YRSG to equip offenders with nationally-accredited skills, by partnering and aligning their skills training with:



✓ YRSG will pilot the 'TAP' (Train, Attach, Place) and Grow (deepening of skills) initiative to enhance our offenders' employability upon their release.



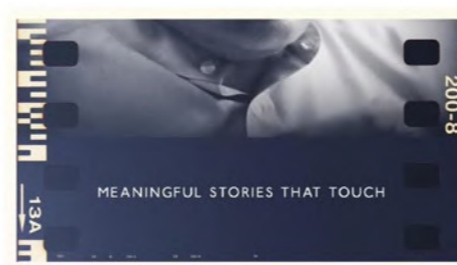
INDUSTRY-SPECIFIC CAREER PATHWAY

YRSG is collaborating with the Singapore Media Academy to:

- ✓ Set up Training Academy in prison;
- ✓ Offer Film, Television Production and Social Media Marketing related Diplomas;



Diploma in Film & Television (Production)



Specialist Diploma in Social Media Marketing & Online Content Creation

✓ Offer employment opportunities with Mediacorp and Production houses.



CAREER TRIAL

✓ To help ex-offenders secure jobs, YRSG partnered WSG to offer Career Trial to ex-offenders and place them with prospective employers for up to 480 trial hours.



✓ YRSG will increase placements in 2020 by putting 180 ex-offenders on the Career Trial.

CLICK ON THE IMAGES OR SCAN THE QR CODES BELOW TO FIND OUT MORE ABOUT THE RECENT EFFORTS OF SPS AND YRSG!

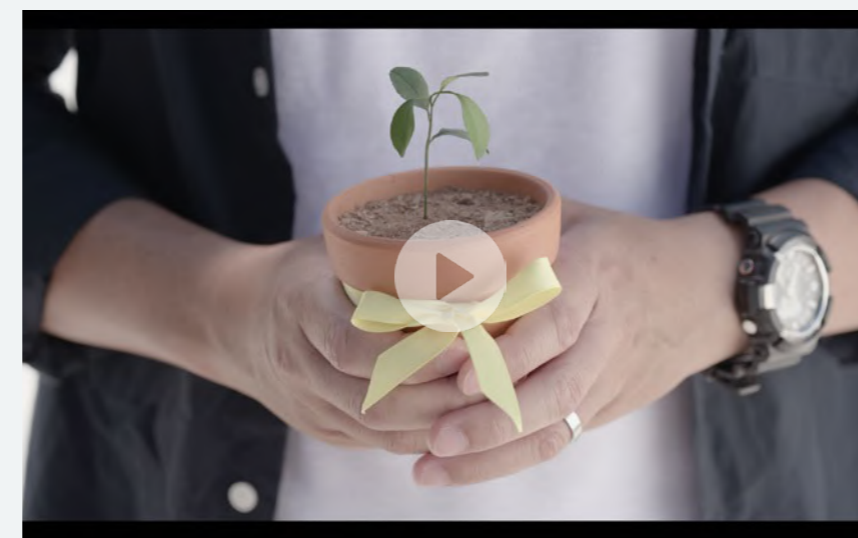
OUR OPERATIONS:



Leveraging Technology, Enhancing Operational Capabilities



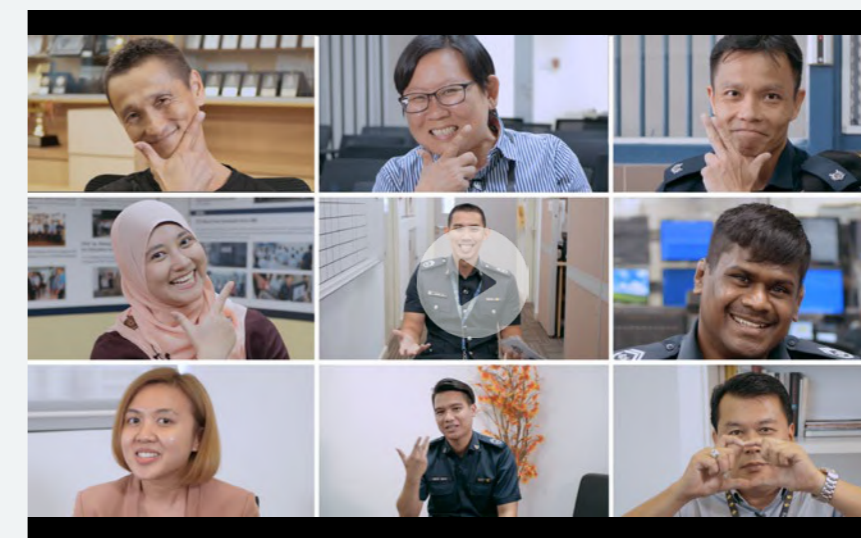
THEIR REHABILITATION:



Co-creating Community Corrections, Preventing Re-offending



OUR DEDICATED STAFF:



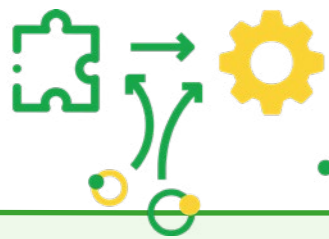
Stories of Outstanding Captains of Lives and HOPE Award Winners



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CONVERSATION WITH...

CHAIRMAN YRSG



MR CHNG HWEE HONG

Reported by
Crystal Seet (Prison News Sub-Editor)
and Ng Wei Ming (Prison News Reporter)

The Singapore Corporation of Rehabilitative Enterprises (SCORE), will be rebranded as Yellow Ribbon Singapore (YRSG) with effect from 1 May 2020. Prison News had a chat with Chairman of Yellow Ribbon Singapore, Mr Chng Hwee Hong, to find out more about the exciting changes in the organisation, and his experience volunteering passionately as a Prison Counsellor since 2003.



Mr Chng Hwee Hong Chairman, Yellow Ribbon Singapore

Mr Chng has been serving as Chairman since September 2012. Among many other appointments, Mr Chng also holds the position of Chairman of the Board of Trustees at Industrial & Services Co-operative Society Ltd (ISCOS), and is a member of the Criminal Law Advisory Committee (Review) of the Ministry of Home Affairs and National Council Against Drug Abuse (NCADA).

Q1

WHAT IS THE MOTIVATION BEHIND THE REBRANDING FROM SCORE TO YRSG?

The purpose of our rebranding is to converge our brand image with what we are doing. While many people in Singapore have heard of the Yellow Ribbon Project, not many are aware of what SCORE does. With our rebranding to Yellow Ribbon Singapore, we hope to garner even more support and action for our cause of rehabilitation and reintegration of ex-offenders.



With effect from 1 May 2020, SCORE will be rebranded as Yellow Ribbon Singapore.

Q2

HOW HAS THE ORGANISATION AND THE YELLOW RIBBON PROJECT (YRP) EVOLVED OVER THE YEARS?

Previously, as SCORE, we saw business partnerships as a means to sustain our rehabilitation work. Over the years, we have re-focused our strategy to be more rehabilitation-oriented. This has changed our culture and the way we work, and the name change from SCORE to YRSG is reflective of this.

We saw the need to keep up with technological advancements in the industry. By becoming future-ready and embracing technology in our work, we hope that prepares the inmates for technological developments in the world outside. To equip them with the right skills, we have courses to teach them digital literacy so that they are more confident when navigating the tech-enabled terrain.

FIND OUT MORE ON YRSG'S COLLABORATION WITH SPETA TO HELP OFFENDERS FIND JOBS IN THE ENGINEERING INDUSTRY IN THE FEATURE BY THE STRAITS TIMES [HERE](#)



OVER THE YEARS, WE HAVE REFOCUSSED OUR STRATEGY TO BE MORE REHABILITATION-FOCUSED. THIS HAS INFLUENCED A CULTURAL CHANGE IN THE WAY WE WORK IN YRSG, AND THE NAME CHANGE IS REFLECTIVE OF THIS.



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I WAS KEPT MOTIVATED TO WAKE UP AT 6.30AM EVERY SUNDAY FOR THE PAST 17 YEARS TO VOLUNTEER. YOU GET A SENSE OF SATISFACTION WHEN YOU SEE THAT YOU CAN REALLY MAKE A DIFFERENCE AND CHANGE LIVES.



Q3

WHAT ARE SOME OF YRSG'S RECENT INITIATIVES TO ENHANCE THE EMPLOYABILITY OF INMATES?

For skills training, we have taken the industry-centric approach, focusing on growth industries in line with the economy. YRSG is working with the Singapore Precision Engineering and Technology Association (SPETA), which helps companies keep pace with the latest developments in the Precision Engineering industry. This partnership allows YRSG to tap on SPETA's networks to reach out to potential employers, and provide jobs and learning opportunities for offenders.

YRSG will also be setting up a media training academy in prison to train offenders in media skills, and subsequently place them in jobs in the media industry.



Mr Chng Hwee Hong (centre), at Yellow Ribbon Community Art and Poetry Exhibition 2019, with Mr Edmund Cheng (left, Chairman of Singapore Art Museum) and Mr Desmond Chin (Commissioner of Prisons)

Q4

WHAT WERE SOME OF THE CHALLENGES YOU HAD IN YOUR YEARS OF SOCIAL/COMMUNITY WORK?

When I started volunteering, I gave my mobile number to ex-offenders and told them to call me if they faced any problems in their reintegration journey. I started receiving calls at all hours, and at times, requests to borrow money. While we want to help these ex-offenders, we have to do it within our means and I learnt the importance of setting boundaries through this experience.

When some of my clients re-offended, I felt disappointed and started questioning myself, "What did I do wrong? What could I have done better?" In the process, I realised that we should not be too emotionally

invested in our clients, or hold ourselves responsible for the choices of another person.

Nonetheless, I was kept motivated to wake up at 6.30am every Sunday for the past 17 years to volunteer. You get a sense of satisfaction when you see that you can really make a difference and change lives. Many ex-offenders even come back as counsellors, as they find value in doing so and realise they too have the ability to give back.



Mr Chng Hwee Hong presenting a token of appreciation to Suntec Singapore Convention Exhibition Centre, venue sponsors for Yellow Ribbon Prison Run 2019 race pack collection.

Q5

WITH YOUR RICH EXPERIENCE IN VOLUNTEERISM AND ACTIVE INVOLVEMENT IN YRP, DO YOU HAVE ANY ADVICE FOR INDIVIDUALS WHO WISH TO START VOLUNTEERING OR SUPPORT YRP?

Your heart must be in the right place. You must be willing to volunteer without expectation of rewards, be it monetary gain, fame or reputation. If you selflessly, single-mindedly want to do good, you will be a happy volunteer.

BE A VOLUNTEER OF THE YELLOW RIBBON PROJECT!

JOIN US IN IMPACTING LIVES OF EX-OFFENDERS AND THEIR FAMILIES BY BEING A VOLUNTEER OF THE YELLOW RIBBON PROJECT - VISIT THE YELLOW RIBBON PROJECT SINGAPORE WEBSITE AT WWW.YELLOWRIBBON.GOV.SG TO FIND OUT MORE!



PRISON NEGOTIATION UNIT (PNU)

Reported by
Joey Low and Muhammad Ayub (Prison News Reporters)
With Inputs from PNU Team

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You may know that the Singapore Prisons Emergency Action Response (SPEAR) Force is the SPS unit responsible for mitigating incidents of unrest within prisons, but did you know that SPS also has a Prison Negotiation Unit (PNU), which plays a critical role in de-escalating crises through their active listening and negotiation skills? Prison News checks out the lesser-known unit that had recently emerged champions in an international crisis negotiation competition!

SETUP OF PNU

PNU was operationalised in April 2012 to enhance the crisis management capabilities of SPS. Its primary mission is to achieve the safe release of hostage(s) by communicating and influencing behaviour in a prison crisis.

PNU officers are prison staff drawn from various units within SPS, who are activated to perform their PNU roles when required. PNU is headed by a Commanding Officer (CO), who is assisted by four Team Leaders. CO of PNU is also supported by psychologists from SPS' Psychological & Correctional Rehabilitation Division.

THE PNU NEGOTIATORS

▶▶ RECRUITMENT & SELECTION



The pioneer batch of PNU officers after the training in 2011.

The inaugural group of PNU negotiators were selected from a training conducted in 2011 by Gary Noesner, a former Federal Bureau of Investigation (FBI) agent, and the first Chief of its Crisis Negotiation Unit. This pioneer batch of negotiators then contextualised the doctrines they learnt into the way that PNU operates today.

In 2014, more PNU negotiators were selected from a pool of candidates who underwent the Basic Negotiation Course conducted by a trainer from the California Department of Corrections and Rehabilitation. A stringent selection process ensured that only suitable negotiators are recruited into PNU.



Officers in discussion during the Basic Negotiation Course.



Negotiators taking down notes at a prolonged negotiation exercise.

▶▶ TRAINING OPPORTUNITIES



PNU and psychologists after 'Exercise Night Owl', a prolonged negotiation exercise.

PNU negotiators also have the opportunity to attend courses on crisis resolution and hostage negotiation. In 2019, some of the negotiators attended counter-terrorism seminars during the MILIPOL Asia-Pacific event held in Singapore. PNU also invited Dr Wayman C. Mullins, a professor in the Department of Criminal Justice at Texas State University, San Marcos, to conduct a three-day Terrorism and Hostage Negotiation training last year.

COMPETITIONS

▶▶▶ 30TH ANNUAL CRISIS NEGOTIATION COMPETITION

To validate PNU's capability and readiness in managing hostage situations, PNU negotiators saw the need to benchmark themselves against negotiators from other jurisdictions. Since 2018, it has taken part in the Annual Crisis Negotiation Competition held at Texas State University.

In 2020, the joint team consisting of five PNU negotiators and three Singapore Police Force (SPF) Crisis Negotiation Unit (CNU) negotiators, emerged winners in a field of 40 participating agencies from other jurisdictions.



PNU officers representing SPS at the 30th Annual Crisis Negotiation Competition were (from left to right) Rehabilitation Officer (RO) Muhammad Salik, DSP Josephine Overee, SUPT June Low, DSP Anderson Leong and Assistant Superintendent of Prisons (ASP) Kelvin Chua.

This was a remarkable achievement, given that it was the team's third time participating in the competition, and an improvement from its results in the previous two years.

“
The win is a morale booster and a sign that PNU is moving in the right direction in managing crisis situations. We must continue to adopt good practices and streamline our current processes to be more efficient and effective.

ASP Kelvin Chua
Negotiator, PNU

“
While the competition and the euphoria of winning has subsided, a new working relationship between PNU and CNU was forged, setting the stage for greater synergy in crisis preparedness for both agencies.

DSP Anderson Leong
Team Leader, PNU

“
Regular training is crucial in building up the required 'muscle memory' to ensure that crisis negotiation becomes second nature to us. The driving force is our passion to save lives.

SUPT June Low
Commanding Officer, PNU



Participants of the Terrorism and Hostage Negotiation Training.

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Amrin Amin
February 22, 2020 at 07:38am

GCE "A" Levels 2019 Results

7 inmates sat for the 2019 GCE 'A' Level examinations. Tutored by teachers from Tanah Merah Prison School, they did well.

Good results should be celebrated. But if you do or achieve something against all odds, I think it should be especially lauded. Congrats to our 7 and all who overcame personal challenges, beat the odds, tried their best and are continuing to fight on! Never give up!



Captains of Lives
February 27, 2020 at 6:13pm

Motivational Talk for Malay-Muslim Offenders

The outgoing Mufti, Dr Mohamed Fatris Bakaram, conducted a motivational talk for 45 Malay-Muslim offenders at Institution A5 on 26 Feb 2020.

Dr Fatris shared that the FITRAH Office will be enhancing its incare curriculum to be more interactive and structured, to help offenders better reflect on their thoughts and actions. More FITRAH counsellors and befrienders had also been recruited to provide holistic support for offenders, ex-offenders and their families. #BehindPrisonWalls



Captains of Lives
February 21, 2020 at 04:00am

The Straits Times: Home Team Heroes Behind the Scenes

As a psychologist at SPS, Ms Arvina Manoo's work involves rehabilitating offenders through group therapy sessions.

The Straits Times featured Arvina and her role in guiding offenders and the impact of her work in this feature article:

<https://www.straitstimes.com/singapore/home-team-heroes-behind-the-scenes>



captainsoflives
February 20, 2020



#AskMeAnything: ASP Crystal Seet

Prison News' Sub-Editor, Assistant Superintendent of Prisons (ASP) Crystal Seet, is currently serving as a Housing Unit Officer at Institution A5.

In an episode of #AskMeAnything, ASP Crystal sheds light on her experience as a Captain of Lives and what it's like to be a female officer in a male prison institution. #CaptainsOfLives

WHAT'S THE
BUZZ?
GET UP TO DATE WITH OUR
CAPTAINS OF LIVES!
CLICK ON THE POSTS
TO FIND OUT MORE!

Each issue, we select trending posts from our @CaptainsOfLives social media accounts to provide a peek at what our COLs are up to. #ICYMI

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Captains of Lives
February 7, 2020 at 11:00 am

There were 2,415 offenders on community corrections programmes at the end of last year — about 20% more than the year before. This increase was part of SPS' step-down approach to help offenders transit more smoothly back to society after their release, while still being supervised.

During the same period, the in-care population in SPS also showed a slight drop. For the full 2019 SPS annual statistics, visit: <https://go.gov.sg/sps-stats-2019>.

#BeyondPrisonWalls #SG4SecondChances



In-Care Population



Community Corrections Population



captainsoflives
February 14, 2020



Love Behind Bars: CW Cleve and CW Joann

Over a decade ago, Chief Warden (CW) Cleve Mu and CW Joann Chen first bumped into each other in a lift at the same HDB block they live in. Today, they've been happily married for 9 years!

#ValentinesDay

Captains of Lives
January 17, 2020 at 03:12pm

Rehabilitation Programmes at the Drug Rehabilitation Centre

Rahman (not his real name), an inmate at the Drug Rehabilitation Centre (DRC) in Institution B5, shared that the programmes he has undergone at the DRC have helped him. He shared, "The group counselling sessions that I attended have helped me manage my emotions... and identify my trigger points... and helped me open up to people when I need help."

#BeyondPrisonWalls



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SPORTS & RECREATION

PSRC SOCCER

Reported by
Ng Kia Yi (Prison News Reporter)

The Prison Sports & Recreation Club (PSRC) Soccer Team has done SPS proud, emerging victorious in three soccer competitions last season – the Singapore Government Services Football League (SGSFL) Division 1, the SGSFL Division 3, and the Senior Police Officer’s Mess (SPOM) Inter-Mess Football Tournament

Prison News spoke to the Coach and the Captain of the PSRC Soccer Team for their thoughts on this amazing feat!



PSRC Soccer Team after emerging champion at SGSFL (Division 1) 2019.

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The PSRC Soccer Team doing warm up drills at a training session.



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COACH, PSRC SOCCER TEAM (2009 - PRESENT)

CW RUDY KHAIRON DAIMAN

TRAINER, SINGAPORE PRISON TRAINING INSTITUTE

HOW DO YOU FEEL ON PSRC SOCCER TEAM'S WIN AT THE THREE COMPETITIONS IN 2019?

I felt that the team did very well, given the constraints we were facing. Some players were unable to attend the competitions due to ground deployment and injuries from training. The journey to becoming champions was not easy, as the teams from other public service agencies had a much bigger pool of players, many of whom had experience playing in the National Football League.

YOU HAVE BEEN PSRC SOCCER TEAM'S COACH SINCE 2009. WHAT ARE THE CHANGES YOU HAVE OBSERVED OVER THE YEARS?

With many of our senior and experienced players 'retiring' from the team, we have newer members who lack experience in certain areas, such as tactical awareness and creative play.

I believe that given more playing time and exposure to competitions, they will gain valuable experience and use it to our advantage. That said, the determination and commitment to success has been consistent throughout the years.

WHAT ARE THE TRAINING PLANS AND YOUR AIMS FOR THE TEAM IN THE UPCOMING SEASON?

Given the COVID-19 situation, we have temporarily suspended team training sessions. Nevertheless, our players are keeping up with their individual physical conditioning to maintain their fitness level at an optimal level. We will do our best to defend our titles in the upcoming season.



Coach Rudy (in grey polo tee) conducting a team briefing.

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CAPTAIN, PSRC SOCCER TEAM (DIVISION 1)

CW NUR AZMY BIN MUHAMMAD

ASSISTANT DUTY OPERATIONS OFFICER, SPEAR FORCE

WHAT IS YOUR ROLE AS THE CAPTAIN OF THE TEAM?

As Captain of the team, I take charge of team trainings and motivate the players before every match. Whenever the chips are down during matches, I try to lift the team by spurring the boys on until the final whistle.

WHAT ARE YOUR THOUGHTS ON THE PSRC SOCCER TEAM (DIVISION 1) EMERGING CHAMPIONS IN SGSFL 2019?

The last time PSRC Soccer Team (Division 1) was crowned Champions for SGSFL was in 2013. I was part of the team then, and to win the title back is a dream come true.

The team displayed strong team dynamics and delivered excellent performances during the SGSFL matches. We knew that we had the capabilities, and as long as we did not stop believing in that and played to our strengths, we would emerge triumphant.

WHAT ARE YOUR EXPECTATIONS FOR THE UPCOMING SEASON?

Following our victories in 2019, the team needs to stay focused on continuously improving. The team will not rest on our laurels and will train even harder for the upcoming season. I am confident that we will continue to do well.



Captain Azmy (standing, first from left) with fellow players from Division 1 Team.