



## About ALMA

aLife Mothers' Assistance (ALMA) programme was set up to help alleviate hardships faced by low-income families. Launched in late 2020, our ALMA programme supports over 100 families today. aLife aims to ensure that these babies do not miss out on the essential nutrients and foundation needed in their infancy.

Additionally, ALMA serves as a support system for the families during their journey with aLife. Through ALMA's holistic approach, aLife aims for the ALMA families to feel heard and understood as they work towards breaking out of the poverty cycle and the difficulties that come along with it.

Eligible clients are accepted mainly on referral basis from Social Service Agencies/FSCs.



## Donation Details & Contact Information for Sponsorship

aLife Limited is a secular non-profit Institution of a Public Character approved by the Commissioner of Charities to receive tax-deductible donations. Donations of \$50 or more are entitled to tax exemption.

Sponsor a year's worth of baby essentials for a child or donate any amount via cheque (made payable to ALIFE LTD), PAYNOW or bank transfer to our UEN No. 200204369HALL. Please add in reference: "ALMA Sponsorship" together with your contact details.



## Contact Us:

**A** Block 308, #01-165 Shunfu Road  
Singapore 570308  
Mon- Fri: 9.00am - 5.00pm  
Sat: 9.00am - 1.00pm

**T** 6258 8816

**W** [www.alife.org.sg](http://www.alife.org.sg)

# aLife

## Mothers' Assistance Programme (ALMA)





**BABY SHA:** Baby Sha was referred to aLife's ALMA Programme in late 2020. At that time, his young parents were unemployed and facing financial difficulties. Despite being keen to find ways to engage Baby Sha, his parents were tied down with too many responsibilities. When aLife stepped in, not only did the family receive monthly milk and diapers, they also received aLife Befrienders' support. Over the last few months with ALMA, Baby Sha's parents have been moving towards more stability and have been learning better ways to tend to Baby Sha's needs.

**“The support given is very much needed. My kids enjoy the time and activities they get to do with our befrienders.”**

*Mdm S, an ALMA client with 5 young children*

### How can I help?

Join us as an ALMA donor, befriender or as a sponsor today.

### Be a Donor

It takes \$150 - \$200 to support one infant per month. aLife hopes to support more babies with time, and this can only be done with your support. As a Donor, you would be providing the finances needed to support the cost of the babies' milk, diapers and other baby essentials.

### Be a Sponsor

You can choose to adopt an ALMA family by paying for their baby's milk and diapers. If you would like to visit them as a befriender, you are welcome to do so.

### Be a Collaborator

aLife works closely with other Social Service Agencies (SSAs) to ensure that the family is helped holistically. If you are a SSA that knows of a financially strapped family who needs ALMA.

**Call us at 6258 8816**  
during office hours  
or **email us at**  
**contact@alife.org.sg**

### Be a Befriender

Along with delivering the milk and diapers to our ALMA families, aLife Befrienders listen and observe the overall well-being of the babies and their families, & feed back to aLife so the families situation are monitored & help can be rendered, if necessary.

Befrienders interact with the families and track the growth of the baby. It is a fulfilling experience to see healthy babies and families.

Support aLife in their mission to journey with the families in need by being an ALMA Befriender. Interested?

**Contact us at 6258 8816**  
Or write to us at  
**contact@alife.org.sg**  
today!

**“I'm glad to have the opportunity to make a small difference to someone's life**

*Mrs M, an ALMA Befriender*

