
St Simon Likas Caritas Outreach Programme

Report for the year January 2021 - December 2022



Activity details

Type: Disaster Relief Outreach

Support: Food Baskets

Beneficiaries: Approx. 500 families in need

Date: July 2021

Person-in-charge: Vera Chin

Highlights of the activity

- In response to the economic stress of the covid pandemic, St Simon donated approximately 500 food baskets to the poor and those in need, within and around Likas area to both Catholic and non Catholics as well as members from other parishes,, Shan Tao school and NGO Sri Mengasih.
- 30 St Simon Caritas members and parishioners gathered to help pack and deliver the food baskets, each containing 5kg/10kg rice, cooking oil, coffee, flour, sugar, biscuits, dried noodles, meehoon, canned food, milk powder, laundry detergent, powdered health drink Vico, instant noodles and face masks - each valued approximately RM80 - RM100.
- *"Most were so grateful to receive the food baskets and expressed their appreciation to the church for helping them," reported person-in-charge Vera Chin.*



Activity details

Type: Disaster Relief Outreach

Support: Food items, 2nd hand clothing, new rubber shoes, blankets and gas stoves.

Beneficiaries: Approx. 500 families in need

Date: September 2021

Highlights of the activity

- In response to the Sugud flood disaster where many families lost their homes, St. Simon Caritas represented by Vera Chin and Julia Wong delivered 50 food baskets to Limbanak Church for onward distribution to Kg Labak, which was also affected by landslides and floods.
- Fr Wilson too delivered bulk food items to the parish at Kinarut for flood victims there.
- Others Caritas members stepped up and personally donated 2nd hand clothing, new rubber shoes, blankets and gas stoves.



Activity details

Type: Outreach visit

Support: Food items - maggi noodles x10 boxes, cooking oil x2 boxes, Nespray milk powder x2 boxes, Instant Oats x 5 packets, Sabah Tea x7 boxes, castor sugar x 20 packets, detergent powder x5 packets (2.3kg)

Other essentials - adult diapers, cotton, gauze, face mask and nebulizer machine (donated by Arthur Sebangkit)

Beneficiaries: Holy Family Elderly Residence Kg Purak, Papar (30 residents with 14 requiring personal assistance, and 13 workers)

Date: 21 March 2022

Person-in-charge: Dr Michael Raj

Number of St Simon Caritas members involved: 5

Highlights of the activity

- Dr Michael together with members Julia, Arthur Sebangkit, Mei and Helen met Sister Clara and Sisters Eileen (sisters-in -charge).
- Not receiving much donation during the pandemic, Sister Clara said the donation was timely and very much appreciated.



Activity details

Type: Outreach visit

Support: 24 March - **Food items:** maggi noodles x14 boxes, cooking oil x3 boxes, Nespray milk powder x2 boxes, mee hoon x2bags, castor sugar x 20 packets, Milo, vico Choco, coffee sachets. **Other essentials** - detergent powder x10, clorox x8 bottles, face masks x25 boxes.

7 November - St Simon food basket x4, 10kg x5

Beneficiaries: St Damiano Girls Hostel

(76 residents, Form 1 - Form 6 and one primary 4)

Date: 24 March 2022, 7 November 2022

Person-in-charge: Dr Michael Raj

Number of St Simon Caritas members involved: 7 (Dr Michael, Vera, Julia, Matthew, Hani, Helen, Arthur and Ronnie)

Highlights of the activity

- *Sister Jane was happy to see us, saying that that the stock were down. There were no potatoes, garlic, onions, eggs for cooking. Her prayers were answered!*
- Some of the issues discussed included sustainable ways to be self sufficient - sale of the plants for garden decorations, planting vegetables in their garden.

Highlights of the activity

- *Said Mei. "They were all thankful and grateful to Caritas. All were touched especially one family who was a lapse Catholic."*

Activity details

Type: Outreach visit

Support: Food Baskets

Beneficiaries: 3 families in need in Telipok Jaya

Date: 24 March 2022

Personally delivered by : Mei

Type: Outreach visit

Support: Food Baskets

Beneficiaries: 2 families in need in Inanam

Date: 24 March 2022

Personally delivered by : Hani

Activity details

Type: Outreach

Support: St Simon food baskets

Beneficiaries: 2 families from St Simon parish

Date: May 2022

Type: Outreach Visit

Support: St Simon food baskets

Beneficiaries: 5 families residing in Taman Cenderakasih

Date: July 2022

Personally delivered by: Julia and Hani

Type: Outreach visit

Support: St Simon food basket

Beneficiaries: 3 families residing in Taman Keramat

Date: July 2023

Personally delivered by: Vera

Activity details

Type: Outreach visit
Support: St Simon food baskets
Beneficiaries: 3 Families in need residing in Taman Keramat
Date: September 2022
Personally delivered by: Vera

Type: Outreach visit
Support: 10kg rice x5
Beneficiaries: Families in need residing in Pulau Gaya
Date: September 2022
Personally delivered by: Sanen

Type: Outreach visit
Support: 10kg rice x10
Beneficiaries: Rumah kanak-kanak, Toboh, Tambunan
Date: September 2022
Personally delivered by: Arthur



Activity details

Type: Train-the-Trainer

Date: 11 October 2022

Person-in-charge: Dr Michael Raj

Number of persons involved: 5 (Dr Michael, Hani, Julia, Helen, Arthur)

Highlights of the activity

- St Simon Caritas members being taught how to use the commercial ovens by KK Widows Association member Kui Lan. (They made pineapple tarts :)
- The aim was to equip Caritas members with the necessary skill on how to use the industrial oven with the long term plan of teaching students of St Damiano for future income generating projects.
- Project on hold - Students were busy with school and hostel had problems with electricity supply.



Activity details

Type: Outreach visit

Support: 10 kg rice x 10 bags

Beneficiaries: Cheshire Home

Date: 13 October 2022

Person-in-charge: Dr Michael Raj

Number of St Simon Caritas members involved: 2 (Dr Michael, Arthur)

Highlights of the activity

- Dr Michael and Arthur met Assistant-in-charge Ms Suzie, who was thankful for the donation as they were in dire need of financial assistance to sustain their daily activities.

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Thank you!

Prepared by:

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For the committee of St Simon Likas Caritas 2023

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