

Introduction to Enabling Skills for Life Programme (ESLP)

The Enabling Skills for Life Programme (ESLP) seeks to equip persons with disabilities with the skills to **live, learn, work, and play in the community**.

Through more structured programming, ESLP **provides skills training in the domains of independent living, communication, social emotional functioning and vocational training**.

ESLP adopts a **person-centred approach** in training to fit each person's unique strengths and needs.

Main Features of ESLP

Person Centric

Support and training are designed to meet the needs of client and his family while leveraging the strengths of the family.

Customised Skills Training

Functional, productive, and vocational skills training delivered according to Individual Development Plan (IDP)*.

**The IDP reflects the client's goals, needs, aspirations, as well as a roadmap for their progression and intervention plans.*

Different Support Levels

Greater porosity – client able to access different training pathways in a structured manner as their needs change.

Custodial Care

Provided to clients who may require this support, on top of the training delivered.

Behavioural Intervention

Provided to clients who require this support, to maximise their ability to participate in training delivered.

Caregiver Training

Caregiver will be (i) involved during development of client's IDP, and (ii) equipped to reinforce client's learning in natural settings.

Centres running ESLP

ESLP Centre by Service Provider	Region	Click on the page number to access more information
MINDS Community Hub (Kebun Baru)	NORTHEAST	6
MINDS Community Hub (Yishun)	NORTH	6
MINDS Regional Hub (Woodlands)	NORTH	6
SPD Ability Centre	CENTRAL	7
THK bloom ESLP @ Geylang Bahru	CENTRAL	8
THK bloom ESLP @ Eunos Crescent	EAST	8

Some key factors when selecting an ESLP Centre



Applicant's Interest

- Choose a centre that aligns with the applicant's interests



Centre Location

- Find a centre that is near to the applicant's residence



Transport Services

- If transport is required, ensure that the chosen centre provides transport

General information by Service Provider – Overview

	NORTHEAST	NORTH	NORTH	CENTRAL	CENTRAL	EAST
Name of Centre	<u>MINDS Community Hub (Kebun Baru)</u>	<u>MINDS Community Hub (Yishun)</u>	<u>MINDS Regional Hub (Woodlands)</u>	<u>SPD Ability Centre</u>	<u>THK bloom ESLP @ Geylang Bahru</u>	<u>THK bloom ESLP @ Eunos Crescent</u>
Wheelchair Accessible	No	No	No	Yes	Not available	Not available
Transport Provided *	Yes	Yes	Yes	Based on needs	Yes (outsourced and subject to availability)	Yes (outsourced and subject to availability)
Available Vacancy **	No	No	No	Low	No	No
Estimated Waiting Time **	Please note that during the proof-of-concept phase, ESLP will primarily serve existing clients who are transiting to the programme.					

*Transportation is provided by external vendors. Please contact the centre directly to enquire on specific transport boundaries, vacancy, and fees.

** Subject to changes without prior notice. Please contact the centre directly if you require additional information on the waiting time, vacancy, and fees.

General information by Service Provider – Fees Matrix

Fees are chargeable for the Enabling Skills for Life Programme (ESLP).

For more information on the applicable fees, please contact the centre directly.

Additional information by Service Provider – MINDS

www.minds.org.sg

Programme Details

Vocational Training

Laundry, Packing, Janitorial, F&B, Art

Programme Hours

Full-time: (Mon-Fri)

9am – 4.30pm

Part-time: 2 days (Tue & Thu),

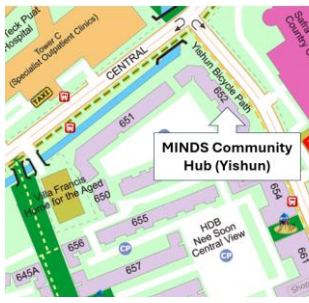
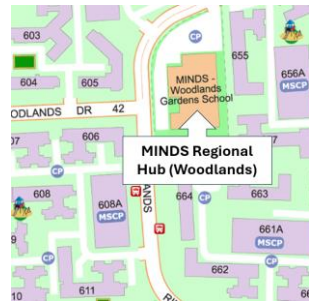
3 days (Mon, Wed & Fri)

9am – 4.30pm

Complementary Services (if any)

Meals

1 Tea Break & 1 Lunch


MINDS Community Hub @ Kebun Baru	Transport Details	MINDS Community Hub @ Yishun	Transport Details	MINDS Regional Hub @ Woodlands	Transport Details
<p>Blk 134 Ang Mo Kio Ave 3, #01-1677, S560134</p>  <p>By MRT: Mayflower MRT By Bus: 76, 132, 165, 166, 169, 265, 268, 269, 652</p>	<p>Catchment areas Ang Mo Kio, Hougang & Seng Kang, Bishan & Toa Payoh</p>	<p>Blk 652 Yishun Ave 4, #01-507, S760652</p>  <p>By MRT: Yishun MRT By Bus: 805, 812, 103, 663</p>	<p>Catchment areas Yishun, Sembawang, Canberra, Woodlands</p>	<p>30 Woodlands Ring Road, #01-02, S737883</p>  <p>By MRT: Admiralty MRT By Bus: 912, 900</p>	<p>Catchment areas Ang Mo Kio, Bishan, Choa Chu Kang & Teck Whye, Lorong Napiri, Sembawang, Toa Payoh, Marsiling, Woodlands, Yishun</p>
	<p>Contact details 6456 4174 ch.KebunBaru@minds.org.sg</p>		<p>Contact details 6257 1165 ch.Yishun@minds.org.sg</p>		<p>Contact details 6366 3966 rh.woodlands@minds.org.sg</p>

Additional information by Service Provider – SPD

www.spd.org.sg

Programme Details

Vocational Training	F&B, Logistics, Hospitality	Programme Hours	Full-time: (Mon-Fri) 9am – 4.30pm Part-time: 4 hours / day
Complementary Services (if any)	Occupational Therapy, Speech Therapy, Physiotherapy, Psychological Services	Meals	For selected group of clients with higher care needs only


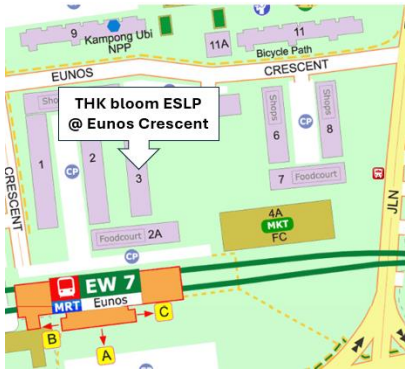
SPD Ability Centre	Transport Details
<p>2 Peng Nguan Street, SPD Ability Centre, S168955</p>  <p>By MRT: Tiong Bahru MRT By Bus: 121 SPD provides shuttle bus services for their clients at Tiong Bahru Plaza. Timing: 7AM, 7:15AM, 7:30AM, 7:40AM, 4:45PM.</p>	<p>Catchment areas Island-wide</p> <p>Contact details infomation@spd.org.sg</p>

Additional information by Service Provider – THKMC

www.thkmc.org.sg

Programme Details

Vocational Training	THK bloom ESLP @ Geylang Bahru Culinary, Horticulture, Hospitality (w.e.f Jun 2026) THK bloom ESLP @ Eunos Crescent Bakery, Urban Farming, Assembly & Packing, Craftwork	Programme Hours Full-time: (Mon-Fri, <i>excluding Public Holidays and scheduled campus closures</i>) 9am – 3pm Part-time: Open to discussion	
Complementary Services (if any)	HIIT Training with Elevate Gym (depending on suitability, payable), Soccer Wednesdays with English Football School (depending on suitability)	Meals	Yes, additional cost required

THK bloom ESLP @ Geylang Bahru	Transport Details	THK bloom ESLP @ Eunos Crescent	Transport Details
Blk 72 Geylang Bahru, #01-3018 & #01-3032, S330072  By MRT: Geylang Bahru MRT By Bus: 26, 61, 107, 140, 853	Catchment areas Island-wide Contact details 6906 7106 bloomeslp@thkmc.org.sg	Blk 3 Eunos Crescent, #01-2577, S400003  By MRT: Eunos MRT By Bus: 15, 21, 25, 51, 55, 60, 61, 63, 93, 94, 854, 966	Catchment areas Island-wide Contact details 6846 1171 bloomeslp@thkmc.org.sg

Referral process for ESLP

