

seed

Meeting Needs, Transforming Communities
Harvest Care Centre . Issue One . www.harvestcare.org.sg

SERVING Communities
with learning values for volunteers

**Volunteer with a
DIFFERENCE**

turning passion to practical helps

W.A.D.I's in for "Tchouk"
find out more about this sport



Management and Staff of
Harvest Care Centre
wish you a

**Happy and Prosperous
CHINESE NEW YEAR!**



seed

Seed is a bi-yearly publication of Harvest Care Centre (HCC). SEED depicts an organisation that is young and alive. We care for the needs of our community and carry a vision of making a difference in our community. We nurture our pillars and volunteers to make that happen.

SEED will walk you through our past and upcoming events. If you are keen to join us or be a part of us, do contact us.

For information on our services, contact us:

Community (Elderly and Youth)
Contact person: Ms Tia Quah

Student Care
SPARKS Student Care Centre
Contact person: Ms Ng Ming Zhu

Education
Learning Zone (Ajunied and Clementi)
Contact person: Ms Jennifer Koh

Telephone:
64942780

Address:
165 Sims Avenue #04-02
Singapore 387606

Email:
enquiry@harvestcare.org.sg

Website:
www.harvestcare.org.sg

SEED Team

Tia Quah
Priscilla Goy
Michelle Han
Chuang Bingham
Jennifer Koh
Betheli Wong



HarvestCareCentre 
Our Motto
Meeting Needs, Transforming Communities

Our Mission
We dedicate ourselves to transforming communities by meeting the needs of individuals and families through providing relevant services.

Our Vision
We are committed to establishing a broad base of services to reach various needs in communities both locally and overseas.

About Us
Harvest Care Centre is a non-profit organisation officially registered with the Registry of Societies since 18 March 2005. Facing the growing needs of youth, families and the elderly in our society, we want to play our part in actively reaching out to these various needs. Therefore, we dedicate ourselves to transforming communities by meeting the needs of individuals and families of all races and religions.

Our range of services include counselling, student care centre, youth works, tuition programme, elderly programmes and school-based programmes.



CONTENTS

This inaugural issue of SEED greets one and all a Happy and Prosperous Chinese New Year from the management and staff of Harvest Care Centre.

3	The heart behind SEED	10	SPARKS We discover, ignite and develop the potential of every child
4	Golden Years, Graceful Aging	11	SEED Bites Counselling
5	SEED Life	12	SEED Events Calendar of upcoming events and programme
6	SEED at a Glance A collection of HCC's past year's events, programmes and activities		
8	W.A.D! Club Find out more about us and what Tchoukball is all about		Volunteer Feature Discover how you can volunteer with a difference from Diana and John.
9	Serving Communities Coverage on W.A.D! Club's overseas serve learning		



The heart behind SEED

Message from HCC President

"In this life we cannot do great things. We can only do small things with great love." – Mother Teresa

As quoted by Mother Teresa, I cannot agree more that it is the little things done in love that makes a great difference. Sometimes, we can feel just like a drop in the ocean with the vast needs out there in our community. But, the little that we do can make a great difference in someone's life when it is done in love and sincerity.

Since her inception, Harvest Care Centre has launched several initiatives in fulfillment of her mission to meet needs and see lives transformed in our community. Our programmes have reached out to various age groups from children, to the youth and to the elderly. For the adults, they have also played an active part in our programmes as volunteers, where many of them have benefitted from those volunteering experiences.

Year 2010 was an eventful year for Harvest Care Centre. We kicked-started the year with the Official Opening Ceremony of our centre on 9th January 2010. This is one of the significant milestones for us as we officially make ourselves known to our community as a community service provider.

From an ad-hoc programme, our Love Our Community (LOC) has developed into a monthly elderly programme with over 200 elderly in our database this year. We have been providing a myriad of activities for the elderly such as quarterly free health screenings, farm tours, line dancing and the recent weekly karaoke sessions.

These activities have provided a good platform for us to know the needs of the elderly community in our vicinity and allow us to make friends with them.

Our Overseas-Service Learning (OSL) has also grown since we started in 2009. We made inroads to Laos last September, that being the first OSL trip we ever made to this country. The participants were richly blessed through their service-learning experiences and many came back wanting more. This is what we have desired to see – that our activities and programmes make a difference in those involved and our beneficiaries as well. At the end of the day, it is still people that matter.

"As Harvest Care Centre grows and expands, we hope to widen our reach to a bigger community locally and overseas to see lives reached and transformed by the little we can give."

We sincerely thank all volunteers and sponsors who have played a part in supporting and contributing to our programme. Without you, many of these programmes would not have been made possible. To our working partners, it has been a great pleasure partnering with you to serve our community. Let's look forward to greater things we can do together in 2011.

I would like to wish one and all a very happy new year!

Reverend Bernard Foo
President
Harvest Care Centre

Golden Years, Graceful Aging

Programme for the Elderly



Given the fast pace of Singapore's society, some people are inevitably left behind. But being left behind does not mean that they should be forgotten.

Making sure that nobody gets forgotten is the main priority of our counsellors who conduct regular home visits to the elderly members. The elderly programme was started by Harvest Care Centre (HCC) with the aim of ensuring that all the elderly members of our community are not neglected.

The elderly programme focuses on the elderly and aims to equip them with knowledge on healthy living and active aging. It also seeks to create a community club that fosters opportunities for friendship through its numerous activities.

Line dancing classes, local farm visits and morning group walks create ample friendship-building opportunities among members and the community. Residents of surrounding neighbourhoods are also invited to our free quarterly health screenings.

Free Health Screening in November



Prior to the free health screening in November 2010, our volunteers went door-to-door to invite elderly residents in Geylang and Aljunied to come down for the event.

This was a health screening with a difference. Not only was there a free check up, the event was also a time of fun and entertainment. The elderly were treated to a karaoke session, a mini concert and a health awareness skit as well.

Together with our partners and volunteers, the following services were provided to those who attended the event:

- Blood Pressure Check
- Cholesterol & Glucose Check
- Eye Care
- Foot Care
- Traditional Chinese Medicine

As the day ended, the crowd trickled out and our volunteers were exhausted but pleased. Both the elderly and our volunteers went home that day with the satisfaction that love was shared among the people of our community.

Our activities and programmes



Visit to hay dairy and vegetable farm



Karaoke session

Line dancing

Interview Elderly Member



Name: Mr Tang Tin Yow
Age: 64
Member since: 2010

I liked the farm tour that I went on. Very interesting, brought back "kampong" memories.

How did you come to know about Harvest Care Centre (HCC) and its activities?

I got to know about HCC through the health screening that was conducted. At the event, I was invited to join as a member. I thought the activities HCC conducted were good, so I decided to sign up.

How did you find the health screening that you went for?

I think the health screening was very good. I had been to many other free ones conducted by other organisations but I feel the HCC one is the most thorough. The karaoke was lots of fun too.

So did you sing along to the songs?

No, I did not. It was too embarrassing. I had difficulty reading the words and was afraid that the others would laugh at my bad singing. I just enjoyed listening to other people sing. "laughed"

I'm sure you're just being modest. So Uncle Tang, do you participate in any of the other HCC activities? How about line dancing?

I tried but was not very good at it. The others participating were better. I kept missing steps and bumping into the others. But I liked the farm tour that I went on. Very interesting, brought back "kampong" memories.

How have you benefitted from the L.O.C programmes?

I enjoy the activities very much. I am usually too tired to travel far, but HCC is so near my place and I can walk over to the HCC building to attend its activities. I also like the volunteers who visit and call me every now and then. It's nice to chat to them as sometimes it's very quiet in the afternoon. I look forward to the next events.

Line Dance Instructor

Volunteer



Name: Ms Diana Lim
Age: 51
Line dancing experience: 3 years

I'm the happiest when I see the elderly just enjoying themselves. It really warms my heart to see them smiling and having so much fun.

Diana conducts the bi-weekly line dancing lessons to a group of members every alternate Saturday of the month. This class was recently started in July last year and attended by a group of 20 students.

How did you start line dancing?

Some years back, I was told by my doctor that I had to exercise regularly for health reasons. That was when I started exploring options for exercise. Coincidentally, around that same period, an instructor was teaching line dancing to a big group of ladies at the basketball court near my home. The people always looked like they were having so much fun and the music was catchy too, so I signed up.

Why did you decide to volunteer to be a line dancing instructor with HCC?

I saw that HCC was looking for volunteers and since I believed that many others could benefit from line dancing, I signed up.

How can the elderly benefit from line dancing?

Apart from being a good form of exercise, line dancing also gives them a chance to mix with one another. But because some of the members are older, the music we play is slower. The dancing also helps some elderly to step out of their shyness.

What is the most rewarding thing you experience from volunteering?

I'm the happiest when I see the elderly just enjoying themselves. It really warms my heart to see them smiling and having so much fun.

SEED

at a Glance



HCC Official Opening - 9 January 2010



WADI Club activities



Elderly Programme - Brisk walking, free health screening, farm tours, home visitations



SPARKS Student Care Centre

Learning Zone - Tuition and enrichment programme



Harvest Care Centre's volunteers



W.A.D! Club

“We are different!”
– this is the message W.A.D! Club shouts.

Established since January 2008, the youth programme of HCC desires to raise a generation of young people who will have the courage to think different, see different and be different.

Run entirely by youths for youths, WAD! Club reflects all things hip and stylish in youth culture today. But more than that, it has a heartfelt vision of seeing every young person discover and reach his unique destiny. It aims to help youths express this uniqueness positively and dynamically.

Since its inception, WAD! Club has impacted the lives of close to 2,000 youths through its four pillars of programmes: sports and coaching, adventure, service-learning and school-based educational programmes.

In particular, the Club's annual flagship event ROMPI09 attracted 1,000 people participating in four sports events, compared to 500 participants and two sports events when the event was first held in 2007.

Do keep a lookout for more details of ROMPI11 which will be held in June this year!



WAD! Club conducts sports clinics and coaching sessions for an array of sports, but one of them is particularly new and somewhat unheard of in Singapore.

Initially, almost no one at WAD! Club knew what Tchoukball was. Soon, however, the unique features of this team sport (see side story) attracted the Club's volunteers.

Within months, some members went for training to be certified as Tchoukball coaches and Tchoukball is now part of the Club's coaching programme. WAD! Club even has its own Tchoukball team of 30 members and has regular training sessions.

WAD! Club has also been providing sports clinics to teach the sport to other youths in schools and organisations such as Swiss Cottage Secondary, Singapore Children's Society and Care Corner - Teck Ghee Youth Centre.

W.A.D's Tchoukball?

Tchoukball (pronounced chuke-ball) is a team sport developed by Dr Hermann Brandt, a Swiss physical educator.

It is a competitive and challenging sport, but unlike many other team sports, the rules of Tchoukball do not encourage aggression.

No physical contact and interceptions are allowed, making the sport accessible to both men and women of different ages and levels of physical ability.

So how does it work? At each end of the Tchoukball court, there is a 'frame' (similar to a trampoline) from which the ball bounces off. To score, the ball must be thrown by an attacking player, hit the frame and bounce outside the 'D' without being caught by the other team.

In July 2010, Singapore hosted the 4th edition of the Asia Pacific Tchoukball Championships.

Serving Communities with Learning Value for Volunteers

W.A.D! Club adopts the American model of service-learning which has a two-fold objective: serving the community and educating the youths who participate in this service.

Last year, WAD! Club went on three SERVE Cambodia trips in June, November and December as well as its first LOVE Laos trip in September.

SERVE Cambodia

During the June school vacation, 16 volunteers served children from the Kolap 4 orphanage in Phnom Penh. This was the same orphanage that WAD! Club served during its first trip in December 2009. "This is in line with our Club's desire to ensure sustainable humanitarian aid to the Cambodian orphans," explained John Huang, 25, one of the trip participants.

One of the unique projects in the trip was the furnishing of a school on Widow's Island – an island inhabited by social rejects such as widows, orphans and the poor. Through this project, the Club hoped to increase the quality of life for the community on the island, while also helping participants to understand about and empathise with the social rejects in Phnom Penh.

LOVE Laos

The trip to Laos also left an impact on the participants. One of them, Amanda Yap, was struck by the villagers' simplicity. "Simplicity seemed to allow the locals there to appreciate the beauty around them and take time to show concern for people."

"This trip has most definitely re-ignited my deep desire to do more volunteer work ... and reminded me of my passion for children. I'm loving Laos indeed..."

Volunteer



John, in Cambodia, during one of WAD! Club's service learning trips

He's an undergraduate student. And a WAD! Club member. And a Scout, an award-winning one. Meet 25-year-old John Huang.

John has been an Executive Committee member at WAD! Club since June 2009, and is involved in the Club's service-learning and adventure programmes.

Over at the Singapore Scouts Association, he has been volunteering as an Assistant Scout Leader since the age of 17. In September last year, he was even conferred the Distinguished Service Award-Chief Scout's Commendation by President S R Nathan.

John was not always keen on serving with the Scouts though. In 2007, when he left for the States to study for a year, he had thoughts of quitting. But he found himself "refreshed" there and went on his first service-learning trip to New Orleans which was hit by Hurricane Katrina in 2005.

His renewed enthusiasm about Scouts and a new interest in service-learning upon his return from the States explains his choice to be actively involved in WAD! Club and Scouts.

"Opportunities for overseas service-learning are still limited in Scouts since scouting is school-based in Singapore," he said. **"So, I wanted to volunteer in an organisation that could satisfy my desire to go on overseas service-learning trips and also reach out to underprivileged youth in Singapore. W.A.D! Club thus became a viable avenue for that."**

"As far as I'm concerned, my two passions complement each other quite well," he added. Non-Scout members at WAD! Club have learnt Scouting skills from him, while some Scouts have also joined the Club's service-learning trips with him.

SERVE Cambodia



LOVE Laos



SPARKS student care

Decked out in colours of courage, loyalty, and heroism, the group of primary school pupils took on Beijing opera like the warriors they were role-playing.

And it was not just play-acting. They unraveled the esoteric mystery of opera and learnt about the symbolism behind the designs and colours that they hand-painted onto the masks.

The group of 16 pupils was taking part in Culture Burst in June last year, designed to introduce and educate them in the myriad of cultures in Singapore.

SPARKS, the student care programme of Harvest Care Centre, organised the week-long Culture Burst as part of their holiday programme. SPARKS was kick-started in December 2009 with a similar holiday programme.

"The presence of a strongly established student care centre is vital," said programme executive, Ms Ng Ming Zhu.

"Families usually need a dual-income now. So with both parents working, the children are usually home alone with the television or computer. We provide academic supervision here, something that parents may find difficult to do in the day."

But SPARKS is more than just an academic nanny.

"At SPARKS, we believe that every child is unique, and there is more to them than just academic excellence. For every child, we will discover and develop their interests and strengths."



"Here, the kids must feel that they are valued and important, and that there is something they can contribute."

Ms Ng gives an example of a primary five boy who came in because of social issues.

The boy's mother explained that the boy was very quiet in school and did not know how to respond properly when people spoke to him. The subsequent teasing by his peers affected the boy tremendously.

After spending some time to talk with the boy and helping him, the boy responded very positively and even took on a very giving role at SPARKS.

Learning lessons are never far from the programmes at SPARKS.

Each child at the Culture Burst took his or her turn to flip and make a roti prata. And while some had holes in their pratas, others just could not make theirs round. But they left knowing that even a 50-cent dish like the roti prata is not easily made and something to be appreciated.



"See our hand-painted masks!"



"Come, join us!"



"Now we know how roti prata is made."

"The activities at SPARKS are fun."



Stress

- every one experiences it. At different points in life, you may feel angry, sad, tensed, worried, upset, disappointed, or even having a mixture of feelings.



While stress can sometimes be a motivating force, the emotional tension and chaos can also negatively affect us in drastic ways and lead to a decrease in our well-being. It can take a toll on you, leaving you feeling trapped and overwhelmed.

Significant life events or even daily routines can contribute to the level of stress we experience. More often than not, we get on with our daily living without even realizing that we are under stress. Coping effectively with stress is thus important in helping ourselves live well.

Identify and reframe. Identify the triggers and situations that lead to you feeling stressed. You may not always be able to change the situation, but you can change the way you perceive and respond to it.

Get organised

Plan your schedule ahead, do up a "to-do" list and be proactive in making things happen. Do your most difficult and least pleasant task first so that you are less likely to procrastinate.

Learn to say "NO"

Learn to say "no" to demands that you know you would not be able to manage. Know your limitations and be realistic about what you can accomplish.

Have "time outs"

Learn to pace yourself and take breaks whenever you feel things are getting on top of you. Short breaks can help you function better in the long run.

Express yourself

If something is bothering you, tell someone! Sharing your concerns with someone can help you to think through your problems clearly. But do so in an open and respectful way, instead of complaining with a critical attitude.

Keep healthy

Having a balanced diet, getting enough sleep and exercising regularly all contribute to a holistic and productive life.

Need a listening ear? Call our counsellor at Tel: 6494 2780 to book an appointment today.

Always remember that you need not go through feelings of stress alone.

Make a Donation Today!

Donation types: (Please tick)
 Personal Company

Company: _____

Name: _____

NRIC/FIN: _____

Add: _____

Tel: _____

I will like to contribute the following amount to the community programmes of Harvest Care Centre: (Please tick)

\$10 \$50 \$100 \$200

Others: _____

Note:

- * Kindly make cheque payable to HARVEST CARE CENTRE.
- * An official receipt will be mailed to the address provided.
- * Please note that donations made are not eligible for tax exemption.
- * Mail to: Harvest Care Centre, 165 Sims Ave #04-02 Singapore 387606



SEED **EVENTS**

Check out our 2011 calendar of events
from January to June



FEBRUARY

1 Feb (Tue)

SPARKS Student Care
CHINESE NEW YEAR CELEBRATION

12 Feb (Sat)

2.30 – 5.00 p.m.
Elderly Programme
CHINESE NEW YEAR SPECIAL

20 Feb (Sun)

3.00 – 4.30 p.m.
WAD! En'Rich 2011 launch

26 Feb (Sat)

10.00 a.m. – 6.00 p.m.
National Library Building, The Plaza
Catch WAD! Club at YOUTH GOT
HEART 2011 Roadshow!



**CHECK
US
OUT!**

MARCH

10 – 12 Mar (Thu – Sat)

SPARKS Student Care
PARENT-TEACHER SESSION

16 – 18 Mar (Wed - Fri)

SPARKS Student Care/Learning Zone
HOLIDAY PROGRAMME

19 Mar (Sat)

1.00 – 5.00 p.m.
WAD! HOOPS Basketball tournament

26 Mar (Sat)

2.00 – 5.00 p.m.
Elderly Programme
OFRIENDS CLUB KARAOKE COMPETITION

MAY

16 May (Mon)

SPARKS Student Care
CHILDREN PARTY

28 May (Sat)

Elderly Programme
FARM TOUR

Starting 30 May!

SPARKS and Learning Zone June
Holiday Programmes! Call us at
6494 2780 to find out more now!

APRIL

21 Apr (Thu)

SPARKS Student Care
GOOD FRIDAY SPECIAL

30 Apr (Sat)

8.30 a.m. – 12.00 p.m.
Harvest Care Centre, Level 1
FREE HEALTH SCREENING FOR ELDERLY

JUNE

4 June (Sat)

ROMP!11
Annual mega sports carnival
organised for Youth all over
Singapore! Check out
www.wadclub.org for more
information.

11 June (Sat)

6.00 p.m. – 9.00 p.m.
Harvest Care Centre,
Level 4 function hall
ROMP!11 Volunteers Party

SERVE Cambodia trip

The Overseas Service-Learning
programme by WAD! Club. Have
a heart for Cambodia? Check
out www.wadclub.org for more
information.

Volunteer with us today!

ROMP!11

We are hunting down the passionate, energetic and enthusiastic! If you love sports and believe that it brings people together, if you are passionate about Youth and believe that they have the power to fulfil their dreams... JOIN OUR TEAM! For more information, contact Ms Annie Lee at Tel: 9622 0655 or email annieromp@gmail.com

W.A.D! En'Rich Tuition

Our tuition programme is offered to students who need help in English and Mathematics. If you are interested to volunteer with us as a tutor, call us at Tel: 6494 2780.

