

MEETING NEEDS, TRANSFORMING COMMUNITIES

seed

ISSUE 11

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Harvest Care Centre

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ELDERLY - O' FRENZ CLUB

Walking Towards Active Ageing

年长者-好朋友俱乐部
迈向活跃乐龄



W.A.D! CLUB

A player, And a Coach Too

青少年节目
我是队员, 也是教练

SPARKS

Developing Responsibility
through Fun!

学生服务
在乐趣中培养责任感!



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seed is a bi-annual 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.

seed是丰收关怀中心的6月刊。它代表了不止一间年轻的机构，也象征了我们的活力！正当我们关心我们的社会的需求，并进行区别在我们的社会的愿景。我们也不断的在培养我们的支柱和义工团队要做到这一点。秉着这信念，我们关怀我们社区里的活动和愿意出一份力来改善社区。

通过**seed**您将会更清楚的了解我们的过去和即将到来的活动。若你有兴趣参加我们的义工队伍，请与我们联系。

For information on our services, contact us:

Love Our Community 社区服务

Contact person: Ms Ser Gek Leng
联络人: 徐业龄小姐

W.A.D! Club 青少年节目

Contact person: Mr Nigel Lee
联络人: 李国恩先生

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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.

我们的宗旨

提供帮助，转变社区

我们的使命

我们致力于转变我们的社区，并提供相关的服务，以满足个人和家庭的需求。

我们的远见

丰收致力于建立一个基础广泛的服务，以满足海内外不同社区的需求。

关于我们

丰收关怀中心是一个非营利性质的机构，于2005年3月18日正式注册在‘社会注册协会’。在青年人，家庭和老年人的需求渐增的社会趋势下，我们渴望成为做出贡献的一份子来给予帮助。所以，我们献身于转变我们的社区，这是通过为来自不同种族和宗教的个人和家庭提供必要的帮助。

我们的服务包括辅导，学生服务，青少年工作，补习班课程，乐龄活动和学校活动。

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President's Message


主席公告

As a saying goes, it's more blessed to give than to receive. This year's media campaign by the Singapore Kindness Movement - with the theme "Kindness, It's Up To Us" - also challenges Singaporeans to take the initiative in showing kindness.

So it is heartening for us to see some beneficiaries being willing to step up to give a helping hand to others, and this is featured in two stories in this newsletter. At Harvest Care Centre's (HCC's) O'Frenz Club, we have elderly doing brisk-walks while volunteering to distribute bread to low-income families. This helps to promote active ageing, leading a healthy lifestyle and senior volunteerism. At W.A.D! Club, HCC's youth arm, the regular players in the Tchoukball squad are now serving as coaching assistants too, to mentor younger players aged 12 and below.

These are in line with recent government initiatives to promote active ageing and sports volunteerism among youth, such as the Play It Forward scheme launched in February.

Our activities are fun for volunteers and beneficiaries too. HCC organised a brisk-walking session to the newly-opened Coney Island Park recently. At Sparks Student Care Centre, students have also been learning how to develop a sense of responsibility, such as caring for the classroom environment, through activities such as creating "superhero robots" with "special powers". Well, great power comes with great responsibility!

We are thankful to the many helping hands - our volunteers, sponsors and programme partners -- that join us in meeting needs and transforming communities. Your contributions are greatly appreciated! 

Reverend Bernard Foo
President
Harvest Care Centre




正如俗语所说，施比受更为有福。今年新加坡行善行动的媒体活动主题－“行善由我们开始”鼓励了民众主动前去帮助有需要的人。

让我们感到欣慰的是能看到一些受益人开始伸出援手帮助别人，他们所经历的也是本刊的两个专题故事。在丰收关怀中心的好朋友俱乐部，乐龄人士除了参加了早晨快走活动，同时也志愿分派面包给低收入家庭。这促进了活跃老化、健康生活方式和乐龄志愿精神。在W.A.D! 俱乐部，丰收关怀中心青年部的巧固球队员也开始当助理教练，教导小过十二岁的队员。

这些符合了政府最近所倡议的方案来积极鼓励活跃乐龄化和促进青年之间的志愿服务运动；例如在二月所推出的‘Play It Forward’志愿教练计划方案。

我们的活动对于志愿者和受益人来说也很有意思。丰收关怀中心最近在新开业的康尼岛公园举办的早晨快走活动。在学生托管中心，这些学生也有机会来学习和培养责任心，通过活动如以“特殊权力”创造“超级英雄机器人”，来学习照顾教室环境。的确，能力越大，责任就越大！

我们感谢许多和我们一起改造社区的援助之手－我们的志愿者，赞助商和项目合作伙伴。您的贡献对我们来说非常重要！ 

符照修
主席
丰收关怀中心

Love Our Community



WALKING TOWARDS ACTIVE AGEING

Whether it is in the outskirts of an island in north-east Singapore, or among rental flats in Circuit Road, active seniors of O’Frenz Club at Harvest Care Centre (HCC) have had brisk-walking sessions there. These sessions aim to promote active ageing and leading healthy lifestyles.

In January, more than 20 seniors went brisk-walking in Coney Island in Punggol. The island’s 50-hectare park had opened just three months before, in October 2015. It houses a wide variety of habitats, including coastal forests, grasslands, mangroves, and casuarina woodlands. It is also home to a wide variety of fauna and flora, as well as 80 species of birds.

The session in Coney Island is one of several brisk-walking outings held by HCC’s O’Frenz Club, which caters to serving the elderly in the community. Such outings have been held twice a year, but they will soon be held four times a year instead, due to growing interest. The next one will be held in July, at Changi Boardwalk.

Madam Kim Kee, who went for the outing to Coney Island, said: “I enjoyed myself and it is a good place to explore. I wouldn’t have been able to come to this place by myself.”



Brisk-walking sessions have been organised by HCC since 2014, on a monthly basis. These were held fortnightly from January 2015, and since January 2016, they have been held in conjunction with HCC’s bread distribution programme. Every week, some seniors volunteer to give bread to elderly who live alone in Circuit Road. This way, seniors get to serve others while staying active.

UPCOMING BRISK WALKING ACTIVITIES:


- 11, 25 June
- 9, 23 July
- 6, 20 August
- 10, 24 September
- 1, 15 October
- 5, 19 November
- 3, 17 December



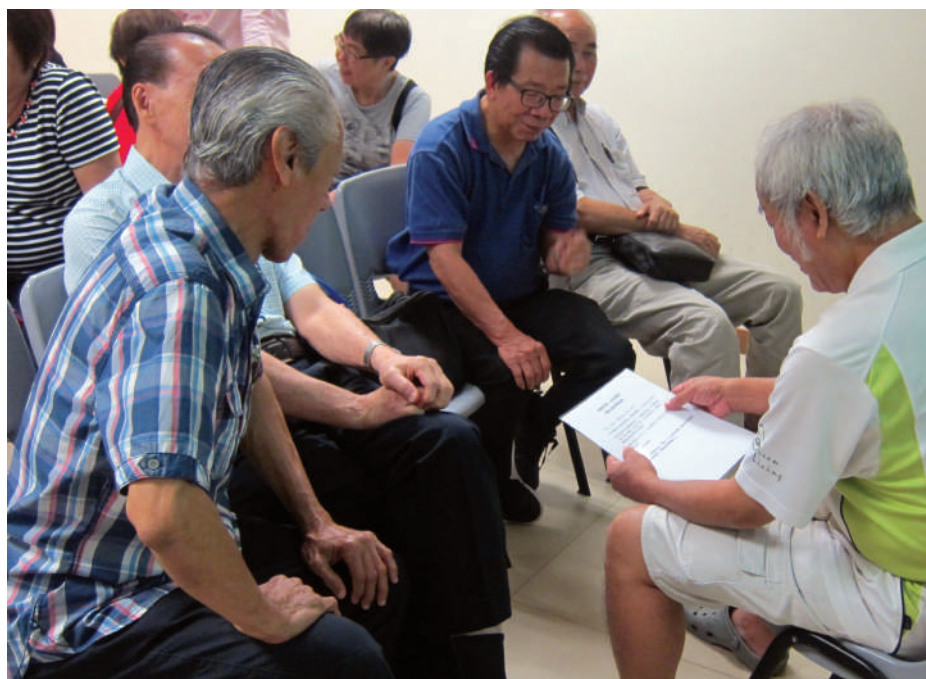
HCC's O'Frenz Club also hopes to promote lifelong learning, and to meet this objective, it organised a beauty workshop in March. The session, called "Looking Good, Feeling Great!", was conducted by the Health Promotion Board and attended by more than 20 seniors.

It highlighted the importance of mental well-being, self-confidence and leading a well-balanced life. The workshop covered topics such as: nutrition and healthy eating, physical activity, mental well-being and self-esteem, and the negative effects of smoking and drinking alcohol. Participants also learnt how to dress smart, in a way that suits their individual body shape.

While HCC has organised health screenings for the seniors, the workshop was a first. It will be held twice a year, and the next session will be held in October.

Participants of the workshop in March said they enjoyed it. Madam Foong Mee Fah said: "I understood the importance of eating healthily and doing more exercises." Mr Michael Khoo added: "I enjoyed the group discussion as we learnt from one another about the different ways of staying healthy and fit." 

If you are interested in joining HCC's O'Frenz Club or any of the activities mentioned above, please contact Ms Ser Gek Leng at 6494-2792 or gekleng@harvestcare.org.sg



SENIORS PROGRAMME:

Weekly Line Dancing

Every Tuesday and Thursday
9.00am- 10.30am

Weekly Karaoke

Every Tuesday and Thursday
9.00am- 12.00pm

Monthly senior activity

Love In Action

Last Tuesday of the month
9.00am - 11.00am

W.A.D! Club



A Player, And A Coach Too

For the past 1.5 years, Grace Chan has been sweating it out every Saturday – for about three hours every time – at Tchoukball training at Harvest Care Centre (HCC). But the 18-year-old polytechnic student and her teammates soon realised that there was more for them to do than to just play the sport well – they had to give back. “Sometimes when our (main volunteer) coach is not around, the older ones would take turns to fill in to coach the others,” Grace said.

Soon, W.A.D! Tchouk Juniors was formed in February 2015 – so regular team players of W.A.D! Tchouk can take on a bigger role in coaching junior players in the squad. This initiative aimed to offer older members the opportunity to mentor and develop younger people around them, and to engage children through sport.

The government has also been trying to encourage sports volunteerism among youth. In February this year, Ms Grace Fu, Minister for Culture, Community and Youth, launched the Play It Forward scheme. It equips youths with necessary knowledge and skills to become volunteer coaching assistants.

Grace said she enjoys the opportunity to guide younger members in the sport. “When you teach the kids, you have to set an example yourself. No matter what skills or values you want to impart – you have to get to know them first,” she said.

At HCC, W.A.D! Tchouk Juniors is a team of eight members aged 12 years old and below. Players on the senior team train the younger ones on a rotating basis every week. W.A.D! Club – W.A.D! stands for We Are Different! – is HCC’s youth arm.

Jay Yong, 12, is part of W.A.D! Tchouk Juniors, and also attends HCC’s SPARKS Student Care Centre. His teacher at the centre suggested that he join the Tchoukball team. He said: “When I first joined the programme, there were a lot of adults – I saw them shooting, guarding and diving during the game – it was really fun.”

When asked about his key takeaways from the programme, he said: “There are a lot of values I learnt, especially teamwork. In the beginning, everyone who went through the training said they could not make it, but after that, we trained till we developed endurance.”

W.A.D! Tchouk is also looking to expand its outreach efforts. To offer sports activities to low-income families in the community, W.A.D! Club organised a pilot Juniors’ tchoukball and soccer clinic on March 17 for children aged six to 13. Another session was held in May.

Meanwhile, for senior members of the Tchoukball squad, Saturdays are more than just training days. Grace, in particular, hopes the club will be a place of growth for all. “I want to see teamwork and cooperation in the team. The key isn’t about teaching them to get things right, but to constantly improve themselves.” **S**

If you are interested to join programmes organised by W.A.D! Club, please contact Mr Nigel Lee at 64942794 or nigellee@harvestcare.org.sg

SPARKS Student care



Developing Responsibility through Fun!



Earth Day which was first celebrated on the 22nd April in the US, is a day to think about our planet and what we can do to protect it, such as reducing pollution, protecting our animals and trees, and getting kids interested in protecting their environment.

Sparks, the student care arm of Harvest Care Centre, desires to develop children who will have a strong sense of responsibility for their every action, be it in their homes, schools, or with their friends. To achieve this aim and in conjunction with the upcoming Earth Day, Sparks exposed 32 children aged 7 to 12 years old to the different ways of recycling and how recycling can be fun, innovative and easy to pick up during the recent March holidays.

These children were tasked to collect bottle caps, cartons, unused small boxes, egg cartons, unused scrap clothes and buttons to create robots. They had to also plan a story to dramatize their creation and make their robots come alive by giving them special powers!

In addition to celebrating Earth Day, SPARKS ensure that children can be responsible through one of their programmes which consists of grouping children into teams where they are entrusted to be responsible for various classroom duties such as the classroom environment. Every 2 months, the kids are also given a Kids Can! card to write words of encouragement to their teammates on how their teammates have done well and how they can continue to be a good team player and work as a team.

Sparks participants, Shaun Ng, 9, and Shirley Marie, 10, have grown to be more responsible through these activities. They have also learnt the value of recycling. Shaun said: "I never knew that recycling can be so simple and easy! I learnt to recycle using household items." Shirley said: "It was fun making the robots. We should recycle things that we no longer need." 

If you are interested to see your child develop good values such as the value of responsibility, the various programmes organized by SPARKS can help your child grow to reach his maximum potential by having these good moral values. Please contact Ms Ng Mingzhu at 64942797 for further details if you would like to enrol your child for the programmes offered by SPARKS.

CNY celebration with the O'frenz club.



A time of singing, showcasing their talents



Snapshots 快照



Befriender training workshop



Outing at Alive Museum



Gardens By the Bay Outing



年长者- 好朋友俱乐部



迈向活跃乐龄

无论是在新加坡东北郊区的一个小岛，亦或是在循环路的出租公寓，在这些地方都有丰收关怀中心好朋友俱乐部的快走活动。这些活动的目的是要鼓励活跃乐龄以及健康的生活方式。

在今年1月份，超过20位的年长者来到榜鹅的科尼岛参加快走。这个50公顷大的小岛在3个月前刚刚对外开放。科尼岛是不同野生植物的栖息地，包括沿海森林，草地，红树林及木麻黄林地。它也是不同野生动物的家园，岛上有80种不同的鸟类。



在科尼岛的活动是好朋友俱乐部外出活动中的其中一个，为了是要服务社区里面的年长者。这样的外出活动目前1年会进行2次，由于大家兴趣倍增，外出活动很快就会延伸到1年4次。下一次的外出活动将会在7月，地点是樟宜的人行道。



Madam Kim Kee,其中一个参加科尼岛快走的年长者，她说：“我很享受这次旅程，科尼岛是个很好的地方来探索，我自己是不会来到这个地方的。”

丰收关怀中心自2014年开始组织每个月一次的快走活动。在2015年开始两周一次的快走活动。从2016年1月开始，快走活动与每周的分派面包项目一起进行。



每一周, 当中的一些年长者志愿去给那些独居在循环路的年长者分发面包。通过这样的方式, 这些年长者也能够为他人服务, 同时也使他们自己变得活跃。

丰收关怀中心的好朋友俱乐部也希望去鼓励年长者有终身学习的精神, 为了达到这个目标, 中心在3月举办了一个关于优雅的讲习班。主题是“看来不错, 感受更好!” 由健康促进局主讲, 有超过20位年长者来参予。讲习班强调的是心理健康, 自信和平衡的生活。这个讲习班覆盖了这些主题比如: 营养跟健康饮食, 健身活动, 心里健康还有培养自尊心, 也分享关于吸烟, 喝酒的负面影响。来参加听讲的年长者也学到根据个人的体格明智地着装。

丰收关怀中心都有为年长者进行身体健康检查, 而这是第一次举办讲习班。下一个讲习班会在10月。

来参加3月讲习班的年长者说他们很享受这次的活动, Madam Foong Mee Fah说: “我了解到健康饮食还有运动的重要性。” Michael Khoo先生补充: “我很喜欢小组讨论的部分, 因为我们能从别人那里听到及学习到不同的方式来保持身体健康。”

来临的快走活动:

6月11和25日 | 7月9和23日 | 8月6和20日 | 9月10和24日 | 10月1和15日 | 11月5和19日 | 12月3和17日

乐龄活动:

每周排舞 每个星期二, 四, 上午九点到十点半
每周卡拉OK 每个星期二, 四, 上午九点到中午十二点
每月“爱的行动” 每个月的最后一个星期二, 上午九点到中午十一点
大牌42A Circuit Road



如果你有兴趣来参加丰收关怀中心的O' Frenz俱乐部, 以及上述所提到的活动, 欢迎拨打64942792联系Ms Ser Gek Leng或者发电邮到 gekleng@harvestcare.org.sg.

青少年节目




我是队员，也是教练

在过去的1年半中，Grace Chan每个周六都会花上大约3个小时在丰收关怀中心努力地进行巧固球训练。但是这18岁的理工学院学生还有她的队友很快就意识到，除了把巧固球当作一项运动外，他们还可以做更多。他们要把所学回馈社会，“有时候当志愿教练不能来时，那些比较有资历的队员就会充当临时教练来教导其他队员” Grace说。

很快，W.A.D!巧固球初级队在2015年2月的时候成立了--W.A.D! 队员可以担当更大的角色并以小组的形式教导初学者。这样的目的是可以让有资历的队员有机会去指导及让年轻球员在他们身边得到锻炼，通过运动也能够吸引孩子。政府也积极鼓励年轻人成为运动志愿者。在今年2月，文化、社区及青年部长Ms Grace Fu发布了Play It Forward政策。这个政策可以装备青少年必要的知识和技巧使他们能够成为教练助理。

Grace说她很高兴有机会在运动方面带领年轻人。“当你教小孩子时，你会以身作则。不管你要灌输给他们的是技巧或价值观--你必须得先了解他们。”

在丰收中心，W.A.D! 初级队是一组由8个12岁及12岁以下的队员组成。那些有资历的队员以每周轮换的形式来教导初级队员。W.A.D!意思是(we are different) 我们不一样! 是丰收中心的青年力量。Jay Yong,12岁，是其中一个初级的巧固球员，也是丰收中心Sparks学生关怀中心的成员，在老师建议下他加入巧固球队。他说：“当我第一次加入这个项目的时候，那里有很多的成年人—我看到他们如何投球，防守还有传球—那真的很有趣。” 当问到他在这个项目当中学到的什么，他说：“我学到了很多价值观，特别是团队精神。刚开始每一个人都在训练中说自己不能够完成，但是在训练过程当中我们学会了忍耐。”

W.A.D!部门也期待着它的扩展活动。向社区里低收入家庭提供这些运动的机会，W.A.D! 在3月17号举行巧固球员还有足球队员的遴选。下一次的选拔会是在5月。对那些有资历的队员来说，星期六不单单是训练日。Grace特别希望俱乐部能够为大家提供一个成长，锻炼的平台。“我想看到在队伍里的团队合作，关键不是教会他们做正确的事，而是一直不断地提升他们自己。” 

如果你有兴趣参加W.A.D!举办的这些活动，请拨打64942794或者发邮件到nigellee@harvestcare.org.sg联系Nigel Lee先生。

学生服务



在乐趣当中培养责任感


世界地球日第一次在4月22日, 在美国庆祝,目的是要我们思考我们能做些什么事去保护地球, 比如减少污染, 保护动物, 植物和让孩子有保护环境意识。



Sparks,丰收关怀中心的学生关怀部门, 竭力培养孩子对环保意识,让他们对自己的言行举止负责;无论在他们的家, 或者学校还是与朋友们一起的时候。为了实现这个目标, 在3月份的假期, 趁着世界地球日, Sparks以新颖, 简单的方式给 32位, 7-12岁的孩子展示不同的回收方式及再循环变得有趣。

这些孩子都分配了不同的任务如去收集瓶盖, 纸箱, 废弃的小盒子, 蛋篓, 废弃的衣服, 还有纽扣来创造机器人。他们也要给自己设计的机器人编剧一个生动的故事, 给它们注入生命的力量。

为了庆祝地球日, SPARKS也要孩子们能通过其中的活动中变得有责任感。孩子们被分配到不同的小组, 在小组里面他们被委托教室的值日例如照顾课室环境。每两个月, 小孩子都会在“Kid can card”写下鼓励小组成员他们在什么方面做得不错以及大家如何能够在小组扮演自己的角色。

SPARKS的参与者Shaun Ng 9岁跟Shirley Marie10岁, 在这些的活动当中变得更加有责任感。他们也学到了再循环的价值观。Shaun说:“我从来没想过再循环是这样简单及容易! 我也学会了对家里的东西再循环, 而且制作机器人很有趣, 我们应当回收我们已经不需要的东西。” 

如果你有兴趣看到自己的孩子在成长过程当中有好的价值观, 比如责任感, 在SPARKS组织的不同的活动能够帮助你的孩子开发他们最大的潜能能够装备这些好的道德品质。请通过拨打64942797来联系Ms Ng Mingzhu来获得更多信息或者为你的孩子报名。

Volunteering 义工



“We cannot all do great things, but we can do small things with great love.” -Mother Teresa

Everyone can contribute and make a difference to the community and the lives of others. This year, we had two teams of university students who took time out from their busy schedules to be involved in our community work from their experiences.

“I joined as a volunteer for the fortnightly reading programme at Harvest Care Centre (HCC) in early 2016. As volunteers, we teach primary school pupils English and have interactive activities with them. A highlight for me is that the volunteers are given the opportunity to help plan the curriculum.

I believe that I have benefitted from society, so I want to contribute to society too. My volunteering experience has shaped me into a more patient and caring person. It was also enriching to work with other dedicated volunteers.” - Lim Chingee, SMU

“Nineteen of us at NUS formed the Project Angel committee which organised SPARKS holiday programme and a reading programme. We believe learning is not just about acquiring textbook knowledge, but also about acquiring soft skills. Through games, we shared our life experiences and knowledge with pupils at SPARKS student care centre. It was heartening to see that they learnt the importance of teamwork and communication. The reading programme focused on improving literacy through fun activities. It was very fulfilling to see the children’s enthusiastic response.

“It is not for us, it is for them” is a quote we honour in volunteering. Every effort makes a difference, with a larger impact made as a team.” - Audrey Wong, NUS

“我们不可能都做伟大的事,但是我们能用伟大的爱去做小事。” - 特蕾莎修女

每个人都可以为社会贡献,以及让社区跟他人的生命不一样。今年,我们有2组大学生在百忙当中抽出时间参与我们的社区活动。

“我在今年年初的时候以志愿者的身份加入丰收中心每两周举办一次的阅读活动。身为志愿者(义工),我们教导小学生英语还有跟他们玩一些互动游戏。对于我来说,读书活动给志愿者能够有机会去预备课程。我相信因为我从社会受益,所以我也希望能够回馈社会。我的义工经历帮助塑造我成为一个有耐心,关怀别人的人。我觉得能够与那些专门做义工的人共事是个很丰富的经历。”

- Lim Chingee, SMU

“我们19位义工在国立大学成立天使委员会项目,负责为Sparks编排读书活动。我们相信学习不单单只是书面上的知识,也得需要学习软技能。通过游戏,我们跟大众一起分享我们生活的经历还有知识。当我们看到他们能够意识到团队合作与交流的重要性,也让我们感到欣慰。读书活动主要是通过有趣的活动来提升孩子的写读能力。能够看到孩子有热情的回应,让我们感到非常满足。“这不是为了我们,而是他们”这是我们所有的志愿者所深信的。每一个人能够推动小小的改变,这样整个团队就能有很大的影响。” - Audrey Wong, NUS

PARTNERING WITH SCHOOLS

Rainbows Programme

RAINBOWS is a peer support programme for children and adults who have experienced death, divorce, separation and abandonment in the family. RAINBOWS provides an accessible and a safe environment for one to sort through their pain and confusion, build a healthy self esteem and learn to trust again.



Harvest Care Centre is collaborating with HELP Family Service Centre to offer the RAINBOWS programme to schools. If you are interested to know more about RAINBOWS, please contact Mingzhu at mingzhu@harvestcare.org.sg



Leadership Camp

Our Leadership Camp is designed around the framework of Servant Leadership. Adopting the experiential approach and a strong emphasis on mentorship, every part of the camp programme is aligned to enable students discover the qualities of a Servant Leader.

Heritage Tour

Adopting the concept of a popular reality television game show, we bring students through a fun and experiential tour along with creative story telling to uncover lesser known facts of historical sites and develop a greater sense of appreciation for Singapore culture and practices.

Overseas Service Learning

Overseas Service Learning goes beyond an ordinary overseas community service trip. It is designed to expand the worldview of every participant through an immersion into the local culture as well as interaction with the locals. We aim to inculcate in participant a sense of appreciation and empathy for the under-developed country and its people. Through this trip, participant will also gain a global vision of happenings in under-developed countries and learn to cultivate a sense of social responsibility in their lives.

Service Learning Workshop

Our workshop is designed to equip and enhance every participant's ability to make the most of their service learning experiences. Our service learning model is adopted from the American service-learning model, where emphasis is given to our two-fold objectives: serving the beneficiaries and educating students who participate in service learning activities. Through this workshop, students will identify learning gaps in traditional community involvement activities and learn to plan service learning activities effectively.

W.A.D! STAR Sports

W.A.D! STAR Sports goes beyond an ordinary sport training or play session. It is designed for the purpose of character building. We help participants develop self-confidence, leadership skills and inspire them to serve. We aim to inculcate in every participant a healthy self-esteem and the ability to break out of their perceived limitations. Through this programme, students will not only learn a new sport but develop their ability for Self-love, Teamwork, Adjusting to achieve their goal and Responding correctly in unfavourable circumstances. W.A.D! Tchouk is ideal for a Time- Out Programme to engage students after school.

SCHOOLS WE WORK WITH

Tampines Primary School. Wellington Primary School. Hougang Primary School. Xinmin Primary School. Admiralty Secondary School. Bedok View Secondary School. Compassvale Secondary School. Fairfield Methodist Secondary School. Geylang Methodist Secondary School. Raffles Institution. Serangoon Secondary School. Swiss Cottage Secondary School. River Valley Secondary School. Yio Chu Kang Secondary School. Ngee Ann Polytechnic . Republic Polytechnic. Jurong West Secondary School. Yishun Junior College. St Joseph Institution Junior. National University of Singapore.

If you are interested to know more about any of the above programmes, please email wadclub@harvestcare.org.sg



ROMP 16

#DREAMITBIGGER



ROMP will return this year on 8 October. It will be the fifth time that this nation-wide youth sports carnival is organised. As the theme and official hashtag continue to be #DreamItBigger, we are also targeting a bigger turnout this year - 1,500 athletes and 200 volunteers. This year, we are also featuring one more sport compared to 2015 - badminton. The other four sports categories remain the same: soccer, basketball, tchoukball and pool.

Organised by W.A.D! Club, the youth arm of Harvest Care Centre, ROMP believes that dreams are not limited by age, family background, or even physical disabilities. This year, we plan to work with the Singapore National Paralympic Council and Special Olympics Singapore to raise awareness of disability sports, and bring across the message that dreams transcend physical boundaries.

ROMP began as a way to - and still seeks to - engage underprivileged and at-risk youths through sports. It also targets to build the character of youths through sports, and to promote active learning in youths through volunteerism. Today, it has extended its reach to mainstream students from secondary schools and tertiary institutes.

Together with its volunteer training programme #VforVolunteer, pioneered in 2015, it is recognised as a platform for youth's personal development, grooming them into leaders of tomorrow who know how to serve, love, and give of themselves. W.A.D! Club uses platforms like self-discovery, leadership workshops, and experiential activities to groom youths into passionate facilitators and difference-makers in their community.






ROMP has seen more than 4,000 youth participants and volunteers take part since it first began in 2008. It has also worked with more than 60 partners and sponsors, both government and corporate, over the years. **S**



**8 OCT
2016**
MOE CCAB
21 EVANS ROAD
2-10PM

Romp

**BIGGEST
YOUTH SPORTS
CARNIVAL**
#DREAMITBIGGER

 SOCCER	 BASKETBALL	 TCHOUKBALL	 BADMINTON	 POOL
5 v 5 (3 Reserves)	3 v 3 (1 Reserve)	7 v 7 (3 Reserves)	4 v 4 (2 Reserves)	4 v 4
8 Players (Min 5 to register)	4 Players (Min 3 to register)	10 Players (Min 7 to register)	6 Players (Min 4 to register)	4 players (Min 3 to register)
Under 17 \$100	Under 17 \$60	Under 18 \$140	Under 17 \$70	Under 30 \$70
Under 21 \$120	Under 21 \$70	Men's Open \$160	Under 21 \$80	—
Open \$130	Open \$75	Women's Open \$160	Open \$90	—
Male Only	Male Only	Male & Female	Male & Female	Male & Female

*Badminton & pool will be at varied locations

Join us for a day of friendly sporting rivalry!
Pit yourself against your limits and
#DREAMITBIGGER



SIGN UP NOW AT
www.wadclub.org/romp



ORGANISED BY:



FOR ENQUIRIES OR LATEST NEWS AND UPDATES:



64942784



mdu.romp@gmail.com



www.facebook.com/wadclub



@wadclub

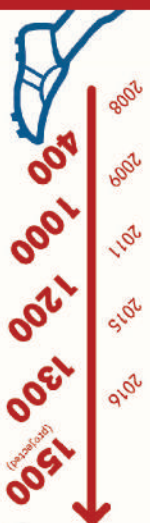
FOR MORE
INFO



www.wadclub.org/romp

1 No. of Participants

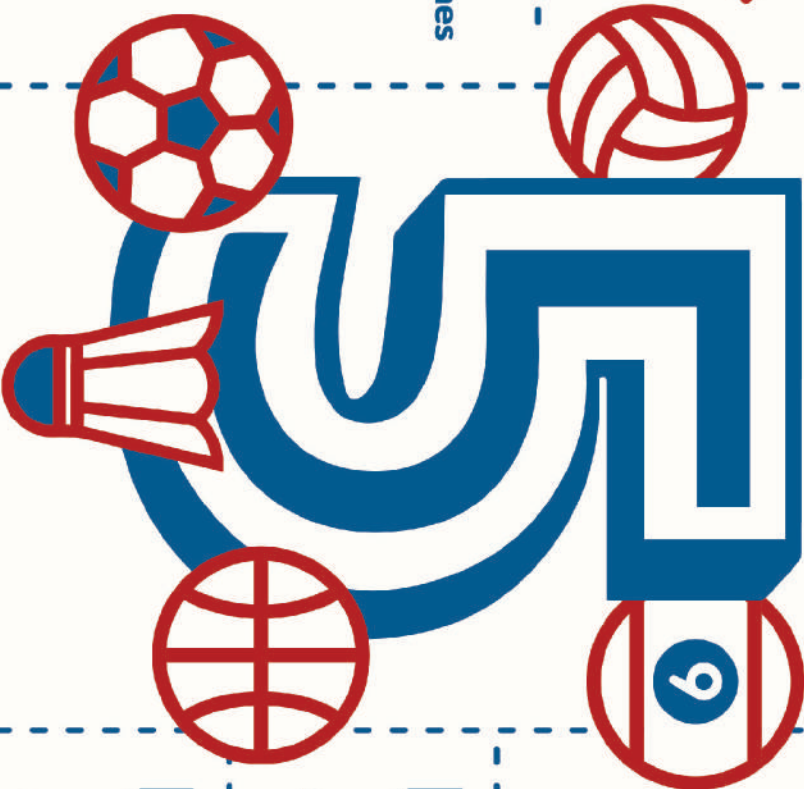
(increased from 2008 to 2015)



4 W.A.D.I Club Programmes

- Training Programmes for Tchoukball, Basketball, Soccer and Pool
- Overseas Service Learning Programmes in Cambodia since 2009
- Sports Coaching with Underprivileged Youth and Youth-at-Risk
- Leadership Camps in Schools

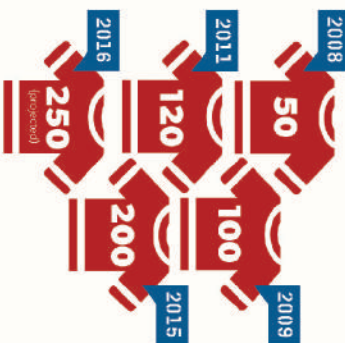
2 No. of Sports



Soccer, Basketball, Badminton, Tchoukball and Pool

3 No. of Volunteers

(increased from 2008 to 2015)



5 Sponsors/Partners

More than 60 sponsors and partners

6 Objectives of ROMP

- Reach out to Underprivileged Youth and Youth-at-Risk through sports
- Train and Empower Volunteers and Facilitators
- Establish connections between youth at large

Sponsors & Partners



At KAIROS, learning is a lifelong journey and we care the way you learn. We provide the Opportunity for all ages to enjoy quality programmes that facilitate growth in Knowledge and its Application. We envision learners who achieve academic excellence that leads to Success in life.

CALL US NOW
64942793

- ▶ MOE-trained and experienced teachers
经验丰富的教师
- ▶ Exclusive Tips and Strategies
专属技巧和策略
- ▶ Proven Results 经过验证的成绩
- ▶ Personalized Coaching 个人的教导
- ▶ Conducive Group Size 小组学习

**Your CHOICE Tuition
And Learning Centre**

▶ Courses for Primary & Secondary Students

- English
- Maths
- Science
- Chinese
- Tamil
- Principle of Accounts
- O-Level Preparatory Classes

▶ Enrichment Classes for Preschoolers

- Chinese Speech & Drama
- Speech & Drama
- Creative Arts
- Phonics And Reading

▶ Adult English Course

An English programme specially designed for adult learners and foreign workers who have the desire to develop a good grasp of the language. The course seeks to develop learners with language skills to be effective and efficient in their field of work.

▶ School Holiday Workshops

- English Energizer
- Mathematics Master
- Chinese Conqueror
- Science Stimulator

What Our Clients Say ...

"Mr Lim's lessons are fun and interesting! He plays games that help me learn useful words and phrases for my composition."
- Lian Yong Bin, P3, Hong Wen Primary School

"The tutors in KAIROS show care and concern for my son and give regular feedback so that I can strengthen his learning at home."
- Katrina, Zainul's mum

"I'm able to count in basic conversational English and have improved my vocabulary. Much of the credit goes to my tutor who teaches English in a lively and interesting manner."
- Wei Rong, China

**Limited
Vacancies**

CALL US NOW!
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165 Sims Avenue #04-02 Harvest Care Centre S(387606)
Tel: 64942780/64942793 Website: <http://kairos-academy.com>
Email: kairos@harvestcare.org.sg Facebook: www.facebook.com/hcckairos

CALENDAR OF EVENTS

	DATE	EVENTS/ ACTIVITIES	DEPARTMENT
JUN	1/6 - 24/6	Holiday Programme	SPARKS
	25/6	Volunteers Training Workshop	W.A.D! Club
JUL	9/7	Volunteers Training Workshop	W.A.D! Club
	16/7	3M Step-Up Challenge	W.A.D! Club
	23/7	Volunteers Training Workshop	W.A.D! Club
	23/7	Briskwalk to a healthier You @ Changi Boardwalk	O'Frenz Club
	30/7	Volunteers Training Workshop Engaging Youth Programme	W.A.D! Club W.A.D! Club
AUG	6/8	National Day Dancing Carnival	O'Frenz Club
	8/8	SPORTS FIESTA National Day Celebration	SPARKS
	13/8	Volunteers Training Workshop	W.A.D! Club
	27/8	Volunteers Training Workshop	W.A.D! Club
SEP	3/9	W.A.D! Venture Night Cycling	W.A.D! Club
	5/9	Kids Value in Action (Share the Gift of Love)	SPARKS
	10/9	en'Rich Exam Workshop	en'Rich Kids' Club
	10/9	Volunteers Training Workshop	W.A.D! Club
	25/9	Children Day Celebration	en'Rich Kids' Club
25/9	Mid Autumn Community Outreach	LOC	
OCT	6/10	Health Workshop 2	O'Frenz Club
	7/10	SPARKS Children's Party	SPARKS
	8/10	ROMP 16!	W.A.D! Club
	15/10	Walk for Rice	LOC
	29/10	W.A.D! Hoops Invitational Competition	W.A.D! Club
NOV	5/11	Health Screening	LOC
	12/11	One day educational trip	en'Rich Kids' Club
	12/11	W.A.D! Tchouk Beach Tchoukball Competition	W.A.D! Club
	19/11	W.A.D! Shot Pool Doubles Competition	W.A.D! Club
	20/11 - 28/11	Overseas Service Learning - Vietnam	W.A.D! Club
	23/11 - 31/11	Holiday Programme	SPARKS
26/11	One Day learning educational tour	O'Frenz Club	
DEC	1/12 - 18/12	Holiday Programme	SPARKS
	3/12 - 11/12	Overseas Service Learning - Cambodia	W.A.D! Club
	10/12	Christmas Party	O'Frenz Club
	23/12	Christmas Party for Children	SPARKS

*Events and dates are subject to change.

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**