

MEETING NEEDS, TRANSFORMING COMMUNITIES

seed

ISSUE 5

www.harvestcare.org

Harvest Care Centre

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REACHING THE COMMUNITY 到达社区里

Partnership with
“Food from The
Heart” to give out
bread to needy
families each week.

WAD's UP Lately! 青年俱乐部最近的活动!

Find out more about our
upcoming WAD! Games.

Elderly Programme 乐龄节目

Members from O'Frenz Club
had a great celebration during
the Christmas and Chinese New
Year festive seasons.



seed

ISSUE 5

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们要做到这一点。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:

Elderly Programme 乐龄节目

Contact person: Ms Grace Tay
联络人: 戴玉珍女士

W.A.D! Club 青少年节目

Contact person: Mr John Chong
联络人: 张钦政先生

SPARKS Student Care 学生服务

Contact person: Ms Ng Ming Zhu
联络人: 黄明珠小姐

KAIROS International Academy 凯若国际学校

Contact person: Ms Zhang Rong Zhu
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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。

CONTENTS

3 **President's Message**
主席公告

4 **Elderly Programme**
Celebrations with the elderly

5 **乐龄节目**
与乐龄人士同欢

6 **Reaching the Community**
Giving back to our community

7 **社区活动**
回馈社区

8 **SNAPSHOTS 快照**

10 **Youth Programme**
WAD! Games

11 **青少年节目**
通过运动来改正违纪行为

12 **SPARKS Student Care**
Enriching lives

13 **学生服务**
SPARKS与其他学校的合作火花

14 **Advertorial**

15 **广告**

16 **Calendar of Events**

President's Message

主席公告



“Noblesse oblige”. This French term implies that being richly blessed, one willingly helps the less fortunate. Indeed, this has been the focus of our work at Harvest Care Centre as we reach out to the community.

In this issue, we take a look at how our programmes seek to lend a hand to the low-income groups - the SPARKS Student Care Centre has also partnered with schools to help children including those from low income families, and WAD! En’rich continues to provide tuition services for needy students. Apart from its regular programmes like outings and festive celebrations, the Love Our Community team has also been actively contributing to this cause with “Food from the Heart”, a feeding programme for the elderly and low income families.

As always, we continue to give you regular updates on the goings-on of our initiatives. You can look forward to a visual feast of the activities in these pages, and do join us if you would like to help spread the love around!

“Noblesse oblige”是一句法文，意思是如您愿意去帮助另位较不幸的人，您将有得到许多福报。而这也是丰收关怀中心的使命 - 伸手去造福我们社区。

在本刊物中，我们将与您分享我们为自低收入家庭的规划及如何向他们伸出援助之手。这包括SPARKS 学前/学后托管中心与其他学校合作所擦出的火花；En’rich为有需要的孩子提供补习。

爱我们社区团队除了定期活动和节日庆祝，也和“真心献食”携手分发食物，受益人事以乐龄人士及单亲家庭居多。与往常一样，我们将继续为您提供定期向您呈报丰收的动向。请您拭目以待！

如您有意愿加入我们的义工团队，请与我们联系。我们需要您的帮助，把爱传播出去！**S**

Elderly Programme

乐龄节目

CELEBRATIONS WITH THE ELDERLY

Christmas and the Chinese New Year are two festivals that many Singaporeans can easily indulge themselves in with the buying of gifts and Chinese New Year goodies.

However, there are many elderly people who celebrate these festivals alone. Figures from the General Household Survey showed that the number of elderly living alone shot up from 15,000 to 22,000 between 2000 and 2005. The Department of Statistics has also showed that the number of seniors will increase from about 296,900 in 2005 to 873,300 in 2030.

The Love Our Community (LOC) aims to connect effectively with the elderly by engaging with them in meaningful celebrations where it held a Christmas party in 2012 and a Chinese New Year factory visit this year.

'Bling' was the theme of the Christmas party, where the elderly felt youthful and came in bright, shiny clothes. Mr Tan Swee Thiam, 75, enjoyed the party. He said: "I learnt many new dances and had lots of fun because I can dance together with a lot of people."

Bethesda Choy, a HCC volunteer, said she felt that this event provided the elderly great and memorable Christmas memories, and allowed them to feel the love and joy of Christmas.





During the Chinese New factory visit, some HCC volunteers also took 20 elderly people to visit various food factories which included the Woodlands food industry area. The elderly enjoyed shopping together as a group and bought many Chinese New Year goodies ranging from sauces to Japanese seaweed chicken, all at cheap wholesale prices. **S**

与乐龄人士同欢

许多新加坡人在圣诞节和农历新年前都会很放纵的购买礼物和年货。

可是却有许多的乐龄人士是孤单的度过这些节日。据户口调查统计，独居老人在2000年至2005年期间，从15,000人增加到22,000人；而国家统计局也估计乐龄人数将在2030年增加三倍，到873,300人。

爱我们社区 (Love Our Community, LOC) 希望通过有意义的庆祝活动来与乐龄人士来联系。

去年的圣诞节舞会主题是‘闪亮人生’，所以乐龄人士们都穿上了闪亮的服装赴约。今年75岁的陈水添先生说：“我从中学习到许多新舞蹈，而且可以与许多朋友一起跳舞，所以很开心！”

丰收的义工代表，徐千惠小姐觉得这些活动不但能够带给乐龄人士们美好的回忆，也能让他们感受到圣诞节的爱和喜乐。

有如往年，丰收的义工们也在农历年以前带领了20位乐龄人士到兀兰食品工业区去添年货。大家一边闲话家常，一边购买许多价廉物美的货品，快乐极了！



Community

社区

REACHING THE COMMUNITY

Continuing from the fourth food distribution done last year, a group of Harvest Care Centre volunteers distributed food packs to some residents on Feb 23. There were about 140 packs - containing 5kg of rice, coffee powder and biscuits. All the rice, sponsored by NTUC Fairprice, was from the "Walk for Rice" event jointly organized by Harvest Care Centre and South East Community Development Council on 8th September 2012.

These were given to benefit the low-income residents who live in one-room or two-room rental flats in two blocks in Aljunied. Most of these residents are seniors who are frail, or single-parent families who have little support from their extended families.

Since February 2013, we have also partnered with non-profit organization, Food from The Heart to serve the residents in Blk 100 and 103 Aljunied Crescent by distributing Sunshine bread to 30 households on a weekly basis.

Besides reaching the needy residents nearby, Harvest Care Centre also empowers tertiary students to tutor their juniors at Enrich. This weekly tuition programme benefits students from low-income families at minimal fees.

18-year-old Raffles Institution student, Antariksh Mahajan, who is professedly "pretty good at mathematics" tutors two students, in the mathematics.



“I was lucky because my parents and friends taught me a lot. My family also had the resources to send me to tuition for Hindi, my weakest subject. Now this is my chance to give back,” he said. **S**

社区活动

继去年分发食物的活动，丰收第四季度在本年的2月23日分发‘福袋’，而每一袋都装有5公斤的米，咖啡粉和饼干等。其实这些米是丰收在由职总超市和东南社区理事会所联办的募走中所筹得的。

当天，丰收的义工们一共分发了140份‘福袋’给居住在阿裕尼一房或二房室租赁组屋的低收入居民，其中大部分是乐龄人士或单亲家庭。

自2013年2月，我们也与‘真心献食’合作分发Sunshine面包给居住在阿裕尼大牌100和103的30户家庭。如同丰收，真心也是个非盈利性组织。

此外，丰收也为这群来自低收入家庭的学生提供每周补习。这不但能帮助到学生们，也能让在籍大专义工们有学以致用机会。其中，一位来自莱佛士书院的18岁义工在受访时说：“我很幸运，因为我的父母和朋友们不但教导我，而且也有能力送我去专业补习班恶补我最不擅长的科目 - 淡米尔文。此外，我觉得每一个人都应该有机会实现他们的潜能而不仅限于家境富裕；也因此，让这项项目更加值得和有意义。所以，现在是我回馈社会的时候了！”



If you are interested in participating in our volunteer works and programmes and would like to know more details of this activity, you can call Harvest Care Centre at 6494 2780.

如果您想知道更多活动细节或有意愿加入我们的义工团队或活动，您可拨打丰收关怀中心的电话 6494 2780.

Chinese New Year
Factory Visit



Christmas Party

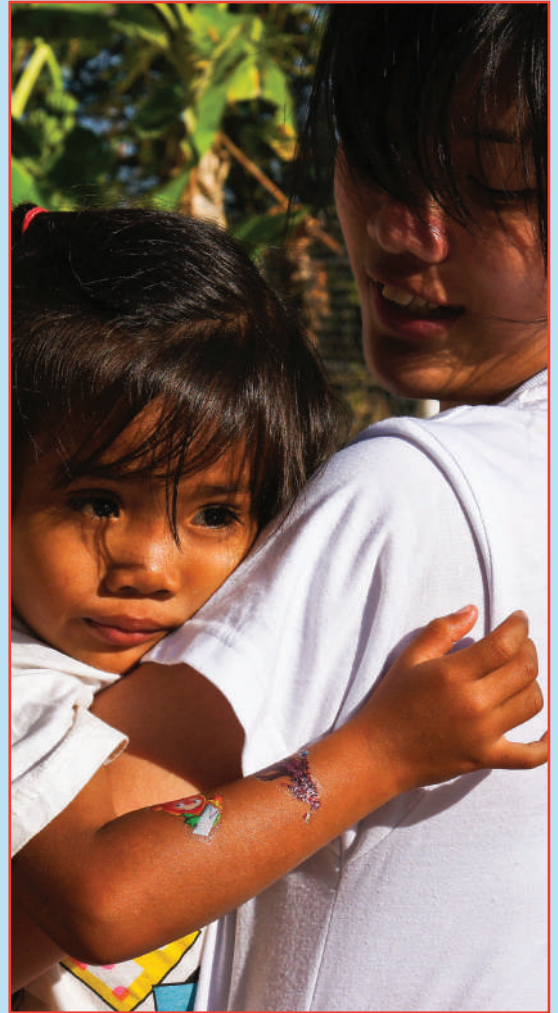


Snapshots 快照

WAD Club Sports



Meeting The Needs Overseas



Youth Programme

青少年节目



W.A.D! GAMES

W.A.D! Games is an exciting initiative of W.A.D! Club, a single sporting event conducted at the same time over three different venues, and promises to be a special day in the calendars of many young sportsmen across Singapore.

Staying true to its call for youths to "BE DIFFERENT, STAND OUT!", W.A.D! Games affords the opportunity for any interested youth be involved in a sporting competition on a national level, despite not having been chosen to train in competitive teams. Such a call is fueled by the W.A.D! Club's firm belief in the need for all youths to dare to be passionate, and step out of their comfort zones to pursue their individual uniqueness in a constructive manner. **S**

Come be a Part of us! 20th July 2013 (Saturday)



TCHOUKBALL 10 per team | 3 reserve | Min. 7 to register

Under 18 : MALE
\$120

Open : MALE
\$120

Open : FEMALE
\$120



POOL 4 per team | 1 reserve | Min. 3 to register

16 - 24 Years Old : MIXED
\$55



BASKETBALL 4 per team | 1 reserve | Min. 3 to register

Under 17 : MALE
\$60

Under 21 : MALE
\$65

Under 17 : FEMALE
\$60

W.A.D! Club also offers other youth activities such as overseas service learning trips, sports activities, and adventure learning programmes like night cycling and kayaking.

To find out more: call 6494 2780 or email: wadclub@harvestcare.org.sg



体育是青少年俱乐部的主要活动之一，所以它将在三个不同场地，同步举行体育赛事。它承诺将成为许多新加坡年轻运动健儿心中的特殊日子。

坚持真实的呼吁青少年“创新，挺身而出！”俱乐部提供了任何对全国体育竞赛有兴趣的青年们参与的机会，即使他们已被选定在某个球队训练。因为俱乐部深信自己坚定的信念，认为青少年们都是敢于走出自己的舒适地带，以建设性的方式追求自己个人的独特性。

来成为我们的一份子！7月20日2013年（星期六）



TCHOUKBALL 10名 (包括3名后补)

18岁以下 (男)	其他 (男)	其他 (女)
\$120	\$120	\$120

桌球 4名 (包括1名后补)

混合 16至24岁
\$55

篮球 4名 (包括1名后补)

17岁以下 (男)	21岁以下 (男)	17岁以下 (女)
\$60	\$65	\$60

俱乐部也提供其他青少年活动，如海外服务学习，体育活动和冒险学习计划如夜间骑自行车和划独木舟等。

欲了解更多信息：请致电64942780
或电邮: wadclub@harvestcare.org.sg

SPARKS Student care 学生服务

SPARKS PARTNERS WITH SCHOOLS TO CONDUCT PROGRAMMES FOR KIDS

The heart of all SPARKS programmes is to foster an interest for learning in children, especially through lessons outside the classroom.

Yet a fun and varied curriculum is not just all that students benefit from. SPARKS ensures quality content is delivered with professional standards of teaching by partnering with various schools and teachers

In December 2012, SPARKS partnered with trainee teachers from the National Institute of Education to conduct two holiday enrichment programmes, “Kids Explorer” and “Oiishi”. The content and programme focuses were designed and implemented by the trainee teachers.

In “Kids Explorer”, children gained a better understanding of nature and wildlife. They encountered animals first in the classroom, then in real life at the Singapore Zoo. In “Oiishi” (Japanese for “good to eat”), children learnt the importance of the various food groups and visited the Yakult factory to learn about maintaining a healthy digestive system.



SPARKS will also be working with an art school to conduct free weekly art enrichment classes for students. Through this programme SPARKS aims to make art meaningful and accessible to all children who are keen.

Said SPARKS programme executive Ng Mingzhu:

“By working together with those who have a stake in educating our children, SPARKS is committed to providing a pathway not just for academic nurturing but also for the holistic development of each child.” 

SPARKS与其他学校的合作火花

如以往的使命，SPARKS 继续为学生策划课堂以外的课程及活动来促进孩子们对学习的兴趣。学生们不只受益于有趣的课程，SPARKS也与其他学校的师生们合作来确保学生的学习素质。

在去年12月，教育部属下的实习教师不但为SPARKS策划“小小探险家”和“真美味”的活动内容，他们还亲自带领学生们执行活动。

“小小探险家”的目的是让学生们更加了解野生动物及大自然生态，所以他们首先是在课堂上认识那些动物，再前往新加坡动物园目睹它们的英姿。而“真美味”是让学生们认知和学习到了不同食物的重要性，并到访酿制益生菌的养乐多工厂。从中，他们学习到如何保持肠胃健康。

接下来，SPARKS也会与一所艺术学院合作，为学生们提供每周一次的免费美术课。SPARKS 希望通过该活动让对美术有兴趣的孩子有机会接触不一样的艺集类。

据SPARKS负责人，黄明珠小姐说：“SPARKS与各学府的合作火花不仅致力于提供孩子们一个培养学术的途径。它也同时注视及给予每一个孩子全面发展的机会。”



KAIROS 凯若国际学院

INTERNATIONAL ACADEMY

Let us help you be ready and prepared for the academic year 2013. 让我们提前为您的子女做好新学期的准备！现在就即刻报读我们中、小学补习班！

Enrol for our head start tuition classes for primary and secondary school students. Start early, prepare ahead!



- Our tutors are **MOE-trained, qualified and experienced** teachers.
- **Small class sizes** - capped at a maximum of 15 students per class
- Our tutors provide **personalized coaching** to cater to each student's individual needs.
- **We closely follow the MOE syllabus**, at times going beyond the syllabus to enrich students' learning.
- And for that extra boost in the final lap, we provide **examination secrets and tips!**
- 我们的教师都曾受过教育部专业培训的合格教师，并拥有丰富的教学经验。
- 小班制 - 每班最多以15名学生为限
- 教师们将采用个性化的教学方式，针对每一位学生的个人需求。
- 我们密切的关注及按照教育部的教学大纲编排课程，以丰富学生的学习经历。
- 在考试期间，我们也提供，并提升学生的作答技巧和秘诀。

As part of our quality assurance to you, we limit our spaces per class so that you get ample attention. 作为我们保证教学质量的一部分，我们限制每班的名额，确保每位学生都能得到足够的关注。 **Spaces are taken up quickly, so hurry and book your tuition slots with us!** 所以名额有限！



Call us 咨询热线:
+65 6494 2780



Email us 电邮:
register@kairos-academy.com



Visit our website 我们的网站:
www.kairos-academy.com



Collaboration with HELP Family Service Centre - Rainbows Programme

Collaborating with HELP Family Service Centre, a voluntary welfare organization which provides assistance to single parents and children, Harvest Care Centre offers a peer support programme named RAINBOWS.

As you know when a change takes place in the family - whether it is death, divorce, separation, abandonment, or even being born out of wedlock - it will have a profound effect on the whole family. Hence, RAINBOWS is specifically designed for grieving children and adults as it provides an opportunity and safe environment for them to sort through their pains and confusion, build self-esteem and learn to trust again.

SPARKS与帮助家庭服务中心联办彩虹计划

如同SPARKS, 帮助家庭服务中心也是一间非营利的志愿福利组织。为了能够向单亲家长和儿童提供援助, 我们将联办名为彩虹计划的朋辈支援计划。

有如您所知, 每当家中有突如其来的变化, 如: 死亡, 离婚, 分居, 遗弃, 甚至未婚生子等事件。它将对整个家庭产生深远的影响。因此, 彩虹希望为那些儿童和成人提供一个安全的环境, 让他们从痛苦和混乱自我排序而建立自尊, 再学着去信任。

“The school has noticed the positive impact that the Rainbow Programme has brought to the participants. We are impressed with the service quality provided by Harvest Care Centre.”

- Lynn Lim, school counsellor at Tampines Primary School

“从校方的角度, 我们不但注意到彩虹对参与者带来的积极影响, 也对丰收所提供的优质的服务留下了深刻印象。”

- 林赐贤,
来自淡滨尼初小学的学校辅导老师

To find out more 欲了解更多: call 请致电 6494 2780 or email 或电邮 enquiry@harvestcare.org.sg

CALENDAR OF EVENTS

	DATE	EVENTS/ ACTIVITIES	DEPARTMENT
MAY	4/5	丰收一日游 1 Day Educational Trip (Foreign)	Elderly Programme
JUN	3-22/6	SPARKS Holiday Programme	SPARKS
	3-22/6	Kairos Hliday Booster Programme	KAIROS
	8/6	Family Amazing Race	W.A.D! Club
	6-11/6	2D1N Sports Camp	W.A.D! Club
	15/6	W.A.D! Enrich Tutors Seminar	W.A.D! Club
	22/6	端午节聚会及卡拉观摩会 Karaoke Showcase; Theme: Patriarchy	Elderly Programme
JUL	6/7	HCC Volunteer Appreciation	HCC
	21/7	Racial Harmony Day	SPARKS
	20/7	W.A.D! Games	W.A.D! Club
	27/7	舞动嘉年华 Dancing Carnival	Elderly Programme
AUG	24/8	丰收一日游 1 Day Educational Trip (Local)	Elderly Programme
SEP	7/9	WALK For Rice	HCC
	9/9	SPARKS NLB Visit - English Story Telling	SPARKS
	9-14/9	KAIROS Holiday Booster Programme	KAIROS
	7,14,21/9	Service Learning & Facilitation Workshop	W.A.D! Club
	16-24/9	LOVE LAOS Trip	W.A.D! Club
	14/9	中秋节 派对 Mid-Autumn Out Reach Party	Elderly Programme

**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**