

seed

ISSUE 10

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Harvest Care Centre

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LOVE OUR COMMUNITY

Serving the Pioneer Generation

服事建国一代

W.A.D. CLUB

ROMP 15

Volunteer Development Program

Overseas Service Learning

志愿者培育项目

海外学习之旅

SPARKS

Kids Value in Action

价值中行动



seed

ISSUE 10

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



Recently, it was reported that the number of old people aged 65 and above who live by themselves has nearly tripled over the last 15 years to 42,100 last year, up from 14,500 in 2000. Some studies also suggest that they are more likely to fall ill or die before their time.

In the spirit of the nation's Golden Jubilee and honouring our Pioneer Generation, we at Harvest Care Centre (HCC) believe in meeting the needs of the elderly and adding life to their golden years. Our volunteers have been helping to refurbish homes and distribute healthcare and household items such as anti-slip mats, so that the elderly live in a safe and clean environment. We also organise activities that cater to the seniors' different interests - such as line dancing and handicraft sessions. These not only promote an active lifestyle, they also serve as opportunities for the elderly to make new friends.

Among the youth, our sports carnival ROMP returned after a four-year hiatus with a large turnout of over 1,500 athletes and volunteers. The Young Lions also conducted a soccer clinic at the event. And at SPARKS Student Care, HCC and Raffles Institution organised an unusual project - getting kids to pack and distribute goodie bags to needy families in rental flats. For many of them, this was their first time meeting needy families. The project aimed to instill the value of helping others and influence children to be concerned citizens in Singapore.

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 and we look forward to your continued support!

Reverend Bernard Foo
President
Harvest Care Centre

最近，有报告称去年65岁以上的独居年长者数量就快要超过过去15年到达42,100，这是从2000年14,500的攀升。一些研究也提出他们更加可能会提早生病或者死亡。

在新加坡金禧年和荣耀建国一代的精神下，我们丰收关怀中心(丰收关怀中心)相信可以满足年长者的需要并且增加他们黄金年华的精彩。我们的志愿者一直在帮助翻新房屋和分发健康保健和日常家庭的用品，比如防滑地毯，所以年长者可以生活在一个安全和干净的环境。我们也会组织活动去针对年长者不同的兴趣—比如排舞，手工艺课程。这些不仅提倡一个活跃的生活方式，它们也让年长者有机会结交新的朋友。

在青少年中，我们的运动嘉年华ROMP在4年的空隙后以超过1,500名运动员和志愿者参与而盛大回归。“Young Lions (年轻的狮子)”也在活动当天开展了足球诊疗。在SPARKS学生中心，丰收关怀中心和莱佛士书院组织了一个不同寻常的项目—让孩子们来包装和分发礼包给租赁大牌有需要的家庭。他们的大多数是第一次见到有需要的家庭。这个项目旨在建立起帮助他人的价值观和影响孩子们成为更为他人考虑的新加坡公民。

我们很感恩能够有那么多伸出援助之手的人们—我们的志愿者，赞助商和项目合作伙伴—来参与我们去满足和转变社区。你们的贡献是很被感激的。我们期待你们继续的支持！

S

Love Our Community



Serving the Pioneer Generation



Our most senior volunteer - Uncle Rui Tian

Besides the monthly new “Love in Actions” community outreach project, HCC has also been consistently caring for these elderly in Circuit Road through other activities.

Since January this year, with the help of other elderly volunteers, we have conducted monthly craft sessions. The outcome? Paper fishes from red packets, flowers from recycled material and blossoming freindships.

Harvest Care Centre (HCC) believes that the elderly are still very much a precious part of our society and should not be forgotten. Such a belief led to the genesis of the “Love in Actions” community outreach project,. This is projectby the elderly in O’Frenz, to serve the needs of other elderly in the community. “Love in Actions” aims to foster volunteerism in seniors by encouraging them to sign up as volunteers to serve their less privileged peers.

HCC recognises the difference a senior can make in the life of a fellow senior. To have someone who not only listens but understands and offers friendship is infinitely precious.

Going forward, HCC hopes to conduct outreach activities monthly to befriend the elderly and demonstrate care and concern. for them on a regular basis.



Senior volunteer Kooi Seng and auntie proud of their handmade plastic flower



Volunteers handing out goodie bags during festive seasons

Other outreach activities include providing aid in the form of house revamps, distribution of healthcare products and distribution of goodie bags during festive seasons, by the young adult volunteers.

More than handing out freebies, such initiatives provide an avenue to spread festive cheer. Madam Koh Ah Loy, 79, would testify. A recipient of mooncakes sponsored by Bakerzin, she was glad that the young adult volunteers who handed them to her also took time to converse with her and partake of the mooncakes that she otherwise could not have finished on her own. She also expressed gratitude at the thoughtfulness of the volunteers who placed an anti-slip mat in her toilet.

Ms Heng Shih Hui says that it was “Very meaningful ... gives me an opportunity to know the elderly and their needs and saw how some may have been neglected by the community and were not cared for... It has been a special afternoon and I hope there could be more volunteers joining this program.”



Volunteers taking time to converse with the elderly

SENIORS' PROGRAMME

Monthly Brisk Walking	Every 2nd & 4th Saturday of the month 7.30am to 9.00am Meeting place - HCC level 1 foyer
Weekly Linedancing	Every Tuesday and Thursday 9.00am to 10.30am
Weekly Karaoke	Every Tuesday and Thursday 9.00am to 12.00pm
Monthly senior activity Love in Action @ Blk 42A	Last Tuesday of the month 9.00am to 11.00am

If you are interested in volunteering in any of HCC's Love Our Community programs, please contact Miss Ser at 64942793 or gekleng@harvestcare.org.sg.

W.A.D!



ROMP 15

ROMP returned with a blast on August 15 after a four-year hiatus. And true to its theme “Dream It Bigger”, this year saw the largest turnout ever, at over 1,500 youth athletes and volunteers. Amid the post SEA Games’ high, we also invited the Young Lions to conduct a soccer clinic at ROMP.

Athletes took part in four sports: basketball, soccer, tchoukball and pool. ROMP also worked with local voluntary welfare organisations to send teams of delinquent youths to participate, believing that team sports can help them build character and lead healthy lifestyles.

The carnival kicked off with the arrival of Mr Sam Tan, then a Minister-of-State with the Ministry of Culture, Community and Youth. In his speech, he encouraged the youths to learn confidence, resilience, teamwork and humility through sports - soft skills that will prepare them for later challenges in life. He also animatedly described the tremendous zeal that Singapore’s athletes displayed at the SEA Games. “This is the kind of fighting spirit that we want to see in Singaporeans, not just our athletes, but ordinary people as well,” he said.



Guest-of-Honour, Mr Sam Tan with our ROMP volunteers



Basketball games at Co-Curriculum Activities Branch (CCAB)

Eugene Lee, a 27-year-old participant from the Soccer Open category said he was overwhelmed by the quality of the teams that took part.

“They were not your average teams but tough opponents bonded together based on their understanding of one another. Those that won were united and had members that covered one another’s backs.”

Ernest Pwi, 23, a volunteer who oversaw the basketball games at ROMP, said he enjoyed planning the event with other like-minded volunteers, and hopes to continue using his passion for basketball to encourage other youth basketball enthusiasts.



Volunteer Development Programme



Building an irrigation channel for planting

W.A.D! Club believes that proactive volunteerism can be the next big youth trend in Singapore. This year, the National Youth Council's has agreed to sponsor W.A.D! Club's #VforVolunteer programme. This programme covers sports, leadership mentoring, community work and research. It aims to radically change the way youths view volunteerism.

For ROMP, for instance, all 200 volunteers – from schools such as Raffles Institution, Raffles Girls' School (Secondary), Hong Kah Secondary School, Singapore Polytechnic, Pioneer Junior College – were trained under the programme from two months prior. They attended training sessions on self-discovery, leadership, and picked up skills on how to plan and implement impactful programmes.

Overseas Learning Trip

To prepare for their trip to Cambodia, 17 students from the National University of Singapore's Science faculty first organized an Amazing Race for the children from Harvest Care Centre's SPARKS programme to gain exposure on how to work with children.

They then went on a two-week humanitarian trip to Koh Kho and S'ang District in Cambodia, where they taught English to kindergarten-aged children and youths, conducted sports and games with children at an orphanage, built and painted window grilles, helped irrigate the land by transferring water from the lake to the island, planted agriculture, visited the locals' homes, and got to know the village chief.

After the trip, they also conducted a reading and role-playing session with children from underprivileged families (one of HCC's weekly Love Our Community activities) to apply what had learned from the trip.

A team leader, Pearly Ang, 23, said the trip helped her learn about living with people, communicating with them, being observant to people's needs, facing and resolving conflicts, and overcoming barriers such as that of language.

W.A.D! Club conducts these trips to Cambodia twice a year.

If you are interested to volunteer with W.A.D.! Club by being a mentor, please contact Mr Nigel Lee at 64942794.

SPARKS Student care



Kids Value In Action



Donation of food item by the students

At SPARKS student Care Center, we believe that each child has the ability to give and contribute to the community. Hence, our Values in Action program was started to cultivate each child to be a concerned citizen, rooted in Singapore. We seek to nurture each child to have a strong sense of civic responsibility, who actively participates in improving the lives of those around him.

Values in Action program partnered with Raffles Institution and saw 6 student teachers step forward to impart values to 28 of our children. This program aims not only to teach the young but to benefit the less privileged elderly who are already beneficiaries of various Harvest Care Center programs.

The student teachers crafted a 3 session program that begins with educating the children with the importance of helping others and finally culminated in a day of volunteering.

Our program begun in March this year and the student teachers met with the children for the first time. A light-hearted session of games and bonding followed. It was important for the children to meet and bond with the student teacher before trust was built and values imparted.

The second session followed in June. With a more serious agenda planned this time, the children were taught what it means to help others and the importance of helping those less fortunate than them.

The kids also got an insight to the actual day's program. Needless to say, the spirit of enthusiasm was high and they couldn't wait for the actual day. After much waiting, the actual day of volunteering, June 22nd arrived and our young volunteers together with their student teachers arrived early to pack food bags for the elderly. The group was then shuttled off via bus to the homes of the elderly beneficiaries to distribute the food packs.

Most of our children started the morning shy and a little scared. They were mostly shocked too by the disparity in housing conditions of the beneficiaries' homes and their own. But soon, our little volunteers built confidence and found meaning through the appreciation and smiles they received from the beneficiaries.

As we wrapped up the morning, the children reflected that the true meaning of helping others was in the joy that it brings, both to the beneficiaries and themselves. As Dylan puts it "I feel happy about helping the less fortunate."

Visiting our beneficiaries and giving out goodies



Volunteering



In a bid to offer their students a truly holistic education, the teachers of Raffles Institution (RI) and Chung Cheng High (Main) signed their students up as volunteers with Harvest Care Centre (HCC).

The Secondary Two students from Chung Cheng High (Main) served as volunteers in the 3M Step – Up Challenge, an event in which 3M, Southeast CDC and HCC partnered to contribute Health and Safety products for the elderly in need of them. Most of the beneficiaries, seniors from Southeast CDC live alone or with their families in simple a 1 or 2 room flats. With every 500 steps climbed, one health & safety product was raised for these beneficiaries, courtesy of 3M.

As volunteers, the students were involved in registration, logistical support and cheering on participants. Especially heartening to see was the student volunteers, on their own accord join as participants so as to ensure the beneficiaries could receive more products. This was also testament that the true spirit of volunteerism was not lost on these students amidst all their other responsibilities.

“This was also testament that the true spirit of volunteerism was not lost on these students amidst all their other responsibilities.”

Separately, the students from RI too had their chance to serve under the Love Our Community bi weekly elderly programme. The Secondary One boys visited a group of 25 elderly from Circuit Road and took the opportunity to teach the elderly simple origami and later even how to combine all their origami works into a collage of the Singapore flag.

On top of the handicraft sessions the boys also served the elderly with food, followed by a simple sing-along session of National Day songs where the elderly were presented with goodie bags containing daily necessities.

Also most worthy of mention is the involvement of youth volunteers in ROMP 15, a sports carnival that saw a crowd of 1500 participate in. These volunteers, most with no prior experience, took on roles and responsibilities that ensured the smooth running of an event of such scale.

If such exposure to volunteerism induces the love and habit in the young, then our nation is surely in good hands.

Love Our Community -
Reaching families & children



Celebrating Children's Day



Volunteer engaging kids through games



Character building lesson for children in Circuit Road



Reaching families in Circuit Road

Snapshots
快照



Family bonding time

Parenting workshop with Mendaki



Love Our Community - Reaching the elderly



Senior volunteer building domino with elderly

Parents learning the importance of children's education



Elderly learning to fold origami



Engaging elderly through games



Senior volunteer making red packets fishes with the elderly

社区服务



服事建国一代

丰收关怀中心依然相信乐龄人士是我们社会中宝贵的一部分而且不应该被忘记。因着这个信念中心创办了“爱在行动”的触摸社区的项目。这些在O' frenz的年长者也帮助务那些更需要帮助的乐龄人士。“爱在行动”目标是要在乐龄人士中培养志愿精神通过鼓励他们报名成为志愿者去帮助他们比较缺乏的同龄人。

丰收关怀中心发现一位乐龄人士能使其他的同龄人生活不一样。在他们当中有一个不但能够聆听并且理解他们愿意结交友谊是极其宝贵的。

在以后，关怀中心希望能每个月的延伸活动里面与年长者彼此成为朋友并且向他们展现关心与关注。

除了每个月新的“爱在行动”社区触摸项目，丰收关怀中心也一直通过其他活动关心在循环路一带的乐龄人士。从今年的一月份开始，在一些乐龄志愿者的帮助下，我们已经举办了每个月一次的手工活动。结果如何？用红包做的纸鱼，用再循环材料做的花跟彼此间不断增进的友谊。



制做贺年手工

年长朋友彼此相助





其他的延伸活动包括在成人志愿者帮助下, 在节日的时候给他们翻新房子, 分发医疗保健产品跟分发菩提袋。

不仅仅是分发免费物品, 这些自发性让一条街道都传播着喜悦的气氛。Madam Koh ah Loy ,79岁, 她就收到了来自Bakerzin赞助的月饼。她很高兴当这些青年志愿者把月饼递给她, 而且他们也花时间与她一同分享月饼, 不然她自也己会吃不完。她表达了感激之情当这些志愿者把防滑垫放铺她的厕所里面。

“这是非常有意义的活动。让我有个机会来接触年长者, 了解他们的需要, 也看到有些家庭被社会忽略, 而需要关怀。那是一个很特别的下午, 我希望能有更多的义工者

协助年长者



分发爱心物品



乐龄节目	
每月早晨快走	每个月的第二和第四个星期六 上午七点半到九点 聚合地点 - 关怀中心一楼
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' @大牌 42A Circuit Road	每个月的最后一个星期二 上午九点到十一点

W.A.D! 俱乐部



ROMP 15

ROMP 在间隔4年后于今年8月15日重大回归。和它的主题“做更大的梦想”相符，今年我们看到了最大的参与量，共有1500多名年轻的运动员和志愿者参加。在继SEA赛事后的高潮，我们也邀请了“Young Lions（年轻的狮子）”这个运动团队来到我们的ROMP，为足球队“把脉”。

运动员共参与了四个运动：篮球，足球，巧固球和撞球。ROMP也同当地的志愿者机构合作让不良青少年的运动团队也可以来参加，相信团队运动可以帮助他们建立品格和带领他们拥有健康的生活方式。


嘉年华在文化社区和青年部部长陈振泉先生的莅临时拉开了序幕。在他的演讲中，他鼓励青年人通过运动学习自信，抗挫能力，团队合作和谦卑—这些软技能可以为他们今后人生的挑战而做准备。他同时也生动的描述了新加坡运动员在SEA赛事中表现出来的莫大热情。“这就是我们希望在新加坡青少年中看到的，不仅仅是我们的运动员，而是我们每一个平凡的人。”他说到。

李良辉，一个参与足球类赛事的27岁参与者说他没有想到有这么多高质量的足球队来参加。“他们不是一般的团队，但是是劲敌，因着他们对彼此的了解而有的团聚力。那些获胜的很团结，成员们可以很好的互相打掩护。”他继续说到团队运动教导运动员不可以独自行动，而是合一成为一个组。

方尧玄，一个23岁的志愿者，在ROMP监督篮球类赛事，说他很喜欢和有同样追求的志愿者一同策划活动，并且希望继续使用他对篮球的热诚来鼓励其他年轻的篮球热爱者。



足球竞赛

“他们不是一般的团队，但是是劲敌，因着他们对彼此的了解而有的团聚力。那些获胜的很团结，成员们可以很好的互相打掩护。” 

志愿者培育项目

W.A.D! 俱乐部相信积极主动的志愿者项目可能是新加坡下一个庞大的年轻人趋势。今年，国家青年委员会就同意资助W.A.D! 俱乐部的志愿者培育项目。这个项目包括了运动，领导能力辅导，社区工作和研究。这个项目旨在彻底的改变年轻人看待志愿的方式。

对于ROMP, 举个例子，我们所有来自不同学校的比如莱佛士机构，莱佛士女子中学，丰嘉中学，新加坡理工学校，先驱初级学院的200名志愿者—在两个月的提前训练下。他们参加了包含自我探索，领导能力，策划和举办有影响力的项目活动的培训。



协助学校建设行道

其中一个组长，Pearly Ang, 23岁，说这个旅途帮助她学到了与人同住，同他们交流，观察他人的需要，面对和解决冲突，并且胜过比如语言的障碍。

W.A.D! 俱乐部每年2次开展这样的旅程去柬埔寨。

“这个旅途帮助她学到了与人同住，同他们交流，观察他人的需要，面对和解决冲突，并且胜过比如语言的障碍。”

如果你有兴趣加入W.A.D!俱乐部义务做一名指导员的话，请联络李国恩先生。他的电话号码是64942794

海外学习之旅

为了准备他们去柬埔寨的旅行，17名来自新加坡国立大学科学学院的学生面对丰收关怀中心的SPARKS项目下的孩子们组织了一场极速前进的互动，以此来经历到怎么同孩子们活动。

他们之后就去了柬埔寨的Koh Kho 和 S' ang区，进行为期两周的人道主义之行，在那里他们教孤儿院的孩子和青少年们英文，开展和孤儿院孩子们的运动和游戏，建立和漆刷围栏，帮助运输水源从湖泊到小岛来浇灌土地，栽植农作物，探访当地人的家，认识村落的族长。

在这个旅程之后，他们也同来自弱势家庭的孩子们开展了一个阅读和角色扮演的课程（这是丰收关怀中心每周的“爱我们社区的活动”）来实践他们在旅程中学到的。

义顺初级学院海外



学生关怀中心



在SPARKS 学生关怀中心, 我们相信每一个孩子都有能力回报社区。所以, 我们的“价值中行动”活动就是为了培养每一个孩子成为一个更为他人考虑的公民, 融入新加坡社会。我们致力于培育每一个小孩拥有强烈的人民责任感, 可以给他周围的生命带来正面积积极的影响。

“价值中行动”活动是和莱佛士书院合伙的, 在此期间见证到了6名学生教师站出来将他们的价值观影响给28个孩子。这个项目不仅是教导年轻的, 也是让在丰收关怀中心照顾下的弱势老年人群获利。这些学生教师们创建了3堂的项目旨在教导孩子们要帮助他人, 并且最终可以有一天的志愿者活动。

我们的这个项目是今年3月开始的。那个时候我们的学生教师和小孩子们第一次见了面。接着是一次很轻松的游戏和团契活动。让小孩子和学生教师可以见面和团契是很重要的, 这为之后信任的建立和分享价值观奠定了基础。

学生礼包给老年人



你若要帮你的孩子报名, 请电邮 studentcare@harvester.org.sg 或拨 64942797 与我们联系。

我们的服务:

- 学业监督
- 建立品格
- 户外运动, 游戏
- 丰富节目
- 假期节目

**费用补贴*

六月是第二次的活动。这一次通过更详尽的安排, 小孩子们学习到了帮助他人的意义以及帮助那些比他们更不幸的人们的重要性。孩子们也同时在志愿者的活动中获得了启发。必须要提到的是, 那天的气氛很高, 孩子们都很迫不及待等待志愿者的实践日。

在等候很久后, 志愿者实践日的当天, 6月22日终于到了。我们年轻的志愿者同他们的学生教师们提早到达来整理带给老年人的礼品包。之后整组就被大巴车载送到年长者的家向那里的受益者分发食物。我们大多数的孩子们在早晨开始的时候很害羞, 并且有一些害怕。他们也因为年长的受益者和他们的居住情况等感到震惊。但很快的, 我们的小志愿者们就因为从受益者那里接受到的感恩和微笑而建立起了信心并且找到了意义。

当我们总结这个早晨时, 孩子们意识到帮助他人的真正意义是看到这当中的喜乐, 从受益者身上和他们自己。子杰这样说到“我感到很开心去帮助那些不太幸的人们。”

义工



在针对提供给学生一个真正全面发展的教育的竞标中，莱佛士书院和中正中学为他们的学生报名成为丰收关怀中心 (HCC) 的志愿者。

在“3M Step-Up Challenge (3M 爬楼梯挑战)”的活动中，一个由东南区社区发展理事会和HCC联合举办的给有需要的年长者提供健康与安全的物资的福利活动，来自中正中学二年级的学生们成为了志愿者。大多数的受益者是居住在简陋的一房式或者二房式租屋的独居或者有和家人住一起的年长者们，来自东南社区发展理事会。每500个爬上的阶梯，就可以为受益者筹集一个由3M赞助的健康与安全的物资。

做为志愿者，学生有参与帮助注册，后勤支援和为参与者加油打气。尤其另人鼓舞的是看到那些作为志愿者的学生们也亲自参与到了爬阶梯的计算中，只是为了确保我们的受益者能筹集到更多的物资。这也见证了真正的志愿者精神并没有因为他们有其他的责任而遗失。



来佛士学生与年长者做手工

另一方面，来自莱佛士书院的学生也有机会在“爱我们的社区”的每两周的活动中服事。一些中学一年级的男生拜访了25名居住在循环路的年长者，并且抓住这个机会教那些老年人简单的折纸，接着甚至学习怎么样收集他们所有的手工艺组成为新加坡国旗。除了手工艺的课程外，那些男孩子们也服事老年人进食，接着为他们唱了新加坡国歌，也分发了装有日常生活用品的礼品包。

最后非常值得提到的就是青少年志愿者在ROMP 15的参与，一个运动嘉年华，并且有1500人参加。这些志愿者，大多数是以前没有经验的，却能够承担起角色和责任来确保这样一个大型活动的顺利进行。

如果能通过这种志愿者的经历在年轻一代的人中建立起爱和志愿者的习惯，那我们的国家以后就能被更好的建立和治理了。

PARTNERING WITH SCHOOLS

Rainbow 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

Sponsor & 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

**Limited
Vacancies**

CALL US NOW!
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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



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Website: <http://kairos-academy.com>

Facebook: www.facebook.com/hcckairos

CALENDAR OF EVENTS

	DATE	EVENTS/ ACTIVITIES	DEPARTMENT
JAN	11/1	Lunar New Year Celebration	SPARKS
	16/1	W.A.D! Hoops Clinic	W.A.D! Club
	23/1	Briskwalk to a healthier You @ Kallang Wave Walk	O'Frenz Club
	30/1	Home Revamp	LOC
	30/1	Volunteers / Facilitators Training	SPARKS
FEB	13/2	Volunteers / Facilitators Training	W.A.D! Club
	18/2	CNY - "Louhei"	O'Frenz Club
	28/2	CNY Community Outreach	LOC
		Sports Programmes with FSC	W.A.D! Club
		Leadership Training Workshop	W.A.D! Club
MAR	3/3	Sports Clinic for Juniors	W.A.D! Club/ en'Rich
	7/3	Health Workshop 1	O'Frenz Club
	11-12/3	Parent Teacher Conference	SPARKS
	12/3	Parenting Workshop	en'Rich Kids' Club
	18/3	Story telling session @ NLB	SPARKS
	18/3	W.A.D! Hoops Invitational Competition	W.A.D! Club
	25/3	W.A.D! Shot Pool Tournament	W.A.D! Club
		Heritage Tour	W.A.D! Club
	Leadership Camp	W.A.D! Club	
APR	7/4	W.A.D! Tchouk Beach Tchoukball Competition	W.A.D! Club
	11-12/4	O'frenz - Let's Sing	O'Frenz Club
	12/4	W.A.D! Le Soccer Clinic	W.A.D! Club
	18/4	One Day Educational Tour	LOC
		Youth Got Heart 2016	W.A.D! Club
	7/4	Engaging Youth Programme	W.A.D! Club
MAY	6/5	W.A.D! Venture Night Cycling	W.A.D! Club
	7/5	Health Screening	LOC
	14/5	Volunteers / Facilitators Training	W.A.D! Club
	17/5	Overseas Service Learning - Serve Cambodia	W.A.D! Club
	28/5	One day learning educational tour	O'Frenz Club

*Events and dates are subject to change.

Make a Donation Today!

Donation types: (Please tick) Personal Company

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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**