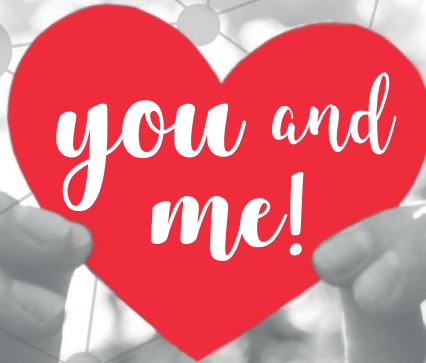


**CARING FOR THE
COMMUNITY**

starts with



About the book

A resilient nation is one where people look out and care for one another. From daily acts of kindness, to volunteering together as one, every action matters. When we care, we inspire others to do the same, becoming a part of something bigger than ourselves. This collection of photo stories is testament to the giving hearts that our fellow Singaporeans have for the vulnerable in their midst. This is the spirit of SG Cares – building a caring and inclusive home, where no one is left behind.

CARING FOR THE COMMUNITY

starts with

*you and
me!*

FOREWORD

by Ms. Anita Fam, President, NCSS

“My pathway to volunteering was accidental. In fact, for the first five years of my volunteer journey, I did not even realise that I was a volunteer! In early 2000, I was invited to be vice-chair of a programme in AWWA that provided mobile therapy services for children with physical disabilities. It was only 5 years later when I received a long term service award for volunteering that I realised that one could volunteer in many different ways, including using one’s own training and personal experience to help shape programmes. This was my segue into the world of volunteering in the social service sector over the past two decades. I have never been happier!

This publication is a collection of memories gleaned from the journeys that several volunteer groups have started with social service organisations, volunteering regularly with them over a sustained period of time. The impact of these projects is noteworthy. These volunteer partnerships have added valuable manpower strength to social service organisations, so that they can do more, and be more effective in impacting the lives of service users. Service users have benefitted from the friendships and rapport built over time, and volunteers continually tell of the meaningful experiences that they have gained.

I do hope you will enjoy reading about these volunteering projects, and that they will inspire you to embark on similar projects of your own. Together, our collective efforts will go a long way in building a caring and inclusive society, and making a difference to the lives of those around us.”

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PERSONS WITH SPECIAL NEEDS



INVESTING IN THE COMMUNITY

APSN Katong School



Barclays

ABOUT

APSN Katong is a school that empowers persons with special needs through education and training. **Barclays** has been in the Asia Pacific region for almost 50 years supporting the cross-border corporate and investment banking needs of corporations and financial institutions across the region.

INTRODUCTION

With the aim to foster good values and to boost the morale of students with special needs, staff from Barclays volunteered as physical education (PE) buddies to Secondary 3 students at APSN Katong School, over a period of 8 sessions.

“This structured volunteering programme provided the opportunity for students to interact with the volunteers during Physical Education lessons. Together, they participated in endurance-building activities, relay and ball games, where students improve interpersonal skills, develop physical fitness and experience joy.”

Sam Lee

APSN Katong School
Acting HOD (Student-Management, PE, CCA)



Volunteers facilitate briefings and games during the weekly sessions



Role models - Students learn through the volunteers' patient coaching



In this session, Barclays volunteers motivate students facing challenges in PE



Students get acquainted with volunteers during breaks



“We are grateful for being given the opportunity to play a small part in helping the APSN team with the great work they are doing for the children. Volunteering on an ongoing basis contributes towards building a more inclusive society.”

Arnaud Granger
Managing Director,
Head of Mergers &
Acquisitions, Southeast
Asia, Barclays

- Bite-sized 1.5-hour sessions make volunteering simple and sustainable.
- Barclays' volunteers complement APSN Katong School's manpower in conducting PE classes.
- Barclays actively support this staff volunteering activity, which boosts team morale.
- Students with greater learning needs get one-on-one support from the volunteers.



LEARNING AND JOURNEYING TOGETHER

Bizlink Day Activity Centre (DAC)



Young Men's Christian Association
(YMCA)–Singapore University
of Technology and Design (SUTD)

ABOUT

Bizlink DAC aims to serve persons with disabilities through training and employment.

YMCA of Singapore is a volunteer-based organisation seeking to serve and impact the community. **SUTD** is an autonomous university in Singapore that specialises in design.

INTRODUCTION

The Y Community Service Club (YCS) was founded in SUTD through YMCA. SUTD students from YCS facilitate educational activities for and befriend persons with disabilities at Bizlink DAC. This collaboration spanning across 12 sessions have benefitted the service users - SUTD students offering their time, and YMCA offering their expertise in volunteer/ community management. In March 2018, SUTD awarded YCS with the Student Achievement Award (Group Category).

“One thing I liked about this Y-Visit was the flexibility of the activities, to cater to the needs of clients of differing ability level. One positive thing I learnt about myself is that I can be extremely patient too if I look at things from another person's perspective.”

Jason Chow

Volunteer
SUTD



Sessions are designed to promote an active mind among service users



With the volunteers' regular visits, service users have more opportunities to practise applying what they have learnt in real-life situations



Imparting life skills, like simple math and buying basic necessities, is an essential part of the monthly sessions



Arts & Crafts activities allow service users to practise their fine motor skills and creativity



“Journeying alongside youth volunteers has been a rewarding journey for me, as we work together to build a community among ourselves before we serve the larger communities in society.”

Lynette Chang

Executive (Youth Development Programmes)
YMCA of Singapore

- Close proximity between Bizlink DAC and SUTD makes it convenient to volunteer on a regular basis.
- This partnership lets Bizlink DAC offer a variety of activities for their service users to engage in.
- Service users learn the application of practical skills during the sessions and see improvements in their level of dependence, feeling a sense of meaning in life and in social relationships.
- Youth volunteers learn about needs on the ground, enabling them to address social issues as future leaders.



A WARM WELCOME BACK TO SOCIETY

Institute of Mental Health (IMH)



RSVP Singapore
The Organisation of Senior Volunteers

ABOUT

IMH is an acute tertiary psychiatric hospital. RSVP is a non-profit organisation which develops senior volunteers and provides meaningful opportunities to serve the needs of the community.

INTRODUCTION

Under RSVP Singapore's Mentally Disadvantaged Outreach Programme (MDOP), senior volunteers befriend IMH's rehabilitating mental health long-stay patients to help ease them back into society. The partnership started in 2001 with three IMH branches. Through various engaging activities such as handicraft and singing sessions, the patients gradually become familiar with and open their hearts to the volunteers.

“Thanks to RSVP's engagement, our patients, who are mostly long-stayers, are now more interactive, participative and contribute more in the reading sessions. They enjoy the sessions very much and look forward to this weekly activity.”

Catherine Chua

Volunteer Programme Manager
IMH



Volunteers facilitate simple group exercises to start off the session



Golden Oldies - singing familiar tunes is the highlight of the karaoke session



Volunteers check up on patients after every activity conducted to ensure their well-being



Arts & Crafts is an outlet for patients to express their creativity



“ We are encouraged and motivated to think of more interesting activities that can benefit the clients and help them to integrate back to the community early. ”

Linda Quek

Chairman of the Mentally Disadvantaged Outreach Programme
RSVP

- Through constant feedback and review, RSVP volunteers and IMH staff work together to improve the activities they conduct for the patients.
- This partnership supports IMH's goal of reintegrating patients into society.
- Volunteers feel empowered from picking up skills and experience in working with persons with mental health conditions.
- IMH patients become more positive and are eager to engage with the volunteers.



SOARING TO NEW HEIGHTS

Metta School



Changi Airport Group (CAG)

ABOUT

Metta School aims to empower students with special needs through holistic education. **Changi Airport Group (CAG)** manages and operates Singapore Changi Airport.

INTRODUCTION

Changi Foundation (the philanthropic arm of CAG) complemented Metta School's social competency programme by providing a safe, supportive and authentic learning environment within the airport. The programme allows CAG volunteers to interact with the students as they learn important daily living skills like purchasing groceries and food.

“ The programme was good exposure for our students to practise their social interaction and communication skills, and it was done so in a nurturing and patient manner, and in a safe space. ”

Ruth Anne Keh

Teacher
Metta School



Lunch time - students enjoying their favourite food purchased on their own



Volunteers teach students about food court etiquette



An important part of the programme is engaging the students in real life situations



Volunteers feel especially fulfilled after bonding with the students



Volunteers share about the airport with students during a skytrain ride



“It was very meaningful to interact with and help the youths gain some form of autonomy in performing routine tasks such as purchasing groceries from the supermarket and ordering a meal from the food court. It was an inspiring experience knowing that we can make a positive difference and give back to society by participating in programmes such as this by the Changi Foundation.”

Allen Koh

Manager (People Development)
Changi Airport Group (S) Pte Ltd.

- Locale-based volunteering lets volunteers participate easily without travelling extensively.
- Strong support from management enables CAG staff to carve out time for sustained volunteering.
- Students are exposed to different volunteers from CAG, and they are empowered to accomplish tasks on their own.
- Students learn essential life skills that they can apply in their daily lives.



DANCING FOR A CAUSE

SUN-DAC



Dance Ladies

ABOUT

SUN-DAC provides support for persons with disabilities in a Day Activity Centre setting. The **Dance Ladies** is a group of seven ladies that started out holding dance sessions at void decks.

INTRODUCTION

The Dance Ladies has taken it upon themselves to befriend adults with disabilities at SUN-DAC through dance and song. For the past 10 years, the ladies would arrive at the SUN-DAC (CCK) every fortnight to interact with the service users. Their joy and laughter reverberate around the centre, as they dance and sing to upbeat household tunes (such as 月亮代表我的心).

“You need to have the heart for them, to continue for them.”

Sandy Fu
Volunteer
Dance Ladies



Everyone is actively engaged to a mix of dance music during the sessions



The sessions incorporate interactive activities for everyone, like doing the "choo-choo train" where everyone dances in a line



Volunteers facilitate high-energy sessions with plenty of dance moves for the service users



Contagious fun - everyone having a fun time doing the group dances together



“We never expected rewards from volunteering. We feel satisfied whenever we see the service users improve.”

Teng Yew Geok, Trina
Volunteer
Dance Ladies

- Over time, volunteers learn more about the persons SUN-DAC supports and create sessions tailored for them.
- The volunteers complement SUN-DAC staff in conducting a variety of programmes for their service users.
- The Dance Ladies are able to give back to the community while pursuing their passion for dance and music.
- Dance sessions are regular and interactive, enabling the service users to stay active in their daily lives.



TRAVELLING THE EXTRA MILE

SPD



Land Transport Authority (LTA)

ABOUT

SPD champions for the integration of people with disabilities into mainstream society. LTA spearheads land transport developments in Singapore.

INTRODUCTION

SPD and LTA began their partnership in 2010 with the common goal of helping persons with disabilities overcome barriers and be a part of the community. LTA volunteers are involved in SPD's Day Activity Centre as Community Outing Facilitators, bringing the service users out on regular outings using public transport. Since then, LTA has contributed more than 2,200 volunteer hours and other resources to better the lives of persons with disabilities.

“Being a volunteer makes me appreciate life more and the less fortunate around me. Due to our busy schedules and lifestyle, we tend to overlook those in need and take things for granted. I've learnt to be more considerate and mindful towards those who really need our help in society.”

Steve Sim

Volunteer
LTA



Service users enjoy the outings via public transport with the help of LTA volunteers



Volunteers are partnered with the same service users throughout the sessions to build lasting relationships and bonds



Service users enjoying their train ride with LTA volunteers on their way to Harbourfront station



LTA volunteers are equipped to handle wheelchairs and to interact with persons with disabilities



“Undoubtedly, it is a delightful experience to spend time with the service users to care for them and such acts of altruism can really make a difference in their lives!”

Emily Kwok
Volunteer
LTA

- SPD is able to better plan the utilisation of manpower as the partnership provides stability and predictability of resources in terms of volunteers.
- LTA learns to enhance the overall travelling experience of persons with disabilities through this volunteering partnership experience.
- Persons with disabilities are given the opportunities to be involved in social activities enabling them to feel accepted and respected.



HEART AT WORK

SUN-DAC



ITE College West

ABOUT

SUN-DAC provides support for persons with disabilities in a day activity centre setting.

The **Institute of Technical Education (ITE)** is a post-secondary education institution.

INTRODUCTION

Over the past 10 years, student volunteers from ITE College West have assisted in running SUN-DAC's thrift store. In addition, they interact with adults with disabilities at SUN-DAC by organising weekly activities that they enjoy, such as karaoke sessions.

“An eye-opening experience – it humbled my heart and changed me to become a more kind and caring person.”

Matthew Andrews De Guzman Echano

Student Volunteer
ITE College West



Volunteers help out two hours weekly at the thrift store



Volunteers take pride in organising and manning the thrift store



Volunteers encourage service users to sing along during karaoke sessions



Both the service users and volunteers grow fonder of each other with every session



“Volunteers are our link to the wider community. They help us expand the world our clients with disabilities experience, through the activities they bring to our centres or the participation they enable for our clients in public places.”

Jason Ng
Deputy Director, SUN-DAC

- Locale-based volunteering makes it convenient for ITE students to volunteer near their campus.
- SUN-DAC's staff are able to focus on other core duties.
- ITE student volunteers learn how to interact and understand persons with disabilities.
- The service users are more eager to participate and interact with volunteers through lively sessions.



SENIORS



WITH HEART AND VOICE

Grace Assembly of God (Grace AOG)



NTUC Health SilverACE

ABOUT

Grace AOG is a non-profit Christian organisation with a strong outreach mission. NTUC Health SilverACE are drop-in senior activity centres for seniors in lower income neighborhoods to interact with their peers.

INTRODUCTION

Since 2012, Grace AOG volunteers have been coordinating activities and outings for seniors at NTUC Health SilverACE (Lengkok Bahru). The activities include health talks, exercises, karaoke, board games and handicrafts. Motivated by the Grace AOG volunteers, the seniors from SilverACE have gone one step further to give back themselves. They planned the Christmas celebrations at a NTUC Health Nursing Home, together with Grace AOG.

“Grace Assembly of God is our longtime valuable partner. They are excellent role models for our seniors at SilverACE (Lengkok Bahru).”

Sunny Koh

Centre Manager
NTUC Health SilverACE (Lengkok Bahru)



Having fun together is always the highlight of the day



SilverACE seniors let loose and enjoy the karaoke session



Volunteers sing various evergreen tunes during the sessions



Volunteers love to encourage the seniors from SilverACE to sing along during karaoke



“We build a strong partner platform and volunteers build self-confidence and self-value to deliver dedicated care for senior beneficiaries.”

Pastor Patrick
Grace Assembly of God

- The long-term partnership has helped to establish rapport between volunteers and seniors, and developed senior-centric programmes to meet the seniors' needs.
- Grace AOG is able to expand its community outreach mission.
- SilverACE seniors are given the opportunity to socialise and connect with other members of the community.



RENEWING SPIRIT AND HOPE

HCA Hospice Care



PSA Corporation Ltd.

ABOUT

HCA Hospice Care is the largest home hospice care provider in Singapore, providing support to service users with life-limiting illnesses. PSA Corporation Ltd. manages all transshipment and port dealings in Singapore.

INTRODUCTION

PSA Health@Home is PSA's corporate social responsibility programme which aims to encourage a spirit of volunteerism and promote eldercare knowledge amongst its employees. Under this initiative, employees are given time-off from work and a transport allowance. PSA volunteers prepare lunch and organise centre-based activities and outings for the patients monthly. A pool of PSA volunteer drivers also help to ferry HCA's Star PALS (Paediatric Advanced Life Support) patients to-and-fro the hospitals for their medical appointments.

“ PSA Health@Home volunteers are tireless in their efforts to support this cause and it's heartening to know that our volunteer activities have brought joy and given renewed strength to many of HCA's service users. ”

Tan Chong Meng

Group CEO
PSA International



Volunteers prepare monthly feasts for the service users, who look forward to the treat each time they come



Connecting during the regular visits fosters closeness and bring smiles to the service users



Volunteers take every initiative to give the service users a good experience during their visits



Volunteers take pride in making a sumptuous lunch for service users



Group exercises help to sharpen the minds of service users



“I feel that PSA's Health@Home programme and its partnership with HCA are focused on addressing the service users' needs and at the same time, volunteers are able to contribute meaningfully.”

Chia Ding Shan

Manager (EUC Management)
Regional IT (SEA), PSA Corporation Limited

- PSA management encourages volunteering with management support and long-term programme planning, to nurture a purpose-driven culture.
- PSA volunteers support HCA Hospice Care's staff in conducting more activities.
- Service users are meaningfully engaged in activities that are planned with their health condition in mind.
- Volunteers develop a sense of empathy and understand the diverse needs of the community.



“Volunteerism is really an extension of the work that we do and we appreciate the meaningful support and time given to us by all our volunteers!”

Angeline Wee
CEO
HCA Hospice Care



FRIENDSHIP KNOWS NO AGE

Lions Befrienders



Anglo-Chinese School (Independent)

ABOUT

Lions Befrienders is a social service organisation that has more than 20 years of history in working with the community to provide friendship and care for seniors to age in place with community participation, enabling them to enjoy enriching lives. Anglo-Chinese School (Independent) was founded in 1886 and has a long-standing community engagement programme.

INTRODUCTION

Through the Befriender's Programme, Anglo-Chinese School (Independent) and Lions Befrienders promote intergenerational bonding between the student volunteers and seniors. The students develop values such as respect and care for seniors, while the seniors are rejuvenated by the warmth and energy from the younger generation.

“I always thought that the elderly are vulnerable people who often needed help. Now I know it is not true; they are resilient and strong, and are able to do much more than we think.”

Akesh Jorim Chua

Student Volunteer
Anglo-Chinese School (Independent)



Volunteers pick up seniors like Madam Soh from their home and assist them to move around



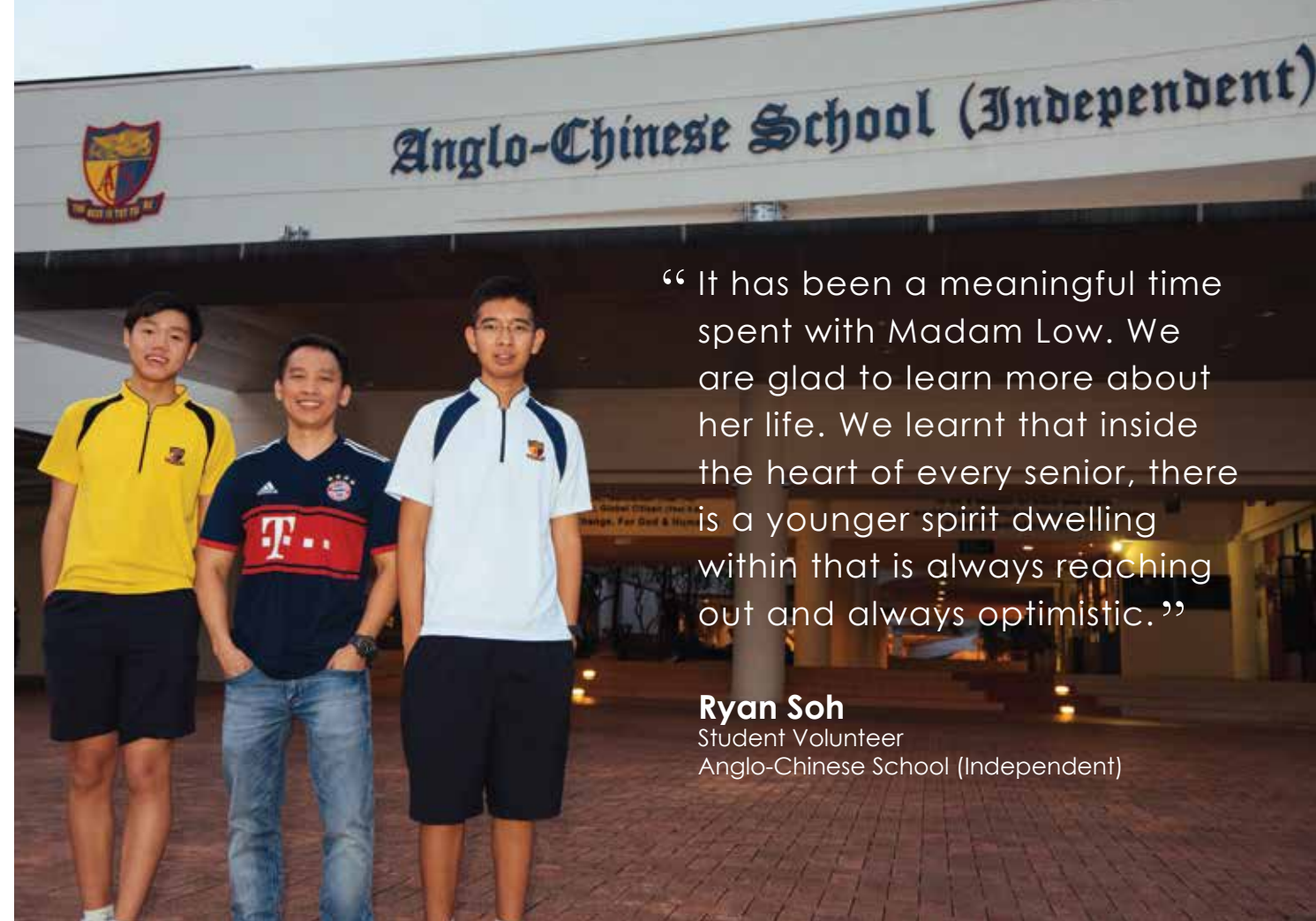
Dressed in her beloved kebaya, Madam Low attends the Mid-Autumn Festival celebrations organised by ACS(I)



ACS(I) volunteers are excited to welcome the seniors, whom they have been befriending, to their campus



The volunteers look on attentively as Madam Low shares a special memory with them



“ It has been a meaningful time spent with Madam Low. We are glad to learn more about her life. We learnt that inside the heart of every senior, there is a younger spirit dwelling within that is always reaching out and always optimistic. ”

Ryan Soh
Student Volunteer
Anglo-Chinese School (Independent)

- Locale-based volunteering cuts down on students' travelling time to the volunteering venue and increases interaction time with the seniors.
- Volunteers take on the role of conducting visits to seniors, enabling Lions Befrienders staff to focus on other needs of the seniors.
- ACS(I) students gain new skills like cooking, sewing and understanding the senior's needs.
- Student volunteers provide quality companionship for seniors, promoting intergenerational bonding.



WARMING UP TO WELLNESS

St Luke's ElderCare



Aileron Wellness

ABOUT

St Luke's ElderCare offers services such as daycare, rehabilitation, dementia care, nursing care and home care for frail seniors. Aileron Wellness is a knowledge-driven boutique focused on promoting holistic wellness.

INTRODUCTION

For the past 3 years, employees from Aileron Wellness have been conducting exercise sessions for seniors from St Luke's ElderCare. The aim of the programme is to equip the seniors with knowledge of home-based exercise to keep their body and mind active.

“The instructors displayed great passion for health and fitness which encouraged our seniors and staff at St Luke's ElderCare Ayer Rajah Centre. By injecting fun into the exercise routines, our seniors enjoyed the session thoroughly. We were delighted that our staff also picked up several tips on how to run the sessions in a format which excites our seniors.”

Winsy Togelang

Ayer Rajah Centre Manager
St Luke's ElderCare



The seniors enjoy interacting with the volunteers who assist them through all the activities



Volunteers like Sarah, teach simple home-based exercises to encourage and motivate seniors to continue working out on their own



Seniors are motivated by the volunteers to actively participate in the interactive games



Volunteers curate special exercises and activities for each session to cater to the needs and energy levels of different seniors



“Volunteering with St Luke's ElderCare Ayer Rajah Centre together with my colleagues brings great joy to us. Being with the seniors and forming good relationships with them has inspired me to do more for the ageing population.”

Sufian Yusof

Fitness Professional
Aileron Wellness

- Volunteers incorporate feedback into activity planning, keeping the activities fresh and engaging.
- Through regular exposure, volunteers are able to deepen their passion for fitness and gain experience in handling senior clients.
- Seniors can stay physically fit and psychologically well, helping them age well and guard against mental health issues, which will result in a better quality of life.



IN GOOD COMPANY

Lions Befrienders



Pantropic Online Pte Ltd

ABOUT

Lions Befrienders is a social service organisation that has more than 20 years of history in working with the community to provide friendship and care for seniors to age in place with community participation, enabling them to enjoy enriching lives.

Pantropic Online Pte Ltd is an IT company specialising in data protection, disaster recovery, and business continuity solutions.

INTRODUCTION

Since July 2017, employees from the Small Medium Enterprise, Pantropic Online Pte Ltd, have been taking turns to escort 5 seniors from Lions Befrienders for their medical appointments. Seniors are able to keep to their scheduled medical appointments and they come to trust the volunteers who become their close friend and confidante.

“ I was paired with this auntie who loves to tell stories, and I've been volunteering ever since. ”

Patricia Teo

Volunteer
Pantropic



Patricia from Pantropic accompanies Madam Chan to the National Cancer Centre for her medical appointment



Medical escorts like Patricia ensure that the senior's needs are communicated to the medical professionals



Stronger rapport is built between Madam Chan and the volunteers through the regular sessions



“Our 1.5 years medical escort experience has been enriching yet challenging at the same time. We learnt about their pains, their joys and their lives. It helped us appreciate the past and treasure the present more. At the end of the day, we hope we brought some value to them and that it made managing their healthcare needs much easier.”

Kevin Tan
Director
Pantropic

- Locale-based volunteering helps Pantropic volunteers manage their time and sustain the efforts.
- Lions Befrienders staff are able to redirect their focus to other duties.
- Trust is built between the seniors and volunteers over time.
- Volunteers are able to help keep track of important medical information for seniors, thus ensuring that the well-being of seniors are better looked after.
- As engagement deepens, staff satisfaction increases due to impact of sustained help.



CHILDREN & YOUTH



SOWING THE SEEDS OF EDUCATION

AMKFSC Community Services Limited
(AMKFSC)



I Can Read

ABOUT

AMKFSC supports community residents facing personal and family-related issues. I Can Read aims to increase the English literacy of its students using a unique and proven system.

INTRODUCTION

I Can Read has been partnering AMKFSC to mentor about 60 students under its three student care centres. Every week, volunteer teachers from I Can Read prepare reading assessments for the students and develop their English literacy using a friendly approach.

“I hope I Can Read will continue with their programmes at AMKFSC, because my child has learned a lot from the teachers. His English grades have also improved tremendously.”

Lee Shu Peng

Parent of Rodney Ng Cai Xiang



Volunteers help students with specially prepared reading assessments, building up the children's confidence and motivation for learning



Active participation is a common sight during class as volunteers provide a safe and conducive learning environment for the children



Children learn through meaningful interactive games



Volunteers and children are all smiles after the engaging classes

“We strive to provide our volunteers with a positive volunteering experience, with hopes that they would stay on as a regular volunteer. This collaboration illustrates the importance of creating a positive volunteering experience to sustain our volunteers.”

Wee Wah Meng

Corporate Support Manager
AMKFSC Community Services Ltd



- Bite-sized sessions enable volunteers to foster deeper and more regular engagements with children from various backgrounds.
- Volunteers help AMKFSC staff free up time and energy to raise awareness and advocate for programmes and services.
- With the I Can Read system and engaging classes, the children learn faster and build up their self-confidence and social interaction skills.



MAKING POSITIVE WAVES

Beyond Social Services



United World College
South East Asia (UWCSEA)

ABOUT

Beyond Social Services is a charity dedicated to helping children and youths from less privileged backgrounds break away from the poverty cycle. **UWCSEA** is a K-12 international school in Singapore, and a member of the global UWC movement.

INTRODUCTION

The partnership between Beyond Social Services and UWCSEA supports young children whose learning needs are hindered by their social disadvantages. For the past 8 years, student volunteers from UWCSEA Dover have committed to conducting water-based activities for children who attend Beyond Social Services programmes, through a year-long series of weekly sessions. The activities are planned by the volunteers, after visiting the children from Bukit Merah and Henderson neighbourhoods to understand their circumstances and needs.

“Watching the children, who are changing and developing not only in their swimming skills but also in their attitudes, I discovered that my small actions can make a difference and it gave me a feeling of accomplishment.”

Youngseo Lee

Student Volunteer
United World College South East Asia



Children learn simple swim strokes under the volunteers' guidance



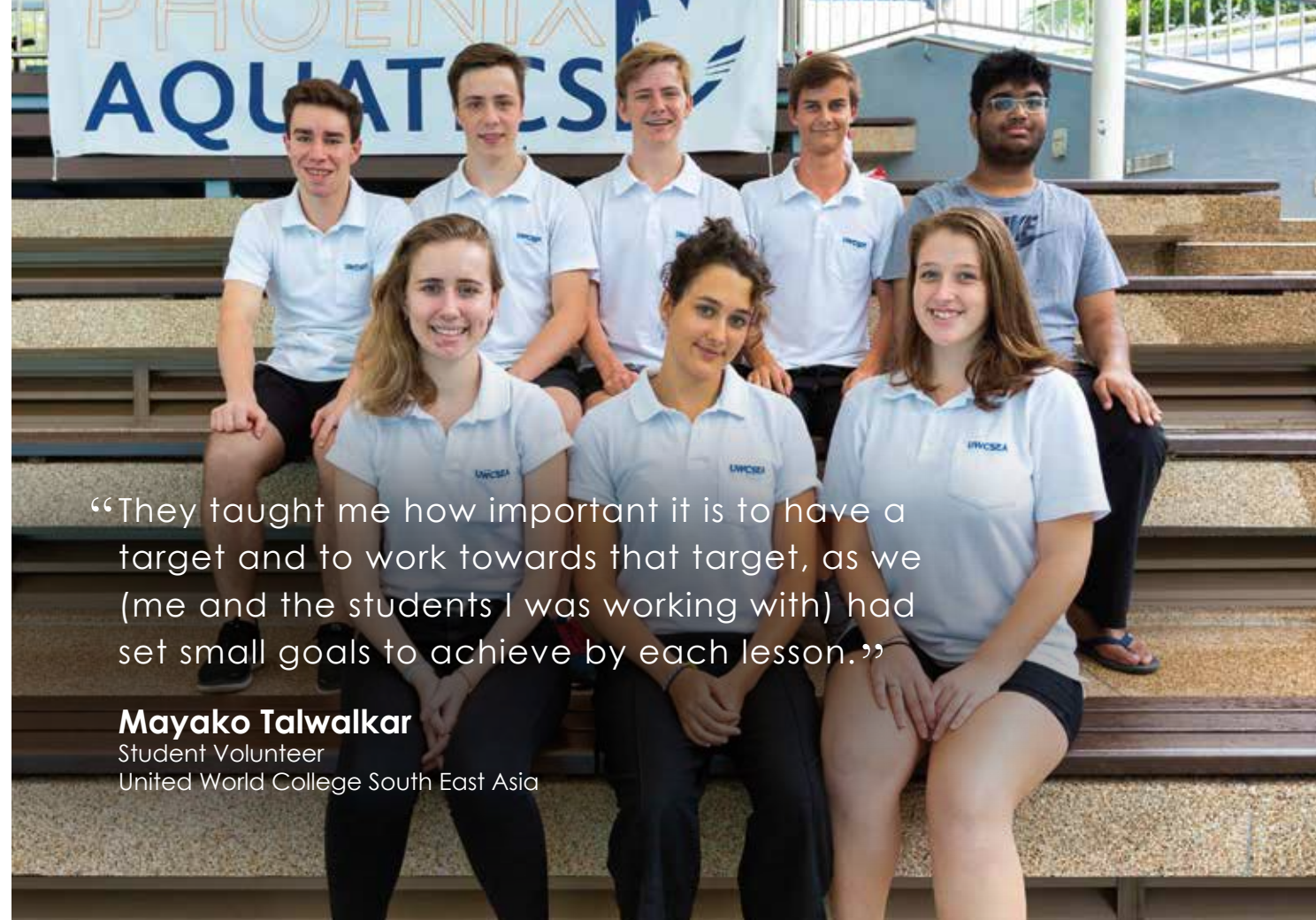
Volunteers monitor the children closely to ensure safety at all times



Other than swimming, the sessions also include waterplay and games



Children are encouraged by the volunteers' positive affirmations and personal support



“They taught me how important it is to have a target and to work towards that target, as we (me and the students I was working with) had set small goals to achieve by each lesson.”

Mayako Talwalkar

Student Volunteer
United World College South East Asia

- This partnership allows UWCSEA to offer its existing facilities for the benefit of those in their community and local neighbourhoods. This contributes to the volunteer culture on campus by supporting the Singapore Service programme, which is a core part of UWCSEA's High School education.
- Through their regular coaching sessions with the children, volunteers learn first-hand the value and reward of positive contribution to others, and refine skills in areas such as patience, cooperation, communication and leadership.
- The children develop attributes such as resilience, confidence and trust, as well as communication, water safety and swimming skills.



FIGHTING FOR HOPE

Children's Cancer Foundation (CCF)



Richard Wee & Friends

ABOUT

Children's Cancer Foundation (CCF) is a non-profit organisation with a mission to improve the quality of life of children and families affected by cancer through enhancing their emotional, social and medical well-being. **Richard Wee & Friends** is a volunteer group that works with multiple youth organisations.

INTRODUCTION

In 2015, Richard Wee roped in his friends from his martial arts class in a volunteering initiative with Children's Cancer Foundation that has continued till today. He designs FunFit classes to improve the motor skills and confidence of children recovering from cancer. His FunFit classes complements CCF's Place for Academic Learning and Support (PALS) in supporting the integration of the children back to school.

“We value our volunteers for their expertise, time and effort in bringing smiles to our beneficiaries who are battling childhood cancer. We truly applaud Richard for his dedication and passion in bringing hope and encouragement to the students at PALS.”

Neo Lay Tin

Executive Director
Children's Cancer Foundation



The children build closer friendships and share much fun and laughter during the regular sessions with the volunteers



FunFit is designed to get progressively more challenging as the children improve in strength and flexibility



- Richard constantly refines the programme to make it relevant for children with various physical conditions.
- The partnership provides more variety to the programmes conducted at Children's Cancer Foundation.
- The volunteers become increasingly motivated as the children's motor skills improve.
- As they recover from cancer, the children regard Richard and his volunteers as guardians and a source of support.

“I've been awaiting the call ever since my first session at CCF. The kids are full of life and every moment spent with them is worth it. They are all the motivation one needs. For me, it's not them needing us but us needing them to bring out the child inside us.”

Manoranjan Mishra
Volunteer



MODEL BEHAVIOUR

Care Corner Singapore
CROSSROAD Youth Centre



National University of Singapore
Community Service Club (NUS CSC)

ABOUT

National University of Singapore Community Service Club believes in developing volunteerism amongst NUS undergraduates in a nurturing environment. CROSSROAD Youth Centre supports youths towards developing a healthy self-image and positive relationships in their lives.

INTRODUCTION

Students from the NUS CSC participate in mentoring sessions to impart positive values to the youths fortnightly. They also support the Youth Social Workers to organise experiential learning activities and help to facilitate discussions. Volunteers expand the capacity of the programme and play a crucial role in being significant figures in the lives of the youths.

“Volunteering with youths has taught me how powerful our words and actions are in impacting those around us.”

Loy Yong Shin

Volunteer
NUS



Youths and volunteers bond over a hearty dinner



Volunteers facilitate discussions aimed at inculcating positive values



The girls have heart-to-heart talks during breaks



Volunteers promote interaction and bonding by conducting games



Youths build relationships with volunteers over computer games



“It’s very heartening to see our youths mature, discover new facets about themselves and care for each other. I’m always excited to see my youths and it has been a wonderful journey of growing together.”

Leong Rong Shan
Volunteer
NUS

- Locale-based volunteering enables student volunteers to incorporate volunteering into their busy academic life, deepening their sense of purpose.
- This partnership is aligned with CROSSROAD Youth Centre’s goals and mission to support youths to develop positive relationships in their lives.
- Volunteers develop empathy and learn how to better interact with the youths.
- As they do not differ much in age, the youths regard the volunteers as their role models and are able to relate to the values and experiences shared.



A HEAD START IN LIFE

South Central Community
Family Service Centre (SCC)



Curious Thoughts Academy

ABOUT

South Central Community Family Service Centre (SCC) provides support to the low-income and vulnerable families in the community. Curious Thoughts Academy aims to empower children through quality education and teaching.

INTRODUCTION

Since February 2018, Curious Thoughts Academy has partnered SCC to give children from low income and vulnerable families a head start on essential reading skills before they enter primary school. The Academy is able to leverage its existing facilities and classrooms for the good of the larger community. The Academy also trains SCC volunteers to coach the children in reading, to monitor the children out of class.

“ This is a conducive environment for children to be motivated in learning. SCC’s children have shown great improvement in literacy in a short period, which further motivates our teachers to teach them more. ”

Lydia Lok

Co-Founder & Senior Teacher
Curious Thoughts Academy



Academy teachers teach Jolly Phonics to the children, an internationally recognised method of teaching



Classes are separated into levels for more targeted learning



The children are fully engaged during lessons



Academy teachers encourage the children to write and reflect on their assignments



Both Academy teachers and SCC staff monitor the assignments given to the children



- The children are taught together with other students in the same class, which promotes social cohesion.
- The partnership aligns with one of SCC's strategic thrusts in building a neighbourhood that looks out for the safety, care and education of vulnerable children.
- The Academy is able to fulfil their corporate social responsibility objectives meaningfully based on their unique context and capabilities.
- The free classes enable children from vulnerable families equal access to education.

“ It's been a very meaningful and fruitful partnership with South Central Community Family Service Centre as they're heavily involved in ensuring that their children attend our classes on a regular basis. ”

Yao Shuohan
Co-Founder & Senior Teacher
Curious Thoughts Academy

WITH SPECIAL THANKS TO

Social Service Organisations

AMKFSC Community Services Limited (AMKFSC)

APSN Katong School

Beyond Social Services

Bizlink Day Activity Centre (DAC)

Children's Cancer Foundation (CCF)

Care Corner Singapore

Grace Assembly of God (Grace AOG)

HCA Hospice Care

Institute of Mental Health (IMH)

Lions Befrienders

Metta School

South Community Central Family Service Centre (SCC)

SPD

St Luke's ElderCare

SUN-DAC

Volunteer Partners

Aileron Wellness

Anglo-Chinese School (Independent)

Barclays

Changi Airport Group (CAG)

Curious Thoughts Academy

Dance Ladies

I Can Read

Institution of Technical Education (ITE)

Land Transport Authority (LTA)

National University of Singapore Community Service Club (NUSCSC)

NTUC Health SilverACE

Pantropic Online Pte Ltd

PSA Corporation Ltd. (PSA)

Richard Wee & Friends

RSVP Singapore The Organisation of Senior Volunteers

Singapore University of Technology and Design (SUTD)

United World College South East Asia

Young Men's Christian Association (YMCA)



About National Council of Social Service (NCSS)

NCSS is the umbrella body for over 450-member social service organisations in Singapore. Its mission is to provide leadership and direction in enhancing the capabilities and capacity of our members, advocating for social service needs and strengthening strategic partnerships, for an effective social service ecosystem. Community Chest and Social Service Institute (SSI) are part of NCSS. To find out how you can start your own sustainable volunteering partnership, visit ncss.gov.sg/volunteer.



About SG Cares

SG Cares is a national movement co-led by the National Council of Social Service and the National Volunteer and Philanthropy Centre. The movement invites all who live in Singapore to put values into action through active volunteerism, ground-up efforts and everyday acts of care. It also aims to build capability across various sectors and organisations to grow opportunities for volunteering. By inspiring and supporting one another, we can show the world that we are a nation with a big heart. www.sgcares.sg

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