



# The new life news

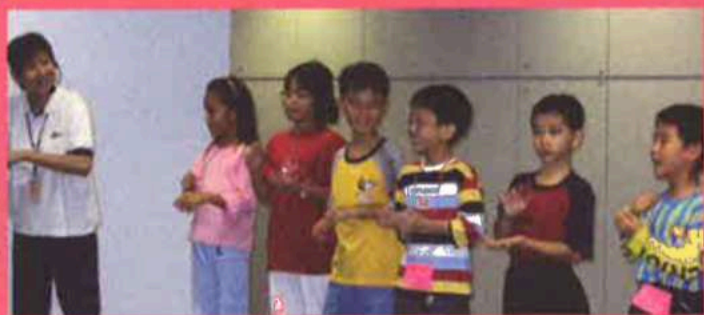
## Children Services

MITA (P) No. 210/09/2003

New Life Children Services seeks to reach children in the Bukit Panjang community and help them to realize their full potential by building strong foundations for life through an emphasis on character-building, community-caring and creative-learning. We endeavour to give moral leadership, helping children to build character, thus equipping them to endure the storms of life with resilience.

In this issue, we will highlight two aspects of our work with children.

First, let's take a peek into our **Discover Character!** Programme through the eyes of the children and the volunteers who make it all happen!



We need to watch our own character as we teach the Kids Character, as character is more caught than taught. I leave the camp a better person as my own character is built up as well.

Betty Lee (Volunteer)

### Orderliness



Bald Eagle

be attentive.  
be obedient.  
be truthful.  
be grateful.  
be generous.  
be orderly.  
be forgiving.

### Truthfulness



I learnt about how to be generous and how to recycle. And I will try to help my mother wash dishes.

Oliver Nakamura (Age 10)

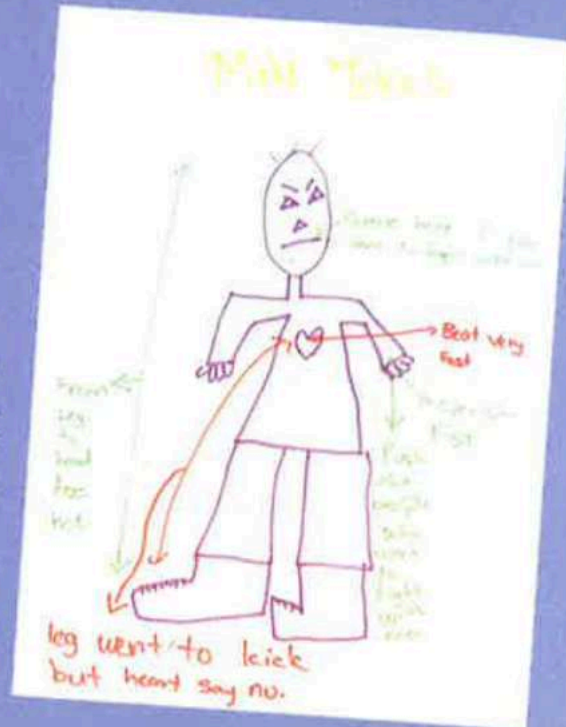


Secondly, in our counseling work with children, we found that close to half of them have problems dealing with their **ANGER**.

This translates into angry outbursts, fights and violent and aggressive behaviour. The use of drawing and art work was helpful in helping children express their feelings and work on managing their emotions.

Part of our work includes helping the children to recognize when they are angry, what they do when they are angry, and what else they can do to express and manage their anger without hurting themselves and others.

Through our work we hope to contribute to raising a generation who will stand firm in life, both in adversity and in affluence, and who will make a difference in society.



## Parent Support Group

Whether or not their children were named "Johnny", that is what a group of parents came together to explore on 13th & 20th Nov 2003 in this English workshop organised by New Life to help parents tackle various parenting issues. Over two Thursday afternoons, facilitator Mrs Chan Swee Fen led 5 parents, all of whom have children of 6-12 years old, in engaging discussions on the impact of self-esteem on a children's educational development and strategies for building their self-esteem.

Usually following from public talks – one-time sessions for a large audience of 30-50 – conducted by New Life, New Life has also organised parent support group to support parents in tackling issues such as methods of discipline, understanding children's moods and emotions as well as learning about their psychological development.

Parenting workshops and support groups are usually held over 2-4 sessions in a month for a small group not more than 12 parents. In such cozy interactive environment led by a professional facilitator, participants experience more in-depth learning and equipping of parenting skills. Furthermore, as its name suggests, parent support groups provide the much needed platform for parents to share, encourage, exchange experiences and support one another towards greater fulfillment in the challenging responsibility of parenthood.



New Life has so far conducted three parent support groups and one parenting workshop, all of which have received much encouraging feedback. Here are some comments from our participants:

**"It's a great workshop. Wished more parents can attend."**

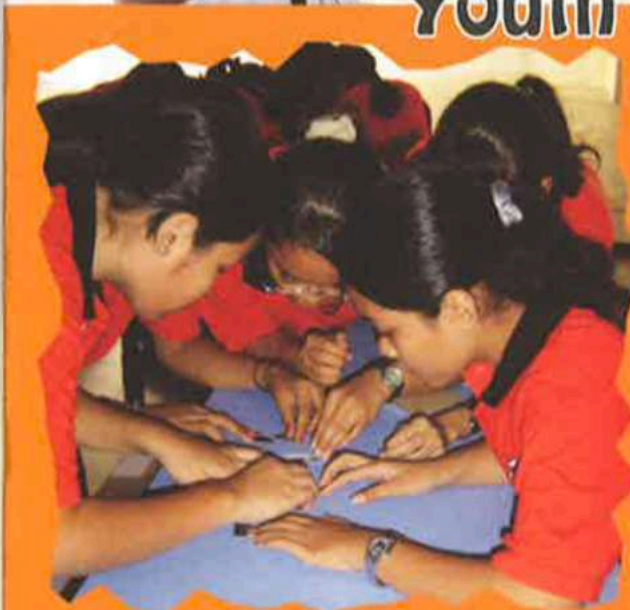
**"对孩子的教导，情绪管理方面有很大的获益。"**

**Gained deeper insight into our children's inner world through learning how to communicate with them effectively. (Translation)**

Join us for our next run, which will be conducted in English, on 21st & 28th Feb 2004.



## Youth Services



**16 teams of youths** scampering all around Bukit Panjang, equipped only with an Easi-Link card and snipped-up photos as clues leading them from one checkpoint to the next, the challenge was to be the first to locate all 10 check-points, and to reach the end point within 2 hours. That's what 67 secondary school students were doing on 22nd Nov 2003 in **"Turn Left Turn Right"** – the first-of-its-kind school holiday activity conducted by **New Life Youth Services**, in partnership with **Zhenghua Secondary School**.

Allowed only to move around by LRT, bus, and on foot, teams raced around Bukit Panjang, more often than not on their strong energetic feet. They also met with helpful game-sheriffs at different checkpoints who provided them helpful hints along the way. Thankfully – with much prayer by the organisers – the weather on that day was great!

Team No.3, four girls & male leader, emerged champs, completing the race in 90 minutes, beating the others to bring home the coveted 1st Prize of \$100 sports-gift voucher. **"What we did today was to find clues as fast as possible"**, said Team Leader Daniel Yeo. Wei Qi, a fellow team member added, **"we're running around like 'mad cows' ... but we had fun!"** And another member, Veronica, said, **"The most fun thing is actually – we learned to work together as a team which we normally don't."**

Principal Mr Lim Kuan Min did the honour of giving away the prizes when all the teams eventually reached the end point back at Zhenghua Secondary School.

From their responses, the youths clearly enjoyed the race thoroughly as they explored each nook and crevice of Bukit Panjang, from one end to the other. They are keen to participate in meaningful, challenging outdoor activities during their school holidays. And they are definitely asking for more!

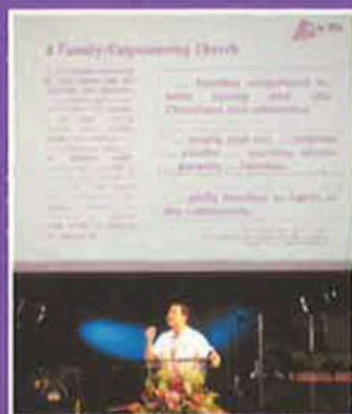
# New Life Day 2003

## Awareness, Accountability, Appreciation and Mobilising for Action

"To care and to share; put into action by *praying for*, *serving with* and *giving to* New Life" - that was the central message of the sermon. "And be reminded of that everytime you take a drink!", reiterated the preacher, because everyone received a cup coaster as a door gift as they arrived.

The occasion was, of course, the annual celebration of New Life Day, on 16th Nov 2003, at Covenant EFC

New Life also put up a mini-exhibition in the form of a static display of its programmes and services, as well as a 7-minute, in-house produced video clip, with the objective of raising public awareness and accountability to donors.



In appreciation of the volunteers who had served with New Life in 2003, a thermal mug with the words "Thank you for your support" aptly embossed was presented to each one.

Leading the charge to mobilise church members for action was, of course, none other than Rev. Tony Yeo, who is not only Associate Pastor of Covenant EFC, but also (unknown to many) Advisor to New Life Community Services Centre.

And respond they certainly did! A whopping **160** committed themselves to pray for New Life; **129** to serve as volunteers; and **231** committed to give a total of **\$121,035** (out of the targeted \$300,000).



## Volunteer Orientation Day

The response was so remarkable that New Life subsequently mounted an earlier-unplanned Volunteers' Orientation Day on 14th Dec 2003 for the 129 who had indicated interest to volunteer with New Life. Following a quick "get-to-know-you-better-over-lunch", the **80** participants were presented with eleven different volunteer opportunities in New Life. At the end of this short, 2 hour orientation, **48** participants submitted their application forms indicating their areas of interest, for which we are so grateful.

The next opportunity for you to find out what's happening in New Life will be at **New Life's Annual General Meeting** on **29th Feb 2004**, so mark out that date in your planner!



# Childcare Concert 2003



Excited parents with digital and video cameras waiting to capture every moment of their beloved child(ren) on stage! New Life Childcare's **FIRST** year-end concert on 8th November 2003, a special day for all our childcare teachers, children and parents. We had our first batch of students graduating from Kindergarten. It was a day of celebration, and a day of reward as the teachers watched each of the 13 K2 students march up the stage, with their graduation gowns and mortarboards, to collect their certificates.

The performances put up by the children were great, and the parents and relatives (close to 200 of them) who came thoroughly enjoyed themselves!

***Do you dread exercising? Regular exercise is, in fact, the best way to keep your body working right. Here are 10 good reasons why you should consider exercise as a way of life:***

*Source: Excerpt from "Exercises For Diabetics" Flyer by CGH 08/2001.*

1. Exercise increases your muscle tone and strength.
2. Exercise strengthens your heart.
3. Exercise strengthens your body.
4. Exercise helps your lungs to work better.
5. Exercise improves your blood circulation.
6. Exercise reduces your body fat.
7. Exercise lowers your risk of heart attack.
8. Exercise reduces stress.
9. Exercise helps to give you more restful sleep.
10. Exercise helps you to feel good.

Family Life Enrichment Workshop on:  
 (1) Raising your child with the 7 C's - Confidence, Commitment, Common sense, Conscience, Creativity, Compassion & Contentment.  
 (2) IQ, EQ, SQ, does your child have it all?  
 Date: 21 and 28 Feb 2004 (Sat)  
 Time: 2 pm - 4 pm  
 Contact: 6892-0937 or christine kang@newlife.org.sg

### PARENTING WORKSHOP

Date: 29 Feb (Sun)  
 Time: 2 pm - 5 pm  
 Contact: email@newlife.org.sg

### NEW LIFE AGM

Our application to set up  
**New Life Youth Centre**  
 has been approved!  
 So youths can expect to have  
 a cool hangout place, really soon,  
 right here in **Bukit Panjang**.

### WATCH FOR IT!

## How Can I Give in Support of New Life?

**BY CHEQUE:** Payable to "NEW LIFE COMMUNITY SERVICES CENTRE". Please furnish your name, FIN/NRIC number, address, and contact number.

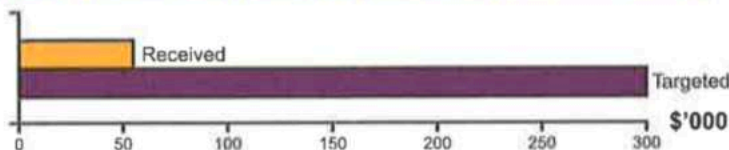
**BY CREDIT CARD:** Follow on-line instructions at [www.donation.org.sg/call\\_newlife\\_frame.html](http://www.donation.org.sg/call_newlife_frame.html) (requires credit card number)

**DONATE YOUR ERS SHARES:** [www.ers.org.sg](http://www.ers.org.sg)  
 "Cash Exchange Instruction" and follow on-line instructions.  
 (requires SingPass ID and password)

Donations received in current year are eligible for tax deduction in the following year. Until further notice, tax deduction will be twice the value of donations made. Individual donors need not claim tax deductions if they have furnished their full name and FIN/NRIC number, as New Life will submit details directly to IRAS.

For more help, contact 6892-0849 or [ngkimleong@newlife.org.sg](mailto:ngkimleong@newlife.org.sg).

### Funds Targeted and Received (as of 15 December 2003)



**WANT TO BE KEPT "IN-THE-LOOP"?** Subscribe to **New Life's eNews** - brief fortnightly snippets of easy-to-digest updates and

## Our Programmes & Services

### PRE-SCHOOL SERVICES

Childcare

### CHILDREN SERVICES

Kidz Club

School Social Work

### YOUTH SERVICES

School Social Work

Youth Centre (coming soon)

### ADULT & FAMILY SERVICES

Counselling

Legal Advice

Family Assistance

Family Life Enrichment

### COMMUNITY HEALTH SERVICES

Home Care

Home Medical

Home Nursing

Home Helps

Home Support

Health Care

Health Talks

Health Screening

Health Campaigns

New Life Community Services Centre is  
 affiliated to a full member of



Mastering  
**Life's**  
 Transitions

Published by:  
 New Life Community Services Centre

Kindly obtain written consent from  
 New Life before reproducing the contents  
 of this newsletter.