



The new life news

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Have you
given **hope**
to someone
lately ?

Siti was all smiles. But just a month ago, she was flustered, in despair and at a total loss. *"Who would help her?"* she had thought. Her grandfather was ill and in need of nursing care, but she just could not afford the fees of private nursing homes. Then, in a magazine published by the Ministry of Community Development, Youth and Sports, she chanced on a listing of home nursing services. And she simply called the one situated nearest home. That phone call connected Siti to New Life in August 2005.

Siti's grandfather had two falls and was later involved in an automobile accident that aggravated his old injuries a few years ago. Since then, he was bedridden with contractures of both upper and lower limbs without any medical intervention.

Siti cited lack of financial and referral resources as the two main reasons for the absence of medical intervention. The excruciating pain from his untreated injuries complicated by inactivity (due to pain) resulted in multiple health problems such as bed sores, repeated lung and urine infection, contractures and poor nutrition. Basically, his condition spiralled from mobile, active, able to an invalid, miserable and sickly state.

Siti's grandfather now receives home medical and home nursing care from New Life. New Life also helped Siti and her grandfather to look into the financial and social needs. **Now about 75% of his health cost is funded collectively by Ministry of Health, the Lee Foundation and New Life Community Services Centre.**

On top of that, ill-equipped caregivers are not only taught to care for the patient but also for themselves. The wellness of the caregiver is paramount for quality patient care and caregivers' sanity.

"This is the first time I'm learning this," Siti shared, referring to her experience of bathing her grandfather, changing his diapers and managing his wounds. She continued, *"It's stressful; not everyone will face this circumstance, but it's good, you learn something, and you become an example for your children to model."* This crisis strengthened family bonds, drawing them closer in such times of need for mutual support and encouragement.

Adeline Ang



最近你可曾为谁

提供一线希望?

Siti 一向笑脸迎人。但在一个月前，她却感到绝望、失落而不知所措。原来，她的祖父因患病急需护理。但她却没有能力支付起昂贵的私人护理费用。有谁能帮助她呢？直到2005年8月，她通过社会发展青年及体育部刊物联络上了一间离家最近的护理中心——新生家护。



Siti 的祖父曾经两次跌倒，并由几年前遭遇的一次车祸而加重了他的伤势，从此病人因上下肢萎缩而卧病不起。Siti 指出：“祖父的病由于经济困难，也不知道向谁求助，而得不到医治。”长期的缺乏活动导致出现多种健康问题，如：褥疮、肺部和尿道感染、挛缩及营养不良。基本上病人的情况从能动、活跃、健全而恶化、变成一个瘫痪、病魔缠身的人。

他现在得到新生给予的医疗和护理。新生也为他找到了财政与社会援助。现在他的75% 医疗费是由卫生部、李氏基金与新生民众服务中心共同资助的。



除了以上这些，新生给照顾者提供训练，使他们不但知道怎样照顾病人，也要知道如何照顾自己。让照顾者掌握护理常识，建立正确的心态、信心。这对于为病人提供优良的照顾是极为重要的。

Siti 说这是她第一次学会怎样为他的祖父冲凉，换纸尿片以及洗伤口。她说：“这种工作很吃力，没有人愿意面对。但有好的方面，你可以从中学习到一些东西，为孩子树立模范。”在面对危急时即能加强家庭的凝聚力，可以互相扶助与鼓励。



Your family matters!

School Family Education Programmes Give Parents a Handle to Hold

At newly-implemented family meetings, Mrs Selvarani Ram's children now have a say on family plans, such as where to go for outings and getaways. Her daughter also proudly displays her collection of little encouragement and praise notes, which she can be sure she will receive everytime she does something well!

These are just two of numerous ideas that Mrs Ram picked up at the 6-week Parenting with Confidence Workshop conducted by New Life in collaboration with Greenridge Primary School. Trying out these ideas at home, she is elated at how well her daughter, 11, and son, 5, are responding. These tips have helped her to motivate and reinforce constructive behaviour in her two children. *"The workshop has been refreshing and very useful for me and my family!"* she said.

This parenting workshop, is one of many activities lined up in New Life's package of the 100-hour School Family Education Programme. With the aim of enhancing family life by making family life education easily available through schools, activities range from parenting talks, to family life seminars, to hands-on workshops like batik painting, and family bonding recreational activities such as fishing trips and barbeque gatherings. New Life began this 3-year programme with Fajar Secondary School in April 2004, and thereafter, with Greenridge Primary School in April 2005.

The Schools' Parent Support Group plays a pivotal role in ensuring the success of the programme. Having completed the gruelling 13-week Parent Facilitator Training programme, Ms Leow Lay Choo is no longer only a participant in SFE programmes; she is now an SFE-qualified parent volunteer, ready to facilitate discussions on parenting, marriage and various family life matters.

Ms Leow, whose son is 8, not only picked up facilitation skills, she also gained knowledge in family life issues. *"I'm putting the things I learnt into practice at home!"* she says. Feeling more equipped now, she is eager to try her hand in facilitating future workshops, to help other parents like herself to benefit from the SFE programme.

Mrs Ram, too, recalls thankfully how Ivy Chan – New Life's SFE Programme Co-ordinator and representative to the schools – had recommended to her to join the parenting workshop. Summarising her experience, she said, *"My children learn hands-on about responsibility and decision-making, while my husband and I become role models for them to emulate"*.

Adeline Ang

学校家庭教育计划 是家长的得力助手

A group of students in a classroom, some wearing hijabs, looking towards the front of the room. The students are seated at desks, and the background shows a window with orange curtains.

The image shows the exterior of the FAJAR family life centre. The building has a white facade with a large window. Below the window, the text "FAJAR family life centre" is written in a stylized font. To the right of the text is a large yellow heart graphic. Further right are silhouettes of a family (a man, a woman, and a child) in blue, orange, and purple. A man in a white shirt and tie is standing in the doorway to the right. A potted plant with purple flowers is in the foreground.

Ram夫人也感谢新生家庭生活计划协调员陈秋娇小姐介绍她参加家长工作坊。她在总结经验时表示：“在我们家长的模范榜样下，我的孩子通过实习，学到了责任心和处事方法。”



new life's

#1

charity show

Excited donors streamed forward, dropping at least \$20 – if not more – into the donation box. That was how little it cost for an once-in-a-lifetime, up-close-and-personal instant snapshot with the foul-mouthed, yellow-booted 'Ah Beng' contractor Phua Chu Kang. And the \$20, of course, went into the funds raised in support of New Life.

It all started when Mediacorp artiste Gurmit Singh agreed to show up as Phua Chu Kang. This drew throngs to the YWCA Fort Canning Lodge on 2 Oct 2005, where New Life's debut Charity Show 2005 was held, and, of course, where PCK would appear. Charming guests with his candid humour, PCK cajoled young, old and VIP alike, to prance around as PCK-impersonators, mimicking his silly antics. The 330-strong audience was totally enthralled by the best in Singapore and JB, and some say Batam!

Children from New Life Childcare, too, put up a shattering extravaganza complete with flashing psychedelic disco lights - an Indian dance to welcome guests, and a light-hearted Shower Dance for the dinner's entree fanfare.

New Life's Home Care work was also featured in a moving video presentation, with Dr Mohan Tiru giving a live, heartwarming testimony of the work, which surely moved many to give generously in support of the cause.

The three-hour night of fun-filled entertainment passed quickly, ending on an unprecedented high note, PCK announced that the target amount for that evening - a staggering S\$100,000 - had been reached! Charity Show 2005 - New Life's debut public fund-raising effort - was a resounding success thanks to a magnanimous crowd that dug deep into their pockets. Joining in the fun was Minister of State (Education and Manpower) Mr Gan Kim Yong, also Member-of-Parliament, Holland-Bukit Panjang GRC (Zhenghua), who graced the occasion as Guest-of-Honour. Asked about the way ahead, Mr Gan affirmed, *"We hope to continue to work closely with New Life and (that) you will continue to support this worthy cause so that our residents will benefit"*.

New Life will continue to build closer relationships, reaching out to the heartland, and committed to this worthy cause in providing aid to families in need. Because, as Mr Gan rightly put it, *"We believe in the many helping hands concept where the government, community and social organisations will help and we hope that the families will also help those who are in need."*

Developing



initiative

**Discover Character!
Kidz Camp**



"I will look for needs that I can meet before somebody asks. I will not wait till tomorrow to complete my present tasks. I will do what's right before I'm told, and when the day gets stressful, I will work toward a solution so the team will be successful!" proclaimed the 30 kids who turned up at New Life's **Discover Character! Kidz Camp** on 8 September 2005.

At its peak, the programme unfolded ways in adopting initiative whereby the 30 kids were led through a definitive understanding as they mimicked the migration of the whistling swans relieving the pressure of its companions at the time of weariness. Enthralling stories, games and craft engagingly and dramatically communicate the message. With an emotive conviction, the kids recognized the importance of cultivating initiative in a team-building environment.

We are thankful that many kids enjoyed this camp and were even enthusiastic in team building.

Christin Tan

staff news!

Christin Tan
Programme Co-ordinator, Youth Centre

Christin Tan was previously working as a programme co-ordinator in a voluntary welfare organisation. The newly wed, who has recently moved to Bukit Panjang, was seeking for a change and was drawn to New Life's mission in serving the Bukit Panjang community. With her passion as well as a fervent enthusiasm in working with youths, Christin joined New Life as a **Programme Co-ordinator**, Youth Centre on 1 September 2005.

Desline Toh
Corporate Communications
Executive, Corporate Services

With a passion adhering towards mission coupled with her skills in graphic design and communications, giving up freelance practice, **Desline Toh**, a former designer, responded to the call in serving the local community as a **Corporate Communications Executive** on 12 September 2005.



Joanne Kerk
Corporate Communications
Executive, Corporate Services

Prior to joining New Life, **Joanne Kerk** served as Marketing Communications Executive at Pan-West Pte Ltd, a golf equipment retailer.

Responding to the open door in serving the community, Joanne joined New Life on 23 October 2005 as **Corporate Communications Executive**. Joanne has been worshipping at Covenant Evangelical Free Church for the past 2 years.



Our Programmes & Services

1. Parenting Talks & Parenting with Confidence Teenage Module

Date : 02 February - 09 March 2006
Venue : Fajar Secondary School
Contact: 892-0937
Email : familylife@newlife.org.sg

2. Discover Character Kidz Workshop

Date : 13 March 2006
Time : 10 am - 6 pm
Venue : New Life Youth Hub
Contact: 6892-4419
Email : youth@newlife.org.sg

3. Youth Sports Competition

Date : 18 March 2006
Time : 9 am
Venue : New Life Youth Hub
Contact: 6892-4419
Email : youth@newlife.org.sg

4. New Life Charity Golf

Date : 28 April 2006 (PM)
Venue : Warren Golf & Country Club
Contact: 6892-7249
Email : contact@newlife.org.sg

CHILDCARE CENTRE

Playgroup
Nursery
Kindergarten

YOUTH CENTRE

New Life Youth Hub
(Youth Drop-In Centre)

S.U.P.E.R. Kidz Club

School Social Work
(Zhenghua Primary School)

STEP-UP Programme
(Zhenghua Secondary School)

FAMILY LIFE CENTRE

Counselling

Legal Advice

Family Assistance

Family Life Enrichment

School Family Education Programme
(Fajar Secondary School)
(GreenRidge Primary School)

COMMUNITY HEALTH CENTRE

Home Care
Health Care

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



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 (requires credit card number)

DONATE YOUR ERS SHARES: 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 simmuliang@newlife.org.sg.

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Mastering
Life's
Transitions

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