

A New Beginning



According to Singapore Ministry of Health, depression is common in children and adolescents and has a propensity for persisting into adulthood if not adequately treated. Studies show that depression can affect up to 18% of youths in Singapore.

The inability to perform well in school could well be the worst nightmare for all top students who set high expectations upon themselves. Jason* used to be a top student in school before he slipped into depression. After missing school for almost three months because he could not wake up on time, he had challenges catching up with his studies. His condition worsened when he skipped meals, locked himself in the room and got addicted to gaming. He even refused to speak nor interact with anyone.

Jason's life was eventually touched and transformed when a social worker from New Life started visiting and counselling him regularly for four months.

"I am immensely grateful for the regular visits of a social worker from New Life. He is very dedicated and patient with Jason. Because of his cheerful personality, my son is able to relate with him well. Now I observed Jason is happier

and we can communicate better," shared Mdm Lim*, Jason's mother.

From a boy who almost lost hope, Jason is now pursuing web designing and will continue studying for his 'O' levels next year.

Aside from home visits, New Life Casework & Counselling also aims to strengthen and encourage family bonds. One example is organising outing activities in River Safari in August wherein 18 youths-at-risk from New Life's cases of Enhanced Step-Up (ESU) programme. The youths like Jason, together with their families unwind and enjoyed their time in the zoo.

ESU is an initiative by the Ministry of Social and Family Development (MSF) which serves as support programme for students at risk of dropping out of school, as well as out-of-school youth. It involves casework and counselling, family intervention, group work and/or life skills training.

New Life envisions to mentor the youths in building their character and resilience, as well as unleash their potentials despite the challenges they face in life.

**Names have been changed to protect the identity of beneficiaries*

For more information on New Life Casework and Counselling, contact Cyra Ang at 6892 7219 or email cyraang@newlife.org.sg



The children ended the day having fun with craft materials relating to Singapore and its nation.

Happy Golden Jubilee Singapore!

2015 marks a special year for Singapore as the nation celebrates its 50th year of independence.

Dressed in the nation's colour of red and white, Children in New Life Childcare sang nostalgic National Day themed songs such as One

People, One Nation, One Singapore and Chan Mali Chan. The children, together with their teachers had an exuberating time of celebration as they waved the Singapore's flag up high with pride and recited the National Pledge.

It was not all celebration but they also learnt about the progression of Singapore and its various national icons such as Vanda 'Miss Joaquim', Merlion and Esplanade.

"National Day celebration encourages our students to be proud of their identity as Singaporeans and increase their sense of belongingness. We hope that the children will not only learn but also appreciate and value the history of Singapore's nation-building over the past 50 years," said Yvonne Lee, New Life Childcare (Bukit Panjang) principal.

The children also got to taste sweet potatoes which were steamed traditionally, just the way the forefathers of Singapore used to eat.

To know more about New Life Childcare, email children@newlife.org.sg or call 6892 0179.



Children singing and waving their flags up high with pride

To The Max @ ITE Youth Camp

To the Max is back!

From a youth community event featuring competitions in sports, performing arts and digital art, To the Max returns this year to unleash the youth's potentials through a youth camp in the Institute of Technical Education (ITE) College West with ITE staff as co-facilitators.

New Life is delighted to be engaged by ITE College West to be the organiser for the camp in ITE's School of Engineering for five runs (two full days per run) for Nitec and Higher Nitec students. The camp kicked off in August and will culminate in December.

The school has implemented their character school framework for new intake classes and this camp aims to equip their students with competencies through structured fun and educational activities embracing the school's core values such as respect, responsibility, resilience, integrity, care and harmony.



Students forming the acronym of its school's core values – Respect, Responsibility, Resilience, Integrity, Care & Harmony

"We are more than excited to impact over 1000 students from ITE. We carefully and intentionally designed all the games and activities in a fun way while imparting several lessons such as teamwork, conflict management, listening, etc.," said Tan Bee Leng, Director of New Life Youth, Case Work & Counselling.

Volunteers from Covenant Evangelical Free Church and City Harvest Church have also supported New Life in running the camp.

If you are an energetic adult willing to volunteer as facilitators or motivators for the next run in 7-8 and 9-10 December, please contact Ai Wei at 6892 4350 or email caiaiwei@newlife.org.sg.

K2 STUDENTS' PRIMARY SCHOOL EXPERIENCE

Entering the next phase of academic life can either bring much excitement or anxiety. To prepare 23 students of Kindergarten 2 (K2) class of New Life Childcare (Bukit Panjang) transition to primary school, the centre organised an experiential school tour at Greenridge Primary on 29 May.

Filled with much anticipation and curiosity as to what their future potential primary school may be like, the K2 students took a five-minutes walk across the road and were first welcomed by friendly student leaders of Greenridge Primary School.

Throughout the two-hour tour, the students and teachers were brought to visit various parts of the school such as the classrooms, dentist-room, library and bookshop. They also explored the science laboratory, wherein the children wowed with amazement as they fiddled with equipment such as the microscope for the first time.

"The school tour has enabled the children to view and access the school's facilities and understand more about the culture in primary schools. This has helped to prepare themselves as they enter a new



environment and allow them to cope better with uncertainties," said Michelle Tan, New Life Childcare teacher.

GARDENING AWARENESS AT HORTPARK

It's the most awaited June school holidays! Time to unwind and relax from school homework and assessments. 54 children from New Life Children & Student Care spent their day at the HortPark on June 12 during a breezy afternoon.



The HortPark located at Alexandra Road is a one-stop gardening resource centre that bring together gardening-related, recreational, educational, research and retail activities under one big canopy in a park setting.

The children appreciate and admired at the beauty of nature and tranquility of its surrounding.

"I had a lot of fun and I'm excited to go for future outings!" exclaimed Freya, eight years old.

To find out more about New Life Children & Student Care, please call 6892 8040 or email studentcare@newlife.org.sg

MINISTRY PARTNER Q & A CORNER

Milton Quek is one of the volunteer mentors of New Life Children & Student Care's P.A.N.D.A. Champs programme during the June 2015 school holidays. He is 54 years old and is married for 25 years with one daughter. He also loves to cook for his family and friends.

Below are some of his thoughts on being a New Life ministry partner.

Q: What made you decide to volunteer?

I wanted to serve in another ministry after serving in the worship and music ministry for five years. P.A.N.D.A. Champs character mentoring programme provided the ideal platform for me to be involved with children and allowed me to use other talents to be more fruitful. Also, I think I am quite good with children as I have worked with them before and being a parent.

Q: How was your experience volunteering at P.A.N.D.A. Champs?

It was a rewarding and enriching experience. The passion of the experienced New Life Staff gave me confidence in executing my role as a teacher mentor and equipped me well to achieve the goals set out. I am glad that I got to meet, work and share with like-minded volunteers.

Q: What was your most memorable experience?

I feel trusted by the children every time they called my name, conversed with me or held my hand. Those are special moments to be treasured. On the last day of the programme, each teacher mentor shared with the children their thoughts and I felt moved with the heartfelt sharing.

Q: What inspires you to serve?

The desire to serve the next generation in our community. This inspiration was fuelled during the programme after seeing the passion of the New Life staff and volunteers. It's encouraging to experience the faith and trust of the children in us as we mentor them. I strongly encourage potential volunteers who are reading this article to sign up and experience the joy and satisfaction in helping transform young lives.

You can be like Milton and invest in the lives of the young ones. Please contact Ai Wei at 6892 4350 or email caiaiwei@newlife.org.sg to volunteer.



CHILDREN'S FEST 2015: JUBILEE CELEBRATION

We need more than 500+ volunteers to partner with us in blessing the children in the community on 11 October, Sunday.

If you're serving together with your CG, sign up through SGI. If you do not have a CG, please contact Aiwei at 6892 0979 or email caiaiwei@newlife.org.sg.

Volunteer briefing is on 27 September at the following timings:

- 12:45pm – 2:00pm @ CEFC Woodlands
- 2:45pm – 4:00pm @ CEFC Bukit Panjang

Children's Fest starts from 9:00am – 1:00pm simultaneously at Bukit Panjang Jelapang Square (beside Greenridge Shopping Centre and open field opposite Block 533 Woodlands Drive 16. Admission is FREE.

See you there!



YOU CAN BE A NEW LIFE MINISTRY PARTNER!

Your support allows young lives to be transformed, dreams to be realised and destinies to be changed!

New Life Community Services is a not-for-profit voluntary welfare organisation committed to mentor the next generation and meet the needs of the community.

Donations received by 31 December will be 3 times tax deductible the following year. Kindly provide your NRIC, FIN or CRN to enjoy tax benefits.

For more information, call 6892 4350 or email donate@newlife.org.sg.

OUR SERVICES

New Life Childcare

Nurturing wholesome children in partnership with families & the community

New Life Children & Student Care

Mentoring children to become disciplined and confident individuals

New Life Children Programmes and Support

Loving children by mentoring them to become character champions

New Life Youth

Building character and developing resilience in youths through life-transforming purpose

New Life Casework & Counselling

Promoting social change and empowerment to individuals to enhance their well-being

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