



Youth Hub's Monthly Specials

New Life Youth aims to engage youths to positively impact them, empower them to build character and develop their resilience through mentoring relationships that are built in the youth hubs as well as through school programmes.

The youth hubs are drop-in centres which provide a safe community and positive environment for youths. The hubs also offer a wide range of programmes such as cooking, arts, sports and camps as well as facilities to cater to the various interests of youths.

"We use many platforms to engage youths, one of which is monthly specials. This platform provides us an opportunity to intentionally keep in contact with youths on a monthly basis, allowing us to engage and inspire them through the variety of activities suited for youths. Through the monthly specials, mentors can connect and nurture youths during the various organized activities. The older youths do tend to help out

and take more responsibilities when given the opportunities during each monthly special activities," shared Edwin Wee, Deputy Head of Youth Services.

Some highlights of monthly specials conducted in 2019:

Mooncake-Making @ Fajar Youth Hub
14 youths learnt how to bake mooncakes on 11 September as well as understood about the various love languages. This monthly special activity also provided them the opportunity to show love to their families and friends in practical ways by making mooncakes for them.

Night-In @ Woodlands Youth Hub
It was a fun evening for the 15 youths and staff as they cooked pasta and meatballs together for dinner and watched Spider-Man: Into The Spider-Verse on 18 October. Through these activities, they were given the opportunity to help each other while cooking, as well as foster

deeper bonds and build rapport with each other. They also learnt more about friendship and resilience through the movie and post-movie conversations.

Shrink Art-Making @ Junction 10 Youth Hub

Craft Out is an informal programme set out to create a conducive and safe space for youths to flex their creative muscles. October kicked off with a week-long instructor-based series wherein easy to do activities were introduced to youths to inspire them to innovate in different ways, not just with paint and paper. This month's activity was Shrink Art, wherein youths were able to take advantage of how plastic dramatically shrinks in heat to create their own keychains from scratch.

New Life Youth currently runs three hubs at Fajar, Woodlands and Junction 10. Annual fee for youth hub membership is at \$6.

To know more about New Life's youth work



tinyurl.com/newlifeyouthsg



[newlifeyouthsg](https://www.facebook.com/newlifeyouthsg)



[newlifeyouthsg](https://www.instagram.com/newlifeyouthsg)



youth@newlife.org.sg

EVENTS & UPDATES

Children's Day Celebrations

70 children and parents from New Life Childcare @ Junction 10 celebrated Children's Day on 4 October in a meaningful way. They have contributed 95 items (mainly essentials like water bottles, socks, towels, snacks etc) and donated to The Salvation Army - The Haven, which is a children's home to 23 children and young adults.

"As early as a young age, we want to instil the value of giving to our children, hence we planned this activity for them to have the opportunity to be a blessing to the less fortunate and share the joy with them," shared Kristen Chua, principal.



New Life Children & Student Care also celebrated by having a fun day of bowling at Super Bowl Keat Hong with 60 children and 40 volunteers from Keppel Corporation.



Parent-Child Bonding Events

On 12 October, 26 families whose children are from Steady Readers and Kids Champ Club had the opportunity to have fun and spend time with their parents through snow play and icecream-making workshop at Snow City.

New Life values the importance of strengthening the parent-child relationship to nurture the physical, emotional, and social development of the child. Studies also suggest that a healthy parent-child relationship leads to positive outcomes for the children and the family. As such, New Life Children Services intentionally organise regular family bonding activities for its beneficiaries.



41 children and 19 parents from student care also had their own bonding activity at Sentosa Palawan Beach on 29 November. The families enjoyed sand castle building competition under the sun and the children also learnt how to express acts of love for their parents.



STAFF INSIGHT



One Sunday five years ago, the picture of Changi Prison Complex popped into my head, a memory of the times I've walked into that compound. Prior to that day, I had been contemplating my 'ministry' ahead as our family was preparing to return to Singapore after living overseas. Working with ex-offenders was not an assignment I jumped at when I was studying – in fact, it was far from my mind. I ended up in that area of work when an opening arose in 2008 and I was assigned to that initiative.

Unlocking one from a physical prison is a matter of time. When their sentence is served, they are released. There is another prison that we may be living in, unbeknownst to us. This could come in the form of beliefs, emotions, habits and actions that we have 'lived' with that is insidious. In one way or another, we have our own 'prisons', not much different from prisoners. Working with these clients make me sensitised to how life can be torn asunder if we keep ourselves locked in. Living free and staying free is a battle.



Sarah Cheong
Clinical Supervisor,
Casework & Counselling



Steady Readers (SR) Holiday Enrichment Workshop

In line with the celebration of Singapore Bicentennial and SR graduation theme "Discover Singapore with Steady Readers", 59 children visited Singapore Discovery Centre during the school holidays on 12 September. Through the outing, the children learnt of Singapore's progress over the years and also the characteristics that make Singapore unique. During their SR graduation, the children did a show-and-tell presentation of what they have learnt from the outing.

KCC Adventure

To consolidate the entire year of learning, ten children from Kids Champ Club (KCC) participated in an exciting adventure to The Dairy Farm on 9 November. In collaboration with New Life Youth, the children and adult mentors went on a hiking trail. Through the programme, the children had opportunities to demonstrate positive values such as responsibility, kindness, courage and sportsmanship.



Dance Workshop

As part of New Life Children & Student Care's Exposure to the Arts Programme, 30 P1-P3 students went through a dance workshop on 25 November. They did not only learn new skills of getting into the groove of the music but also built their self-confidence.



WHAT'S NEXT



Children's Fest 2020

Mark your calendars for the most awaited community children's carnival, Children's Fest 2020: We are One Family (Love, Kindness, Respect). Event details below;

Date: 15 March, Sun **Time:** 9am – 1pm

Locations: Jelapang Square (beside Greenridge Shopping Centre) & Open field opp Blk 583 Woodlands Dr 16

For volunteer sign-up, please contact Jason at 9635 1135 or volunteer@newlife.org.sg.



Charity Golf 2020

New Life's fifth charity golf will be held on 14 May, Thu at Singapore Island Country Club with Dr Vivian Balakrishnan as Guest of Honour. This year we are targeting to raise \$260K. Support this fundraising event by sponsoring flights, donating cash or in-kind or volunteering on the event day.

For more info, visit tinyurl.com/nlcsgolf2020 or contact Venisa at 8767 7089 or fundraising@newlife.org.sg

RECRUITMENT



New Life needs committed and passionate staff to reach out to the next generation and passion to bless the community. Join our team now!

The following positions are available:

- Director of Children Services
- Finance Assistant (AR)
- Personal Assistant to the Executive Director

☎ 6760 0533 ✉ hr@newlife.org.sg

DONATION



Every dollar counts in making a difference and impacting a life.

Help us reach our donation target of \$4.1M in 2020.

Every cash donation is qualified for **250% tax deduction!**

☎ 6892 7191 ✉ donate@newlife.org.sg



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FUNDRAISING

To find out how you can participate in New Life's fundraising events, contact fundraising@newlife.org.sg or 8767 7089.

EDITORIAL

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