

THE NEW LIFE NEWS

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Bridging the Gap

"We're partners in crime," 65-year-old Katherine laughs. Seated next to her is 14-year-old Pradhan, who seems completely at ease. "There's a great partnership between us, I don't feel the age gap at all." The unlikely pair struck up a friendship over weekly craft activities at the Fajar Youth Hub and have since shared meals and gone cycling together.

"The intergenerational activities make me feel young again. They give me a strong sense of belonging and purpose in my community."

— Katherine, Silvercare Beneficiary

Prior to retirement, Katherine travelled frequently for work and thus found it hard to integrate into a community overseas. "In big cities especially, there's a lack of kampong spirit," she laments. "Everybody's afraid of their neighbours." After retirement, Katherine discovered the New Life Silvercare active ageing programmes late last year. She has since attended the four-times-a-week activities regularly to keep active and cultivate new interests. "As a retiree, I want to do fun things, make myself useful and keep up with the latest trends. It's also part of ageing well to have an active social life."

Katherine enjoys the weekly intergenerational sessions with youths from New Life Student Care and the youth hubs. Conducted over the June holidays, the programmes were intended to provide a platform for youths and seniors to interact. Denise, Silvercare Programme Executive, shares, "With Singapore's rapidly ageing population, we wanted to create a positive retirement culture in Singapore. Organising intergenerational activities helps to break down the psychological barriers the young might have about interacting with seniors, and creates compassion in wider society for those who are ageing."



At the most recent session, for instance, Denise noticed that the seniors were treating the youths as if they were their grandchildren, while the youths were able to offer their elderly counterparts some insight and empathy for the young. Agonising over what pixel art character to make for her grandchild, one auntie received sage advice from her youthful partner: "Aiyah, I like anything my *ah ma* makes for me, so just make anything (for your grandchild) lah!"

When asked what he enjoys about the sessions, Pradhan immediately answers, "Mingling with seniors. They're very kind, very (involved). I actually learn a lot from them." He and Katherine chat about plans to go cycling that evening as the interview wraps up. Katherine enthuses, "The intergenerational activities make me feel young again. They give me a strong sense of belonging and purpose in my community."



If you would like to bring joy and purpose to seniors and young ones, check out the following volunteering opportunities!

Christmas Celebrations (Childcare or Student Care)

Share the meaning of Christmas with the young and brighten up their holiday season!

Childcare

Friday, 16th Dec

PM: Bukit Panjang

AM: J10 / Woodlands

Student Care

Friday, 16th Dec

Jelapang / Teck Whye / Woodlands

Silvercare Centre Befrienders & Activity Leaders

Build relationships with seniors and empower them to learn new skills!

Fajar Youth Hub

Blk 419 Fajar Road

Once weekly on weekdays,

Between 9am-10:30am or 10:30am-12nn

Register your interest!

BLESSED2BLESS

1 November - 16 December 2022

Bless the community this Christmas! Bring financially assisted beneficiaries shopping for essentials and school supplies before sharing a meal! (Training & vouchers provided.)

Sign up here!

Read more about New Life's impact in our [2021 Annual Report](#).
If you would like to bless us with your giving, you may do so [here](#).



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