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caring & sharing

A Newsletter by Leong Hwa Monastery and Viriya Community Services



Help us save the environment. **Caring & Sharing** newsletters are available for download at <http://www.viriya.org.sg>. Email us at whfsc@viriya.org.sg if you wish to update your mailing address or would like to receive the newsletter only via email.





Message from Executive Director

Dear readers,

Greetings to you!

The first few months of 2014 were fulfilling as several of our community projects were executed together with the efforts of our volunteers and stakeholders in serving the needy. And by looking back at how far we have progressed and what we have achieved, we are motivated to ensure that the remaining of 2014 be even more meaningful for us, for our clients and our stakeholders.

Always guided by our mission to *bring joy and enhance the quality of life*, we are mindful that in our desire to truly help those in need, we use our efforts efficiently, to create sustainable improvements, while enjoying the process. This is the essence of Viriya, a Sanskrit word meaning the right effort.

As we progress along the journey of social service to help those in need, we are cognisant that we cannot do it alone. Volunteers are valuable in our work. In fact, our clients are resources to themselves and to others too. There is value in everyone and this is demonstrated through the involvement of different parties in our programmes.

Instead of just having our professional staff to deliver talks and workshops, we had the help of a lawyer to share with our members about the Lasting Power of Attorney. We had volunteers working with our professional staff to plan a financial literacy workshop where children were guided on key budgeting concepts and could experience real decision making on money matters. Our clients also contributed actively in the process, they brought in their own home cooked delicacies for our gatherings instead of having food catered for them. Our children spent their holidays most meaningfully by planning fundraising projects to help SPCA and also our own Viriya medical funds. Instead of just having one school to help us in CANtribute, our annual food collection drive, we had two schools helping out this year.

In lighting a lamp for others, we also light up our own path. The journey of helping has been gratifying and the fulfilment that comes from helping motivates us and others to do even more. Hence, we are looking forward to the exciting events lined up for the rest of 2014 and beyond.

We look forward to doing good better with our members and stakeholders and progressing together as a community.

Happy reading!

Evelyn Lai

执行董事序言

亲爱的读者们:

你们好!

进觉福利协会在2014年走过了十分有意义的头几个月。这段时间内,我们连同我们的志工以及持股人一道努力执行好几项社区项目,为社区内有需要的人士服务。回首我们在这段时间内所取得的进展及成就,为我们提供了一股推动力。我们将确保2014所剩的时间对我们、个案们及持股人来说都会更具意义。

我们一直遵循着为他人带来喜悦及提升生活质量的使命。我们铭记着在为有需要的人提供援助时,这些努力将不仅具效力,还应带来持久的效应。当然其中不忘享受整个过程。‘进觉’在梵语意为正确的努力,这也是进觉福利协会的精髓。

我们渴望在社会服务的道路上进步的过程中也意识到单方面的努力是不够的。志工的帮助对于我们的工作有举足轻重的地位。实际上,我们的个案也常常是自己与他人的宝贵资源。大家通过参与活动的过程中都会意识到每个人的重要性。

因此,我们除了请我们的专业人员主办讲座与研讨会之外,也请了律师为居民们讲解持久授权书的重要性。我们的志工也和专业人员一起主办金融知识工作室,教导孩子们重点预算方面的知识,并让他们亲身体验如何进行重大的财务决策。我们的个案也在活动中扮演了积极的角色,例如携带自己家里做的美食与同伴们分享。进觉福利协会的孩子们也度过了具有意义的一个假期,为新加坡防止虐待动物协会以及进觉医疗基金制定了基金筹集项目。在我们一年一度的食量益收活动, CANtribute, 别与往年,我们得到的不仅仅是一所学校给予“力所能及”的帮助,而是两所学校的学生们的尽心尽力。

照亮别人的同时,我们也照亮了自己的路。帮助他人的旅程是收获颇丰的,得以助人的满足感推动我们进一步为有需要的人付出。我们期待2014年及接下来的日子里所将带来的精彩活动。

我们期待与我们的成员们和持股人更好的合作,作为一个团体共同进步。

祝阅读愉快!

您忠实的,

赖淑慧



Developing Social Responsibility from Young

The birth of a child also marks the beginning of a life time of development. Infancy and childhood form the foundation, upon which future development of the child would be based. A good foundation will allow the child to grow into a good member of the society and contribute to greater good of the community.

Being a charity-run centre, Whispering Hearts Infant and Child Care Centre believes in going beyond basic care to promoting a value based development. We wish for children under our care to grow up healthy, intelligent and more importantly to become socially responsible individuals. Social responsibility allows our children to grow up with a positive sense of self, have meaningful relationship with others and also contribute to the society.

Families, friends, school and the community are important in a child's development. These are some of the ways we can facilitate the development of social responsibility in our children.

Evelyn Lai



The birth of a child marks the beginning of a life time of development.



A good foundation will allow the child to grow into a good member of the society.



Caregivers can incorporate value messages in teaching and even in disciplining.



Children engage in cooperative play when given opportunities for group interactions.



In our centre, we have classroom rules amidst emphasising on care and openness.

Ways to help our children develop social responsibility

1. Be positive role models

Right from infancy, children learn about the world through observing and imitating the actions of their caregivers and others in the care environment. If caregivers demonstrate prosocial behaviours consistently, children learn to behave positively

2. Communicate value messages regularly

Ego-centrism is common in infants and pre-schoolers. They often fail to understand others' perspectives. In daily communication, caregivers can incorporate value messages in teaching and even in disciplining. Through inductive reasoning, caregivers can help to explain the impact of the child's actions on others and hence encourage empathetic concern.

3. Provide opportunities for children to practise

By providing greater opportunities for group interaction, children can engage in cooperative play, practising service and support activities, in the desire to continue the play session and maintain friendships. We can also participate in community events with our children to enhance a sense of belonging to the greater community. In our child care centre, we have classroom rules amidst emphasising care and openness; we encourage our children to share their views while understanding the rights and responsibilities of belonging to the centre.

4. Providing service to others

One is never too young to start helping others. WHICC involves our children and parents in our community projects. By knowing about the needs of others and being able to help others, children develop a sense of self-efficacy and compassion. The increased self-confidence and motivation to help will thus guide the child to engage in thinking for others and also promotes prosocial behaviours, internalising social responsibility.



Respect and Kindness Starts from Young

Stacks of books lined the tables neatly beside mountains of toys. Throngs of children milled around the tables, eagerly exclaiming over the toys and diligently rifling through the books.

“Do you want to buy this? It has Thor in it!” an Upper Primary student manning one of the tables excitedly waves a book around at his peers.

The students of Whispering Hearts Student Care Centre were experiencing first-hand what it was like to organise, run and participate in a fund-raising Jumble Sale.

The Jumble Sale was one of two special charity activities the teachers had specially incorporated into the June holiday programmes. It was a finale ending to the theme of the term “Respect and Kindness”.

Students and parents contributed books and toys that were still in good condition and on 23rd and 24th June 2014, students took turns to sell all the pre-loved items at the Jumble Sale booths.

They raised more than S\$500 over the two days for contribution to Viriya Children’s Medical Fund (VCMF), a fund that assists low-income families with children requiring long term medical assistance.

Concurrently, parents and students helped to collect and donate pet food to the Society for the Prevention of Cruelty



The students and the fruits of their collections!



“Do you want to buy this book? It has Thor in it!”



Toys seeking lovely new owners.



Students rifling through stacks of books.



A buffet of toys!



Collection of pet food for SPCA.

to Animals (SPCA). The response was overwhelming, yielding 38 packets and 17 cans of pet food.

Through the activities, the students learned that regardless of age, they were able to play a part in giving back to the community. They learned to recognise their privileges in life and to give what they can, be it by contributing books and toys, or by actively garnering pet food donations.

It was a successful wrap up of the theme “Respect and Kindness”, thanks to everyone who played a part in ensuring a smooth execution of the finale charity activities!

Wendy Ng



Gardens by the bay (Treasure Hunt)

Clement Cheong

"Wow!" gasped an excited child in wide-eyed wonder as he first set eyes on the majestic waterfall which was the centrepiece of Gardens by the Bay's Cloud Forest. Conjuring up images of a modern day Hanging Gardens of Babylon, Gardens by the Bay is reputed as the crown jewel in Singapore's efforts to transform itself from a "Garden City" to a "City in a Garden".

Our Viriya Children's Medical Fund (VCMF) beneficiaries were in for a treat when they got a chance to not just visit Gardens by the Bay on 7 June 2014, but also to play an exciting game of Treasure Hunt within the sprawling compounds of the Flower Dome. Grouped according to families at the Flower Dome's entrance, our VCMF beneficiaries were flagged off at the start point by our social workers.

In a race against time akin to the Amazing Race, the families, some with tots in tow, had to locate 8 hidden checkpoints within 1.5 hours. To aid their search, families were first given a photo or word clue which directed them to a locale within the Flower Dome where the clue could be found. After unearthing their clue, families were then given the next clue to guide them to subsequent checkpoints. To prevent clustering, the sequence of checkpoints were different for each family except for the last checkpoint which was the same for all families. At the end of the 1.5 hours, the wide grins plastered across the faces of our beneficiaries showed beyond words how much they enjoyed the treasure hunt!

All ready to kick off!



Viriya Children's Medical Fund (VCMF) was launched in June 2010 to assist low income families with children who require long term medical attention (certified by medical doctors). Besides financial assistance to help defray increased expenditure due to the children's medical condition, the project aims to link each family to a social worker, who will work through the various challenges faced by the family.

Key criteria: i) Singaporean or Permanent Resident child below 16 years old ii) Family's nett per capita income not more than \$450/month.

For more information, please contact Frances at frances@viriya.org.sg or 6795 1008.



Our happy beneficiary.

Flowers galore!

The majestic waterfall.

Our treasure hunt winner!



Is this the correct checkpoint?



CANtribute 2014

Liu Zhi Hao

CANtribute 2014, Whispering Hearts Family Service Centre's annual canned food collection event was held on 24 and 31 May 2014.

On 24 May, community outreach was conducted by 30 students from Jurong Junior College and 40 students from River Valley High School. The aim of community outreach was to reach out to the residents staying in the collection area. This year, we managed to engage 4,300 families staying in Jurong West Street 71 and 81.

On 31 May, the collection segment aka community collection was conducted. Joining in were 50 students from Raffles Institution, 10 youths from Teens Action Project and several "walk-in" volunteers. Also supporting the event was another VWO, The Helping Hand. The Helping Hand assisted with transportation of the collected canned food.

Unlike previous years, where staff did the majority of the organising, we have Jurong Junior College Class 15S8 joining in the organising committee this year. Some of their roles include getting information about the number of units in a HDB block, receiving the HDB estates for suitable collection points and preparing the flyers for community outreach. Class 15S8 also doubled up as the student leaders for both days.



Okay, Let's go this way!



Door to door collection in progress



Sorting out the canned food, those expired 6 months are given off first.



Lastly, Group Photo!!





Prior to the community collection segment, schools were also engaged to take part in the schools internal collection. A total of 6 schools took part. Also joining us this year were 4 Student and Infant Care Centres from My First Skool, who encouraged parents to donate canned food towards this meaningful cause.

From the community collection and the schools' internal collections, a total of 11,420 cans of food were collected this year. Moving forward, we hope to engage more schools and residents to come on board CANtribute 2015!



Many organisations, one event, one common cause.



Inspiring in



A boot full of canned food. Thank you!



With The Helping Hand, are many hands.



Teachers helping in to flatten the cupboard boxes.



Cents and Sensibility: Children's Financial Literacy Workshop

"Compound interest is the greatest mathematical discovery of all time." – Albert Einstein

Inflation is paying \$10 now for the \$5 haircut you paid 10 years ago, quipped a newspaper columnist. To help guard against inflationary pressures and to instil good financial habits in children from young, Viriya Family Service Centre (VFSC) organised a children's financial literacy workshop for Primary 4-6 students on 24 May 2014.

In a twist, instead of the usual PowerPoint lecture, participating children played an interactive game for 60 minutes, followed by a debriefing session. Each child started with "\$100" and were free to visit any of the 15 booths where they can spend or earn money, or alternatively deposit their money at a "bank" to earn interest. To win the game, children had to buy a set of pre-determined items and accumulate the most amount of money at the end of the 60 minutes.

Positive reinforcement being one of the most time honoured teaching tools, the top 5 winners were rewarded with \$40 worth of vouchers each for their

judicious use of their "money" during the game. A poll also showed that the majority of attendees gleaned helpful financial tips from this workshop, thus, every child walked off a winner!

Clement Cheong



"\$100" was issued to each child.



Discounted deals for the money savvy!



Say cheese! A turn at the photo booth cost a mere \$1!



Stationery on sale!



Each child could deposit money in the bank to earn interest.



Children could earn money by completing simple "jobs".



A variety of drinks to tempt the children.

Did you **know!**

In finance, the rule of 72 states that the number 72 divided by the interest rate (per annum), gives the estimated number of years it takes for an investment to double.



Say cheese! A turn at the photo booth cost a mere \$1!



Games were available for a small fee!



World Cup Fever heats up in VCS!!!

World cup fever started hitting Teens Action Project (TAP) early on as over 20 boys registered for a spot in the newly established Whispering Hearts Football Club (WHFC).

WHFC was formed with the intention of channelling the youths' passion for soccer as an intervention tool to develop positive traits in the street youths. Most of these youths do not play for their school team or belong to any other teams or clubs.

Alongside coaching from volunteer coaches from the Singapore Police Force Jurong Division. TAP youth workers worked on social intervention with the boys.

Fuelled by their common interest in soccer, the boys showed vast improvement in their character and attitude. Apart from learning to respect their peers, coaches and youth workers, they also learned to respect themselves.

WHFC was invited to participate in the Delta League tournament organised by the Singapore Police Force Clementi Division. Of the 20 youths in WHFC, 15 of them participated.

Delta league happened during the June holidays and the youths competed with other teams in a table format.

WHFC sent a team for the Under-15 category and was classified in the West category going against teams like Persima AR and Rampant Regenites. Although the boys did not make it to the finals, it was quite an achievement as it was the first time the boys were sent to a formal competition after barely two months of training together.

From a few cliques, the boys have grown into a closely knitted team who have learned to support and help one another to be better.

With experience garnered from the Delta League, WHFC is now fired up to compete in the next event, Ace League.

Organised by Student Care Services Clementi, Ace League has incorporated a World Cup theme in their competition this year. WHFC has picked France as their team of choice, and with support from the French Embassy, the youths will be going for a learning journey to learn more about the culture and traditions of France.

The Ace League will begin in August upon completion of the learning journeys. WHFC will be going against teams

from YouthReach, Nu Life Counselling, Care Corner FSC and many other VWOs.

Through developing respect, endurance, discipline, sportsmanship and responsibility, we hope to develop champions on and off the field. En avant WHFC!

Muhammad Zaid



*En avant – French for forward or onward





MCM Pot Luck Party

Since April this year, My Centre @ Moulmein (MCM) has been organising a bi-monthly Pot Luck Party! MCM aims to use this to rekindle the kampong spirit, fondly remembered by our pioneer generation.

Food is a powerful bonding tool and what better way is there for elderly residents to bond than through coming together to share their best recipes? The Pot Luck Party has been a great platform for residents to whip up their specialty dishes as well as sample the dishes their neighbours had to offer!

Through interactions while sampling, recommending and introducing their dishes, the elderly got to know one another better and fostered better friendships along the way.



How could fruits and desserts be left out of any decent parties?

During the first session of the Pot Luck Party on 24 April 2014, elderly members got to enjoy the food while participating in fun-filled activities. The elderly had fun reminiscing as they tried to identify heritage photographs that were flashed onto a screen during a 30 minutes game session. Photographs from as far back as the 1940s were used. The elderly sat around the projected screen and discussed the photographs that were presented.

As the elderly identified past events, places, fashion items and even household utensils, their faces lit up with familiarity and joy. A discussion was held after each photo was shared, and the elderly relished the opportunity to talk about their experiences and share their thoughts regarding the photos.

It was indeed an engaging session for the members and staff as they journeyed down memory lane together!

Michelle Cheng



Sampling each other's wares.



Growing table of treats as more elderly arrived with their specialty dishes!

心意中心便餐聚会

自今年四月起，心意中心开始举办每两个月一次的便餐聚会。这不仅促进社交机会，也重现了乐龄人士熟悉并怀念的甘榜精神。

共同分享美食是人与人之间极为有效的交流方式，乐龄人士们也乐于传授他们引以为傲的家传秘方。因此，便餐聚会成了他们大显身手并品尝邻居们的拿手好菜的最佳时刻！

一同品尝，推荐，介绍与分享佳肴的同时，心意中心的乐龄人士更进一步的了解彼此，从而建立更深刻的友情。

在4月24日首次举办的便餐聚会中，乐龄人士与工作人员在享受美食的当儿也玩起了有趣的游戏。工作人员准备了一系列1940年至今的旧照片，并在三十分钟的游戏阶段将旧照片投射在屏幕上，邀请年长者猜测照片的由来以及讨论相关的往事。

回味照片的同时，乐龄人士们也一同讨论各种回忆。年轻时常去的地方，那个年代的时尚风格，甚至是小时候随处可见，现在却已绝迹的家居用品，这些回忆在老年人的脑海里都历历在目。点点滴滴的回忆让大家的脸上充满了怀念的神情，也带来了欢乐。乐龄人士们也把握机会边讨论照片边分享各自过往的经历和感想。

美食和回忆让参与的乐龄人士快乐的度过一个有意义的下午，在每个人的脑海里留下了深刻的映像。



Food always tastes better when shared.



Viriya Family Service Centre Soft Opening

Viriya Family Service Centre (VFSC) is the second family service centre under Viriya Community Services.

On 16th February 2014, VFSC opened its doors to more than 300 residents residing in Potong Pasir and Joo Seng for a fun filled day with games, activities and snacks. The event was organised to introduce VFSC's services as well as to raise awareness of our presence.

For starters, each household in Potong Pasir and Joo Seng was entitled to a 500g packet of rice and residents formed a lengthy queue to register for the event and redeem the rice. Residents also snapped up limited seats to a teenage parenting workshop conducted by Adam Khoo Learning Technologies Group.

Students from Maris Stella High School managed a mini carnival that was spread all around the void deck vicinity of VFSC. Apart from game booths providing interesting challenges to both young and old, residents could indulge themselves in various snack booths and munch on green apples that were generously available. Families and friends had fun adorning themselves with props from the photo booth and received Polaroid photos as keepsakes.

Besides introducing the services of VFSC, the carnival was successful in promoting family bonding and interaction among the residents. Through the activities, there were smiles on many faces as children, their parents and even grandparents gamely tried out new games.



Long queues at the registration table.



Family bonding at the photo booth!

It was also a heartfelt moment for our volunteers, especially the students from Maris Stella High School.

Iver Chua, a Secondary 3 student, was running a game stall where residents could throw Velcro balls at his vest. He shared that he was glad he had decided to volunteer for the event. "The residents were enjoying themselves. They seemed so happy when they manage to score a hit, so I don't mind them throwing the balls at my vest."

Students also shared that they enjoyed running the game stalls and interacting with the residents as they learned to socialise better with strangers. Despite it being a Sunday morning, the students had fun and had learnt that they could be happy by making others happy.

With this successful first step into the neighbourhood, VFSC looks forward to serving the residents in Potong Pasir and Joo Seng constituencies in line with our slogan: caring for you with compassion and concern.

Michelle Cheng



Ready, aim, shoot!



Photo booth fun knows no age boundaries!



Residents exchanging tokens for gifts.



An excited elderly resident trying her best to throw a Velcro ball on Iver Chua's vest.



Spot the Differences!

Spot and circle 5 differences in the pictures below. Like us at www.facebook.com/ViriyaCommunityServices. Be the first 3 to send us the correct answer with your name through Facebook by 30 September 2014 to win a prize!

The answers will be shared on our Facebook page on 01 October 2014. Winners will also be alerted via private messages.



Care & Share



From **1 December 2013 to 31 December 2014**, all donations to Whispering Hearts Family Service Centre, a community project by Viriya Community Services, will be **matched dollar to dollar** by the government under the **Care & Share movement***.

All donations of \$50 and above are eligible for **2½ times tax deduction**.

Donate now to **double the value of your gift** and the **impact of your contribution**. Give with a compassionate heart to **make a difference** in the lives of people who are less fortunate than us!

Make your kind contributions by filling in the inserted donation form and returning the form together with your cheque, made payable to Whispering Hearts Family Service Centre:

Whispering Hearts Family Service Centre
Blk 646 Jurong West Street 61 #01-142
Singapore 640646

* Care & Share is a national fund-raising and volunteerism movement for the social service sector. For more information, visit www.ncss.gov.sg/careandshare/todonate.html.