

新年快乐

# HAPPY CHINESE NEW YEAR



MCYC wishes everyone a year of love, peace and prosperity!

Jan 2018

# News@MCYC



Every New Year, we dream of a better world for our children. Let us take it upon ourselves to be the change we want to see.

**Join us** as a **volunteer**. Spread abundance and joy today.

**EDITORIAL**

News@MCYC is the newsletter of MCYC Community Services Society.

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The MCYC Community Services Society, a voluntary welfare organisation, helps at-risk children and youths in their educational, social, emotional and moral development.

The Society is a registered charity, a full member of the National Council of Social Service and an Institution of a Public Character.

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## FUNDRAISING

### MCYC 10<sup>th</sup> ANNIVERSARY CHARITY GOLF AND DINNER 2018

*With an amazing day of golf and a night filled with entertainment and good food, our 10<sup>th</sup> Anniversary Charity Golf and Gala Dinner 2018 promises to be a celebration you will remember. We hope to see you there!*

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**Mission**

To reach out in Christian love, by providing quality programmes and services to all children, youths, parents and their families, of all language, race and religion, and nurturing each family member in body, mind and spirit.

**Objectives**

To help children, youths and parents of all language, race and religion, especially from dysfunctional, disadvantaged and needy families, to:

- Develop to their fullest potential;
- Enjoy a balanced family life;
- Become responsible and caring family members; and
- Become useful members of society.

# CHILDREN

## OUR UNSUNG HEROES

by Christian Teo, Community Relations Executive

The goodie bags are packed. The name tags have been printed and pinned. Eighty excited children sit and wait eagerly for the buses to arrive.

It is 6th October 2017 – Children’s Day. A day that resonates particularly well with MCYC; and indeed a special day for all at our iPEAK centre.

The children begin their journey to the T-Play Indoor Playground at HomeTeam NS Bukit Batok. Laughter and joy fuel the entire ride, providing a refreshing change to what would normally be a quiet morning commute.

Highly regarded and voted as one of the most interactive transportation-themed playgrounds in Singapore, T-Play most definitely lived up to that reputation. The children (and teachers!) traversed the winding bridges and slides, bounced on trampolines, swam through the multicoloured ball pit, and climbed every wall and obstacle. A fun-filled two hours later, students run up to their teachers, embracing them with outstretched arms, thanking them for such an unforgettable experience.





### ***Lest we forget...***

While we give thanks to all the teachers, let us remind ourselves that activities such as this one would not be possible without the wonderful contributions and effort from donors and volunteers. These are the unsung heroes behind our operation who help put smiles on the little ones under our care.

The gracious donations made to MCYC go a long way in funding the various expenses required under our programmes and services. In addition, MCYC constantly advocates a need for volunteers.

Volunteers with MCYC enjoy the liberty to plan and execute activities for the children. MCYC strongly believes in giving our volunteers and partners this autonomy to craft ideal activities, workshops and excursions that provide key learning points and values they themselves resonate with.

Other areas of our work where volunteers are welcome include Kids Club – a subsidiary outreach programme by iPEAK, and KidsREAD – a reading programme which promotes and cultivates good reading habits among young children. You too, can be a part of these impactful moments, which aim to give children in the community more opportunities to use the English language in their communication, to learn good moral values and to strengthen their socio-emotional skills.

Whether in an individual or corporate capacity, volunteers enjoy direct involvement with beneficiaries, making for a more fulfilling experience by allowing volunteers themselves to become the instruments of change they aim to see in the children.

Empower the generation of tomorrow. Donate or volunteer with us today.

For more information on volunteering opportunities with MCYC, visit <https://www.mcyg.sg/volunteer/> or scan this QR code:



# CHILDREN



Volunteers under our KidsREAD programme.



Various fun and interactive workshops conducted by student and corporate volunteer groups.



## VOLUNTEERS - THE HEART OF THE COMMUNITY

by Glavis Loh, Volunteer



As an ex-uniformed group member, I thought I would be more than ready for what's in store when volunteering with MCCYC. I kept saying to myself "I am ready", and "I was also once a young student, no problem!".

Through this journey, things are as challenging as they are exciting. Each day is different and vibrant in its own way, going well beyond a simple requirement of "handling young students". I remember when I was a young student myself; at the receiving end of countless scoldings. Now as a volunteer, I get to see what's behind the scenes in the classes, and I must say it is not as easy as we think!

You will get days where the children listen to the teachers and the day passes smoothly and easily. But just as often, you get days where the children simply go against everything you say. Through these instances, we learn a skill not many possess: **patience**. Repeating instructions over and over again can get exhausting, but we understand that when it comes to listening and following instructions, kids will be kids! Which is why volunteers such as myself have the utmost respect for the full-time teachers, they do really have a lot of patience!

Volunteering in the Student Care Centre teaches you life skills you cannot typically learn in a classroom. Through my personal experiences, I have learnt that every child is unique and special in their own right; and how we approach each child will be different depending on his or her character and disposition. This need to be flexible was not something I was used to prior to volunteering with the Student Care Centre, but over time I have grown a lot with them.

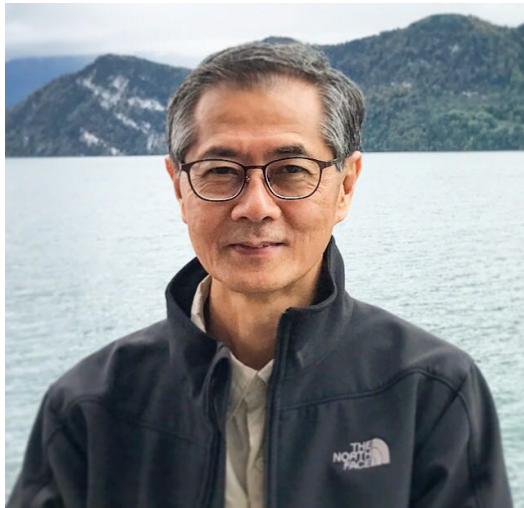
I enjoy sharing my experiences with anyone and everyone because I want to strongly recommend volunteering with the Student Care Centres, and with MCCYC's other programmes and services. If you can give some time back to the society, I guarantee priceless experiences in return. Not forgetting, the little ones have a knack for making you feel young again, which serves as a timely reminder that we may grow up, but there is a child in all of us!





## GOING PLACES: A TRANSPORT MINDER'S JOURNEY

by Wong Wing Kwong, Transport Minder



### The Heart To Serve

I was first introduced to Transport Minding by a Senior Social Worker from MCYC. Initially I was quite hesitant because of the interview and screening, which consisted of many detailed questions. The term "Transport Minder" was also a puzzling one at first, as I did not know what my scope of work would be. Thankfully, my interviewer, Mr Francis, was engaging and comforting. He was also more than willing to guide me through the entire process, and explained that a Transport Minder is one who provides and care through a transport service. In this case, it is ferrying foster children who are infants, toddlers or teenagers from one place to another. The more Mr Francis and I talked and shared, the more my desire to volunteer for such services grew.

Volunteering is not new to me. I have been volunteering with various welfare services and organisations since my college days. Fun fact, that was how I met my wife, Christina! She and I were students together in college. We were both actively involved in our college's Welfare Society. We would hire 40-seater buses on most Saturday afternoons to visit Children's Homes and other Homes which help the handicapped, blind, visually impaired and retarded.

We both have the heart to serve; to provide love and care for the people and children in such services. Which was why I eventually also got my wife to join MCYC's volunteering efforts so that we may help children together - I am a transport minder while she volunteers in other areas of MCYC's work.

### My First Two Assignments

My first assignment was in the middle of December 2017. I had to fetch a 17-month foster child from Choa Chu Kang Estate to a Family Services Centre in Macpherson to meet her natural mother. Many questions went through my mind - how do I handle such a young toddler in my car? What if she yelled and cried non-stop? I asked my wife to come along as a volunteer as I certainly needed her help.

This first experience was met with loud yelling and crying in the car. We understood that this can be traumatic for a child as she is handed from her foster mother to my wife and I, who to her are two complete strangers. With the child strapped in a baby seat, my wife played the role of a nanny; giving motherly care while patting and comforting her. Within 10 minutes, the girl stopped crying as she felt the touch of a mother. When we reached the Family Services Centre, we could see the joy of handing the child to her natural parent, who was waiting eagerly to meet her. It was such a fulfilling moment to see bonding between the natural parent and child.

My next assignment was a little different, but indeed a very emotional one. I had to fetch an 11-year old boy from a Children's Home back to his foster parents. He had just spent a whole afternoon with his natural mother and siblings. As the boy gets into the car, no words need to be said but you can sense the well of emotions as we drive away.

Hoping for a friendly chat on our journey back, I invited him to sit in the front passenger seat. At first, he remained quiet, sobbing and glancing back at his parent and siblings from the side mirror of my car. I could only comfort him and offered a piece of tissue to wipe his tears. He took to this gesture well, and we began to talk a little as we journeyed back to his foster parents.

### Glorifying God Through Service

Acts of service like these remind me of what Jesus said to his disciples in Matthew 18:5 - And whoever welcomes one such child in my name welcomes me.

Such volunteering assignments have opened the eyes of my wife and I to see that these children are indeed loved, and are capable of love as well. Through transport minding, you will see budding relationships between the foster children and their natural parents. Over time, you feel accomplished as being an instrumental part in this reintegration process.

## PARENTING TEENAGERS: PART 3

by Tan Khye Suan, Executive Director



In the August 2017 issue of our newsletter, I shared about the need for parents to build strong relationships with their teenagers. The immediate question that parents will ask is: "How do we build strong relationships with our teenagers?"

I would like to share four points about building strong relationships with your teenagers.

### **Make Time For Your Teenagers**

One observation that I made about working parents is: they do not make a conscious effort to set aside time for their teenagers. Many working parents diligently plan their time for meetings, appointments, deadlines and, even, golf or tennis games with important business partners and clients. However, I noticed that working parents often do not set aside time for their family members – spouse, children or teenagers. No wonder families of today are facing so many problems, moving from one crisis to another.

If we do not deliberately set aside time for our teenagers, there will always be "no time" for them. Hence, as parents, we **MUST** be determined to set aside time for our teenagers. As parents, we have to start putting aside time slots in our diaries that are **RESERVED** for our teenagers.

There will be temptations to replace these time slots with other "more important" appointments, like dinner meetings with our business clients; or, bonding time with our colleagues; or, late meetings with our bosses. We need to resist these temptations and honour the time we intend to spend with our teenagers. We either reap the reward of substantial time spent with our teenagers; or, face the peril of rebellion in their teenage years and resentment in their adult years.

### **Make The Time With Your Teenager Happy and Fun**

We will probably agree that we need to spend more time with our teenagers. But, often, we will face an almost insurmountable barrier of engaging our teenagers at the start; especially if we have not been spending time with them. I will admit that it is difficult to start. But, if we do not "start the ball rolling", we will never start at all. As parents, we have



## SHARING

to take the initiative, no matter how awkward we may feel trying to make our first engagement with our teenagers. Even if we may fail on the first few attempts to get our teenagers to spend time with us, we must keep trying. Eventually, they will relent.

For starters, parents should go out with their teenagers without having any agenda in mind. Parents should go out with only one thing in mind: MAKE IT FUN. Often, parents ask: "So what activities should we do with our teenagers when we are with them?" In Singapore, we know that one sure way of engaging another person is to have a hearty meal together. It works for teenagers as well; so long as it is what they like to eat. For this engagement with your teenagers to be fun, parents MUST do two things. Firstly, parents should forget about the diet they are on. Let loose; and enjoy with your teenagers whatever food they choose to eat. Secondly, throw caution to the winds. Go to whichever eating joint your teenagers choose to go. Don't be a spoilsport. Feel young again with them! Sometimes, teenagers just want to know how far parents will go for them. What you, as parents, are doing, is breaking into the world of your teenagers.

Over time, parents can do other activities with your teenagers, like: go to the movies; learn to play computer games; or, have outdoor activities, albeit strenuous at times. Parents must be prepared to be of good sport. After all, you are there to understand your teenagers better. Laugh with your teenagers; laugh at yourself. It is alright for parents to feel uncomfortable in your teenagers' world. You will quickly realise that your teenager's world is quite different from the one you are in.

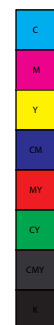
Why is it so important to have fun with your teenagers? The answer is very simple. Who wants to be with someone who is unpleasant and makes us unhappy? We simply avoid such a person. So, if we want to have repeated engagements with our teenagers, FUN is probably the way to build bridges with them.

Do not be discouraged if they say that you are "lame". Ultimately, they will see through your awkwardness and notice your sincere effort to spend time with them. When parents spend happy and fun times with their teenagers, it is a lot easier for parents to repeatedly engage their teenagers.

### Make Sure You Do Not Disappoint

The most important cardinal rule when parents engage their teenagers is: parents should not disappoint their teenagers by postponing, cancelling or forgetting the appointment with their teenagers; especially the first few appointments with them. If parents get their teenagers to agree on an appointment and then renege on it, parents will lose your teenager's trust. Teenagers will perceive that they are not important enough for their parents to keep that appointment with them. This is damaging and hurts them very deeply.

It is important to realise that a strong relationship with your teenagers is built on trust; trust that you will be there for them. It is sometimes very challenging to understand teenagers. On one hand, they wish for independence. On the other hand, they wish for parents to be there for them, especially when they are facing difficulties. This push-and-pull tension is hard to manage. But parents should remember to show their teenagers that you are reliable; and you can be trusted. Many parents have often declared to their teenagers that they can be trusted and will always be there for them. But, remember: ACTION SPEAKS LOUDER THAN WORDS!



### Make A Point Without Being Overbearing

When parents have done a few outings with their teenagers and have had fun, there will always come a time when parents want to share some nuggets of wisdom with their teenagers. It is not wrong to do so. But do so gently; and, share one nugget of wisdom at a time. Do not rush to unload a whole lot of wisdom on them at one go. Do so at opportune times, when that one nugget of wisdom is needed by your teenager. Please also remember to KISS: Keep It Short and Sweet.

What will be wrong are: when parents get naggy; when parents insist on their viewpoints; when parents want their teenagers to concur immediately; when parents want their teenagers to comply with their expectations; and, when parents are not prepared to listen to their teenagers' points of view. Parents become overbearing in their demands.

Parents must have the right mindset of building a strong relationship with their teenagers. Parents must not think that building a strong relationship is "buying" the right to tell their teenagers what to do. When building a strong relationship with your teenagers, parents should not do so with the expectation of eliciting better compliance. Ultimately, it can and will happen; but this may happen only in their adult years.

What is more important in building strong relationship with your teenagers is for parents to savour the beauty of that person-to-person bond, appreciating your teenager for who he or she is; recognising their strengths and abilities; and, encouraging their personal discovery of who they can be!

A strong relationship with teenagers will eventually lead to lasting and strong bonds between parents and their teenagers. Such bonds will help to bring teenagers closer to their parents so that they can eventually begin to share similar viewpoints and values. This will take time; a lot of time.

At the end of the day, your teenager is an individual in his or her own right. We can guide them and help them become wonderful persons who contribute to this world that we live in. But we cannot force them to become who we want them to be. They are wonderful in their own right!



FUNDRAISING



# MCYC 10<sup>th</sup> ANNIVERSARY CHARITY GOLF AND DINNER 2018

**Remember the last time MCYC had a Charity Golf Tournament and Gala Dinner? That was in 2015! That was three years ago.**

**We are having another Charity Golf Tournament and Gala Dinner this year again on 13 April 2018!**

We are honoured to have Rev Dr Gordon Wong, President of The Trinity Annual Conference (TRAC), Methodist Church in Singapore as our Guest of Honour for the golf tournament; and Minister Desmond Lee, Minister For Social and Family Development, and Second Minister for National Development, as our Guest of Honour for the Gala Dinner.



This fundraising event is to support MCYC's work. In particular, this year, we will be expanding our iPEAK programmes and services into Jurong West. The new iPEAK Centre will help more children with learning difficulties and challenges from disadvantaged families at Jurong West. These programmes and services will help them overcome barriers that prevent them from benefiting from the good educational system in Singapore. The project is expected to cost \$1M. We need your support!

This year's event is not just about raising funds. It is also a celebration of God's grace and goodness to MCYC, seeing us through 10 years of fruitful work in the community as an independent social work organisation! So, come and support MCYC's work. Also, come and celebrate God's grace and goodness with us!

Find out more from us at our website <https://www.mcyg.sg/>. We will also be setting up a booth on the Sundays of 11 and 25 Feb 2018 at the ACS (Barker Road) canteen for sign ups!



## BE A VOLUNTEER WITH US!

Volunteers play an important role in our programmes and services, many of which could not have been conducted without their involvement. Volunteers can choose to be engaged in ad-hoc, short- or long-term programmes and are matched to programmes according to their time, interest and inclination.

Examples of ways you can help are:

- kidsREAD (reading programme for young kids)
- Student Care
- Community Programmes and Events



Please contact Ms Jessica Soo, Assistant Manager - Volunteer Management and Facilities Management, at 6715 3711 or [jessicasoo@mccyc.sg](mailto:jessicasoo@mccyc.sg) for details on how you can volunteer with MCCYC Community Services Society.

### THE HELP YOU GIVE CAN CHANGE LIVES

The MCCYC Community Services Society (MCCYC) has been helping at-risk children and youths from needy and disadvantaged families in their educational, social, emotional and moral development since June 2008. We are a registered charity, a full member of the National Council of Social Service and an Institution of a Public Character.

In the last financial year, our programmes and services reached over 5,000 children, youths and their parents. Through our intervention, we hope that they with their families will be able to better cope with the demands of our fast-paced society.

Our ability to continue helping children, youths and parents from dysfunctional, disadvantaged and needy families is largely dependent on our generous well-wishers who strongly believe in our cause. As a voluntary welfare organisation dependent on goodwill donations, we seek your ongoing support to realise our mission and objectives of developing those most in need to become useful members of society.

