

# EVERY CHILD MATTERS

2017



 **TOUCH Young Arrows**  
A Service of TOUCH Community Services

# SENIOR DIRECTOR'S MESSAGE

## Dear TYA Family,

Started in 1986, TOUCH Young Arrows has grown from strength to strength since it started 32 years ago. Today, TYA runs 24 children clubs reaching out to over 580 children all over Singapore.

We could not have done this without the support of our volunteers who gave their time to plan weekend and holiday programmes to enrich the lives of the TYA children. It is heartening to see our former clients – 58 of them – come back as volunteers to pay it forward last year! Our volunteers play a huge part in the development of our children and TYA is truly blessed to have them in our big family.

Equally important to the progress of the children at TYA are our partners in the community. We are grateful for corporations, schools, and community and residential centres who have welcomed TYA with open arms and supported our cause.

Thank you for your partnership and for sharing our belief that every child, regardless of their background, deserves the opportunity of a solid foundation for growth.

In the years ahead, TYA hopes to better structure our programmes to provide an even stronger service that will benefit all families under our care. Your support would go a long way in developing the next generation. Thank you!



Anita Low-Lim  
Senior Director,  
Children & Youth Group,  
TOUCH Community Services

# MANAGER'S MESSAGE

## Dear Friends,

2017 was a fruitful year for TOUCH Young Arrows (TYA). We expanded our work by launching the first Youthphoria Club where we mentor former TYA children, now aged 13 and 14 years old, through academic coaching and values-driven activities every week.

In addition, we saw the biggest turnout of some 700 TYA children, family members and volunteers gathered for a time of bonding during our Family Day at East Coast Park, as well as over 400 TYA children and family members joining us at the Family Staycation last December. It warms my heart to see a strong 'kampung spirit' being formed through such family bonding events.

In 2018, we will be launching two more clubs to serve more children aged six to 14 in the northern and western parts of Singapore.

I am very appreciative of the shared conviction and partnership with you in nurturing children and strengthening families through the work in TYA. I hope that you will continue to join us in our journey ahead, sharpening the children like arrows to make a positive impact in the community.

We look forward to partnering you on this journey to see children nurtured and families strengthened.



Lawrence Tan  
Manager,  
TOUCH Young Arrows

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Contact us!





# ABOUT TYA

*TOUCH Young Arrows (TYA), previously known as TOUCH Children's Club (TCC), has been running club activities since 1986 for children, aged six to 12, from low-income and/or single-parent families.*

TYA is a service of TOUCH Community Services, a not-for-profit charitable organisation officially registered in 1992, and a member of the National Council of Social Service since 12 December 1994.

TYA runs weekly children activities on Saturdays across its 24 Children's Clubs, serving some 580 children in need. Our weekly programme includes one and a half hours of free academic coaching in English and Mathematics as well as an hour of values-driven activities conducted by our regular volunteers. TYA also organises family bonding activities and character development camps to build family harmony and self-confidence in the children.

# TYA HISTORY

AT A GLANCE

1986

## 1<sup>st</sup> TOUCH Children's Club launched

Activities were held at void decks or volunteers' homes in Clementi, Jurong, Bedok, Tampines and Bukit Merah.

1989

## 1<sup>st</sup> Partnership with Schools

Alexandra Club was set up at Alexandra Primary School.

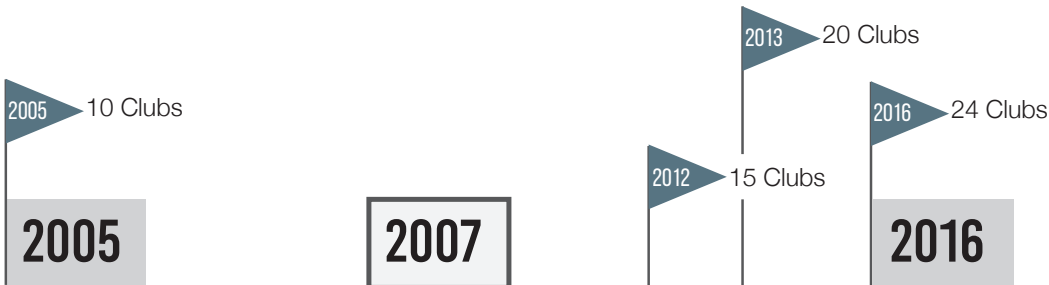
1997

## 1<sup>st</sup> Partnership with grassroots

Serangoon Club started at Braddell Heights Zone 'F' RC.

- 1991 Children's Club in Jurong moved into Shuqun Primary School.
- 1992 Bendemeer Club started at Bendemeer Primary School.
- 1995 Children's Club in Tampines moved into Griffiths Primary School.
- 1996 Two Clementi Clubs in Pei Tong Primary School.

1998  
Yishun Club started.



**1<sup>st</sup> Young Arrows club lauched**

Young Arrows Children's Club started at Mountbatten CC.

**TOUCH Children's Club renamed**

as TOUCH Young Arrows (TYA).

**TYA turns 30 years old**

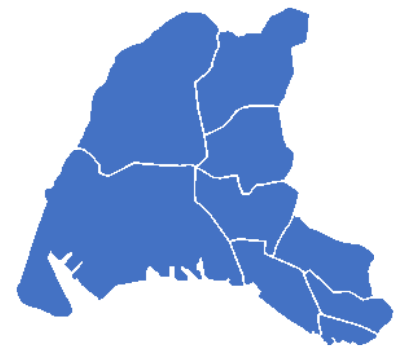
Celebrated 30<sup>th</sup> anniversary with all clients, family members, volunteers, corporate and school partners.

- 2008 Bedok, Hougang and Queenstown Clubs started.
- 2010 Woodlands and Ang Mo Kio Clubs started.
- 2012 Eunos, Marine Parade, Geylang Bahru, Jurong West Clubs started.
- 2013 Hougang Club expanded into two clubs, Teban Gardens Club started.
- 2014 Telok Blangah and Bukit Panjang Clubs started.
- 2015 Boon Lay, Kampong Eunos, Sengkang and MacPherson Clubs started.
- 2016 Punggol Club started.

# TYA DISTRIBUTION

AN OVERVIEW OF ALL THE 24 TYA CHILDREN CLUBS DISTRIBUTION IN SINGAPORE, WITH DEDICATED KEY VOLUNTEERS OVERSEEING THE VARIOUS CLUBS.

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Supervisor	<b>NG BOON TECK</b>	<b>JASON LUM</b>	<b>LEONG HAIWEI</b>	
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	<b>QUEENSTOWN</b> Daffy Tay Tan Qi Wei Wang Lin Ying	<b>CLEMENTI</b> Chris Yean Lee Kok How	<b>JURONG WEST</b> Shaun Lau	
		<b>TEBAN GARDENS</b> Eugene Lau Rachel Lee		
		<b>TELOK BLANGAH</b> Daniel Gan Raecia Tan Joyce Seah		



CENTRAL CLUSTER					
Staff IC	<b>TIMOTHY ONG</b> Senior Executive				
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Club Leader	<b>ANG MO KIO</b> Annina Zhang Claire Tan Mark Ong	<b>HOUGANG 1</b> Alicia Foon Joel Yap Tan Ying Ying	<b>SERANGOON</b> Danielle Lee Ong Jing Yi	<b>SENGKANG</b> Chantel Tan Tammie Ng	<b>WOODLANDS</b> Dennis Cai Justine Ocampo Lim Shan Chun
		<b>HOUGANG 2</b> Bernice Chew Farhan Lestahulu		<b>PUNGGOL</b> Daniel Wong Eugene Toh	<b>YISHUN</b> Gary Ng Neo Song Yang Lim Yi Xuan
					<b>YOUTHPHORIA (YISHUN)</b> Lim Yi Xuan



EAST CLUSTER					
Staff IC	<b>JESSICA LECK</b> Programme Executive				
Supervisor	<b>CRYSTAL YONG</b>	<b>ANDERS SOH</b>	<b>JONATHAN PANG</b>	<b>SYLVIA SOH</b>	
Club Leader	<b>BEDOK</b> Daniel Lee Heng Yingchao	<b>EUNOS</b> Judaxil Soh Crystal Seah	<b>GEYLANG BAHRU</b> Er Li Ling Chua Yee Ling	<b>MARINE PARADE</b> Deborah Ho Koh Huan Kiat Thomas Tan	<b>YOUTHPHORIA (KALLANG)</b> Jocelyn Tay Chew Shi Jun
	<b>TAMPINES</b> Amelia Tan Petrina Seow	<b>KAMPONG EUNOS</b> Lai Jiang Ming Chan Zijun	<b>MACPHERSON</b> Kimberly Ang Ong Yi Sheng	<b>MOUNTBATTEN</b> Peh Chu Ming Loi Jun Hao Tan Rei	





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# SURVIVAL CAMP

11-14 MARCH 2017  
PIONEER PRIMARY SCHOOL



Held from 11 to 14 March 2017, TYA's 29<sup>th</sup> Annual Survival Camp brought together 197 children and 127 volunteers for a memorable and enriching time at Pioneer Primary School.

Themed "Let's Go!", the camp aimed to inculcate in the children the values of togetherness and confidence. The children, who were

organised into four clans, experienced a series of activities which empowered them to step out of their comfort zone, and experience what teamwork can achieve.

Additionally, a central storyline was woven into the camp to keep the programme interesting. Different programmes were tied together through a series of

skits performed by the camp committee. Everyone thoroughly enjoyed the moments of poignant drama interspersed with snippets of comic relief.

The camp started with mass games and dance performances which helped campers to warm up to their groupmates.





Day 1 ended off with Night Games; which guaranteed soaking-good fun as clans battled it out and united to defeat the real, common enemy.

Teamwork was the highlight of Day 2. Through the team-building activities and station games, campers experienced the importance of teamwork and got to know and accept one another better. They also blessed the community with hand-made notes of encouragement, bottles of water and snacks.

On Day 3, the campers hiked from Henderson Wave to Labrador Park, witnessed a live

first aid demonstration and did outdoor cooking. The children were seen encouraging one another, exemplifying the camp theme - togetherness.

With an extraordinary turnout of family members, the clans were all hyped up for the campfire night, ready to perform their items which were inspired by the night's ongoing theme of a 'kampung spirit', signifying the importance of community. The campfire concluded with a time of thanksgiving and singing of "Forever Friends". It was a heart-warming sight as many shared their thanksgiving on stage.

The final day unveiled a photo challenge activity, an apt way to create final memories as the camp drew to an end. As campers received their camp photos and exchanged goodbyes, it was evident that strong bonds of friendship had been forged over the mere span of four days. Through the camp, all have indeed been blessed and encouraged to achieve their goals, knowing that there is always support in the community.



Written by  
Anissa Tan

# FAMILY DAY

20 MAY 2017  
EAST COAST PARK



TYA celebrated the annual Family Day on 20 May 2017 with 700 children, family members and volunteers from 24 TYA clubs gathering at East Coast Park for a fun-filled day at the beach.

Jointly organised by TYA staff and volunteers, the event started with mass games that engaged parents, grandparents and children alike. Peals of laughter were accompanied by upbeat music as the families participated sportingly in games led by volunteers on stage. In one particularly memorable game, families were given pieces of newspapers and all members had to stand on and within

the newspapers. As the game progressed and the newspapers were folded into smaller pieces, everyone was wobbling and trying to stay on the newspapers. Some children were even carried or piggybacked by their parents!

After the games, craft materials were distributed, and families were guided through a photo-frame making session using ice cream sticks, markers and string. Volunteers went around to every family to take polaroid photos which they could stick in the middle of the frame and bring home as a memento.

During the free-and-easy time, some children had fun with Frisbees and beach balls while others built sandcastles.

As evening approached, everyone's attention shifted to the barbeque pits where the fires had started and food was beginning to cook. Soon, families tucked into a mouth-watering spread of satay, otak-otak, chicken wings, sambal stingray, sausages and the children's favourite – roasted marshmallows. Some families sat around the barbeque pits while others relaxed on picnic mats by the sea while they enjoyed their dinners.





By sundown, everyone was exhausted but reluctant to leave. It had been an unforgettable day for all.



Written by  
Charissa Yee



**“MY FAMILY REALLY ENJOYED FAMILY DAY. I ATTENDED WITH MY MOTHER AND TWO KIDS. IT WAS A GREAT CHANCE TO BOND BECAUSE WE ONLY GET TO DO SUCH ACTIVITIES ONCE IN A WHILE.”**

**– AZLINA, MOTHER, TYA PUNGGOL CLUB**



# SRI LANKA EXCHANGE



12-18 JULY 2017  
SRI LANKA

A team of nine staff and volunteers visited children from three areas in Sri Lanka – Mullativu, Madampe and Mattakuliya – from 12 to 18 July 2017. The children's programme conducted in Mullaitivu was the highlight of the trip.

The team spent three days with the children and youths aged six to 16 from Center of Hope

(COH) at Kaiveli, Mullativu, who suffered traumas from the civil war that ended in 2009. Guided by a theme for each day – To Be Great, To Be Loved and To Be A Star, the team imparted to the children comprehensive lessons revolving around a child's identity, values and character. As character is not so much taught but caught, the team

focused on team-building and structured activities to facilitate experiential-learning. The children were challenged to ask questions, think and answer for themselves as they went through the activities together. Debrief sessions facilitated by the TYA team members at the end of each activity and at the end of a day's programme helped to





reinforce the lessons.

Mr Lawrence Tan, Manager of TYA, addressed the children to help them understand the three themes with the help of simple yet engaging demonstrations including a magic trick. He also affirmed the youth leaders, encouraging them to continue to be the role models for the next generation. This was followed by a badge ceremony where the Person-In-Charge of COH pinned a badge on each of the youth leaders, appreciating them for their leadership and care

toward the younger children. The TYA team also pinned badges designed by TYA children on each child, to show that each one of them is great, is loved and is a star.

The programme concluded with the COH children creating a thank-you note for the TYA children in Singapore, using colourful scratch pads provided. The visit ended on a high with everyone singing a new song that the children learnt in English, over the past days.

The team is highly appreciative of the opportunity to better understand the needs of the poor and broken in Sri Lanka and to be able to help the children take away life lessons that would be beneficial in light of their challenging circumstances and past war-related traumas.



Written by  
Neo Song Yang

# GAMES DAY

9 SEPTEMBER 2017  
NGEE ANN POLYTECHNIC

The annual TYA Games Day was held on 9 September 2017 at Ngee Ann Polytechnic. The event saw around 580 children, families, and volunteers gathered for a time of team-building. Children and their parents participated in a myriad of activities available.

In addition to the usual activities lined up, TYA Games Day 2017 saw its first-ever, TYA-styled “Running Man”! It was a heart-warming sight to witness the whole field flooded with children running excitedly for strings. These strings served as the ‘name tags’ for the game. To help ‘resurrect’ the children who had their strings stolen, parents and volunteers were roped in to help by completing group tasks of skipping and playing chaptah. The spirit of camaraderie displayed by all parents and volunteers was truly admirable.

Another highlight of the day was “Clash of Heroes”. Specifically designed for parent-child bonding, this activity presented an opportunity for parents to

increase the intimacy and communication with their children. Children were given caps to wear on their heads and parents were entrusted with wielding balloon swords. To eliminate other players, each parent-child pair was tasked to go around flipping the caps of other pairs with their balloon swords while being tied together at their ankles. Although seemingly easy initially, the pairs soon realised that being tied at the ankle demanded their perseverance, as well as wit, to outlast and survive. The final three pairs left in the game walked away victoriously with NTUC and Popular vouchers.

Of course, Games Day would not be complete without the annual Championships – Captain’s Ball! The earlier weeks of training during individual club sessions had successfully paid off for the top three clubs – Boon Lay (1<sup>st</sup>), Woodlands (2<sup>nd</sup>), and Hougang 1 & 2 (3<sup>rd</sup>). Congratulations to them!



Moving forward, TYA Games Day will be segmented into three separate events, promising to cater to greater cluster bonding amongst the East, Central, and West clusters. Let’s look forward to the new and upcoming format for Games Day!



Written by  
Bernice Chew









**“THIS YEAR MARKS MY FIFTH CONSECUTIVE 10KM RACE AT R&R! ANNUALLY, THE CHILDREN RUNNING ALONGSIDE ME EACH YEAR NEVER FAILED TO ENCOURAGE ME TO CONTINUE RUNNING TOWARDS THE FINISHING LINE. SOME OF THEM HAVE EVEN BECOME TEEN VOLUNTEERS RUNNING WITH ME! THIS REMINDS ME THAT OUR WEEKLY SERVICE WILL NEVER BE IN VAIN.”**

**CHANTEL TAN,  
RUN & RAISIN' 2017 PARTICIPANT  
AND CLUB LEADER AT TYA SENGKANG CLUB**

# RUN & RAISIN'

4 NOVEMBER 2017  
SINGAPORE SPORTS HUB, OCBC SQUARE

Held on 4 November 2017 at OCBC Square as part of The Giving Family Festival, the annual Run & Raisin' (R&R) drew a crowd of some 2,500 participants who ran in support of over 580 TYA children and their families.

With a new race route which took runners through the idyllic Tanjong Rhu Park Connector and into the iconic Gardens by the Bay, R&R' 2017 featured an exciting 500m family dash where

families took on challenging obstacles such as crossing balancing beams and jumping through tyres together. The family dash culminated in a photo-taking opportunity, where families got to take home polaroids as a memento of the fun time they shared together.

As a volunteer and R&R' 2017 committee member, it was incredibly heartening for me to see individuals from all walks of





life coming together to show their support for a cause so close to my heart. I will always remember the image of runners pressing on and moving towards the finish line despite the sudden heavy downpour. That was a beautiful moment and a great embodiment of the spirit of resilience and positivity that we see so often in our TYA children and volunteers.

Lastly, TYA Sengkang Club put together an amazing performance with the help of the National University of Singapore (NUS) Medicine Dance Crew

and TYA Volunteers and won the rousing applause of many onlookers and proud parents.

The carnival as part of The Giving Family Festival, provided many TYA families with a wonderful bonding time as they took part in the games and rides together. A heart-felt thank-you to all our corporate partners, individual donors, runners and all who sponsored carnival coupons for TYA families!



Written by  
Kevan Chew







# EQUIPPING OUR PARENTS

1 APRIL 2017, MACPHERSON CC  
18 NOVEMBER 2017, ANG MO KIO SECONDARY SCHOOL

In line with TOUCH's vision to strengthen families, TYA organised two parenting talks on 1 April and 18 November, to equip some 150 parents of TYA children with relevant knowledge and skills in the areas of effective parenting and cyber wellness.

The speaker, Mr Chong Ee Jay, Manager of TOUCH Family Services, shared with the parents invaluable tips on setting the standard at home and modelling desired behaviours for their

children to follow, as well as how to express appreciation for their children and spouses through the various love languages. In the spirit of mutual support and learning, many parents also shared their personal experiences and parenting concerns.

Aside from being a platform to share knowledge and skills, the parenting talks were also an opportunity for parents of children from different TYA clubs to meet and connect

with the bigger TYA family. The enthusiastic response and lively discussions during both talks demonstrated the desire of parents to provide the best for their children, and TYA is privileged to be able to partner the families on this journey!

TYA is also thankful for Tanjong Katong Secondary School (TKSS) for their support in providing student leaders to engage some 160 children in meaningful activities at both parenting





talks, allowing the parents to be present and focused at the talks. Besides actively engaging the children with ice-breaker games, the students also taught the TYA children to honour their parents by making bottles of stars and writing a 'thank you' note to appreciate them.



 Written by  
Daniel Wong

# TYA

A R O U N D  
S I N G A P O R E

582

CHILDREN  
SERVED

365

REGULAR  
VOLUNTEERS

058

CLIENT-TURNED  
-VOLUNTEERS

## Yishun Club

Location: Chong Pang Zone "1" RC  
Established in 1998  
Children: 32

## Youthphoria @ Yishun

Location: Chong Pang Zone "1" RC  
Established in 1998  
Children: 32

## Jurong West Club

Location: Gek Poh Ville CC  
Established in 2012  
Children: 5

## Woodlands Club

Location: Sembawang Zone "J" RC  
Established in 2010  
Children: 25

## Bukit Panjang Club

Location: Bukit Panjang CC  
Established in 2014  
Children: 26



## Boon Lay Club

Location: Boon Lay Zone 'A' RC Centre  
Established in 2015  
Children: 17

## Teban Gardens Club

Location: PAP Ayer Rajah Branch  
Established in 2013  
Children: 38

## Clementi Club

Location: Clementi Zone '3' RC  
Established in 1994  
Children: 13

## Queenstown Club

Location: Queenstown CC  
Established in 2008  
Children: 17

## Telok Blangah Club

Location: Telok Blangah Depot Heights RC  
Established in 2014  
Children: 20



**Tishun**  
Location: Zone "1" RC

**Serangoon Club**  
Location: Braddell Heights Zone "F" RC  
Established in 1997  
Children: 35

**Ang Mo Kio Club**  
Location: Kebun Baru Link RC  
Established in 2010  
Children: 40

**Hougang 1 Club**  
Location: TOUCH Young Arrows Centre  
Established in 2013  
Children: 25

**Hougang 2 Club**  
Location: TOUCH Young Arrows Centre  
Established in 2008  
Children: 21

**Punggol Club**  
Location: Punggol Vista CC  
Established in 2016  
Children: 38

**Sengkang Club**  
Location: Rivervale Village RC  
Established in 2015  
Children: 31

**Tampines Club**  
Location: Tampines Changkat Zone "3" RC  
Established in 2005  
Children: 30

**SINGAPORE**

**Bedok Club**  
Location: Bedok CC  
Established in 2008  
Children: 7

**Kampong Eunos Club**  
Location: Eunos CC  
Established in 2015  
Children: 22

**Bukit Merah Club**  
Location: TOUCH Centre of Independent Learning  
Established in 2009  
Children: 20

**Eunos Club**  
Location: Eunos Crescent RC  
Established in 2012  
Children: 16

**Marine Parade Club**  
Location: Marine Crescent Ville RC  
Established in 2007  
Children: 37

**Geylang Bahru Club**  
Location: TOUCH Senior Activity Centre  
Established in 2012  
Children: 43

**MacPherson Club**  
Location: MacPherson CC  
Established in 2015  
Children: 9

**Mountbatten Club**  
Location: Mountbatten CC  
Established in 2005  
Children: 15

**Youthphoria @ Kallang**  
Location: Leisure Park Kallang  
Established in 2017  
Teenagers: 15



# FAMILY STAYCATION

2-3 DECEMBER 2017  
HOTEL BOSS LAVENDER

Over 400 children and family members had a blast at the year-end TYA Family Staycation 2017 where they enjoyed a one-night stay at Hotel Boss and outings to the Singapore Science Centre and Gardens by the Bay.

The event kicked off on 2 December with a fun and educational morning visit to the Singapore Science Centre. The children and their families bonded over activities such as navigating a unique mirror maze, witnessing a high-voltage but safe electric current demonstration, as well as an immersive Omni-Theatre screening about the Northern Lights.

Taking refuge from the afternoon heat, the families enjoyed a mid-day break after checking into their rooms at the hotel. At dusk, the families took a trip to Gardens By the Bay where they were greeted with mesmerising

light displays set against the backdrop of majestic Super Trees and the Christmas Wonderland festivities.

The staycation ended off with a much-anticipated “Olden Singapore” themed lunch banquet on Day 2. Hosted by emcees who were TYA volunteers dressed up as local comedic characters, the families were entertained by performances and activities with retro props that transported them back in time. It was a joyous lunch filled with much laughter and smiles as everyone feasted on mouthwatering dishes and participated in exciting stage games. The lunch banquet ended on a high note with many families and children walking away with a wonderful array of items which they won during the Blessed Draw held towards the end of the programme.

Albeit short, the two-day family-

focused staycation was a hearty and homely experience. It was heart-warming to see the parents and children play, bond and learn together upon taking time off their busy schedules. Home is where the heart is, and moments spent with loved ones are likely to make memories irreplaceable.

 Written by  
Rachel Lee











# VOLUNTEERS' APPRECIATION

28 DECEMBER 2017  
GATEWAY THEATRE

2017 concluded with the Volunteers' Appreciation, an annual affair to thank our volunteers for their dedication in serving the children and their families.

The event was held on 28 December at Sky Garden, Gateway Theatre, with more than 150 volunteers from all the 24 TYA Children Clubs across Singapore. It was the first time that the event was held outdoors, with beautiful fairy lights that lit up the evening.

As the volunteers streamed in, they were given a post-it slip to write one thing that they were thankful for in the year.

A short time of ice breakers was introduced to help volunteers from different TYA Clubs to know one another! Thereafter, a few volunteers also came forward to share their thanksgiving.

Jieying, one of the volunteers, shared that she was very thankful for the community of staff and volunteers who serve for a common purpose - we all love children, and we want to instill hope and confidence in them so that they are able to learn, and can grow up to be useful and joyful individuals. Serving week after week is not an easy feat, but everyone took time and effort to selflessly sow into the lives of these children.

Before the night ended, the five-year and ten-year long-service awards were presented to the volunteers in recognition of their commitment and effort over the years.

The success of TYA is not dependent on the programme but the volunteers, and tonight was truly a celebration of this.

A shout out to all our volunteers, THANK YOU and let's look forward to another great year together!



Written by  
Jessica Leck

# TYA YOUTHPHORIA

YOUTHPHORIA IS FORMED BY A GROUP OF TYA VOLUNTEERS TO MENTOR YOUTHS WHO HAVE GRADUATED FROM THE TYA PROGRAMME.



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# YOUTHPHORIA CLUB

LEISURE PARK KALLANG

The weekly Youthphoria Club started in April 2017 at Leisure Park Kallang, for Secondary One and Two teens who have graduated from TYA. The club aims to provide a platform to support the teens academically and in their character development. It enables them to return to their respective TYA Clubs to help the children, similar to how they had received help in their younger years. The club also aims to provide a safe community where teens can continue to seek guidance and be mentored by adult volunteers.

Currently, 15 teens have been attending on a regular basis.

At the start, the club's priority was to help the teens bond as they came from different clubs and schools. Through leisure and team-building activities such as bowling, beach outings and group photography and rollerblading sessions, the group of teens have since grown closer and have even formed their own support system outside of school.

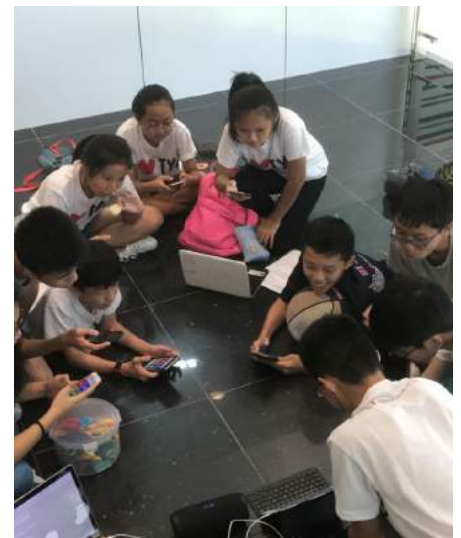
Most of the teens have continued to serve actively in the TYA clubs

that they grew up with – planning games or helping to tutor their younger peers. They make effort to volunteer in the various clubs faithfully before or after attending Youthphoria club which runs from 12:30pm to 3pm every Saturday. We look forward to seeing more of the TYA children who have graduated to join us in this weekly programme!



Written by  
Jocelyn Tay





**“YOUTHPHORIA CLUB IS A WONDERFUL PLACE TO BE AT AS IT IS FILLED WITH A JOYFUL ATMOSPHERE. WE ENJOY ACTIVITIES TOGETHER!”**

**IRMAN, 13 YEARS OLD  
YOUTHPHORIA TEEN**

**“DESPITE BEING BUSY WITH SCHOOL, I ATTEND YOUTHPHORIA CLUB WEEKLY SO THAT I CAN GET HELP FOR MY STUDIES AND HANG OUT WITH MY PEERS FROM TYA.”**

**CHLOE, 13 YEARS OLD  
YOUTHPHORIA TEEN**





# YOUTH PHORIA CHALLENGE

8 JULY 2017  
MARINE PARADE CENTRAL

“We don’t grow when things are easy; we grow when we face challenges.” (Joyce Meyer)

This was the belief that had led to the conception of the annual Youthphoria Challenge, which is a test of the limits of human endurance and mental resilience in the teens. Youthphoria Challenge 2017 saw some 40 teens embarking on an overnight cycling trip, covering an

incredibly long distance of more than 30km around some of the most scenic spots in Singapore such as Marina Promenade and Gardens By the Bay.

Arriving all geared up and ready for the challenge at East Coast Park on the night of 23 June 2017, the teens were quickly divided into groups. The challenge was kickstarted with a series of exhilarating ice-

breaker games to get to know one another, which subsequently proved to be very useful as the teens supported one another as the going got tougher.

Although each group comprised teens and volunteers from different clubs, everyone was bound by a common goal in mind – to conquer the challenge together as a group. That common purpose helped





everyone to bond in no time, which was evident in the sounds of laughter and cheers as the teens spurred one another on in the race.

The cycling was a test of endurance but a greater challenge awaited at the final checkpoint, Marina Barrage, where the teens embarked on challenging but fun team-building games. It was heartening to see the teens support one another through actions and words of encouragement as they helped one another overcome each challenge.

After a night of cycling and challenges, the teens were treated to a satisfying McDonald's meal. To many of the teens, the reward also came with the knowledge that challenges are not insurmountable as long as we continue fighting and choose not to give in to our fears and struggles. Nobody said it would be easy but we can be assured that at the end of it all, we would become stronger and better than ever before.



Written by  
Peh Chu Ming



# CAMP EXPLORER

17-20 NOVEMBER 2017  
ANG MO KIO SECONDARY SCHOOL

The annual Camp Explorer was held at Ang Mo Kio Secondary School (AMKSS) from 17 to 20 November for over 40 graduating Primary Six children from TYA. Themed “Dreams” and supported by over 30 volunteers, the camp was designed to help them transit into secondary school and inculcate in them a spirit of perseverance and dreaming big.

On the first night of the camp, the children familiarised themselves with one another and learnt

the importance of teamwork and perseverance through an activity which required them to earn pieces of a puzzle at game stations. The puzzle, which was to be assembled on Day 2, could only be completed if everyone played their part.

On Day 2, the participants attended an orientation by the students and teachers from AMKSS where they learnt about subjects and Co-Curricular Activities (CCA) offered in secondary school. The

participants even got to try their hands at sports CCAs such as basketball, netball and soccer.

The participants also attended a cyber wellness talk and learnt to moderate their gaming time and social media usage for a balanced lifestyle. The day ended with a movie screening of “Real Steel” which highlighted the importance of perseverance, showing love, and having a spirit of excellence.

Making wise decisions was the



**“THIS IS A SAFE HAVEN WHERE THE CHILDREN CAN EXPLORE AND GROW INTO THE YOUNG ADULTS THEY ENVISIONED THEMSELVES TO BE.”**

**LEE KOK HOW  
CLUB LEADER OF  
TYA CLEMENTI CLUB**

main topic of Day 3. Participants attended talks on managing peer pressure and participated in interactive activities by students of Tanjong Katong Secondary School which helped build thinking skills.

The camp concluded with a Graduation Ceremony and a BBQ night where participants and volunteers bonded over a sumptuous dinner. Each participant was presented with a certificate and card from TYA’s club volunteers who had



mentored them over the years. Thanksgivings were shared, making it an undeniably heartfelt and significant night.

We give thanks for the growth of these TYA children; we are proud of them and are excited to see what lies ahead for them!



 Written by  
Joyce Seah

# YOUTHPHORIA CHRISTMAS

16 DECEMBER 2017  
BUKIT MERAH CENTRAL

The Youthphoria Christmas Chill-out was attended by close to 70 participants comprising teen volunteers and graduating Primary Six (P6) children.

The teens of Youthphoria Club arrived earlier to put up signages, decorate the room, and set up the games and Christmas buffet. The enthusiasm in the room was contagious and everyone did their best to make the event a warm and welcoming one. Their efforts were rewarded when the room filled up with laughter as the participants arrived and bonded over video and board games, as well as sumptuous food.

After dinner, the participants gathered for a game of 'Pass the Parcel', where they unwrapped gifts wrapped with multiple layers of newspapers as the music played. With each layer peeled off, some earned free notebooks and KOI gift cards while others received forfeits like jumping



jacks, banana dance or eating cookies off their faces without using their hands.

Jessica, one of the staff at TYA, also shared about Youthphoria Club, extending an invitation for them to the P6 children to be a

part of the Club as they transit to secondary school.

Before the evening ended, all the participants were blessed with customised tote bags as Christmas gifts from TYA.





It was an energetic wrap-up of the TYA year as the teens and P6 graduates buzzed with youthful joy and excitement during this festive December event.

**“THIS IS MY FIRST YOUTHPHORIA EVENT AS A TYA VOLUNTEER AND I AM DEEPLY HEARTENED BY THE EFFORT THE TEENS PUT IN TO MAKE IT A SUCCESS. IT SHOWED ME THAT THEY GENUINELY CARE FOR THEIR JUNIORS AND ARE CAPABLE OF STEPPING UP TO SERVE THE NEXT BATCH OF CHILDREN.”**

**TAMMIE NG,  
VOLUNTEER AT  
TYA SENGKANG CLUB**

 Written by  
Tammie Ng

# SUCCESS STORIES



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## NURUL FATEHA

TYA TEBAN GARDENS CLUB

Fateha lives with her parents, paternal grandparents, two younger sisters and an older cousin in a three-room flat. Most of the time, Fateha's grandmother takes care of them as both her parents are busy at work to make ends meet. One day, Fateha's grandmother, Mdm Nor'aini Binte Ramli came across a poster at the Ayer Rajah PCF Centre about free tuition by TOUCH Young Arrows (TYA). She quickly enquired about it as her grandchildren were weak in their studies and had difficulties understanding what was taught in school.

In March 2013, Fateha joined TYA (Teban Gardens) together with her younger sisters and cousin when she was in Primary Three. Initially, Fateha was

shy and reserved. However, she gradually opened up after attending TYA's activities as she gained confidence in interacting with other children and her mentors.

With constant love and encouragement from her mentors, Fateha's social interaction with her peers improved significantly. She looks forward to attending Club meetings on Saturdays. Fateha would also make the effort to befriend other children at the Club. For example, she would explain to them how the games are played and encourage them to do their best in winning the game as a team.

Rachel Lee, a TYA volunteer said, "I feel so encouraged to

see Fateha rising up to look after the younger ones. She is filled with initiative and would encourage her friends at the Club to concentrate when the other mentors are coaching them in their studies."

Fateha's efforts in her studies paid off in 2014 when she achieved a significant academic milestone by topping her class. Fateha's positive attitude towards learning and to others endears her to her peers and siblings who look up to her as a role model. These days, Fateha, who is now a teen, participates in our Youthphoria events such as Youthphoria Challenge and continues to be a positive presence in the TYA community.

Izamanriah was shy and lacked confidence when he joined Marine Parade Club in May 2007 at age nine. However, through close mentorship from the TYA volunteers in a positive social and learning environment in TYA, he gained self-confidence, learnt to express himself more effectively, and showed significant improvement in public speaking.

A strong believer of TYA's work, Izamanriah returned as an active volunteer after graduating from the club. Today, he plans weekly values-driven activities for the children and assists in club operation matters. Izamanriah is patient with children with

behavioural issues and effectively connects with them. His leadership quality and passion for impacting the lives of children was evident when he led and managed the children as camp facilitator at TYA Survival Camp 2017.

Izamanriah's younger brother, Irman, who was in the TYA programme, has followed in his brother's footsteps. Upon graduating in 2016, he joined Youthphoria and has grown to be a resilient teen.

Although Irman did not know how to cycle, he chose to participate in an overnight cycling event, Youthphoria Challenge 2017. He struggled

through the first half of the journey but while his fellow Youthphoria peers rested during the breaks, Irman practiced until he could cycle. On the return trip, Irman had a bad fall. Instead of being discouraged, he picked himself up and completed the journey with a positive attitude. He even expressed interest in attending a future cycling event. Irman amazed his mother and the volunteers with his tenacity and is an inspiration to the other Youthphoria teens.

Izamanriah and Irman's mother is thankful for how TYA has positively impacted her sons' character, academic performance and social skills. She is also grateful for the opportunities for family bonding during family events and festive gatherings organised by TYA.



From left to right: Irman, Izamanriah and their mother.

## IZAMANRIAH & IRMAN

TYA MARINE PARADE CLUB





## ER LI LING

TYA GEYLANG BAHRU CLUB

I am Er Li Ling, a 23-year-old graduate from Republic Polytechnic and a volunteer and former beneficiary of TOUCH Community Services.

Growing up, my parents struggled to provide for our family due to their unstable income. This meant that we could not afford much and often had to borrow from relatives and friends to get by. As they had to work long hours to make ends meet, my sister and I were left at home most of the time. In Primary School, I struggled to keep up with my studies and had trouble understanding what was taught in class. Without my parents' involvement in my life, I also grew up as a shy and timid

child with low self-esteem.

Joining TOUCH Young Arrows (TYA) in 2002 transformed my life. TYA is a place where children from disadvantaged families are welcomed into a community of care and support. Under the volunteers' mentoring and academic coaching, my results improved greatly and I began to overcome my shyness to befriend the other TYA kids. TYA also sourced for financial subsidies to help my family tide through the difficult times.

The encouragement and support I received from the TYA volunteers was pivotal in helping me become the confident person I am today.

Upon graduating from primary school in 2007, I returned as a volunteer and was given many meaningful opportunities to serve others. In 2015, I was appointed the club leader of TYA Geylang Bahru Club where we reach out to 25 underprivileged children every week. Due to my childhood experiences, I believe that every child needs a mentor to be a role model and a guide in challenging times.

Looking back, I would not have become the person I am today without the help of many like you who have given to the work of TOUCH.

When I began volunteering with TYA in March 2016, I was under the impression that the main role of volunteers was to provide the children with weekly academic coaching and help them keep up with the curriculum in school. Yet, as I continued to serve with TYA and spent time with the children, I grew to realise that while academic coaching was definitely an important part of developing the children, the true value of every TYA Club was in providing a safe space for each and every child to grow and aspire towards becoming the best possible versions of themselves.

Aside from academic coaching, we plan various values-driven activities to inculcate important values such as respect, discipline and courage.

My favourite part of every club session is always the first ten minutes which we allocate to “Journal Time”, a special pocket of time where the children are able to share freely about their innermost thoughts and

feelings, something that they may not always be able to do at home. Through these sessions, I get to celebrate their joys and small triumphs with them, as well as help them manage and process the pain and anger they sometimes experience in their lives. Most importantly, I help them understand that it is okay to be emotionally vulnerable and to not always feel okay.

Aside from empowering children, a big role that TYA plays is also in strengthening and providing support for the families of the children. As a club leader, I have been extremely privileged to be in a position to reach out and engage with the families on a more personal level. One incident that has stuck with me was when I tagged along on a home visit

with one of the families that was going through some serious financial difficulties at the time. As the child’s mother shared about her family’s difficulties with our social worker, I was shocked to see her break down in tears suddenly, as she recounted how she had contemplated suicide when she could not see a way out of her despair.

Yet, she also shared that knowing that there were people from TYA willing to lend her family a helping hand was part of what helped her pull through in the end. Then and there, it dawned upon me that often, the most important thing that one can provide to someone in need is simply, the power of hope.



**KEVAN CHEW**  
TYA SENGKANG CLUB





## VIC-KI SIA

TYA WOODLANDS CLUB

For eight years, I've been a 'big sister' to 40 kids who live in Yishun and Woodlands. Almost every Saturday, together with other volunteers, I will supervise them in their school work and mentor them. These children are six to 12 years old, and despite their challenging backgrounds, are so resilient and bring so much joy to my heart.

When I started my journey with TYA in 2007, I did not think of it as more than a part of the criteria to assure my Girls' Guide unit a Gold Award in a compulsory year-long Values in Action project. At first, I found these children intimidating! It was challenging to see beyond their (mis)behaviour, quietness or even blank faces. I was apprehensive about my ability to teach these children or even to help them beyond their academics.

This was until the children stepped into my life, and allowed me into theirs.

Soon, I realised that these children were facing issues beyond school work. Poor performance at school was more often than not attributed to familial problems relating to finances, illnesses and broken relationships. Many of these children looked forward to the weekly sessions of TYA as a short relief from the stresses of life. At TYA, they could be a child again, children with great dreams for the future.

One of the most memorable moments was during one of the additional coaching sessions we have for the P6s in the lead-up to PSLE, where one P6 boy shared that he wanted to do well for PSLE, so that he could give his family a better life. It was a

simple yet big dream for a young man like him and I knew I wanted to do as much as I could to help him achieve his goal.

I count it a blessing to be able to journey with these children towards the dreams which they have, to lend them a listening ear when they get scolded, to provide them a shoulder to cry on when they fail, to give them the appropriate admonishing when they err, and to celebrate with them in little or great moments of joy.

The boy eventually performed well enough to make it to the secondary school of his choice, taking a tiny yet significant step towards the goal he had in mind. That boy is now serving with TYA regularly as a teen volunteer and I am glad to continue this journey with him, both as a mentor and as a peer.



**1**

**JANUARY**

MEET-THE-PARENTS  
SESSION

**2**

**FEBRUARY**

MEET-THE-PARENTS  
SESSION

CNY CELEBRATION

**3**

**MARCH**

3 MAR  
VOLUNTEERS' ORIENTATION (I)

11-14 MAR  
30<sup>TH</sup> SURVIVAL CAMP

**7**

**JULY**

7 JUL  
YOUTHPHORIA CHALLENGE

14 JUL  
VOLUNTEERS' ORIENTATION (II)

21 JUL  
PARENTING TALK (I)

**8**

**AUGUST**

3-5 AUG  
VOLUNTEERS' RETREAT

25-26 AUG  
RUN & RAISIN'  
RACE ENTRY PACK COLLECTION

**9**

**SEPTEMBER**

1 SEP  
RUN & RAISIN' AND  
THE GIVING FAMILY FESTIVAL





# TYA 2018 CALENDAR

*Information is correct as of May 2018*

**4** APRIL

8 APR  
SURVIVAL CAMP ECHO

**5** MAY

12 MAY  
FAMILY DAY  
  
29 MAY - 7 JUN  
SRI LANKA EXCHANGE

**6** JUNE

HARI RAYA CELEBRATION  
  
SCHOOL HOLIDAY PROGRAMME  
AND OUTINGS

**10** OCTOBER

7 OCT  
CHILDREN'S DAY CELEBRATION

13 OCT  
PARENTING TALK (II)

**11** NOVEMBER

18-20 NOV  
CAMP EXPLORER

24 NOV  
VOLUNTEERS' ORIENTATION (III)

**12** DECEMBER

15-16 DEC  
FAMILY CAMP

20-22 DEC  
YOUTHPHORIA  
CHRISTMAS

**YOU** can be a part of TYA's work in the community!



TOUCH Young Arrows (TYA) not only offers less privileged children academic coaching and values-driven activities, it provides clients who have graduated with an opportunity to return and mentor the younger ones.

Every child has a story and a dream. You can help them believe that they can have a better future. If you would like to help TYA continue making a difference in the lives of children and youths, simply go to [www.touch.org.sg/get-involved/volunteer](http://www.touch.org.sg/get-involved/volunteer) or write in to [young.arrows@touch.org.sg](mailto:young.arrows@touch.org.sg) to sign up as a regular volunteer of TYA. You may also make a donation online at [www.touch.org.sg/get-involved/donate](http://www.touch.org.sg/get-involved/donate).



*Volunteer with us!*

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A Service of TOUCH Community Services

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