



# radiance

April–June 2014

*Inspiring volunteerism, one issue at a time*

Hi everyone!

It's a brand new year for Radiance and we are very excited at what's in store for you. Hope you like the new look and content!

Don't forget to check out the last page for a not-to-be-missed opportunity to show off how *\*young\** you are.

## In this issue

- 2 Missed ACID this year? Our organising committee recounts the experience...
- 4 AMK's outing to River Safari
- 5 Sushi making workshop
- 6 Thoughts from a young volunteer
- 7 Did you know? The disability sector in Singapore
- 8 ACID shirts through the ages - **WHERE'S YOURS?**



### Upcoming events

- VA Amazing Race: 12 July
- Training: 13 July
- Sports Day: 30 August

# Missed ACID this year? Our organising committee recounts the experience...

By: Joel Low

## Day 0: behind the scenes...

After a good 6 months of planning and getting ready for the camp, we finally commenced day 0 at PJC. With many errands to run, the ACID committee had to spilt up and work against time that was quickly running out. Once we had collected all of our goodie bag items, we started working on getting them packed, which we were able to make quick work of as we had a very efficient human chain and many pairs of nimble hands! As the camp commander, I also had to finalise the script with my committee members as there were some instructions to be given out so as to ensure the smooth running of the camp's activities and events.



## Day 1: Horsey day

The next day was drawing near and before we knew it, it was day 1! At about 8.25am sharp, the projects began entering the hall. We promptly got volunteers and trainees to get into their ACID groupings, all of which were named after horses. Next, the trainees and volunteers got down to work in the flag-making segment of the camp! There were so many beautiful flags which were put together by very brilliant and artistic minds! Each of the ACID groups also got to flaunt their flags and garnered thunderous applause from the other groups. Following the flag-making session, we had the mass dance! We all danced to the song, Top of the World, By Imagine Dragons!



Following the mass dance, we had lunch and many of us were getting ready for the highlight of the camp which was the tour to Gallop stables and the horse riding segment of the camp! Excited trainees boarded the bus to Gallop Stables at Bukit Timah, where many of them would experience the fun of riding, feeding and getting up close and personal with the horses, ponies and donkeys at the stables. I had joined the horse befriender training a week back, and was able to help out at the donkey/pony feeding area. The trainees had a lot of fun feeding the pony and donkey which Gallop stables had very kindly brought them out for our trainees to feed! Trainees also had fun painting horse shoes, feeding rabbits and throwing horseshoes. We were also very fortunate to have been able to ride the horses as it was raining early on and we had to put the horse riding station on hold. After a long day at the stables, we were greeted with a delicious tea break courtesy of KFC! A day at the stables and some KFC to top it off!





At about 5.30 our trainees headed back to PJC to wash up and get changed for the Pasar Malam segment. But before that, we had the very talented VGC to come and perform! The performance had all both trainees and volunteers hyped up and many trainees and volunteers went around in a choo-choo-train manner around the hall. We had so much fun! Special thanks to VGC for the wonderful performance of oldies from the 80s!



With our trainees and volunteers all fired up from the VGC performance, they headed to the parade square where the Pasar Malam was set up. Special mention to everyone who had put in the effort to decorate the beautiful banners so elaborately. Many iconic Pasar Malam games such as catching the duck, hoop throws and pinball kept the trainees moving around the Pasar Malam. There was also food such as Muah Chee and ice cream, and an auction where the stamps collected were used as currency! Interesting? It definitely was for the trainees who won something! At the end, there was a tikam tikam shop where trainees could exchange the stamps earned from winning the Pasar Malam games into titbits and small toys.

As the Pasar Malam drew to a close, there was a black out and a flashmob by Therese, Han Kwong and Xiang Jing and the SGLs (Student Group Leaders) which was topped up with a disco night dance in the hall! Trainees and volunteers danced to many oldies from the 80s and the music slowly became more upbeat when the present songs were being played. After the Disco Night dance, we called it a day and trainees and volunteers got ready to sleep and be refreshed and ready for the activities next day.

## Day 2: ACID Project SuperStar

The next day started off with an aerobics exercise! Thereafter, we had mass dance and for the first time ever, APSS: ACID project Superstar! Through the performances we saw many hidden talents both from the trainees and volunteers! Many trainees took the stage and danced while their fellow friends sang. Some even acted out a skit - one of which depicted how 5 pirates went out to sea in search of treasure! How creative! At APSS, everyone is a winner! Everyone received prizes for their wonderful and entertaining performances.



Good times always come to an end. In the blink of an eye, the 2d1n camp was over. While there were many tired faces in the crowd, it was a fulfilling experience as the trainees enjoyed it thoroughly! Kudos to the ACID committee for planning such a wonderful camp. It will be in the hearts and minds of MYG volunteers and trainees for many years to come!

# AMK's outing to the River Safari

By: Lim Cui Min



On the 10<sup>th</sup> of May 2014, AMK trainees, caregivers and volunteers alike turned into tourists of our own country again, this time, for a trip down to the River Safari! With the sun smiling upon us promising of good weather, we were off to explore Asia's first and only river-themed wildlife park!

As we made our way through the river trails, our trainees were intrigued by the various exhibits of river wildlife. Animals like the alligator gar and alligator snapping turtle, with their unusual appearance, piqued much of our trainees' curiosity and excitement. However, some more menacing-looking animals such as the crocodiles and alligators caused a little fear too!

Of course, we had to visit our resident pandas, Kai Kai and JiaJia! Being extra quiet so as not to disturb the pandas, we stepped into the air-conditioned and bamboo-filled peaceful Giant Panda Forest. Kai Kai was easily spotted sauntering about the enclosure. Jialia on the other hand, being the shyer of the two, was hiding in her shelter. Nonetheless, a strategically placed CCTV camera allowed us to have a peek at what she was up to!

Before continuing on our exploration, it was time to take a break and have lunch! We were also lucky to have some refreshing grapes and jelly prepared by our trainees' parents.

With our legs rested and stomachs filled, we proceeded to explore the remaining exhibits. Our last stop was the Amazon Flooded Forest. Sitting in the dimly lit enclosure before the large aquarium, we were mesmerized by the massive manatees and other tropical fish swimming about. The fact that it was comfortably air-conditioned made it no surprise that we stayed there for quite a while.

A trip to the River Safari would not be complete without a picture with the famous panda mascots. With a few snaps, our day of fun was captured in photographs of us smiling brightly together with the mascots. It was an eye-opening day for our trainees indeed as they were exposed to the wildlife of rivers from all over the world, allowing them to better understand and appreciate the diversity of our Earth.



# Sushi making workshop

By: Ho Ying Na

Eager to learn and excited for a Japanese Bento treat, Guilly trainees and volunteers headed down to Umi-sushi's newly opened outlet at Tanjong Pagar Exchange for an afternoon of sushi and bento making (fully sponsored by Umi-Sushi).

Umi-Sushi's staff patiently guided the trainees in making their sushi and bento. First and foremost, they had to fill the insides of 2 onigiris with the filling of their choice- tuna or egg and mayonnaise. This proved to be slightly challenging for some of our trainees as it required them to be able to use their fingers in an agile manner. Nevertheless, with the help of the Umi-Sushi staff, as well as our volunteers, they completed this task and were able to move onto the more interesting part of the workshop- decorating their onigiri and bento!

They formed faces using their onigiri by making clever use of seaweed. Umi-Sushi staff also prepared moulds for our trainees to cut shapes like butterflies, flowers and crescents out of carrots and cheese slices. Indeed, everyone was very excited and they were all pleased with their self-created bentos.



*Bento decorated by one of our trainees*

Guilly trainees and volunteers were then treated to a delicious meal by Umi-Sushi and given goody bags. Everyone enjoyed themselves thoroughly and we are looking forward to more of such future collaborations with Umi-Sushi 😊



Thank you  
Umi-Sushi!

# Thoughts from a young volunteer...

By: Bernice Lek

Even though it has only been a short 6 months since I joined MINDS at Fernvale as a regular volunteer, the experience thus far has been extremely fulfilling. The MINDS camp held in December was the first event that I signed up for, and was what opened my eyes to the community of the intellectually disabled. I had been hesitant about joining the camp initially as I did not know what to expect or if I could properly handle a trainee and interact with him. As it turns out, I forged bonds with the other trainees and volunteers in Fernvale, and saw for myself how simple activities and interaction could put a smile on the trainee's face. It was a short 2D1N camp which was actually quite tiring, but it was nonetheless a great experience for me – and so here I am now as a regular volunteer! 😊



*What struck me the most was the close ties between the volunteers, trainees, and even the parents of the trainees.*



Apart from the normal sessions every Saturday, Fernvale has had several themed sessions such as for Chinese New Year where we guided trainees to buy goodies at the NTUC nearby for a gift exchange among themselves. Easter was also celebrated in Fernvale through the painting of Easter eggs for the craft session! We also had outings to the Botanic Gardens and the River Safari away from school which saw the trainees getting excited and happy. These were treats not just for the trainees but also for the volunteers to bring a little fun and change into the sessions.

Having only volunteered at one-off events prior to joining Fernvale, regular volunteering really brought me a brand new perspective.

Through the 6 months that I've been volunteering with Fernvale, what struck me the most was the close ties between the volunteers, trainees, and even the parents of the trainees. Everyone resembles a huge family! Trainees would look out for each other, parents would help each other, and volunteers keep in close contact with the parents too. As such, the volunteering experience at MINDS Fernvale has made me feel more like a close friend or even like family to the trainees and makes the weekly Saturday sessions something to look forward to.

*Bernice has been a volunteer at MINDS FV since December 2013.*

# Did you know? The disability sector in Singapore

The disability landscape in Singapore is growing in prominence, with more resources being pumped in, in line with the recommendations of the Enabling Masterplan 2012 - 2016.

As volunteers, it is important for us to know what is out there so that we can point our trainees and their parents to the right resources.

In this issue, we explore the players in the disability sector in Singapore. In subsequent issues, we will highlight some of the programmes and schemes which our trainees can benefit from.



SG Enable was set up in Jul 2013 to be the dedicated agency to enable persons with disabilities. Prior to this, disability functions were not centralised under any one body.

SG Enable has 5 key functions:

- **Enhancing information and referral** services for child and adult disability schemes;
- **Administering grants and support** to persons with disabilities and their caregivers;
- **Improving transition management** across different life stages;
- **Enhancing employability and employment** options for persons with disabilities; and
- **Rallying stakeholder support** in enabling persons with disabilities

Hard to remember? Essentially, it functions as a **one-stop coordinating body for funding, information, referrals, advocacy and employment.**



The Ministry of Social and Family Development oversees, regulates and resources the social sector, both in terms of funding, as well as in terms of developing the sector's manpower and capabilities.

## Voluntary Welfare Organisations (VWOs)

There are many VWOs providing a wide range of services to people with disability (PWDs) in Singapore. MINDS is a VWO.

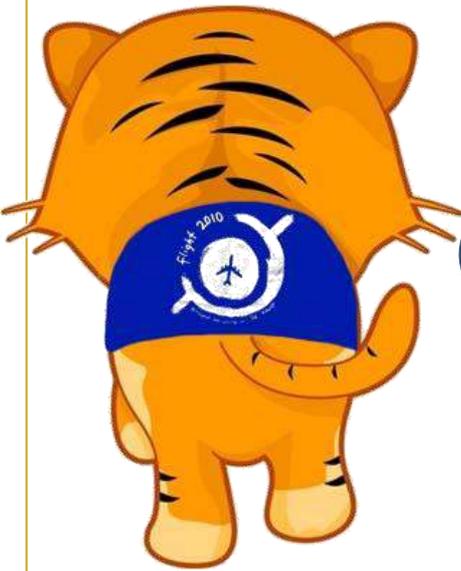
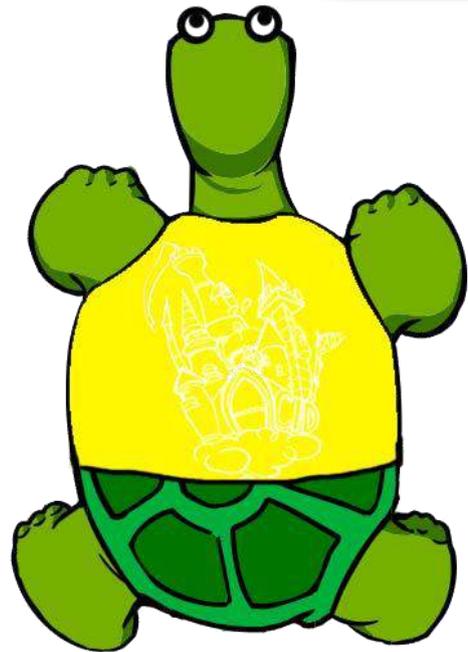
These include: **early intervention programmes, special education schools, day activity centres, sheltered workshops, vocational training services and residential services.**

## Other organisations which provide a spectrum of support

There are many partners who do not work directly with PWDs, but which support through schemes, collaborations or capacity building. Examples include:



# ACID shirts through the ages



## WHERE'S YOURS?

Send in a picture of your **oldest** ACID shirt to [publicity@myg.org.sg](mailto:publicity@myg.org.sg). Let's see how many different shirt designs we can collect!

