



BETHEL
COMMUNITY
SERVICES

A member of
NCSS
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of Social Service

iCan Newsletter

MDDI(P)040/10/2024

Issue 2: July 2025-December 2025

重新定义公共空间

Transforming Shared Spaces





透过共享经验连结社区

Bridging Communities Through Shared Experiences

In the heart of the Geylang/Aljunied/MacPherson community, a quiet movement is reshaping how people live, connect, and care for one another. Project KK (Kampung Kalapa) is breathing new life into the age-old kampong spirit—transforming once-isolated neighbours into vibrant, supportive communities built on shared experiences and trust.

在芽笼／阿裕尼／麦波申社区的心脏地带，一场静静展开的运动正悄悄改变人们的生活方式、连结方式与彼此照顾的方式。（Project KK，Kampung Kalapa）正重新点燃甘榜精神，将原本彼此陌生的邻里，转化为充满活力、互相扶持的社群，共同经历、互相信任，让彼此更紧密。

Shared Experiences, Stronger Connections 共享经验，连结更深

At its core, Project KK is about bringing people together through the things they love. Weekly pop-up cafés and micro-communities centred around interests—like karaoke, fitness, or cultural workshops—offer residents natural spaces to bond. Whether you're singing your heart out or learning about your neighbour's cultural traditions, these moments spark real, meaningful relationships across all ages and backgrounds.

These aren't just events—they're invitations to connect. By focusing on shared passions, Project KK helps residents build lasting friendships the old-fashioned way: face-to-face, heart-to-heart.

「Project KK」的核心，是<透过共同热爱的事物让人们聚在一起>。每周的快闪咖啡馆、兴趣为主的小型社群—像是卡拉OK、健身、文化工作坊等—为居民提供自然交流的平台。无论是尽情高歌，还是认识邻居的文化传统，这些时刻都能点燃真诚而有意义的连结，跨越年龄与背景。这些活动不仅是热闹的聚会，更像是一份邀请——邀请你打开心扉、真诚交流。「Project KK」透过兴趣为桥梁，让邻里间的情谊在一次次面对面、心连心的互动中成长。

Empowering Residents to Lead 赋权居民，引领社区

What truly sets Project KK apart is its belief in the power of people. Instead of relying on top-down services, the project empowers residents to step up and shape their own neighbourhoods. Through the HDB Block Befriending Program, everyday individuals are trained to become community leaders—checking in on neighbours, organizing block parties, and making birthdays feel extra special. This grassroots leadership ensures that care and connection aren't occasional gestures, but part of everyday life.

与众不同的是，这项计划真正相信<人的力量>。与其倚赖自上而下的援助服务，它更鼓励居民主动参与、共建自己的邻里。透过<HDB 楼层关怀计划>(Block Befriending Program)，一般居民可以接受训练，成为社区小领袖—定期探望邻居、举办楼下派对，甚至让生日成为值得纪念的温馨时刻。这样的草根领导力，让「关怀」不只是偶尔出现的举动，而是日常生活的一部分。





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从被动协助到主动关怀

From Reactive to Preventive Care

When communities are close-knit, people notice when something's not right. A missed walk, a closed curtain, or an empty chair at the café becomes a gentle alarm bell. Project KK taps into this natural alert system, allowing small concerns—like a senior's declining mobility or a family's financial worries—to be noticed and addressed early.

By building trust and familiarity, the initiative turns everyday conversations into powerful tools for early support, easing the load on social services and strengthening community resilience from within.

当社区关系紧密，居民更容易察觉异状：没出门的邻居、长期拉上的窗帘、常客缺席的咖啡角落——这些微小变化都成了温柔的警讯。「Project KK」正是善用这样的<天然预警系统>，及早发现像是长者行动不便、家庭经济困难等问题。

这份熟悉与信任，使平凡对话转化为强大的支持工具，及早介入，减轻社会服务压力，也让社区内部的韧性更坚强。

Transforming Shared Spaces 重新定义公共空间

Void decks and common areas are getting a makeover too. Once overlooked, these spaces are becoming buzzing hubs of creativity and collaboration—home to celebrations, workshops, and daily neighbourly exchanges.

From cultural block parties to spontaneous coffee chats, Project KK is making these shared spaces feel like living rooms for the whole community.

曾经被忽视的组屋底层和公共空间，如今也焕然一新。这些地方逐渐变成创意与交流的热点——承载着庆典、手作活动，以及邻里间每日的寒暄问候。

从文化派对到自发性的咖啡对谈，「Project KK」正让这些公共空间<变成整个社区的客厅>

A Blueprint for Modern Kampong Living 现代甘榜生活的蓝图

At its heart, Project KK is a testament to what's possible when we start with people, not problems. By valuing the unique strengths of each resident and creating space for organic relationships to grow, the project is reimagining what community looks like in modern Singapore.

It's a model that doesn't rely on external fixes—but instead nurtures a self-sustaining, connected neighbourhood that thrives on mutual care and shared joy. As Geylang/Aljunied/MacPherson residents gather to sing, share meals, celebrate milestones, and look out for one another, they're proving something powerful: the kampong spirit isn't a thing of the past. It's alive, evolving—and more important than ever.

「Project KK」的本质，是对人与社群的信任—<不是从问题出发，而是从人出发>。透过发掘每位居民的独特力量，并为自然的人际关系提供生长的空间，这个计划正重新想像新加坡社区的可能。

它不靠外力修补，而是培养一个<自给自足、彼此关怀、共享喜乐>的社区生态。当芽笼、阿裕尼、麦波申的居民齐聚一堂——唱歌、共餐、庆祝彼此的生活点滴、彼此守望——他们正在证明：<甘榜精神不是过去式，而是正蓬勃发展、比以往更加重要的生活方式>





Pastor Wong Yew Keong
Chairman

May the Lord continue to bless the works of BCS!

- This is my first year as Chairman of Bethel Community Services (BCS) and I thank God for the amazing contribution from my predecessor and Founding Chairman Pastor Emeritus Chia Beng Hock and the Management Committee in providing strong leadership to navigate BCS through challenging but rewarding moments.
- Registered as a Society in August 2004 and recognised as a Charity by the Commissioner of Charities, BCS has been actively involved in the Geylang East Central community for more than 20 years. Presently a full member with the National Council of Social Services (NCSS) and conferred the Institution of A Public Character (IPC) status in July 2007, BCS is like the mustard seed as described in the bible in Mark 4:30-32. Although it is the smallest of all seeds on earth, yet when planted, the mustard seed grows to become the largest of all garden plants, with such big branches that birds gather to perch in its shade.
- From one that focuses primarily on children and student care, like the mustard seed, BCS has grown and evolved to provide a range of services to meet the needs of the community such as TCM consultations, weekly breakfast, food distribution, line dancing, karaoke, seniors' exercises etc. Through these activities, BCS hopes to be a hub where residents in our community gather to enjoy themselves, make friends and participate in meaningful activities.
- The Geylang, Aljunied, and MacPherson community is home to many seniors, many of whom live alone or with their spouses. A significant number reside in rental flats and come from lower-income households, highlighting a community with unique needs and opportunities for support. This is the community where God has placed us, and where we have many opportunities to do good works to Bless, Care and Share with them, and to make a difference in their lives.
- I want to take a moment to thank all our donors, partners and volunteers for your generosity and incredible support, without which we would not be able to run many of these programmes and activities. In addition, I want to thank all the staff of BCS and our amazing volunteers, for your dedication and tenacity in making things happen.



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Pastor Wong Yew Keong
主席

愿主继续赐福BCS所做的工

- 这是我担任伯特利社区服务（BCS）主席的第一年。我感谢上帝，也感谢前任兼创始主席名誉牧师 - 谢明福牧师（Chia Beng Hock）以及管理委员会在带领BCS应对各种挑战并收获成果方面所作出的杰出贡献。
- BCS于2004年8月注册为社团，并获慈善总署认可为慈善机构，至今已在芽笼东中区社区积极服务超过二十年。目前，BCS是国家社会服务理事会（NCSS）的正式成员，并于2007年7月被授予公益机构（IPC）资格。BCS就如圣经马可福音4章30至32节中所描述的-芥菜种-，虽然是地上最小的种子，栽种后却能长成最大的园中植物，枝叶繁茂，飞鸟也能来栖息在其荫下。
- BCS最初主要专注于儿童和学生托管服务，然而正如芥菜种一样，它逐渐成长与演变，如今已扩展至为社区提供多样化的服务，包括中医义诊、每周早餐、食物分发、排舞、卡拉OK、乐龄健身等活动。通过这些项目，BCS希望成为一个社区居民聚集的中心，让大家在这里享受乐趣、建立友谊，并参与有意义的活动。
- 芽笼、阿裕尼和麦波申社区内有许多乐龄人士，其中不少是独居或与配偶同住。许多人住在租赁组屋，并来自低收入家庭，这反映出这是一个拥有独特需要与帮助机会的社区。上帝将我们放在这个地方，赐给我们许多行善的机会，让我们可以祝福他们、关怀他们、与他们分享，并在他们的生命中带来改变。
- 我也想借此机会向所有捐助者、合作伙伴和志愿者致以衷心感谢。正是因为你们慷慨和无私的支持，我们才能顺利开展这些项目和活动。同时，我也要感谢BCS全体员工以及我们了不起的志愿者，感谢你们的奉献和坚持，让这一切得以实现。



Grace Tan
Executive Director

The Heart of Volunteerism: Giving Time, Changing Lives

- In today's fast-paced world where many are juggling work, family, and personal responsibilities, it is truly remarkable when individuals choose to step forward and give their time to serve others. Volunteerism is not just about helping - it is about believing in something bigger than oneself and making a conscious decision to support a cause, not for recognition or reward, but simply to make a difference.
- To volunteer means to offer your time, skills, and energy freely, motivated by compassion and a desire to contribute to the greater good. It is a powerful act of service that often requires personal sacrifice. Yet, for those who volunteer, the reward comes in other forms - the joy of seeing someone smile, the satisfaction of knowing you've made a positive impact, and the deep sense of connection with the community.
- At **Bethel Community Services**, we are incredibly grateful for the dedicated volunteers who journey alongside us. Their support is the backbone of many of our programs and initiatives. Whether it's helping to run a community event, mentoring youth, assisting in food distribution, or offering administrative help, our volunteers play a vital role in everything we do.
- Without them, much of what we've achieved would not be possible. Their efforts ensure that our programs not only continue to operate but thrive - bringing hope, support, and opportunities to individuals and families in need.
- We believe that **every contribution counts**. You may think your time is too limited, or your skills not significant enough - but we assure you, no effort is ever too small. Whether you can give a few hours a week or just lend a hand occasionally, your involvement makes a meaningful difference.
- If you've ever thought about volunteering or wondered how you could give back to the community, we invite you to take the first step.
- Reach out to us at Bethel Community Services. We would love to connect with you, learn more about your interests, and find the right opportunity for you to serve. Together, let's continue building a caring and compassionate community - one act of kindness at a time.

Join us. Volunteer. Make a difference





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Grace Tan
执行董事

志愿服务的核心：付出时间，改变人生

- 当今社会节奏很快，大家常常忙着工作、照顾家庭，还要处理自己的事情。正因如此，如果有人愿意抽出时间去帮助别人，那真的是一件非常难能可贵的事。志工服务，不只是帮忙，更是一种信念——相信自己可以为这个世界做出一点改变，不为了掌声或回报，只是单纯想要贡献一份心力。
- 成为志工，就是自愿拿出自己的时间、专长、体力去帮助别人，因为心中有爱、有关怀，想要让社会变得更好。这样的付出，有时可能会让自己少了休息的时间、要调整原本的安排，但从中得到的收获却是满满的——看到别人因你而展露笑容，知道自己的行动真的有帮助，那种快乐和成就感，是无可取代的。
- 在伯特利社区服务中心（Bethel Community Services），我们非常感谢每一位志工。他们一直默默陪着我们走，不论是办活动、带小孩、分送物资，还是帮忙处理文书工作，许多事情因为有他们，才能顺利推动下去。
- 没有他们的帮忙，我们做不到现在这么多的事。他们的力量让整个社区的服务能够持续下去，甚至越来越好，让需要帮助的人看到希望，也得到支持。
- 我们相信，每一点付出都有价值。你也许觉得自己太忙，或是觉得自己没什么特别技能，但我们想告诉你：只要愿意帮忙，你的参与就很重要。不论你能给几个小时，还是偶尔出来帮一把，都能产生影响。
- 如果你曾经想过当志工，或者还在观望该怎么开始，欢迎你来找我们聊聊。
- 来伯特利社区服务中心走一趟，我们很乐意认识你、了解你的兴趣，也帮你找到适合的方式来贡献你的时间与才能。让我们一起，用一点一滴的善意，把这个社区变得更温暖。

加入我们，一起当志工，一起改变世界





Zhang Xiaohong
Language Teacher

浅析5-6岁幼儿语言发展期

5-6岁是幼儿语言能力迅速发展的关键阶段。在这一时期，提供富有趣味性和互动性的语言环境，对其语言发展尤为重要。以下从几个方面简要探讨：

1. 创设丰富的语言环境

通过日常对话、绘本阅读、儿歌等多样化的语言输入，帮助幼儿逐步提升语言表达能力。在教学过程中，应鼓励幼儿使用完整句子和丰富词汇。例如，相较于简单地说“看松鼠”，更应引导孩子表达为：“看，那只毛茸茸的棕色松鼠在爬树。”

2. 情境化教学的重要性

情境教学在幼儿语言发展中起着不可或缺的作用。在如超市、公园等真实生活场景中，进行“指物命名”，帮助孩子将词汇与具体实物建立联系，增强词语理解和记忆。

3. 提升互动对话的技巧

通过开放式提问（如“为什么？”“你觉得呢？”“如果.....会怎样？”）替代封闭式问题，引导幼儿展开思考与表达。例如，在读完绘本后，可提问：“你觉得小兔子接下来会怎么做？”从而延伸对话内容，激发语言表达的深度与广度。

4. 运用“等待5秒”原则

在提问后给予孩子充分的思考时间（约5秒），避免急于代答，给予他们自主组织语言的空间，培养表达的主动性。

5. 游戏化语言学习

通过故事接龙（轮流编一句话）、猜谜游戏（如：“我是一种水果，黄色的，弯弯的，你猜是什么？”）等活动，将语言学习融入趣味游戏中，提高幼儿的语言参与度与积极性。

6. 阅读习惯的培养

- 阅读前：引导孩子识别封面、书名和作者，预测故事内容，激发阅读兴趣。
- 阅读后：进行讨论，帮助孩子建立词形、词义与发音之间的联系，加深理解与记忆。

总结：

每天保持至少30分钟的高质量语言互动，有助于幼儿语言能力的持续发展。考虑到6岁儿童的注意力集中时长约为12-15分钟，建议采用“15分钟互动 + 5分钟自由活动”的轮换模式。教师或家长可记录孩子的语言“爆发期”及其兴趣点，顺势引导，效果往往优于强制教学。





Nicole Lee
BCDC Teacher

Exploring Nature to Learn Big and Small: An Integrated Learning Experience

- As our theme this term is Nature, I began to reflect on how I could weave this into teaching children the concept of Big and Small in a meaningful way. The first thing that came to mind was leaves—easily found in our natural surroundings and perfect for outdoor exploration.
- I made the most of our outdoor time by getting the children involved in collecting leaves. They eagerly searched the ground for fallen treasures during our outdoor walk. Excitement filled the air as they picked up leaves of different shapes and sizes, their faces lit with joy and curiosity.
- Back in class, we gathered to examine our finds. I chose two leaves that clearly differed in size to introduce and reinforce the concept of “Big” and “Small.” The children observed, compared, and discussed the differences, beginning to grasp the idea in a hands-on, visual way.



- To make the learning experience even more engaging, I incorporated elements of Aesthetics and Creative Expression through a simple but delightful art activity: **leaf printing**.
- The children painted one side of each leaf with a brush and pressed it onto drawing paper. We repeated the process with a leaf of a different size. When they saw both prints side by side, it sparked conversations about size, shape, and even the patterns of the veins—helping them see leaves in both a concrete and abstract form.
- This activity was carefully planned to involve the children from the start and guide them toward a specific learning outcome. By the end, they confidently identified which leaf was big and which was small. What’s more, they began applying this understanding beyond the activity—pointing out big and small objects during play or other lessons.
- This experience is a great example of how an integrated approach to early childhood education can make learning more holistic and meaningful. Rather than teaching subjects in isolation, integrating different domains—like nature, language, math, and art—helps children understand how concepts connect in real life.
- Through simple yet thoughtful activities like this, we can nurture both a love for nature and foundational learning concepts in young children—making education both joyful and lasting.





Ms Peixuan
BTC & BCDC Principal

How Finger Play Supports Infant Development



• What is Finger Play?

Finger play is the art of pairing simple rhymes with playful hand and finger movements. It's more than just fun—these interactions are powerful tools that support a baby's development across multiple domains, especially during the first year of life. Best of all, finger play strengthens the special bond between caregiver and child.

• How Does It Work?

Educators and caregivers often use easy-to-sing songs that are rhythmic, repetitive, and paired with gestures to engage infants. Popular examples include "Itsy Bitsy Spider," "This Is the Way I Brush My Teeth," and "Open, Shut Them." These songs involve moving fingers, hands, and even arms to bring the lyrics to life.



• You Don't Need to Be a Singer

Babies don't care if you're off-key—they care that you're present. Instead of turning on a playlist, try using the voice you were blessed with to sing directly to your little one. Finger play and rhymes are excellent for filling moments throughout the day and have the added benefit of soothing your baby during stressful times.

By singing and playing, you're supporting your baby's growth in areas that impact language, movement, emotional well-being, and more. Don't be shy—wiggle those fingers, sing that silly song, and watch your baby's face light up! (Pro tip: Add your baby's name to the song for a personalized touch.)

<Why Finger Play Matters> Finger play helps promote:

• Language Development

Repetitive rhymes and songs help build vocabulary and improve listening skills.

• Cognitive Development

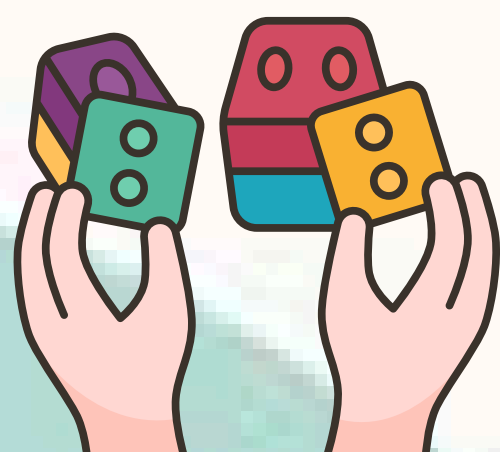
Babies begin to anticipate familiar patterns and sequences in songs.

• Hand-Eye Coordination

Tracking hand movements helps infants focus and follow motion.

• Fine Motor Skills

Mimicking actions like clapping, pointing, or opening and shutting hands supports muscle development.



So go ahead sing, play, and connect. These tiny moments create a big impact.



Lin Fangyu
BTC Infant Educator

赋能宝宝参与更多活动和游戏

良好的大肌肉和小肌肉的发展，能够赋能宝宝参与更多活动和游戏，从中获得更多的经验和学习机会，同时促进其他领域的发展。例如，宝宝开始爬行后，可以更加自由地探索环境，接触新鲜事物，获得全新的感官刺激，进一步推动其认知发展。

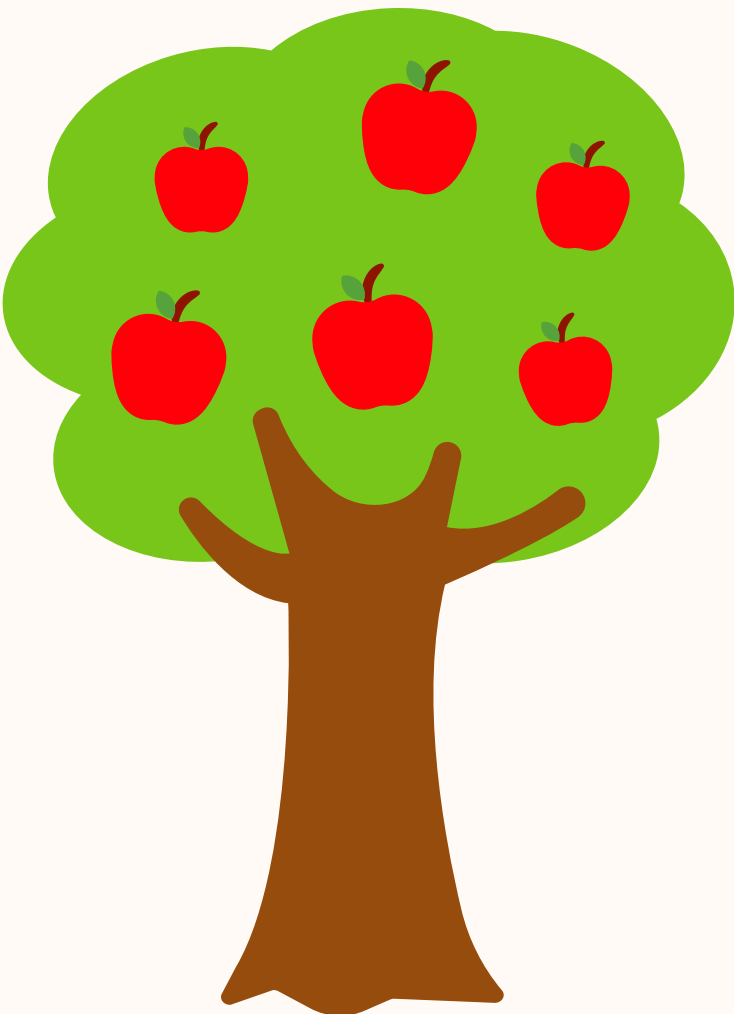


在我们婴幼儿中心，有丰富的活动、玩具和环境设计，能够有效地帮助婴幼儿锻炼大小肌肉，让他们在游戏中更好地探索与学习。

宝宝会从老师手工制作的“苹果树”上摘下“苹果”，或从地上捡起“苹果”，尝试将其放回到“苹果树”上。这个活动能够锻炼宝宝手臂、手指的灵活性，以及手眼协调能力。

- **活动名称：摘“苹果”**
- **活动目标：通过此活动，锻炼宝宝的手臂、手指灵活性及手眼协调能力。**

宝宝目不转睛地看着“苹果树”和“苹果”，爬过来坐在“苹果树”旁边，尝试用手去触摸“苹果树”，来回上下摩擦，接着去抓住“苹果”。他感受到“苹果”软软的质感，用力一拔将“苹果”摘下，放在手中，手指不断地抓握和松开。在这次活动中，宝宝对“苹果树”和“苹果”表现出浓厚的兴趣。他主动爬过来，并用灵活的手指抓取“苹果”。整个过程体现了宝宝通过感官探索和实际操作进行学习的过程。





Alvin Quek
BSCC Teacher

support the holistic development of every child.

At Bethel Student Care Centre, the June vacation was filled with enriching activities designed not only for fun but also to support the holistic development of every child.

Emotional Growth

- Creative Painting and Act Out & Guess allowed children to express their feelings, thoughts, and inner creativity in non-verbal ways, helping them process emotions and build self-awareness.
- The puppet dog making activity, led by experienced Volunteering Seniors, nurtured a sense of accomplishment and pride in their creations, boosting self-esteem and emotional resilience.
- Friday Movie sessions, featuring Disney films and shared snacks, offered moments of emotional bonding, laughter, and empathy as children connected with characters and storylines.



Social Development

- Group-based activities like Act Out & Guess, jigsaw puzzles, and indoor games encouraged teamwork, turn-taking, and respectful communication among peers.
- The involvement of Volunteering Seniors during the puppet-making session fostered intergenerational interaction, promoting respect and social inclusion.
- During Swimming and Badminton, children played cooperatively and supported one another, strengthening friendships and developing sportsmanship.
- The field trip to the Children's Museum encouraged group exploration, curiosity sharing, and peer learning in a fun and open environment.





Alvin Quek
BSCC Teacher

support the holistic development of every child.

Cognitive Development

- Crossword puzzles challenged children's reasoning, vocabulary, and general knowledge, sharpening their problem-solving and critical thinking skills.
- Jigsaw puzzles enhanced spatial reasoning, concentration, and pattern recognition.
- The Children's Museum visit stimulated curiosity and learning through interactive exhibits, helping children connect new information with real-world experiences.
- Creative Painting activities engaged their imagination and planning skills while developing fine motor control.



Physical Development

- Swimming and Badminton provided excellent opportunities for full-body movement, coordination, balance, and physical endurance.
- Craft activities like puppet dog making and painting supported the development of fine motor skills and hand-eye coordination.
- Active participation in both indoor and outdoor games helped improve reflexes, posture, and overall physical agility.



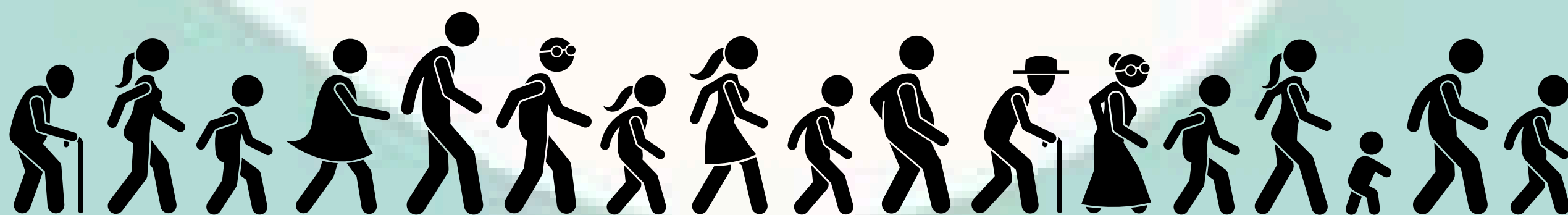
Overall, the Centre was abuzz with laughter, learning, and exploration — making the June vacation not just enjoyable, but a meaningful step in each child's developmental journey.



Aaron Tock
Case Coordinator

赋能乐龄，彼此成全 Empowering Seniors to Enrich One Another

- At Bethel Community Services, our heartbeat has always been for the seniors in our community. My name is Aaron, and as a case coordinator here, I have the privilege of journeying alongside many of them not just in moments of need, but also in their moments of joy, growth, and purpose. Part of my role involves running and overseeing the senior activity programmes, where we've recently begun taking a new approach: one that empowers the seniors themselves to give back.
- 在伯特利社区服务 (Bethel Community Services)，我们始终以乐龄长者为中心。
- 我叫 Aaron，是这里的个案协调员，很荣幸能够陪伴许多长者同行——不只是在人生的低谷，也在他们的喜悦、成长与找到人生使命的时刻。我的工作之一，是协助规划与推动长者活动，而我们最近正踏上一条新的路：让长者有机会反哺社群，成为他人的祝福。
- Over the past year, we've seen a shift in our programming. While much of our work has traditionally focused on providing support, we began to ask ourselves: "What if some of that support could come from within the community itself? What if our more able-bodied seniors had the opportunity to contribute, lead, and serve in meaningful ways?"
- 在过去的一年中，我们的活动设计出现了转变。过去我们的服务以「给予支援」为主，但我们开始反思：「如果这份支援，有一部分可以来自社区本身呢？如果身体仍健朗的长者们，能够有机会去贡献、去带领、去服事他人，会怎么样？」
- This question grew into a conviction: that many of our seniors still hold deep reservoirs of strength, compassion, and purpose. They are not just passive recipients of care; they are individuals with something vital to offer. And so, we began incorporating them as volunteers in our core weekly programmes, including the Bethel Activity Group (B.A.G), Functional Fitness Exercise (FFE), and our Haircut/Birthday celebrations.
- 这样的提问，慢慢变成一种确信——我们的长者们，其实仍拥有丰富的力量、爱心与使命感。他们不只是被动的接受者，而是仍拥有价值与能力的个体。因此，我们开始尝试邀请他们在我们的核心活动中担任志工，例如 B.A.G (Bethel活动小组)、FFE (功能性健身课程)，以及每月的剪发与生日会等。



赋能乐龄，彼此成全

Empowering Seniors to Enrich One Another

- Today, some of our seniors take on important roles like preparing food and drinks, helping others take their blood pressure readings at FFE, or simply being a friendly face that others can turn to. The response has been incredibly heartening. Several volunteers have shared how thankful and blessed they feel to be able to serve. One of them told me, “When I help others, I also feel healthier and happier.”
- 如今，有些长者会协助准备点心饮料、帮忙量血压，或是成为那个别人可以信赖、亲切打招呼的熟面孔。许多志工事后都跟我分享，他们觉得能够帮助他人，是一种祝福。有位阿姨说：「我帮助别人的时候，自己也变得更快乐、更健康了！」
- At this stage of life, many seniors are searching for meaning, looking back on the lives they’ve lived and wondering whether they have made a difference. Being able to contribute in small but real ways affirms that their story is still unfolding, that their presence still matters. There’s something profoundly restorative about being needed and being able to give. It not only uplifts their spirits, it strengthens their identity and dignity.
- 对许多长者来说，这个人生阶段常常是思索「我是否曾经做过有意义的事」的时刻。能够在小事中发挥价值，让他们知道——自己的生命仍在发光发热，自己的存在仍有意义。这不仅提升了他们的心情，也重建了自我认同与尊严。
- We saw this spirit in full bloom during our recent visit to Bird Paradise. For that outing, some of our senior volunteers stepped into the role of group leaders guiding their peers, keeping the group together, and quietly watching out for those who needed extra help. It was a tiring day, yes, but it was also a joyful one. The park echoed with laughter, shared stories, and little moments of care. Many participants later shared that they felt more at ease being led by their peers. It was not only because they were familiar faces, but because there was a natural trust and mutual respect among them.
- 我们最近在 Bird Paradise（飞禽乐园）的一次出游中，就看见这样的精神盛开。有几位长者担任小组领队，带领同行者，照顾需要帮助的朋友。虽然那天很累，但笑声、分享与温柔的照顾不断在乐园中回响。有长者表示，因为是熟悉的面孔领队，让他们更放松、更自在，因为彼此之间有信任与尊重。



赋能乐龄，彼此成全 Empowering Seniors to Enrich One Another

- This month, we're looking forward to another outing, this time to Bollywood Farms in the far west of Singapore. We're always intentional with our choices, and this location was no exception. We hope that the farm with its grassy paths and rustic charm will evoke memories of the kampong days many of our seniors grew up in. For some, it will stir recollections of simpler times and places they thought they'd never see again. For others, it will be a rare opportunity to reconnect with a part of themselves that had been long set aside. These experiences matter. They allow our seniors to look back not with regret, but with pride and see their journey as meaningful and worth cherishing.
- 这个月，我们将前往新加坡西部的 Bollywood 农场。这次选点，我们也有特别的考量——希望农场的青草小径与自然景色，能唤起长者们儿时的甘榜回忆。对某些人来说，这可能让他们重温遗忘许久的记忆；对其他人而言，则可能是久违地连结起自己内心某一个被尘封的角落。这些经历是宝贵的，让长者能够怀着自豪回顾人生，而不是遗憾。
- At BCS, we believe that ageing should not mean fading away. We see our seniors as individuals with rich histories, valuable skills, and untapped potential. Rather than focusing on what they've lost, we focus on what they still carry—wisdom, resilience, compassion, and strength. That's why we strive to create spaces where they're not just cared for but also called upon to care for others.
- 在 BCS，我们相信，变老不等于被遗忘。我们看见长者拥有丰富的人生故事、珍贵的技能和尚未被挖掘的潜能。我们的焦点不是他们失去了什么，而是他们依然拥有什么——智慧、坚韧、怜悯与力量。
- Community isn't built on services alone but on people who feel they still matter. As we continue investing in the lives of our seniors, we're reminded that every person, no matter their age, deserves a chance to give, to lead, and to belong.
- We're not just enriching lives; we're being enriched by them. And that, to me, is what drives me to do my best for them.
- 因此，我们不只是照顾他们，也努力创造让他们能够「照顾他人」的机会。因为一个真正的社区，不是靠服务建造的，而是靠每一个觉得自己「仍然有价值」的人建立起来的。
- 我们所做的不只是让生命更丰盛——而是也让我们的生命，被他们丰盛地回馈。这，正是我为他们全心投入的动力所在。



iCan Newsletter

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我们相信每一份心意和行动都能在社区
激起光和希望的涟漪。

We believe every act can spark
light and hope in the community.



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