

CWEP, a hit with the youths



Youths learn valuable life lessons through the CWEP.

Cyper Wellness Enrichment Programme (CWEP) is a programme designed by TOUCH Cyber Wellness & Sports to help youths struggling with excessive computer gaming.

Grouped with adult mentors, the youths go through structural experiences, healthy activities and comprehensive profiling packages such as DISC

and Multiple Intelligence. The aim is to help youths discover their talents and allow them to mingle with adult role models that they can look up to. With a healthy self-esteem, they will be better equipped to cope with the challenges in the 'real' world.

Over a period of five weeks, 16 youths from CWEP went with four adult mentors to Pulau Ubin, where they did kayaking, fishing and trekking. Through each activity, the mentors illustrated to them valuable life lessons such as perseverance and patience. It was a breakthrough experience for many as they had been constantly absorbed in their 'virtual' world.

16-year-old John Lee (*name changed to protect identity*) was impressed with the sincerity of the mentors. "The mentors did a great job in helping me see things from different points of view. They were encouraging and patient, and helped me take small steps to resolve my problems. Now that I understand what my priorities are, I am willing to work with my mother to set limits on my gaming hours so that I can focus on my 'O' level exams this year."

Seniors on the go

The enthusiasm of the 62 elderly from TOUCH Seniors Activity Centre was evident, as they prepare for their trip to *Seniors' Fair 2007 – Active for Life!* held on 25 January at the HDB Hub Atrium. The event, organised by the Central Singapore Community Development Council and the National Volunteer & Philanthropy Centre, provided an exciting line-up of talks and programmes catered especially for seniors.

The elderly enjoyed being entertained with stage performances such as line dancing, belly dancing and a choir. Some even received free haircuts from professional hairdressers and took home many goodies. 66-year-old Mr Tan Peng Hwee exclaimed, "I am so happy that there is such a fun event organised for us. I really had a good time!"



A happy Mr Tan enjoying himself at the Seniors' Fair 2007.

A fresh and clean start



Volunteers from Habitat for Humanity showed great dedication in cleaning the homes of the elderly.

Fifty elderly from TOUCH Seniors Activity Centre living in one-room HDB rental flats had the privilege of having their homes spring-cleaned by volunteers from Habitat for Humanity, Singapore. The event held on 3 February, was graced by Mayor of Central Singapore Community Development Council, Mr Zainudin Nordin.

The volunteers were very enthusiastic and dedicated even though it was challenging to clean some of the flats. Many of the elderly also received brand new beds, mattresses and pillows. 87-year-old Mr Danakody s/o Rathanavalu, was extremely grateful to Habitat as he is now able to live in a cleaner and tidier environment: "I want to thank the volunteers for cleaning my home and for giving me a new cupboard to put my things."