

MEDIA RELEASE

VOLUNTEERS NEEDED THIS GIVING SEASON

Urgent call for volunteers to spread the cheer of giving this December

Singapore, 14 December 2011 – What would the world be like without volunteers? Many non-profits, who rely on the selflessness and good work of volunteers, will tell you that it would be a pretty bleak one. As NVPC and charities recently demonstrated on International Volunteer Day on 5 December, it is unanimous that volunteers are no longer a good-to-have but a must-have in any charitable setup.



Volunteers on an outing with the elderly from Kampong Kapur Family Service Centre

This season of giving is especially important to many non-profit organisations who wish to give bring cheer to the beneficiaries they serve. Ms Alice Koo, a social worker from Rotary Family Service Centre shared, “With the help of volunteers, we are now able to conduct monthly Bingo sessions for our beneficiaries and Family Life Education talks for the elderly. We have also managed to engage a volunteer to help with the English curriculum we use at the Centre.”

Charities need over 4000 volunteers in the next three months to serve in various social causes ranging from the elderly, children to the special needs and the animals.

“While many in Singapore are enjoying the fun and joy this holiday season, let us not forget the less privileged in our midst. Everyone can do with some cheer and company. Share the gift of your time and make a difference in your community,” urged David Fong, Director of SG Cares.

There are over 350 diverse volunteering opportunities to choose from. Sign up at SG Cares (www.sgcares.org) today.

Please refer to Appendix for a list of some volunteering opportunities available.

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About the National Volunteer & Philanthropy Centre (NVPC)

Transform. Catalyse. Connect.

These words shape what we do, which is to help people and organisations give well to causes they care about, so as to build a sustainable future for all in Singapore. We do this by working with other non-profits, companies, and public sector bodies to facilitate and strengthen giving in Singapore, whether of time, money or in-kind.

NVPC is an independent, not-for-profit organisation. Visit us at www.nvpc.org.sg

About SG Cares

Doing good has never been easier with SG Cares.

NVPC's volunteering initiative, SG Cares provides a wide range of volunteer opportunities for individuals, groups, corporates and schools. Its online portal (www.sgcares.org) features real-time volunteer activities from over 200 volunteer host organisations. Individuals can search and sign up for various volunteer opportunities that best suit their time, interest, skill and location.

ANNEX: Volunteering Opportunities Available This Holiday Season

I. Animals and the Environment

Organisation: **Animal Concerns Research & Education Society (ACRES)**

Name of activity: Maintenance of AWRC

Frequency: First and second Wednesdays of the month

Activity description: Cleaning, gardening, maintenance of working utilities and administrative procedures.

With volunteers' support, a peaceful and pleasurable environment is created for the resident animals, human visitors and visiting wildlife.

Volunteers' role: Volunteers support in (1) cleaning: sweeping, mopping, wiping surfaces, disinfecting cages/toys/enrichment structures and (2) gardening: weeding, pruning, watering, fertilising, removing vines from fences.

Organisation: **Tzu Chi Foundation**

Name of activity: Tzu-Chi Recycling Day

Frequency: Once a month on Sunday

Activity description: Environmental conservation and sorting of recyclables.

Tzu Chi Recycle Program is A Clear, Pure Cycle that engages volunteers to promote environmental protection awareness and educate recycling efforts. The funds raised from the collected recycle items will then be used on charity efforts of Tzu Chi Foundation.

Volunteers' role: Volunteers are required to assist and participate in recycling work - mainly sorting out of recyclable items.

II. Community

Organisation: **National Volunteer & Philanthropy Centre – SG Cares**

Name of activity: Marina Bay Countdown Project 2011/2012

Frequency: 3, 4 and 11 Dec 2011

Activity description: The public can pen their wishes for the New Year on the wishing spheres that will be set afloat onto the waters and

be part of the visual arts installation at Marina Bay - the Bay of Hope and Light. Each wishing sphere represents a hope and a belief, that the New Year will bring new possibilities and a brighter tomorrow.

Volunteers' role: Volunteers will engage members of the public to pen their wishes and hopes for the New Year.

Organisation: **Highpoint Community Services Association**

Name of activity: Food Packing

Frequency: Available every Tuesday and Saturday on the SG Cares Calendar

Activity description: Highpoint Community Services Association is involved in the daily packing of about 1000 food packets for the needy. This activity will begin at 6.30am where by the vegetables will be delivered and cooking begins.

Volunteers will start packing the food at 7.30am and it will end by 9.30am. Volunteers are welcomed to join in the distribution teams who will be going to different areas to distribute the food. Distribution of food will end by 11am.

Volunteers' roles: Volunteers are needed to pack about 1,000 packets of food and to clean up the place after that. If the volunteers would like to, they could also be involved in the distribution of food. By the simple and meaningful action of packing of food, this will enable them to be delivered to the many needy (especially elderly) to help fill their stomachs.

III. Elderly

Organisation: **Kwong Wai Shiu Hospital**

Name of activity: Bingo Session with the elderly

Frequency: Every Thursday

Activity description: Kwong Wai Shiu Hospital (KWSH) is a charitable organization committed to providing quality healthcare to the sick and needy in Singapore. Volunteers are required to play bingo with our wheelchair-bound residents, include assisting in portering the elderly to & fro to the Event Hall. Volunteers will also spend the time to interact and befriend our elderly.

Volunteers' roles: Volunteers needed to assist in portering wheelchair-bound residents to the Event Hall (and back to their

respective wards after the activity). Volunteers will also lead the bingo game and call out numbers in English, Mandarin, Cantonese & Hokkien, and assist those who have poor eye sight, slow reflexes and hard in hearing. To befriend and interact with the elderly.

- Organisation: **St Hilda's Community Services Centre**
- Name of activity: Ready, Steady, Go! Exercise with Elderly
- Frequency: Thursdays
- Activity description: This customised morning exercise programme conducted by St Hilda's Community Services Centre, serves to help our elderly with weak limbs and wheelchair bound elderly in our community.
- Volunteers' roles: Volunteers learn some tips and experience on wheelchair handling. Volunteers join in the exercise and give encouragement to our elderly who are less mobile or on wheelchairs. Volunteers also assist to bring wheelchair bound elderly to & from their homes (located near our Centre).

IV. Special Needs

Organisation: **Institute of Mental Health**

Name of activities: Arts & Craft / Let's Dance / Sing A Long / Fun with Plants
/ Fun with Sports

Frequency: Monday - Friday

Activity description: Help IMH patients with arts and craft and sports activities.

Volunteers' roles: Volunteers escort patients and support by participating or facilitating in arts and craft. Volunteers need not have prior experience. Through the activity, volunteers help the patients to reduce boredom or unproductive behaviour, channel energy/talents for recreational/social activities, improve their social interaction and cognitive and physical functions.

Organisation: **The Singapore Association for the Deaf**

Name of activity: MVS Befrienders

Frequency: Thursdays

Activity description: Interact and befriend with MVS trainees through active participation in sports and games.

Volunteers' roles: Volunteers partner with SADeaf teachers or instructors to prepare for the sports and games during their CCA. Interact with MVS trainees during the sports and games. Through volunteers' support, volunteers can create special needs awareness between the beneficiaries and the outside world.