

## In this month

### PAST EVENTS

#### Adventure Learning

- <http://www.rp.sg/osg/newsletter/Oct%202009/rpelc.asp>

#### Service-Learning

- **First Aiders on Wheels**
- **F1 Grand Prix 2009 First Aid Coverage**
- **Lion Befrienders Mid-Autumn Festival**
- **Blood Donation & Bone Marrow Donor Programme Recruitment Drive**
- **SHL Business IG Children's Day Sports Carnival**

#### Sports Development

- **Aspiring young coaches attend NCAAP Course**
- **International Floorball Federation International Seminar**
- **Athletics IG sets milestones**
- **Rugby Coaches Amongst Us!**
- **2nd Youth Aikido Meet 2009**

### ADVERTORIAL

#### Graduate and Career Services

- **Da Capo - Reunion Party 2009**

#### Service-Learning

- **Local Service-Learning Grant**

#### Sports Development

- **RP Biathlon 2009**
- **POL-ITE Games AY2009/2010**
- **Women's Rugby World Cup**
- **Year 3 Fitness Programme**
- **NAPFA Test**

#### Student Wellness

- **Mentorship Programme**
- **Wellness 360° Programmes**

### Student Career Centre

Archives

## Lion Befrienders Mid-Autumn Festival 3rd October 2009

### A Meaningful Project Collaboration between Lion Befrienders and RP students.

With support from Office of Student and Graduate Affairs (OSG)

An idea originated from RP Students, Kanaga D/O Ramu, Angela D/O J. Anthony, Ang Min Yi, Loo Mei Xian and Chew Ann Hui, was awarded one of the best projects at the Young Change Makers' Conference (YCMC) 2009.

This idea transformed into a meaningful event that brought youths and senior citizens together to celebrate Mid-autumn on 3rd October 2009.

The proposal was inspired by a visit to Lion Befrienders, an organization whose mission is to aid in the social, psycho-emotional and physical well-being of lonely seniors through community participation.

Based on the initial idea, a three-day event was mapped out for the seniors. The first day was spent giving the volunteers an insight on how they can contribute to society and bring smiles to the elderly.

The other two days were what we called the "Distribution Day" where we would gather the volunteers to visit the homes of the elderly whom we would be inviting for our mid autumn festival event. This day wasn't just about inviting the elderly but also for the volunteers to foster a bond with the elderly so that when they do come for the event, the familiarity would help break the ice sooner.

The mid-autumn festival event was filled with laughter, songs and games played by both the elderly and the student helpers from Republic Polytechnic. The volunteers encouraged the elderly to stand up to dance. To our surprise, many elderly were dancing and singing with enthusiasm.

Other than singing and dancing, games were also introduced to the elderly. Games like, Boccia and Passing-the-parcel were well received by the folks. The elderly revealed their competitive



streak when they participated in the Boccia to compete with their friends and neighbours for the prizes.

As time flew and as the volunteers and elderly started to warm up to each other, eventually most of them were saddened when the event came to end.



The tears on the elderly' eyes were as sincere as it was on the volunteers eyes. This just proves what an exciting and meaningful event it turned out to be.

The committee members included 4 students from SOH and 1 student from SAS. It was an interesting combination as all of them had different expertises. One committee member commented: "Looking back at how far we have come from the day we came up with the idea at YCMC to the day we actually executed the event, I feel that there are many learning points I can learn from it. Firstly, I'm doing events management and this is my first hands-on events experience. I finally got the chance to learn what events management is all about. Secondly, I wasn't very interested in the ageing population but ever since I became involved in this project, it has really opened up my eyes on several issues. Now I'm more willing to step forward to assist in projects which are meaningful for the society."

Special thanks to everyone who has been involved from the moment "Beyond the Four Walls" idea was created till the point when it was implemented. – Ms Tan Siao Wei Catherine and Soon Tze Chien from OSG, who has been assisting us from the start. Special Thanks to Ms Ida from Sun love Marsiling and Ms Jasmine of Lion Befrienders who has collaborated with us to make this event possible.

Some truly inspiring quotes from our volunteers about their overall experience regarding the event.

*"Putting in Effort and Sweat in return for a Smile and Warmth in their Hearts is all we want."*  
-Alan Siek, STA—DDI

*"A show of inspiration to my heart, allowing me to enjoy the power of bringing smiles to people's faces"*  
-Lim Li Na, SIT

*"It has allowed me to be open to the people around me, lending a helping hand in the community, as the saying goes, it's the smile on their faces that you want to see which is the most meaningful thing."*  
-Yeo Run Ting Keith, SHL

*"It was a fruitful learning experience for*

*all of us. We did an excellent job just simply by bringing our smiles to our seniors and sharing with them our happiness. And yes, life will be more meaning by the little step that we are making"*

*-Nguyen Mai Huong, Gao - SIT*

*"All of us have given our best in this event, and the greatest return for us is none other than seeing a smile on all of the elders' faces"*

*-Kelvin, SHL*

Text by Kanaga D/O Ramu

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