

ISSUE #34 (28 September 2018)



Welcome to Student Community Engagement's fortnightly update.

[World Mental Health Day](#) is celebrated on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and mobilising efforts in support of mental health. This day provides an opportunity for all stakeholders working on mental health issues to talk about their work and what more needs to be done in order to make mental health care a reality for people worldwide.

A [Quality of Life Study](#) by [National Council of Social Service](#) revealed that persons with mental health conditions have a significantly lower quality of life than the general population. Co-created with persons in recovery, a nationwide movement [#BeyondTheLabel](#) was launched and it aims to address stigma faced by persons with mental health conditions, and promote the acceptance and inclusion of persons in recovery in society. Seven in 10 persons with mental health conditions face challenges living with dignity because of the [negative attitudes and actions of others](#).

The [NTU Welfare Services Club Regular Service Project Mental Health](#) is championing the agenda to help NTU students gain a better understanding of mental health through information workshops and interaction with beneficiaries.

Mental illness does not discriminate, so why should we? Let's unite against mental health stigma.

Be informed. Be inspired. Be the change.



Articles and Updates

Mental Health: Looking beyond the label

First nationwide campaign, "Beyond The Label" kicks off to dispel stigma and misperceptions of mental health. The Straits Times talked to seven people whose lives have been touched by mental health conditions, with each sharing something that was significant to their journey of recovery. Read [more...](#)

Taking care of workers' mental health

The mental health of workers is usually not a priority for companies but leaders from some large corporations are taking the lead to promote happy workplaces. Read [more...](#)

More people in Singapore seeking help for mental illness

As the Institute of Mental Health celebrates its 90th anniversary this year, The Straits Times looks at how it has moved away from the stereotype of a far-flung mental hospital to one which works with others, including its own patients, to spot and treat mental illnesses in the community. Read [more...](#)

Volunteer Opportunities



COMMUNITY INVOLVEMENT PROGRAMME VISIT

Organised by [Red Cross Youth NTU Chapter](#), volunteers will interact with residents and entertain them through chatting, playing simple games and reading.

A two-way bus transport will be provided for volunteers.

- **When:** 13 October 2018, 9.00 am - 1.00 pm
- **Where:** Red Cross Home for the Disabled (8 Lengkok Bahru, Family Link, #04-01, Singapore 159052)

Click [here](#) to register your interest. Email your queries directly to redcross-cip@e.ntu.edu.sg.



BUCKLE UP, LET'S FLY

Buckle Up, Let's Fly! aims to provide a platform for youths to interact and engage in activities with seniors from Moral Home for the Aged Sick to strengthen intergenerational connections and understanding. Each senior will be "buckled up" with friendly youth befrienders who will bring them to "fly" around and explore the vicinity of Changi Airport Terminal 3.

Through this session, volunteers will have an opportunity to forge bonds with seniors and pick up valuable lessons from them, while creating unforgettable memories at Terminal 3.

- **When:** 6 October 2018, 9.00 am - 4.00 pm
- **Where:** Moral Home for the Aged Sick (1 Jalan Bilal, Singapore 468854)

Click [here](#) to register your interest. Email your queries directly to Ong Jing Wei at jongw20@gmail.com. The last day of registration is **5 October 2018**.



YEAR-END PROGRAMMES

[Calvary Community Care](#) (C3) is a not-for-profit Voluntary Welfare Organisation that seeks to serve the needy in the community regardless of race, age, gender or religion. They are recruiting student volunteers to help out with various events.

Camp ACE 2018

Camp ACE 2018 aims to develop the resilience of youths in overcoming the obstacles in life, and make new friends.

Volunteers would be appointed as group leaders at the Camp.

- **When:** 15 - 18 November 2018, 11.00 am - 1.00 pm
- **Where:** Praisehaven Retreat Centre (500 Upper Bukit Timah Road, Singapore 678106)

The last day of registration is **20 October 2018**.

Camp GROW 2018

Camp GROW 2018 is a story-reading camp for 5-6 year old children.

Volunteers would be appointed as group leaders, food and logistics, story teachers, photographers at the Camp.

- **When:** 5 - 7 December 2018, 9.00 am - 3.00 pm
- **Where:** Potong Pasir Community Club (6 Potong Pasir Avenue 2, Singapore 358361)

The last day of registration is **25 October 2018**.

Befriending (Seniors) Programme

Volunteers will be paired and assigned a senior to befriend through regular home visits (1-2 hours), outings and bi-monthly get-together sessions. Minimum commitment is 6 months or more.

- **When:** October 2018 - March 2019
- **Where:** Potong Pasir Constituency

The last day of registration is **30 October 2018**.

For all three programmes above, email your interest and queries directly to Cheryl Yeo at cherylyeo@calvary.org.sg.



Embarking on your own volunteer activity or social advocacy project?
The CoLab4Good Fund seeks to support meaningful ground-up initiatives.
Find out more [here](#).



YOUNG WOMEN'S LEADERSHIP CONNECTION (YWLC) WOMEN FOR WOMEN: HACKATHON FOR SOCIAL CHANGE 2018

YWLC will be organising an inaugural Women for Women: Hackathon for Social Change 2018. With a focus on empowering women in the community, this Hackathon provides a platform for female change-makers to pitch problem statements for their causes, and invites members of public aged 21-35 to propose solutions for positive community change.

100 participants. 20 change-makers. 5 hours of intense ideation, collaboration, and pitching.

1 winning proposal to be adopted by YWLC in 2019.

Are you ready to take up the challenge? Each member of the winning team will walk away with \$2000 worth of prizes, including a data analytics course, a month's complimentary pass to all WeWork co-working spaces in Singapore, and \$500 cash!

YWLC is a non-profit group under the People's Association and chaired by Minister Grace Fu, Ministry of Culture, Community and Youth. The group aims to nurture the next generation of female leaders by providing young women leaders a platform to maximize their career and personal development through mentorship, leadership, community engagement and networking opportunities. The group is supported by established women leaders in both public and private sectors who volunteer as mentors with YWLC.

- **When:** 13 October 2018, 9.00 am - 10.00 pm
- **Where:** WeWork 60 Anson Road (60 Anson Road, Singapore 079914)
- **Cost:** \$15 per pax (this subsidised cost is only valid if you register with your NTU email address)

Click [here](#) to read more and register.



Upcoming Events



MINDS FILM FESTIVAL 2018

The film festival is back and bigger!

For the first time ever, the MINDS Film Festival 2018 is privileged to receive sponsorship for the production of two locally commissioned short films, which will join the ranks of six other international films to be featured during the festival. The two local films are produced by Chuan Pictures and local award-winning filmmaker, Royston Tan. It will feature [MINDS Taiko Drum Troupe](#), as well as put a spotlight on the sobering realities of a caregivers demise.

There will also be a roving exhibition to share inspiring stories about MINDS' beneficiaries. It aims to advocate for persons with intellectual disability (PWIDs) and educate the public about what an inclusive society that embraces and uplifts the 'differently-abled' can look like. Click [here](#) for exhibition schedule.

- **When:** 16 September - 7 October 2018, various times
- **Where:** Golden Village cinemas (various locations)
- **Cost:** \$6 per ticket

Click [here](#) to read more.



ENABLING FESTIVAL 2018

The Enabling Festival seeks to showcase potentialities that focus on the enablement of people living with dementia to provide them with a better quality and dignified life.

The three-day community festival is a kaleidoscope of multi-disciplinary activities in the areas of design, visual arts, music, theatre, film, dance, photography, discussion forums, workshops, an experiential walkthrough in the Enabling Room and a Designathon that aims to develop dementia friendly solutions with the community.

- **When:** 5 - 7 October 2018, 10.00 am - 7.00 pm
- **Where:** National Design Centre (111 Middle Road, Singapore 188969)
- **Cost:** Free

Limited slots are available for selected activities.

Click [here](#) to read more about the event and [here](#) to register your slots.

FESTIVAL FOR GOOD

FESTIVAL FOR GOOD 2018

Organised by the [Singapore Centre For Social Enterprise](#) (raiSE), this annual event showcases a variety of social enterprises – with everything from health and wellness, fashion, lifestyle and technology to coffee, food bites and more. There will even be experience capsules as well as interesting talks. Discover a world of possibilities as you engage with the various products and services that social enterprises have to offer.

Be #PartOfTheGood and take a step towards the GOOD life.

- **When:** 20 - 21 October 2018, 11.00 am - 7.00 pm
- **Where:** Marina One (7 Central Boulevard, Singapore 018936)
- **Cost:** Free admission



TEH TARIK SESSIONS @ THE RED BOX – WHAT THEY DON'T TELL YOU ABOUT SOCIAL ENTREPRENEURSHIP

After running social enterprise [Skillseed](#) for five years, Huijia has amassed a wealth of experience (mainly mistakes) and insights that she hopes will better inform youths contemplating taking the plunge into the social sector.

Amongst the light-hearted talk by Huijia, come hear about hard truths and little things that people don't talk about, but can make all the difference if you want to journey far in your own social venture.

- **When:** 26 October 2018, 7.00 pm - 9.30 pm (dinner is provided)
- **Where:** The Red Box (113 Somerset Road, Level 2, Learning Hub, Singapore 238165)
- **Cost:** Free admission

Click [here](#) to register your interest. Email your queries directly to Edmond Kwek at Edmond_kwek@nyc.gov.sg. The last day of registration is 25 October 2018.



THE IMPACT ACTXCHANGE DIALOGUE SERIES: BEYOND REFUGE

Featuring Social Impact Enterprises from around Southeast Asia, [Actxplorer](#) hope to provide a platform for them to share about their acts of doing good that are impacting the communities around them.

In this inaugural session, two speakers from Kuala Lumpur will share about their work in providing refugees above and beyond a mere shelter, in response to one of the world's greatest humanitarian crisis.

- **When:** 1 November 2018, 7.30 pm - 9.30 pm
- **Where:** The New Charis Mission (11 Jalan Ubi, Kembangan-Chai Chee Community Hub, Block 1, #01-01, Singapore 409074)
- **Cost:** Free

Click [here](#) to read more and [here](#) to register your interest.



SINGAPORE WRITERS FESTIVAL 2018 : THE WATER WILL COME

As one of the most important building blocks of life, water is also the most visible and tangible impact of climate disruption: floods, drought, torrential downpours and rising sea levels to name a few.

Acclaimed journalist-author Jeff Goodell, who travelled to Alaska with former US President Barack Obama, has been around the globe interviewing scientists and climate change leaders to investigate first-hand how climate change and the rising sea levels are affecting all of us.

Come discover a future that is going to require "adaptable living", as Goodell paints a vivid picture of the water world we might have to live in. This event is part of [Singapore Writers Festival 2018](#).

- **When:** 11 November 2018, 3.00 pm - 4.00 pm
- **Where:** Victoria Theatre (11 Empress Place, Singapore 179555)
- **Cost:** \$20

Discounted tickets for students are available. Click [here](#) to purchase tickets.



YOUTH FOR CHANGE CONFERENCE

Violence affects some 1.7 billion children every year, in every country, city and community.

Join an international community of cause-driven youth at World Vision's Youth For Change Conference to learn how you can help end violence against children.

- Attend **dialogues and workshops** with experienced field practitioners and advocacy strategists at the frontline of child protection
- Make **field visits** to World Vision's peri-urban and rural programmes on the outskirts of Bangkok
- Go on a **behind-the-scenes visit** to the National Office of World Vision Thailand
- Build **cross-cultural networks** with young humanitarians from different countries

There are proven solutions for preventing, mitigating, and responding to child abuse. With your help, a world without violence against children is possible.

- **When: 18 - 21 December 2018**
- **Where:** Bangkok, Thailand
- **Cost:** SGD \$425 (early bird fee until 28 October 2018) ; SGD \$480 (after 28 October 2018)

**The conference fee does not include the cost of air travel to and from Thailand, visa applications (if any), and travel insurance.*

Click [here](#) to read more and register your interest.

Conference participants will be eligible for the Social Impact Training Grant (SITG). Email OCommE@ntu.edu.sg for more details. *Only full-time NTU students are eligible for SITG. Terms & conditions apply.*

Student Community Engagement aims to empower students to make a difference through positive social actions. We believe that young people have a critical role to play in building a better world for themselves and the community.

We provide students access to opportunities such as grants for their ground-up initiatives and social entrepreneurship efforts, internships at non-profit organisations, and training programmes to develop community leadership skills. More information at <http://www.ntu.edu.sg/sasd/communityengagement>.

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