

Z – Factor Youth Coaching Programme 2005

2005 has been a significant year for REACH Family Service Centre and many volunteers and youths because it is the beginning of a pilot programme, Z-Factor. We had 31 mentees and 52 mentors. The programme started in June where the mentors and mentees came together for a 2days 1 night camp. There was much fun, interaction and most of all, the campers took away with them “bonding”.

Straight after the camp, the participants were given a chance to train themselves in rowing. Four Saturdays were spent at Ulu Pandan Reservoir where the participants were challenged physically and mentally. Many enjoyed the process of learning and having fun together.

After the rowing ended, we brought in trainers from Circus Outreach to bring them through a few sessions of juggling and acrobatics. Through the sessions, we can see that the participants were able to focus on learning a particular skill and trying to succeed in it. Through it, values of determination and perseverance were indirectly imparted to the participants. And a group of them actually took a step further to pick up their confidence and put up a performance for the Cambodia people overseas and at a RC block party in Bishan in November 2005.

Throughout the rest of the year, the participants worked towards the community service projects both locally and overseas. And in order to serve the community, the youths began to put in their efforts through fund-raising, planning and preparation.

In December 2005, REACH was very honoured to send out 3 groups of youths to Cambodia, MINDS (Ang Mo Kio) and Christian Outreach to the Handicapped to do community service projects with them. Although the projects were small in scale but in the hearts of these youths and the beneficiaries, its effect was multiplied many times because through it, the virtues of love, compassion and gratefulness were imparted.

Truly, 2005 has been a significant year for REACH. And I think our slogan for the team to Cambodia sums it up very nicely, “Life is not about where you go, but about the footprints you leave behind in people’s hearts.”



Z-Factor youths building a tar road as part of their overseas community service project at Cambodia