

FACTSHEET: GiFTS Programme – Giving Fun, Time and Skills

In celebration of ITE's 25th Anniversary, ITE will be embarking on a year-long GiFTS Programme, where staff and students from ITE HQ and the three Colleges take **time** off their schedule to use their **skills** to benefit the community and bring some **fun** into the lives of those around them.

The GiFT of Skills

1) *BRITE Homes* (Brighten & Revitalise by ITE)

From May to October, ITE staff and students will be helping **250** needy households in three CDCs install grab bars (for elderly residents), energy-saving light bulbs, taps, and more. Staff and students will also help breathe new life into some homes by giving these homes a fresh coat of paint and doing some minor repairs. Safety kits, which include a light-duty fire extinguisher and first-aid kit, will also be given to the beneficiaries.

While refurbishment works are going on, residents are invited to enjoy a packed lunch and partake in a variety of activities, including a neck and shoulder massage, eye check-up, and picking up handicraft skills. The *BRITE Homes* project is done in partnership with Central CDC, South East CDC and South West CDC.

2) *Grocery Angel*

ITE staff will provide **2,500** bags of groceries to needy households later this year. Each bag, sponsored by ITE staff, will contain daily necessities such as rice, milo and biscuits.

3) *From the Heart*

ITE Event Management students will help Beyond Services plan and run the Fairground project. They will collect pre-loved items from the public and ITE staff and students prior to the actual day. These items will be sold at a flea market and proceeds will go to the beneficiaries of Beyond Services.

4) *Silver Connection*

Elderly who can't differentiate between Instagram and Facebook, or have no idea how to check emails on their mobile can learn how to do so at special classes on mobile applications, social media and basic IT skills.

5) *Vision Care*

ITE's opticianry students work with Optometry Giving Sight to provide full eye examinations and free spectacles to elderly folks or children from Homes on World Sight Day.

6) *Happy Bellies*

ITE's Culinary students whip up hearty soups, which will be distributed to needy households. Students and staff also partner Touch Community Services to deliver meals to elderly residents on Friday afternoons.

7) *Get Healthy*

Health is wealth. ITE students raise the importance of healthy living to nearby residents and encourage healthy eating by distributing some of the vegetables that are grown hydroponically on the ITE College West's roof top!

8) *Nurturing Nature*

Interested in growing your own vegetables? ITE students and staff will show interested residents how they can build their own vegetable farm without soil!

9) *Skilled to Help*

Our staff and students use their skills to provide a series of services to beneficiaries, and sometimes, the public. This is done throughout the year at various events, such as during *BRITE*

Homes and ITE Fiesta. These services include basic health checks, neck and shoulder massages, eye checks, haircuts and hairstyling, and more.

10) Book Buddies

Reading is an essential skill. We help needy pre-primary children learn how to read so they are better prepared for primary school.

11) Tech Transfer

Residents of Melrose Home pick up IT skills with help from staff and student volunteers.

12) Nurses' Outreach

ITE's Nursing staff and students extend their caring nature to 25 needy homes. Working together with Thye Hua Kwan Community arm, these staff and students will help spring clean these homes and provide 25 food hampers to these residents.

13) Hands to Hearts

This project will see students and staff sewing activity pillows for elderly with Alzheimer's Disease. These lap pillows will be customised with the beneficiary's name and photo, and will feature tactile 'stations' to provide stimulation. The *Hands to Hearts* project is done in partnership with SportCares.

14) Need for Speed

Kids from disadvantaged homes are taught to build their very own sun-powered toy car. ITE students put their engineering and technical skills to good use during the workshop, ensuring each child is able to successfully put together a solar toy car.

15) Cleaning Party

ITE students gave the flats of several elderly residents a face lift on Broom It! Day by cleaning their flats and making it more comfortable for the residents. The students also conducted a canvas tote bag painting workshop and gave them Easy Tables – a bedside stand with two drawers and easy access handles which ITE students had specially designed.

The GiFT of FUN

16) Friends without Borders

ITE students pair up with mildly intellectually-challenged children to befriend them, go on outings and demonstrate socially-accepted etiquettes.

17) Art Planking

ITE staff and students are adding some colour to Tampines Changkat CC's PASSionArts Festival and National Day Parade celebrations with unique, hand-painted planks. ITE is contributing 250 planks per College in line with our 25th Anniversary to the above effort by Tampines Changkat CC. Over 300 staff and students have painted 250 planks within 2.5 hours on 12 May, officially setting the record for 'Largest Montage of Wood Plank Paintings' in the Singapore Book of Records.

18) A Date with the Family

ITE staff and students encourage 100 households from the Cheng San Constituency to spend time bonding with their family over lunch. They will help deliver meals to these households.

19) Day at the Museum

ITE College Central students accompany Primary 6 students from Chao Yang School to the National Museum where they will learn more about Singapore's history and engage in art activities.

20) Let's Play!

We give residents of the Jamiyah Home a reason to smile with outings with bowling sessions and movies.

21) Football Kakis

ITE students chaperone elderly residents from several homes on monthly trips to watch S-League club, Warriors Football Club, play. Our students befriend these elderly residents, serve them dinner and ensure their well-being when out and about.

22) ITE Fiesta

Learn simple car maintenance, plumbing repairs, floral arrangement and more of such every day skills at several free workshops by ITE staff and students at ITE's version of 'open house'.

23) Green Warrior

Environment sustainability can be fun too. ITE holds several green programmes throughout the year to raise awareness and encourage staff, students and the public to be environmentally friendly.

24) ITE Musical – Letters to ITE

Selected beneficiaries get to take a break from daily life by enjoying a free musical organised by ITE.

25) Football for Charity

ITE staff will play against S-League club, Balestier Khalsa Football Club in this charity event. Each goal scored will earn cash for beneficiaries from Beyond Social Services.