



## 10<sup>th</sup> TOUCH Family Festival Launched with Exciting Activities for the Whole Family

*Festival to feature first-ever family adventure race at new Sports Hub*

**SINGAPORE, 26 MAY 2015** – TOUCH Family Services (TFS), an affiliate of TOUCH Community Services, launched the 10<sup>th</sup> edition of TOUCH Family Festival (FamFest) today. This year, FamFest makes its return on a larger scale with a wide range of interactive activities reaching out to singles, newly-weds, parents, grandparents and the young. Themed “Celebrate Singapore, Celebrate Families”, FamFest 2015 is organised in celebration of SG50 and aims to highlight the important role of families in nation building.

FamFest 2015 kicked off today with **an interview-style panel discussion featuring guest panelists Minister for Environment and Water Resources Dr Vivian Balakrishnan, and celebrity couple Darren Lim and Evelyn Tan**. Titled “What family means to me”, panelists shared interesting anecdotes of their family life including stories on maintaining work-life balance and on playing the roles of a public figure and a parent.

The other key highlights of FamFest 2015 will include:

- **Online Straw Poll on Family Life:** Talk participants will be invited to take part in an online straw poll (URL: [famfest.sg/poll](http://famfest.sg/poll)) covering five simple questions relating to their family life. Questions asked will include when was their last meal together as a family and their thoughts about their family. Its objective is to have a general sense of the public’s perception of their own family and what matters to them. The poll findings will also provide deeper insights and discussion points for the panelists to comment on during the panel discussion on 26 May. The online straw poll will be extended to the public during the FamFest week.
- **Family Video Contest:** Members of the public were earlier invited to take part in a video contest answering the following question “What family means to me”. Five videos were shortlisted for public voting on [www.famfest.sg](http://www.famfest.sg). The winner of the FamFest 2015 Video Contest is 24-year-old Ms Angelina Saw, a freelance media practitioner. Please visit [https://www.youtube.com/watch?v=sTzVngqVk\\_o](https://www.youtube.com/watch?v=sTzVngqVk_o).
- **Free Lunch Time Talks from 27 to 29 May:** A signature element and mainstay of every FamFest since the first edition in 1997, this series of talks are geared towards helping busy working professionals cope with the stresses of work and the expectations at home. Talks by expert speakers including counsellors and family life educators on marriage and parenting will be held at three easily accessible locations in the Central Business District. The topics include parenting, marriage, cyber wellness among youths, finances, conception and a special talk for singles - “*Getting Mars & Venus Down to Earth*”. A synopsis of the talks and profile of speakers are attached.
- **Share-A-Meal project from 30 May to 1 June:** Five primary schools will be supporting FamFest 2015 by reaching out to a total of 5,000 parents, to encourage them to set aside time on the long-weekend of 30 May to 1 June for a family meal together. To make this activity extra special, TOUCH is encouraging families to submit photos of their meal time with a suitable caption. Selected photos and captions will be featured on the Famfest

Singapore's facebook page (Search "FamFest Singapore" on Facebook or visit the following URL: [www.facebook.com/famfestsingapore](http://www.facebook.com/famfestsingapore)).

"2015 is especially unique for us because we celebrate the nation's 50<sup>th</sup> birthday together with 10 years of Family Festival. When the idea of a Family Festival was first mooted among the staff, we saw it as our humble contribution to support busy working professionals with simple handles and tips to manage challenges facing their families.

"After 10 years of Family Festival, the challenges that families face today is unprecedented. Among many other issues, parents face cyber wellness concerns for their children including gaming addiction and cyber bullying while infidelity and problem gambling are issues that cripple families and marriages.

"Families need every help that they can possibly receive to better manage work and family stresses, and we hope that the activities which we have organised this year can empower the individual and his family to build stronger ties with one another," said Mr Eugene Seow, Executive Director of TOUCH Family Services.

"We are very pleased to come on board the Share-a-Meal project to encourage our parents and pupils to have meals together more frequently as part of spending quality time with one another. We hope that through small steps like this, family ties are strengthened and the children are provided with a warm and stable home environment," said Ms Veronica Tay, Principal of Tampines Primary School.

TOUCH FamFest 2015 is supported by the Ministry of Social and Family Development. Its community partners include aLife, Care Corner, DaySpring, En Community Service Society, Family Central, Familywise, Families For Tomorrow and Focus on the Family. Some 20,000 individuals have benefitted from the lunchtime talks since the inaugural TOUCH FamFest in 1997.

TFS has been a keen supporter and champion of family causes since it was incorporated in 2007 although its work started in 1992 under the umbrella of TOUCH Community Services. It proactively advocates efforts to strengthen the family unit and the services under TOUCH Family Services include TOUCH Adoption Services, TOUCH Character Development, TOUCH Child Care, TOUCH Counselling & Social Support and TOUCH Family Life Education.

**For more information, please contact:**

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**About TOUCH Family Services**

TOUCH Family Services (TFS), an affiliate of TOUCH Community Services, is committed to building strong families, and promoting the well-being of individuals and families in need. TFS supports families through adoption services, counselling support and family life education including marriage preparation courses and family enrichment seminars. Each year, its marriage preparation classes attract more 300 individuals. For more details on TFS, please visit [www.touch.org.sg/family\\_service\\_group](http://www.touch.org.sg/family_service_group).