



MEDIA RELEASE

TOUCH COMMUNITY SERVICES LAUNCHES FIRST-OF-ITS-KIND COLLABORATIVE COMMUNITY HUB FOR TAMPINES RESIDENTS AND CAREGIVERS

28 MARCH 2026 - TOUCH Community Services has officially opened **TOUCHpoint@Tampines 285**, a collaborative community hub designed to build community cohesiveness and empower residents through skills development, income opportunities, caregiver support and mental wellness programmes. Located at Block 285 Tampines Street 22, the hub is a first-of-its-kind collaborative space to inspire connection, empowerment and inclusivity for residents across different life stages.

Graced by Guest-of-Honour, Mr Desmond Choo, Minister of State for Defence and Member of Parliament for Tampines Changkat SMC, the launch event saw more than 1,000 residents from Tampines and the surrounding neighbourhoods in attendance. Residents were invited on a guided tour of the hub's three concept spaces – **Carer Space**, **MIND Cove** and **JOURNEY** – meant to holistically support caregivers, persons with special needs, as well as youths.

As the first TOUCHpoint that integrates a range of TOUCH services under one roof, TOUCHpoint@Tampines 285 reflects TOUCH's innovation in service delivery – bringing together programmes that support overall wellness, social connectedness and active participation in the community. Residents can look forward to activities that nurture stronger bonds among neighbours, promote mental wellness, and create opportunities for individuals to contribute their skills and talents to the community.

TOUCHpoint Concepts

Carer Space by TOUCH Caregivers Support is TOUCH's first dedicated space where caregivers can receive personalised support, access resources and attend programmes to empower and sustain them in their caregiving journey. With funding and support by CapitaLand Hope Foundation (CHF), the philanthropic arm of CapitaLand Group, the space was refurbished and programmes were developed to meet the needs of caregivers and their loved ones. Focused on education, resources and social connection, these efforts aim to strengthen caregiver-care recipient relationships and enhance overall quality of life for both parties.

Carer Space also houses Singapore's third community-based Age+ Living Lab, established in collaboration with the Singapore University of Social Sciences (SUSS) and supported by the Ngee Ann Kongsi. Visitors can explore gerontechnology solutions and assistive devices designed to support independence and ageing safely at home and in the community.

Free experiential learning tours are held twice a week and guided by trained Gerontech Ambassadors. During these tours, participants are introduced to the LifeCurve concept, which explains how abilities may

change with age and how simple adjustments to daily habits, routines, and environments can help maintain independence and stay in control for longer.

Through these programmes and tools, caregivers, families, and community members are empowered to better support care recipients in regaining confidence and independence, while upholding dignity, strengthening resilience, and restoring joy in daily caregiving.

MIND Cove, by TOUCH Mental Wellness, focuses on mental health by equipping youths and caregivers with effective coping strategies to manage emotional distress. Participants will journey through five interactive zones to learn how to identify their emotions, reframe negative thoughts, use their five senses to cope with distress, engage in physical activities for emotional regulation, and gain practical mindfulness tips. Through these experiences, MIND Cove aims to normalise conversations on mental health and strengthen family and community support for youths.

JOURNEY, an award-winning Singapore brand under TOUCH that represents artists with intellectual disabilities, runs inclusive programmes that empower residents through skills transfer, creative expression and meaningful income opportunities. These include JOURNEY RE:MAKE, a craft-based programme with structured sewing courses that equip participants with market-relevant skills and pathways to earn an income; and JOURNEY ARTConnect, a safe space for community artists with disabilities to create art with peers, be represented by JOURNEY, and gain opportunities for recognition and income.

TOUCHpoint@Tampines 285 is a collaborative third space designed to uplift and connect residents, made possible through the collective effort of stakeholders and partners. These include the People's Association for the opportunity to design the TOUCHpoint pace to engage the Tampines community, the invaluable support by CHF, SUSS, and the Ngee Ann Kongsi, as well as corporate sponsors – Pepperwall, LG and Crestar.

Mr James Tan, Chief Executive Officer of TOUCH Community Services, said: "With TOUCHpoint@Tampines 285, we hope to create a welcoming community where residents are supported and empowered – whether they are caregivers seeking respite and resources, youths looking for a safe space to share their mental health challenges, or individuals wanting to learn new skills and give back. Our hope is that this hub will serve as a catalyst for building a strong network of neighbours who look out for one another and journey together through every season of life."

Mr Tony Tan, Executive Director, CapitaLand Hope Foundation and Chief Corporate Officer, CapitaLand Development, said: "Caregivers and their needs often remain under-recognised despite their critical role in our social ecosystem. Through CHF's partnership with TOUCH Caregivers Support, we place caregivers at the centre of care. By equipping them with practical resources and structured support, we strengthen caregivers' ability to provide better care for their loved ones. Ultimately, this can contribute to improved social and health outcomes for care recipients and foster a more resilient community."

Associate Professor Dr Carol Ma, Head, Gerontology Programme, Singapore University of Social Sciences, said: "The Age+ Living Lab brings together community partners, residents, and caregivers to explore practical solutions for ageing well. Through tools such as the LifeCurve, we help participants recognise changes in everyday abilities and promote reablement opportunities that support independence for as

long as possible. Using experiential tours that showcase assistive technologies, we hope to empower individuals with simple, practical ways to age safely at home and within their communities.”

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About TOUCH Community Services

Since 1992, TOUCH Community Services has served people of all ages, races and religions to see sustainable change and transformation in their lives. It believes in the worth and potential of every child, youth at-risk, family in need, senior, caregiver and person with special or wellness needs to grow, participate and contribute in the community. The heartbeat of TOUCH is to **activate potential, build independence, connect people, and deliver impact** by developing sustainable solutions in society. For more information on TOUCH, please visit www.touch.org.sg

About TOUCH Caregivers Support

TOUCH Caregivers Support Group (TCG) envisions a community where caregivers have peace of mind and are empowered to live fulfilling lives. Guided by a family-centred approach, TCG focuses on building caregivers’ strengths, enhancing care sustainability, and improving their overall quality of life.

TCG supports caregivers through a dedicated helpline (TOUCH Care Line), carer-centric coaching, and support group programmes, complemented by online caregiver communities that foster peer support and resilience. It also conducts talks and workshops to raise awareness and advocate for caregivers’ needs. These efforts enable caregivers to thrive while providing sustainable care for their loved ones.

For more information, please visit www.touch.org.sg/caregivers

About JOURNEY

JOURNEY is an award-winning Singapore brand under TOUCH Community Services that represents the creative talents of people with intellectual disabilities. Through this platform, the artworks of Special Artists are recognised and shared with a wider public as well as corporate bodies.

JOURNEY supports over 70 artists from TOUCH Community Services - a local charity that conducts an art programme for people with intellectual disabilities. Through JOURNEY, these artists can earn an income from the sale of their art and gain access to opportunities for collaborations that showcase their talent and tenacity.

JOURNEY was conferred the Enabling Innovation Award by SG Enable at the 2023 Enabling Mark Awards Ceremony for its innovative efforts to provide sustainable employment for its artists and collaborations with stakeholders to increase its reach.

Find out more on how you can journey with us at www.journeyspecial.com

About TOUCH Mental Wellness

As an advocate of mental wellness, TOUCH Mental Wellness (TMW) has been organising mental wellness awareness mass runs, talks and workshops since 2015. It works closely with corporations to conduct mental wellness talks with an aim of equipping employees with handles to cope with stress and help them build resilience. It also specialises in mental wellness awareness and educational programmes for schools. In 2018, TMW launched a Virtual Reality (VR) Immersive Experience on depression as part of its school-based mental wellness programme, *Do You M.I.N.D.?* It also launched Singapore's first-ever VR Gaming Experience to educate students on anxiety in a fun and engaging way.