

Bridge



SOUTH WEST
COMMUNITY
DEVELOPMENT
COUNCIL

#2 / 2023



THE JURONG INNOVATION DISTRICT IS EXPECTED TO CREATE 95,000 JOBS, AND THE ENHANCED CONNECTIVITY WILL BRING MORE OPTIONS FOR RESIDENTS."

MS FOO MEE HAR
Adviser to Ayer Rajah-Gek Poh
Grassroots Organisations



Packed with Love and Care

Volunteers of Festive Cheers @ South West lend a helping hand for a heartwarming season of giving and inclusivity



5 CDC VOUCHERS SCHEME 2023

Giving a boost to households and heartland merchants



9 SOUTH WEST DISTRICT MEETING

Celebrating our partners and enhancing caregiver support



17 CLEAN UP @ SOUTH WEST

Residents step up for sustainability with a new green trail

Dear friends,

Leaving behind the cloud of pandemic restrictions, South West CDC is pushing ahead with our mission to **Aggregate** resources and needs, **Build** capabilities of partners and residents, and **Connect** stakeholders.

This year, the CDC Vouchers Scheme was enhanced to provide each Singaporean household with \$300 CDC Vouchers, which can also be spent at supermarkets, besides participating heartland shops and hawker stalls. This expanded use and higher sum aimed to lend a hand with the costs of living for Singaporeans. We saw encouraging and strong support, with many residents claiming and spending their vouchers within weeks of the launch. What greatly heartened us was how communities came together to support one another. For instance, student volunteers showed elderly seniors how to claim their vouchers. Many residents also donated their vouchers to charity for the festive season.

At the district level, the CDC boosted our support for the caregivers and vulnerable in our midst. We enhanced the Caregiving @ South West programme to provide caregivers with greater resources, training opportunities and financial help with the Caregiver Support Fund.

From December 2022 to March this year, fellow Advisers from the district and I joined grassroots and corporate partners in the Festive Cheers @ South West programme to reach out to 8,000 vulnerable households. Each household received South West Care Packs comprising essential items sponsored by the CDC's partners as well as an orange enzyme cleaner specially prepared by youths with special needs from ECO @ Metta. Volunteers from the Movement for the Intellectually Disabled of Singapore (MINDS) who joined this exercise inspired us with their can-do spirit. This strong sense of giving from organisations and individuals from all walks of life marks our inclusive South West community.

More new partners are stepping forward to join us in sustainability efforts. Together with Michelman Asia Pacific, we introduced a new Green Trail during the annual Clean Up @ South West to encourage residents to walk and do good at the same time. For each completed walk, Michelman Asia Pacific will contribute funds for grocery packs that go to vulnerable families in our district.

As we shape up a greener district, let us continue to care for the environment and each other, to create a beautiful and inclusive South West in Singapore.



MS LOW YEN LING

Mayor of South West District

அன்பார்ந்த நண்பர்களே,

பெருந்தொற்று கட்டுப்பாடுகளிலிருந்து மீண்டுவரும் இந்நேரத்தில், தென்மேற்கு சமூக மேம்பாட்டு மன்றம் (CDC), வளங்கள் மற்றும் தேவைகளை **ஒருங்கிணைத்தல்**, பங்காளர்கள் மற்றும் குடியிருப்பாளர்களின் ஆற்றல்களை **வளர்த்தல்**, மற்றும் பங்குதாரர்களை **இணைத்தல்**, ஆகிய எங்கள் பணிகளை முன்னெடுத்துச் செய்து வருகிறது.

இந்த ஆண்டு, சமூக மேம்பாட்டு மன்றம் பற்றுச்சீட்டுகள் திட்டம் மேம்படுத்தப்பட்டு, ஒவ்வொரு சிங்கப்பூர் குடும்பத்திற்கும் \$300 மதிப்புள்ள CDC பற்றுச்சீட்டுகள் வழங்கப்பட்டுள்ளது. இதனை பங்குபெறும் குடியிருப்பு வட்டாரக் கடைகளிலும் உணவங்காடிக் கடைகளிலும் மட்டுமின்றி பேரங்காடிகளிலும் செலவழிக்கலாம். இந்த விரிவுப்படுத்தப்பட்ட பயன்பாடும் அதிகரிக்கப்பட்ட தொகையும் சிங்கப்பூர்களுக்கு வாழ்க்கைச் செலவினங்களில் கைகொடுக்கும் நோக்கத்தில் செய்யப்பட்டது. இந்த திட்டம் தொடங்கிய சில வாரங்களிலேயே பல குடியிருப்பாளர்கள் இந்த பற்றுச்சீட்டுகளைப் பெற்று செலவிட்டு, மிகுந்த ஆதரவையும் ஊக்குவிப்பையும் அளித்தார்கள். சமூகங்கள் ஒன்றிணைந்து ஒருவர் மற்றொருவருக்கு ஆதரவு அளிக்கும் காட்சி எங்கள் மனதை நெகிழவைத்தது. உதாரணத்திற்கு, மாணவ தொண்டோழியர்கள் முதியவர்களுக்குப் பற்றுச்சீட்டுகளைப் பெற்றுக்கொள்ள வழிகாட்டினர். விழாக்காலங்களில் பல குடியிருப்பாளர்கள் தங்கள் பற்றுச்சீட்டுகளைத் தொண்டு நிறுவனங்களுக்கு நன்கொடையாக அளித்தனர்.

மாவட்ட அளவில், நம்மிடையே இருக்கும் பராமரிப்பாளர்களுக்கும் பாதிக்கப்பட்டவர்களுக்கும் சமூக மேம்பாட்டு மன்றம் மேலும் ஆதரவு அளித்தது. நாங்கள் Caregiving @ South West திட்டத்தை மேம்படுத்தி பராமரிப்பாளர் ஆதரவு நிதி மூலமாக பராமரிப்பாளர்களுக்கு மேலும் அதிகமான வளங்களையும், பயிற்சி வாய்ப்புகளையும் நிதி உதவியையும் வழங்கினோம்.

டிசம்பர் 2022-ஆம் முதல் இவ்வாண்டு மார்ச் மாதம் வரை, நானும் மாவட்டத்தின் சக ஆலோசகர்களும் Festive Cheers @ South West நிகழ்ச்சியில் அடித்தள அமைப்புகளுடனும் நிறுவன பங்காளர்களுடனும் சேர்ந்து, உதவி தேவைப்படும் 8,000 குடும்பங்களை அணுகினோம். ஒவ்வொரு குடும்பத்துக்கும் CDC-யின் பங்காளர்கள் உதவியுடன் அத்தியாவசியப் பொருள்கள் மற்றும் ECO @ METTA -வின் சிறப்புத் தேவைகளுடைய இளைஞர்களால் தயாரிக்கப்பட்ட ஆரஞ்சு என்சைம் கிளினர் அடங்கிய South West Care Pack அளிக்கப்பட்டது. The Movement for the Intellectually Disabled of Singapore (MINDS) நிறுவனத்தின் தொண்டோழியர்கள் இந்தப் பணியில் தங்களால் முடியும் என்ற மனநிலையுடன் நம்மை ஊக்குவித்தனர். நிறுவனங்கள் மற்றும் அனைத்து தரப்பு மக்களும் காட்டும் இத்தகைய கொட்கமும் மனப்பான்மையே நமது தென்மேற்கு சமூகத்தின் ஒற்றுமையைப் பறைச்சாற்றுகிறது.

மேலும் புதிய பங்காளர்கள் நிலைத்தன்மையை நோக்கி எடுக்கும் நமது முயற்சிகளில் பங்கேற்க முன்வருகின்றனர். Michelman Asia Pacific உடன் இணைந்து நாம் வருடாந்திர Clean Up @ South West நிகழ்விற்போது ஒரு புதிய பசுமைப் பாதையை அறிமுகப்படுத்தி , குடியிருப்பாளர்கள் நடக்கும்போதே நற்செயல்களை செய்ய ஊக்குவித்தோம்.. நிறை செய்யப்படும் ஒவ்வொரு நடைப்பயிற்சிக்கும் Michelman Asia Pacific நம் மாவட்டத்திலுள்ள உதவிதேவைப்படும் குடும்பங்களுக்கு மளிகைப் பொருட்கள் வழங்குவதற்கான நிதிக் கொடையினை அளிக்கும்.

பசுமையான மாவட்டத்தை நாம் வடிவமைத்து வரும் வேளையில், சுற்றுச்சூழல் மீதும் பிறர் மீதும் தொடர்ந்து அக்கறைக்கொண்டு, அழகான மற்றும் ஒற்றுமையான தென்மேற்கு சிங்கப்பூரை உருவாக்குவோம்.

Rakan-rakan yang dihormati,

Setelah berakhirnya sekatan-sekatan pandemik, CDC Barat Daya meneruskan dengan misi kami untuk **Mengumpulkan** sumber-sumber dan keperluan, **Membina** keupayaan rakan kongsi dan penduduk, serta **Menghubungkan** pihak-pihak berkepentingan.

Tahun ini, Skim Baucar CDC dipertingkatkan bagi menyediakan setiap isi rumah warga Singapura dengan Baucar CDC bernilai \$300 yang boleh dibelanjakan di pasar raya, selain kedai-kedai dan gerai penjaja di kawasan perumahan yang mengambil bahagian. Penggunaan yang diperluaskan dan jumlah yang lebih tinggi ini bertujuan untuk meringankan kos sara hidup rakyat Singapura. Kami menyaksikan sokongan yang padu dan menggalakkan, di mana ramai penduduk menggunakan dan membelanjakan baucar mereka dalam masa beberapa minggu selepas ia dilancarkan. Apa yang membuat kami merasa amat berbesar hati ialah bagaimana masyarakat berganding bahu untuk menyokong satu sama lain. Sebagai contoh, sukarelawan pelajar mengajarkan warga emas cara menggunakan baucar mereka. Ramai penduduk juga menyumbangkan baucar mereka kepada badan-badan amal bagi musim perayaan ini.

Di peringkat daerah, CDC memperhebat lagi sokongan kami untuk para penjaga dan golongan yang memerlukan di kalangan kita. Kami mempertingkatkan program Penjagaan @ Barat Daya untuk menyediakan para penjaga dengan lebih banyak sumber, peluang latihan dan bantuan kewangan daripada Dana Bantuan Penjaga.

Dari Disember 2022 hingga Mac tahun ini, saya berserta rakan-rakan Penasihat dari daerah ini menyertai akar umbi dan rakan korporat dalam program Ceria Perayaan @ Barat Daya untuk membantu 8,000 keluarga yang memerlukan. Setiap keluarga menerima Pek Penjagaan Barat Daya yang terdiri daripada barangan keperluan yang ditaja oleh rakan kongsi CDC dan juga pembersih enzim oren yang disediakan khas oleh belia berkeperluan khas daripada ECO @ Metta. Sukarelawan daripada Movement for the Intellectually Disabled of Singapore (MINDS) yang menyertai acara ini menginspirasi kami dengan semangat mereka. Semangat menyumbang yang tinggi daripada organisasi dan individu dari semua lapisan masyarakat menggambarkan masyarakat Barat Daya kita yang inklusif.

Lebih ramai rakan kongsi baru telah tampil ke hadapan untuk menyertai dalam usaha kemampanan ini. Bersama Michelman Asia Pacific, kami memperkenalkan Jejak Hijau baru semasa acara Pembersihan @ Barat Daya tahunan bagi menggalakkan para penduduk agar berjalan sambil melakukan kebaikan. Bagi setiap perjalanan yang diselesaikan, Michelman Asia Pacific, akan menyumbang dana untuk pek barangan dapur kepada keluarga yang memerlukan di daerah kita.

Sambil kita membina tempat tinggal yang lebih hijau, ayuh kita terus menjaga alam sekitar dan satu sama lain, demi mewujudkan barat daya yang indah dan inklusif di Singapura.

亲爱的朋友们，

走出冠病疫情的阴霾，西南社区发展理事会继续推进我们的使命，即汇集**整合**资源与需求、**提升**合作伙伴和居民的能力，加强社区**联系**。社理会邻里购物券计划今年涵盖的范围进一步扩大，每个新加坡家庭可获得价值300元的礼券，除了可在参与计划的邻里商店与小贩中心使用之外，还可以在超市消费。使用范围的扩大以及总金额的调高将更好地帮助国人补贴日常开销。

许多居民在购物券计划推出的几个星期内就领取并开始使用购物券，这让我们看到了大家对这项计划的肯定和踊跃支持。更让我们受到鼓舞的是居民如何团结起来互相支持。例如，学生义工教导年长者如何领取和使用购物券。许多居民还在佳节期间将购物券捐赠给慈善机构。而在社区层面，社理会加强了对看护者与弱势群体的援助。我们进一步加强了“西南心系看护 计划”（Caregiving @ South West），通过看护者援助基金”（Caregiver Support Fund）为看护者提供更多资源、培训机会以及经济援助。

从2022年12月至今年3月，我和西南区的基层组织顾问，基层领袖和企业伙伴一起参加了“欢庆佳节在西南”（Festive Cheers @ South West）活动，向8000多个弱势家庭伸出了援手。每户家庭都收到了一份西南爱心礼包，内含西南社理会合作伙伴赞助的基本生活用品，以及ECO@Metta特殊青年准备的橙酶清洁剂。来自新加坡智障人士福利促进会（Movement for the Intellectually Disabled of Singapore，简称MINDS）的义工参与了这项活动，而他们的积极进取精神也深深打动了我们。来自各行各业组织与个人回馈社会的精神标志着西南社区的包容性。

越来越多的合作伙伴也加入我们，协助我们实现可持续发展目标。我们与Michelman Asia Pacific公司合作，在一年一度的“全面环保在西南”（Clean Up @ South West）活动期间推出了绿色之旅计划，鼓励居民步行的同时也能行善。每次走完全程，Michelman Asia Pacific公司就会捐出食品杂货礼包，帮助弱势家庭。

让我们在实现更绿色社区目标的同时，继续关爱环境和关爱彼此，共同打造更美丽、更有包容心的西南社区。



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Mayor of South West District, Ms Low Yen Ling, with seniors and Maybank Singapore volunteers.

SOME 30 SENIOR BENEFICIARIES SHOPPED FOR GROCERIES AND DAILY ESSENTIALS AT THE WAREHOUSE CLUB @ JOO KOON.

THE WAREHOUSE CLUB @ JOO KOON was abuzz with excitement on 15 February 2023 as 30 senior residents embarked on a shopping trip with the help of Maybank Singapore volunteers. With \$100 worth of vouchers in their hands, the seniors were ready to stock up on their daily essentials and enjoy the simple pleasure of supermarket shopping.

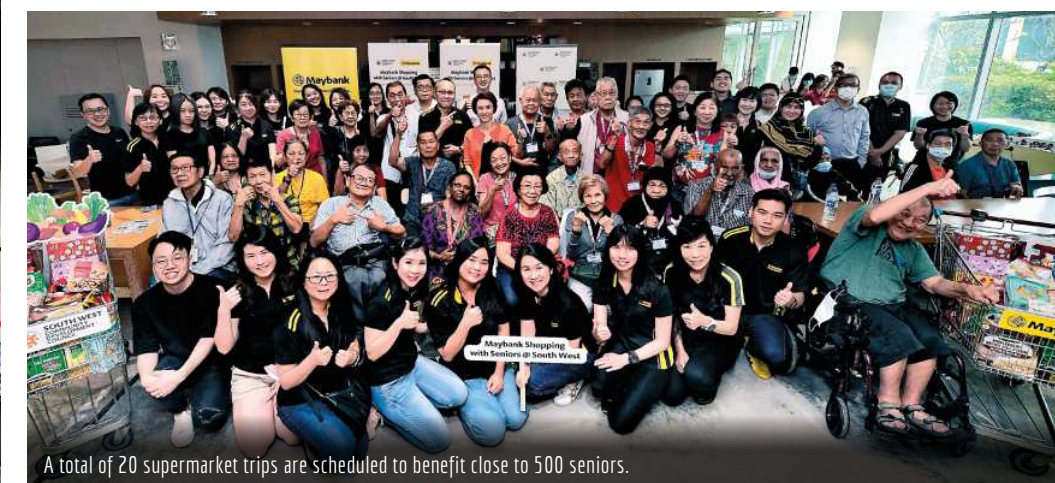
As part of the Maybank Shopping with Seniors @ South West initiative, the shopping trip was one of 20 scheduled runs throughout the year. Maybank contributed \$65,000 towards the programme to benefit close to 500 senior South West residents.

One beneficiary, Madam Salmah Bte Said Abdul Majid, was happy to have the opportunity to interact with Maybank Singapore volunteers. They helped her choose a toy for her eight-year-old grandson after she saw a children's toy display during the trip and thought of indulging in a rare occasion to buy a gift for him. "I wanted to get him a toy with the vouchers, and I feel good to know that the community is coming together to help," the 78-year-old shared.

The Maybank Shopping with Seniors @ South West initiative is part of the South West Community Development Council's (CDC) long-standing Adopt @ South West programme, which encourages various partners in the community to come together to uplift the lives of residents. At the Warehouse Club @ Joo Koon, Maybank



Maybank Singapore volunteers sharing tips on how to make healthier choices during the supermarket shopping trip.



A total of 20 supermarket trips are scheduled to benefit close to 500 seniors.

Seniors' Big Day Out

Singapore volunteers not only helped the seniors with their shopping but also took the opportunity to share with them how to make healthier choices during their grocery trips.

AN OPPORTUNITY TO CONNECT

For 67-year-old Madam Renganathan Govindamma, leaving home to interact with residents and volunteers alike was an experience she had looked forward to. "I am mostly home, so it is nice to step out of the house and mingle with people for a change," she said.

This sentiment was shared by Mr Syed Sulaiman s/o Manja Maideen, 75, who was awed by the size of the Warehouse Club @ Joo Koon and was exploring the many shopping aisles with a volunteer. "It is a new place for me, so we are taking our time to figure it out," he shared.

That chance to meet and connect with residents outside their homes was a key aim of the initiative. "This effort with Maybank Singapore is specially designed to offer our seniors opportunities to shop for their own groceries, and to stay active at the same time as they socialise with their peers and volunteers from Maybank," said Ms Low Yen Ling, Mayor of South West District.

For some residents, receiving the vouchers meant they could purchase items they could not afford otherwise. Retiree Mr Joe Chia Teck Seng, 69, was overjoyed with the vouchers and planned to splurge a little. "\$100 means a lot to me, and I can buy health products like supplements." As a wheelchair user, he also appreciated the assistance from Maybank Singapore volunteers during the shopping trip.

Dr John Lee, Country Chief Executive Officer and Chief Executive Officer of Maybank Singapore, highlighted the importance of lending a hand to those around us. "Supporting the community has always been a key thrust at Maybank, and we will continue to do our part to uplift the vulnerable, the less fortunate and connect with the community — core to the bank's mission of humanising financial services," he said.

The Maybank Shopping with Seniors @ South West initiative was a memorable example of how collaborations with like-minded partners can bring joy, happiness and a sense of togetherness to those in need. **B**

More vouchers, more places to spend

THIS YEAR'S \$300 CDC VOUCHERS AIM TO SUPPORT HOUSEHOLDS WITH THEIR DAILY ESSENTIALS AND WILL CONTINUE TO SUPPORT LOCAL BUSINESSES.

SIX YEARS AGO, Mr Winson Ng started his *halal* seafood food stall at a coffeshop. Today, the 30-year-old runs an air-conditioned eatery in Kampung Admiralty. From what he has observed, more families are using the Community Development Council (CDC) Vouchers to have meals together at his restaurant.

"Some households may not have the discretionary income to eat at restaurants, so they use the vouchers to celebrate special occasions with their families," said Mr Ng, adding that the vouchers allow more families, especially lower-income families, to spend more on food. As a result, he has seen a 10 per cent increase in business ever since he participated in the scheme and is happy to continue.

His sentiments were echoed by Ms Soryati Bte Pakol, 48, a Kampung Admiralty food centre stallholder. She said the CDC Vouchers have helped to boost her business by 40 per cent since she took part in the scheme last year, as the residents living nearby were able to spend more on food.

Amid the rising cost of living, Singaporean households and heartland merchants like Ms Soryati and Mr Ng received a silver lining in the form of the CDC Vouchers Scheme 2023. The scheme was launched by Deputy Prime Minister and Minister for Finance, Mr Lawrence Wong, at Kampung Admiralty Community Plaza on 3 January 2023.

This latest tranche of digital CDC Vouchers worth \$300 is part of a comprehensive package of measures from the Government to help Singaporeans cushion the effects of higher prices and the GST (Goods and Services Tax) rate increase, said Mr Wong at the launch. Issued to every Singaporean household, the latest tranche of vouchers will expire on 31 December 2023.

EXTENDING WIDER SUPPORT

Previously, residents could only spend their CDC Vouchers at participating hawkers and heartland merchants. Now, they can spend \$150 at



DPM Lawrence Wong with Mayor Low Yen Ling, Mayor Denise Phua, Mayor Desmond Choo, Mayor Alex Yam and Mayor Fahmi Aliman at the launch of the CDC Vouchers Scheme 2023.



Food centre stallholder, Ms Soryati Bte Pakol, sharing her experience of being onboard the CDC Vouchers Scheme with DPM Wong and the five mayors.



Singaporeans can now offset their grocery expenses at seven participating supermarket chains.

seven participating supermarket chains. Residents can spend the other \$150 at about 20,300 participating hawkers and heartland merchants. The move gives Singaporean households greater convenience and choice for their daily essentials.

Chairman of Mayors' Committee and Mayor of South West District, Ms Low Yen Ling, said that by including major supermarkets as participating businesses, the CDCs are widening the options and convenience for households to enjoy. The latest tranche of CDC Vouchers is the highest quantum so far. "We hope this enhancement and increased level of support through the higher quantum of vouchers will bring extra relief to cost of living concerns and extend a bigger helping hand to Singaporean



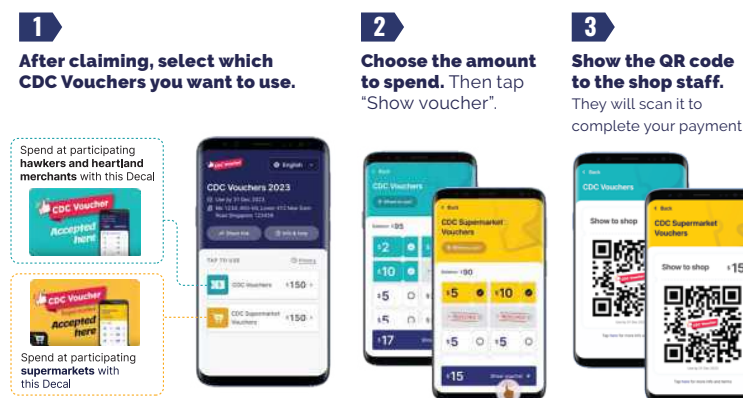
DPM Wong sharing how residents can claim their CDC Vouchers to buy meals, groceries and even sweet treats.

households and our heartland enterprises," she added.

As the scheme continues in its digital format, less tech-savvy seniors and persons with disabilities can seek help at the Community Centres/Clubs (CCs) to claim the vouchers. Besides Digital Ambassadors from the SG Digital Office, volunteers, including students and Youth Network members, were stationed at the CCs to help residents claim the vouchers. In addition, residents without smartphones and those who need to set up their SingPass or reset their password can seek help at the CCs.

During the event, the Infocomm Media Development Authority and the SG Digital Office also launched the CDC Vouchers Learning Journey to equip seniors and vulnerable residents on the fundamentals of e-payments.

HOW TO SPEND YOUR CDC VOUCHERS 2023



Use your vouchers by 31 December 2023.

EASY TO USE

Ms Sufieah, a mother of two, shops twice a week at NTUC FairPrice and spent her CDC Vouchers at the Warehouse Club @ Joo Koon. She said, "It's so easy to use the CDC Vouchers, and the staff were very helpful in helping me with the payment. There were also clear indications that I can use the CDC Vouchers at the cashier area, and it was a very seamless experience. The CDC Vouchers definitely help to ease my monthly groceries spending, especially with two toddlers in tow."

Mr Chew Boon Lai, 48, is the stall owner of Uncle Chew Chicken Rice at Taman Jurong Food Centre. He came on board the CDC Vouchers Scheme after hearing from his fellow hawkers about the boost it gave to their business. Surprised by the easy setup of the payment system, he was pleased to find that his business also got a much-needed uplift after accepting CDC Vouchers. He shared, "At first, I thought it would be troublesome to join the CDC Vouchers Scheme as it would involve setup and equipment. But it is really easy and convenient to deploy. Most of my customers would ask if the stall accepted CDC Vouchers, so it has really helped to boost our revenue."

Another resident, Mr Zulkiflee, said he was happy to receive his CDC Vouchers this year and that he shares the vouchers with his wife. Other than hawkers and merchants, he is also glad that he can now spend his vouchers at supermarkets as these have helped with his daily expenses. **B**



Mr Zulkiflee is happy to be using the CDC Vouchers, which have helped with his daily expenses.



DPM Wong, the five mayors and representatives of participating supermarket chains celebrating the launch of the CDC Vouchers Scheme 2023 with residents.

A very merry season of giving

INCLUSIVE VOLUNTEERISM MADE THE RECENT FESTIVE CHEERS @ SOUTH WEST PROGRAMME EVEN MORE SPECIAL FOR BENEFICIARIES.



Resident Madam Yani was thrilled with the school and art supplies as her children love colouring and painting.

BY THE NUMBERS

Thanks to partners and volunteers, Festive Cheers @ South West supported beneficiaries from lower-income households in the district from December 2022 to March 2023.

Partners donated **OVER \$850,000** through South West Festive Cheers packs and the Grant-A-Wish @ South West initiative.

8,000 vulnerable households from **25** Adopt @ South West precincts received festive packs worth **\$100** each.



Koh Kock Leong Enterprise Pte Ltd sponsored items curated based on residents' needs.

P&G Singapore put together festive packs worth **\$520,000**. Some **400** children had their wishes granted with gifts worth up to **\$40** each. Volunteers from P&G will also be donating study desks, table lamps and similar items to **35** families in the district.



THE MULTIPURPOSE HALL IN CHUA CHU KANG bustled with activity as Procter & Gamble (P&G) Singapore volunteers assembled festive packs of food and necessities for residents, while children eagerly awaited for their Christmas gifts. P&G Singapore's Festive Grant-A-Wish initiative on 16 December 2022 kicked off the annual Festive Cheers @ South West by the South West Community Development Council (CDC). Staff volunteers fulfilled the 400 children's wishes with gifts worth up to \$40, such as school supplies and books.

Madam Laila, 31, appreciated the gifts for her five children, aged one to nine. "Previously, they received toys under the initiative, but this time, I helped them select school stationery, which is more practical," she said. The *kampung* spirit of supporting those in need, like Mdm Laila, shone throughout Festive Cheers @ South West events held from December 2022 to March 2023. The annual programme brings together partners to support beneficiaries in the district during the festive months.

A CARING, INCLUSIVE COMMUNITY

With the lifting of COVID-19 restrictions, it was the first time in two years that Festive Cheers volunteers could meet in person to give back to the community. New partner Metta Welfare Association donated 8,000 bottles of biodegradable enzyme cleaner, handmade by youths with special needs from its ECO@ Metta programme. About 50 volunteers from the Movement for the Intellectually Disabled of Singapore (MINDS) helped assemble and distribute Festive Cheers packs to 115 households in Yuhua division.

Mr Ambrose Chi, 31, a training officer at MINDS Jurong Training & Development Centre, found it heartening to see his clients use their packing skills learnt at the centre. "Usually, our clients are the ones receiving help, so it was very meaningful to see them being able to do their part to help others at the event."

Indeed, the effort made throughout Festive Cheers @ South West was extra special with the MINDS volunteers' help and involvement, as Ms Low Yen Ling, Mayor of South West District, put it. "They inspire us with their determination to make the world a better place despite their difficulties," she said. "This exemplary model of volunteerism epitomises the caring and inclusive spirit that is shaping our South West community."



The children enjoyed games, snacks and unwrapped their gifts at the Grant-A-Wish Christmas carnival organised by JTC.



Mr Gan Kim Yong, Minister for Trade and Industry and Adviser to Chua Chu Kang GRC GROs, and Ms Low Yen Ling, Mayor of South West District, presented gifts to the children as part of P&G Singapore's Festive Grant-A-Wish @ South West initiative.

UPLIFTING SPIRITS FOR GOOD

Another encouraging Festive Cheers @ South West event was the Grant-A-Wish holiday carnival on 20 December 2022, organised by Jurong Town Corporation (JTC). Transforming their company's auditorium into a lively carnival space, JTC volunteers hung colourful paper streamers and set up game booths and popcorn and candy floss stations. It was an exciting afternoon for the 160 carnival-goers — comprising 95 children and their parents — as they joined in the fun and unwrapped their wished-for gifts.

Among them was Madam Yani, 30, who was delighted by the school and art supplies for her four children, aged five to 13. She said, "I cannot work as I have to care for my youngest child, who has autism, so these gifts go a long way to help me save money."



Minister Gan, Mayor Low and Mr Agrawal distributing Festive Cheers packs to residents.

Dr Amy Khor, Senior Minister of State, Ministry of Transport and Ministry of Sustainability and the Environment, and Adviser to Hong Kah North Grassroots Organisations (GROs), thanked JTC for sourcing and purchasing the gifts. "I hope the children make other people happy when they grow up and, if possible, also buy gifts for those less fortunate than them," she said. "Building a social compact in Singapore is also about uplifting everyone in the community."

MANY HELPING HANDS

Some 8,000 vulnerable households in the South West District have benefitted as part of Festive Cheers @ South West. They received packs worth \$100 each, sponsored by long-time partners Koh Kock Leong Enterprise Pte Ltd (KKL) and P&G Singapore.

Hong Kah North resident Mr Dasan, 73, collected his festive pack during a Festive Cheers distribution drive on 8 January 2023 in Hong Kah North. Concerned by the high cost of living, especially food prices, the retiree was thankful for the food and household essentials gifted.



Minister Gan and Mayor Low with Mr Agrawal (next to Minister Gan) and P&G Singapore volunteers at the launch of Festive Cheers @ South West in Chua Chu Kang.

KKL's festive packs were curated by the CDC based on residents' needs and comprised food and household items, such as rice and disinfectant spray. Those put together by P&G Singapore included household and personal hygiene items, such as a toothbrush, shampoo and conditioner.

It was P&G Singapore's fourth year participating in Festive Cheers @ South West to uplift the local community through small acts of kindness, shared Mr Aalok Agrawal, Senior Vice-President for P&G Health, Asia Pacific, Middle East and Africa. "At P&G, we aim to be a force of growth and a force for good," he said.

The support from the partners did not go unnoticed. Minister for Trade and Industry and Adviser to Chua Chu Kang GRC GROs, Mr Gan Kim Yong, said he was heartened to see companies continuing to donate generously to philanthropic causes despite the challenges posed by the pandemic. "Last year's Festive Cheers @ South West provided more support for these families to defray some of their household expenses," he said. "We hope that more partners will be inspired to step forward and do their part towards building a more caring and inclusive nation." *B*



A beneficiary receiving Festive Cheers packs from a volunteer from the Movement for the Intellectually Disabled of Singapore (MINDS).



MINDS volunteers were involved in Festive Cheers for the first time.



Dr Amy Khor, Adviser to Hong Kah North GROs, with residents during a Festive Cheers distribution drive for Chinese New Year on 8 January 2023 in Hong Kah North division.



Greater caregiver support was announced at the South West District Meeting, with Mr Gan Kim Yong, Minister for Trade and Industry and Adviser to Chua Chu Kang GRC, and Ms Low Yen Ling, Mayor of South West District.



Minister Gan and Mayor Low presenting the South West Caring Partners Awards 2021.



Healthcare training provider HMI Institute offers courses on caregiving skills.



Learning portal Carebuddy.co was built by HMI Institute and supported by the South West CDC.



Participants exchanging views about caregiving and other topics to build a stronger South West community.



Residents learning more about caregiving and resources through the caregiving vending machine.



Minister Gan and Mayor Low discussing how the CDC could work together with its partners to further boost support in the community, during the South West Conversation segment.

Strengthening the social safety net together

HONOURING PARTNERS FOR THEIR CONTRIBUTIONS AND ENHANCED SUPPORT MEASURES FOR CAREGIVERS.

IT TAKES A COMMUNITY TO CARE FOR THOSE IN NEED. In FY2021/2022, more than 5,000 volunteers and 750 community and corporate partners worked tirelessly alongside the South West Community Development Council (CDC), caring for the vulnerable in the district.

At the South West District Meeting on 12 November 2022, Mayor of South West District, Ms Low Yen Ling, announced that corporate partners donated more than \$2.5 million in cash and kind, benefitting over 100,000 residents — or about one in seven residents. She added that this support would play a significant role in “uplifting the community, especially households that are adversely impacted by COVID-19”.

Themed “Be the One”, the District Meeting discussed how to harness the diversity and strength of individuals and partners so they continue to step forward and help the community. Guest-of-Honour Mr Gan Kim Yong, Minister for Trade and Industry, shared how individuals should take charge and drive change, and that more people should step forward to lend a hand and volunteer for the community.

To show the CDC’s appreciation, nine corporate and community partners received the South West Caring Partner Award for their contributions in 2021 to drive initiatives and strengthen support in the community to ensure that no one falls through the cracks.

MEETING DEMANDS ON THE GROUND

With Singapore’s ageing population, where one in four Singaporeans will be over 65 by 2030, our care needs will increase and evolve, and caregivers in the community will require greater support. To support caregivers further,

the CDC unveiled new enhancements to the Caregiving @ South West initiative at the District Meeting.

“As our society ages, caregiving needs are increasing too,” Ms Low shared. “We are enhancing our Caregiving @ South West programme to tackle areas that are vital to the health and well-being of caregivers, such as their mental wellness and knowledge of caregiving skills.”

One such enhancement involves raising the Caregiver Support Fund from \$500 to \$800, offering caregivers greater support in defraying caregiving-related expenses. The scope has expanded to encompass care recipients with physical or intellectual disabilities, mental health conditions and dementia. These enhanced measures for caregivers were developed using feedback from community partners, who work closely with residents to understand their needs and identify any additional support required.

“Caregiving demands will grow as our population ages, and the needs of caregivers will also become more diverse,” Mr Gan said. “By working with corporate and community partners, we hope to bring more resources and support to caregivers and their families, as well as raise the awareness of caregiving, so that the community can come together and do our part to look out for one another.”

AN E-LEARNING PLATFORM FOR ALL

One CDC partner that has mobilised its resources for the community is HMI Institute. The healthcare training provider already offers courses on coping with caregiving responsibilities. Now, the organisation has gone a step further by building an online learning portal for caregivers.

Launched in October 2022, Carebuddy.co features

credible resources on caregiving that have been endorsed by medical professionals. Designed for all age groups, the platform gathers information from partners and organisations, such as Dementia Singapore and the National Kidney Foundation.

Mr Lee Mun Choon PBS, General Manager at HMI Institute, believes the portal will be handy for caregivers, especially those suddenly thrust into the role. “No one expects to become a caregiver. But, when they do, instead of looking through the World Wide Web and being unsure if the information is credible, they can access Carebuddy for reliable information to provide quality care for their loved ones.”

To further support caregivers on their journey, caregiving vending machines have been placed in various areas across the district. Each vending machine offers a wide range of resources on palliative care, nutrition and medication, and self-care guides for caregivers. In addition, videos and interactive games provide a more immersive learning experience.

Congratulations to the winners of the South West Caring Partner Award 2021

- Procter & Gamble Singapore
- Koh Kock Leong Enterprise Pte Ltd
- The American Chamber of Commerce in Singapore
- ExxonMobil Asia Pacific Pte Ltd
- Singapore Polytechnic — Common Core Cluster
- Guardian Health and Beauty
- CrimsonLogic Pte Ltd
- Siltronic Singapore
- Landscape Industry Association of Singapore



“IT’S IMPORTANT TO CARE FOR CAREGIVERS. THEY FORM THE FIRST LINE OF DEFENCE AND SUPPORT FOR OUR ELDERLY AND THE VULNERABLE AMONG US. WHEN CAREGIVERS ARE STRENGTHENED, THE ONES WHOM THEY CARE FOR ARE UPLIFTED, TOO.”

MS LOW YEN LING

Mayor of South West District

CARING FOR CAREGIVERS

Recognising the pitfalls of caregiver stress and burnout, the CDC has worked with its partners to designate a Caregiver Respite Day. This allows caregivers to take time out for themselves, while their loved ones are cared for by professionals. “It is important to care for caregivers. They form the first line of defence and support for our elderly and the vulnerable among us. When caregivers are strengthened, the ones whom they care for are uplifted, too,” Ms Low said.

Ms Grace Lee, Executive Director at Sage Counselling, a partner of South West CDC, shared that caregivers often suffer from caregiver guilt. “A caregiver I know, whose husband has terminal cancer, feels very guilty when she leaves the house to meet friends for a meal. As she is in for the long haul, she has to cope better. When a caregiver copes better, he or she will be a better caregiver, a better worker and a better family member. It will have a rippling effect,” she said.

To provide a healthy self-care outlet for caregivers to unwind, Sage Counselling will organise therapeutic activities and workshops. It also offers counselling sessions for caregivers to discuss their issues at this challenging point in their lives to become better caregivers for their loved ones. **B**

New enhanced Support for caregivers

Caregiver Support Fund

- Increased from \$500 to \$800.
- Includes care recipients with physical or intellectual disabilities, mental health conditions, and dementia.

Caregiving knowledge

- One-stop Carebuddy portal to access caregiving information at their fingertips.



Scan this QR code or visit www.carebuddy.co to learn more.

Increased care for caregivers

- Caregiver Respite Day for caregivers to unwind.
- Resources for caregivers (carebuddy.co, mental health talks and workshops).



A heart for strengthening community resilience

MR MUHAMMAD RASYID BIN ABDULLAH FOLLOWS THROUGH WITH A DEDICATION TO SERVE THE COMMUNITY THAT STARTED 16 YEARS AGO.



SOUTH WEST COMMUNITY DEVELOPMENT COUNCIL (CDC) DISTRICT COUNCILLOR MR MUHAMMAD RASYID BIN ABDULLAH, PBM, did not expect his journey in serving the community to start with his participation in a youth conference when he was 19. Enriched by the experience, he returned to the conference organised by South West CDC the following year as a volunteer. "I saw it as an opportunity to meet people who have the same passion and to do good at the same time," says the 35-year-old. Mr Rasyid also fondly recollects an occasion when he stayed behind till three in the morning to prepare goodie bags for a community event as a youth volunteer.

Over the past 16 years, Mr Rasyid has served on the South West CDC's Youth Functional Committee and Arts and Culture Functional Committee. He now sits on the Family and Community Resilience (FCR) Functional Committee, which works to strengthen family and community bonds within the district. Mr Rasyid contributed to various programmes, including Reading Together @ South West, aimed at promoting family bonding and bilingualism among young children through monthly storytelling sessions and quarterly activities. In response to the COVID-19 pandemic, he and fellow FCR members had regular meet-ups to discuss and put together activities to address the needs of residents.

"Nationally, there are many programmes and policies implemented to help those who are disadvantaged, but we still have many informal conversations among friends in the community about issues like job employment and mental health, to find out what more we can do for our residents," shares Mr Rasyid.

FOSTERING COMMUNITY INVOLVEMENT

Nurturing communication and understanding among residents is another aspect Mr Rasyid focuses on. From 1 January 2015 to 31 December 2020, he represented South West CDC on the board of OnePeople.sg, during which he actively voiced his thoughts about promoting greater racial harmony and social cohesiveness in the community. He and his FCR Functional Committee members also organised programmes to achieve this. One of them was Common Senses for Common Spaces @ South West, where residents and leaders of various faiths participated in a series of dialogue sessions aimed at deepening inter-faith understanding and fostering greater harmony and trust.

The interactions at these sessions create a sense of ownership of issues and assist in building a more inclusive Singapore. As life returns to normal, Mr Rasyid hopes for more of such opportunities for the community to meet up again to have open conversations that foster greater tolerance and understanding.

He is also glad that volunteers continue to stay active when challenges arise. "Despite the circuit breaker and social restrictions during the pandemic, many residents came forward to help their neighbours," he says.

It gives him great pride when participants of the programmes that his team put together return as volunteers. "One of the many proud moments in volunteering is when you see participants come forward to give back in their own ways to the society that they live in. It is heartening to know that people pay it forward."

For his efforts, Mr Rasyid was awarded the Pingat Bakti Masyarakat (The Public Service Medal) at the 2022 National Day Awards. Beyond his role in the South West CDC, Mr Rasyid is also an active volunteer with Yayasan MENDAKI and National Youth Council. **B**

A champion for the green cause

DR LEE HUI MIEN, PBM, IS CONVINCED THAT THE WAY FORWARD TO SAVE THE ENVIRONMENT IS THROUGH COLLECTIVE ACTION.



SENIOR DIRECTOR, GROUP ENVIRONMENTAL SUSTAINABILITY, AT SINGTEL, DR LEE HUI MIEN, PBM, brings her 20-year expertise to the table as

District Councillor and Secretary of the Environment Functional Committee (EFC) at South West Community Development Council (CDC). Given the environmental track record of the South West District, she was more than keen to join the EFC when the opportunity arose. "There is total alignment between South West CDC's goals and what I can contribute through my professional knowledge and expertise in the area of the environment," recounts the 43-year-old, who has been serving on the committee for nine years.

Dr Lee is no stranger to volunteering for environmental causes, being an active volunteer since her school days. "It started in secondary school when I took part in a clean-up of Pulau Ubin and organised environmental forums and events to raise awareness among youth," she muses as she recollects her formative years. Driven by the question of what she can do in her ability to slow down the effect of climate change on the environment, Dr Lee continues to strive to make a difference and encourage others to join her in her journey.

NO ACTION IS TOO SMALL

Together with the EFC, Dr Lee has put together various initiatives to rally the community to do their bit for the environment. One such programme was the Power Savers-for-Charity PLUS @ South West, an initiative to bring energy-saving awareness to the community. With the participation of 25,000 South West residents, they raised \$50,000 for vulnerable residents, while also saving enough electricity to power more than 160 three-room flats for a month.

Efforts like this push Dr Lee to continue engaging residents on environmental issues. Whenever the team gets together to plan for an event or initiative, they would discuss the best way to move the environmental agenda forward. "We want our initiative to be sustainable. We want to make sure it is not just an event but one that brings about the intended effect such that it is a part of daily life for South West residents," Dr Lee explains.

Dr Lee is dedicated to the cause and feels deeply connected to the issue when she learns and understands more about environmental issues and the impact it creates. "We only have one planet, and we must keep it habitable."

Walking the talk is very important for Dr Lee, and she is confident that no action is too small. Whether it is through nudging or influencing, she is determined to set a good example and show people that adopting sustainable habits is doable. On her part, she always carries a reusable bottle with her and makes it a point to look for sustainable labels when making purchases.

Dr Lee is heartened by the change that she sees in the community. "If I rejected a plastic bag 20 years ago, I would have it shoved to me. Now, when I do the same, I am thanked for saving the environment." Moments like this keep her optimistic about the future, knowing that her efforts with the team are slowly paying off.

Dr Lee was awarded the Pingat Bakti Masyarakat (The Public Service Medal) at the 2022 National Day Awards, and she is truly humbled by the recognition and appreciation. **B**

Connections that matter

IF SHE COULD CHOOSE ONE TYPE OF FOOD TO HAVE FOR THE REST OF HER LIFE,

Ms Foo Mee Har would likely opt for desserts.

"I eat everything and enjoy many dishes, but I have a very soft spot for desserts," Ms Foo, Adviser to Ayer Rajah-Gek Poh Grassroots Organisations, enthuses, before eagerly naming *ang ku kueh*, *tau huey* and *chendol* as her favourites.

EXCITING DEVELOPMENTS UNDERWAY

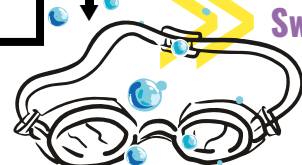
Ms Foo was most excited to share some of the new amenities and infrastructure developments her residents can look forward to in the coming years, including the much-anticipated Jurong Region Line (JRL) and Cross Island Line (CRL). The new MRT lines will transform the transport network for her residents staying at Ayer Rajah (Jurong East) and Gek Poh (Jurong West). "The stations will be nicely located at the heart of the residential areas and connect residents to major hubs like Commercial Hub at Jurong East and Jurong Innovation District (JID) at Jurong West," she shares, adding that she is grateful that her appeals for MRT stations at her areas bore fruit.

ADVISER TO AYER RAJAH-GEK POH GRASSROOTS ORGANISATIONS **MS FOO MEE HAR** REVEALS THAT HER RESIDENTS CAN SOON ENJOY IMPROVED CONNECTIVITY AND NEW AMENITIES.

Ms Foo's morning staples:



>> A cup of coffee with milk — made from a blend of several types of beans from Tiong Bahru Market.



>> Swimming — thrice a week to keep fit.

The construction of the Pandan Reservoir Station on JRL is expected to bring new housing projects to Ayer Rajah, while Gek Poh residents will have the JID at their doorsteps. "The JID is expected to create 95,000 jobs, and the enhanced connectivity will bring more leisure, food and beverage as well as retail options for residents," Ms Foo says.

She excitedly disclosed plans to upgrade the Gek Poh Ville Community Club "in conjunction with the neighbouring developments to transform that corner of Jurong West into a major lifestyle and community space".

AS LIVELY AS BEFORE

Although Ms Foo has seen her division's infrastructure transform dramatically over the past 11 years, the jaunty 57-year-old says Ayer Rajah-Gek Poh retains its strong *kampung* spirit. "We have one of the most vibrant communities around. Residents say there is always something happening here. For example, our National Day Street Party used to see about 8,500 residents joining."

Amid the constant change, seniors are not left behind, as Ms Foo and her grassroots volunteers across the division launched a senior programme, Senior Friendship Circle for residents aged above 60. Every Sunday, this active community gathers for free breakfast and participates in activities such as birthday celebrations, karaoke sessions, games, exercises and talks. Ms Foo recalls: "It was tough for the seniors during COVID-19, as they had to be cooped up at home and some of them became quite withdrawn. I'm glad to see them back in their spirited states now that measures have been relaxed."



Ms Foo Mee Har participating in a Chinese New Year event with residents of Ayer Rajah-Gek Poh.

What keeps you going every day?

I love working with people. I keep a very busy schedule as the CEO of Wealth Management Institute and, of course, my work in the community as a Grassroots Adviser. I like getting multiple things underway. The thought of being able to make an impact and making things happen drives me as well.

What are your hopes for 2023 on both personal and work fronts?

I hope to ensure that our ongoing projects, such as the upgrading of Gek Poh Ville Community Club, progress as planned. We also have quite a number of estate improvement programmes in the pipeline. It is my hope that we can accelerate the completion of projects as well as get new ones underway to serve the needs of the residents.

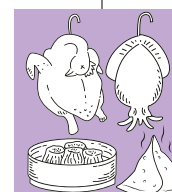
Ms Foo's pick of eateries in Ayer Rajah-Gek Poh:



→ Ah Hua Teochew Fishball Noodles in Pandan Gardens is where you can find handmade fishballs.



→ Teban Gardens Food Centre offers amazing food at great value.



→ Koufu in Gek Poh Shopping Centre offers a wide variety of food.

We can now head out and resume our community engagement programmes, and it is really nice to be able to interact with residents without wearing a mask. With Singapore's DORSCON level lowered to Green, I look forward to bringing back the vibrancy we enjoyed prior to the pandemic.

At the personal level, I am working to reduce my sugar intake and pay more attention to my health and diet by continuing to be active.

How do you unwind?

Exercise helps, so I do not forgo carving out time for that. I usually do my workouts in the morning, so I get it out of the way before starting my day. You can probably see that I am quite tanned. I began swimming regularly about two years ago. I swim two to three times a week for about an hour each session, covering 2.2 to 2.4km. This translates to 90 to 100 laps of a 25m pool. I also practise yoga and meditation.

If you could try something new, what would it be?

I would like to learn gardening, especially cultivating bonsai. I love the gardens in Singapore. You should see the beautiful and award-winning bonsai trees at the rooftop garden of Ayer Rajah Community Club. They need so much tender loving care, but it is very satisfying when you get them to grow well. When I retire, I want to learn gardening.

至关重要的 联通性

亚逸拉惹-玉宝基层组织顾问
胡美霞女士透露，这里的
居民很快将能享有更完善的
交通网络和新设施。

如果余生只能吃一种食物，那么胡美霞女士
很可能会选择甜点。

“我什么都吃，有很多爱吃的菜肴，
但我对甜点却是情有独钟，”这位亚逸拉惹-玉宝
基层组织顾问热情地说，然后又很快地列出了她
最爱的甜点是红龟粿、豆花和煎蕊。

正在开展的多项新工程

胡女士还分享了当地居民在未来几年可以享受
的一些新设施，包括备受期待的裕廊区域线

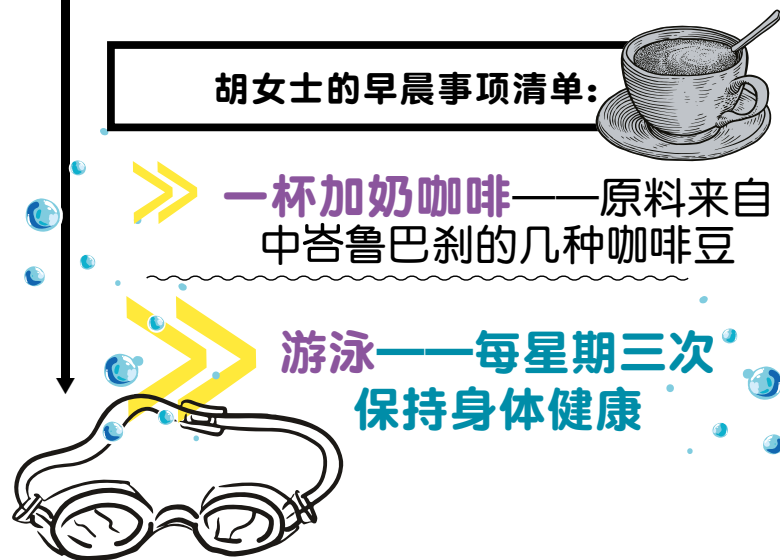


Ms Foo Mee Har interacting with senior residents.

胡女士的早晨事项清单：

» **一杯加奶咖啡**——原料来自
中峇鲁巴刹的几种咖啡豆

» **游泳**——每星期三次
保持身体健康



（Jurong Region Line，简称JRL）和跨岛线
（Cross Island Line，简称CRL）。这将为本区
增加班丹花园JRL地铁站。“这新建设的班丹花园
JRL地铁站将位于住宅区的中心地带，能够很
方便地让居民前往裕廊东（Jurong East）和裕廊
创新区（Jurong Innovation District，简称JID）
等主要枢纽。”她分享道，并补充说她很高兴
自己成功申诉在班丹花园开设一个地铁站。

班丹蓄水池站的开通，预料将为居民带来更多
住屋选择，而玉宝居民则可以很方便地抵达裕廊

是什么让您每天充满动力？

我喜欢和其他人一起工作。作为财富管理学院的首席执行官
和基层组织顾问，我的工作相当繁忙。我喜欢多项项目
同时进行。想到能够对他人的生活产生影响，并且实现很
多目标，是推动我前进的动力。

您在2023对个人和工作方面有什么期望？

我希望我们正在进行的工程，例如玉宝苑民众俱乐部的翻新
工程，能如期进行。我们还在开展多个组屋区改善计划。我
希望我们能够加快项目的进度与新项目的完善，以满足居民的
需求。现在我们可以继续参与社区活动，与居民交流的感觉
真的很棒。随着政府将疾病暴发应对系统水平的警戒级别下
调至绿色，我期待着疫情前社区活力的回归。

就我个人而言，我正在尝试减少糖分的摄入量，并通过
继续保持活跃来更加关注身体健康与健康饮食。

您通常如何放松自己？

运动对我来说很有帮助，所以我会继续抽空运动。我一般在
早上运动，这样在我开始新的一天之前就完成了这个目标。
你们应该注意到我皮肤有被晒黑。我也练习瑜伽，大概两
三年前开始游泳。我每个星期会游泳三次，每次都会在早上
游2.2至2.4公里，也就是在25米长的游泳池里来回游90-100回。

如果您能够尝试一件新事物，您会做什么？

我非常喜欢园艺，尤其是种植盆景。我最爱新加坡的花园。
亚逸拉惹民众俱乐部的天台花园放置了美丽的盆景。它们
需要精心呵护照料，但看到它们能够茁壮成长时，你会感到
非常满足。退休后，我想要学园艺。

胡女士 在亚逸拉惹-玉宝 的餐饮推荐

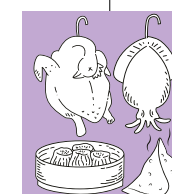
→ **班丹花园的
阿华潮州鱼圆面**
——品尝手工鱼圆面。



→ **德曼花园熟食中心**
——提供美味可口、价格
实惠的食物。



→ **玉宝购物中心的
口福**——提供多样化的
餐饮选择。



创新区。“裕廊创新区预计将创造9.5万个就业
岗位，而更加便利的交通设备将让居民享有更多
休闲、餐饮和零售选择，”胡女士说道。

她还兴奋地透露了升级改造玉宝苑民众俱乐部
的计划，“它将与邻近的发展项目同时进行，
将裕廊西打造成一个重要的休闲娱乐与社区
空间。”

活力重现

虽然在过去的11年里，57岁的胡女士所在选区的
基础设施建设发生了巨大的转变，但她认为这里
仍然保留着强烈的甘榜精神。“我们是这附近
最有活力的社区之一。居民们总是说，这个社区
一直都有举办各种活动。”

尽管社区发生不断的变化，但乐龄人士并没有
被遗忘。胡女士和各个地区的基层义工共同为60岁
以上的居民创办了一个“乐龄友谊圈”（Senior
Friendship Circle）团体。每个星期天，这个活跃
的团体成员都会聚在一起享用免费早餐，还会参加
生日派对、唱卡拉OK、玩游戏、做运动和听讲座
等活动。胡女士回忆道：“在冠病疫情期间，乐龄
人士的日子不好过，他们被限制在自己的家中，
结果有些人变得相当孤僻。我很高兴地看到在
疫情措施放宽之后，这些人的精神能恢复到以前
开朗的状态。” **B**

A clean slate

CLEAN UP @ SOUTH WEST RETURNED WITH A TWIST, ALLOWING RESIDENTS TO DO GOOD FOR BOTH THEIR COMMUNITY AND THE ENVIRONMENT.

THE LAST DAY OF 2022 PRESENTED A PERFECT OPPORTUNITY FOR RESIDENTS like Mr Gideon Chia to learn about living sustainably in the new year. It was then, at Clean Up @ South West, that he discovered that old clothing could not be recycled in the blue recycling bins. But that does not mean they have to go to waste. Instead, they can be upcycled and exchanged for groceries as part of Clean Up @ South West 2023.

"It's very timely as we were preparing our spring cleaning for the Lunar New Year," said the 44-year-old operations manager. "So, instead of just throwing away the clothes I do not wear, I can bring them to a nearby community recycling point." Close to 40 recycling points were set up for residents to drop off their recyclables, and in return they received grocery items such as rice.

EVERY STEP COUNTS

Clean Up @ South West has been a mainstay of the South West District's calendar since 2006 and this year, it incorporated a "do good while staying active and eco-conscious" element. In addition to the usual recycling drives, a newly curated walking trail with an altruistic slant was launched by the South West Community Development Council (CDC) in partnership with Michelman Asia Pacific, Grassroots Organisations, Community Gardeners, Earthlink NTU and National Parks Board.

Named Green Trails @ South West, it features various community gardens as checkpoints, allowing residents to unearth interesting facts about the community gardens. And for each trail completed by a resident, manufacturing firm Michelman Asia Pacific will donate \$25 worth of grocery packs to a vulnerable family. Some 1,000 families will benefit from this initiative. "We encourage residents to adopt a healthier lifestyle by walking and at the same time, learning more about our community gardens," said Ms Low Yen Ling, Mayor of South West District, at the launch of Green Trails @ South West.



Lianhua Primary School students and participants of Clean Up @ South West 2023 with Minister Gan and Mayor Low.



Elderly residents trying hands-on, sustainability-themed activities.

This is the first time Michelman Asia Pacific is partnering the South West CDC to build an active and eco-conscious district. "I am elated to be part of the bigger national movement, translating little green steps taken by the community to benefit vulnerable families," said Mr Philip Choo, Managing Director and Vice President of Michelman Asia Pacific.

Bukit Batok resident, Madam Alice Fernandez, welcomed the initiative and said she was excited to experience it with her friends. "I enjoy walking around my neighbourhood and the trail gives me a new route to try. Plus, I love plants so I cannot wait to explore the community gardens around me," said the homemaker, 59. "It is also an easy way to do good for the community."



Students presenting eco-friendly initiatives during the launch of Green Trails @ South West.



Minister Gan and Mayor Low officiating the launch of Green Trails @ South West.

GREENER TOGETHER

Green Trails @ South West was launched on 31 December 2022 by Minister for Trade and Industry and Adviser to Chua Chu Kang GROs, Mr Gan Kim Yong, and Mayor Low. The launch event at Chua Chu Kang Community Club was attended by several hundred residents, who took part in sustainable hands-on activities, such as composting, making eco-friendly cleaners and upcycling old fabric into coin purses and tote bags.

During the event, partners from schools, community and corporate sectors were recognised for their outstanding contributions in shaping a more sustainable South West. They received the Sustainable South West Awards 2022 from Minister Gan and Mayor Low. "We can all play our part to reduce our carbon footprints and encourage zero waste," said Minister Gan. "We will continue to create opportunities to promote and embrace sustainability. Let us work together to build a better and more sustainable future." **B**



Mr Derek Chong, Senior Manager from Chye Thiam Maintenance Pte Ltd, sharing on the importance of waste management and recycling.



986 TONNES of
recyclables collected
over **18 YEARS** =
16,600 TREES saved.



Mayor Low with performers at Clean Up @ South West 2023.

GREEN CHATTER

Tips on living more sustainably from the Sustainable South West Award winners:



→ "We develop a sense of love, ownership and responsibility for the environment in our students, through opportunities to take walks and participate in activities in our school gardens. You can do likewise for your children – take regular walks, be inspired by the nature around us and co-create stories."

– **Ms Narayanasamy Uma Rani**, Vice-Principal, Blangah Rise Primary School



→ "Support local and sustainable agriculture. Buy fresh produce from local farmers' markets and consider planting your own herbs or vegetables at home."

– **Mr Leong Yue Weng**, Executive Director, Singapore Discovery Centre



→ "Start by taking action to cultivate a habit of storing recyclables in a bag at a corner of your kitchen and emptying it into the blue bins regularly. Also, participate in the environmental activities initiated by your community."

– **Mr Malik Vickland**, Chairman of Keat Hong Youth Network



→ "Be aware of how to take action to help Singapore become more sustainable, exercising such thinking before we trash something – can it be re-used or recycled? Also, advocate the 4Rs – refuse, reuse, reduce and recycle – among your friends and family!"

– **Mrs Serene Boey-Lim**, Vice-Principal, Dazhong Primary School

For more about
Green Trails @ South West,
visit southwest.cdc.gov.sg/what-we-do-for-environment/cleanupsw or
click on the QR code below:



Bringing job opportunities to the heartland

THE JOB FAIR ORGANISED BY e2i AND SOUTH WEST CDC BROUGHT JOBS AND SKILLS CLOSER TO HOME.



Jobs & Skills Discovery @ Jurong - Clementi was held at Jurong Green CC.



Ms Cheryl Woo from e2i helping an attendee with his application.



Mr Agilan (left) speaking with a shipping company representative.

ON 30 NOVEMBER 2022, Madam Tsai Sou Chen visited Jobs & Skills Discovery Jurong – Clementi at Jurong Green Community Club (CC). “The job fair offered a one-stop stop with different work positions available. I could apply for various positions on the same day to boost my employment opportunities,” said the 55-year-old, who is keen to return to a job in administration and accounting after taking a break seven years ago due to health reasons.

Another jobseeker, Mr Agilan, said the job fair let him meet and speak to different employers face-to-face about the job positions available. “When I apply for jobs online, some potential employers might overlook me as I do not have much job experience,” said the 31-year-old, who recently completed his maritime and offshore management diploma and is keen on

a role in the industry. “One of the shipping companies I spoke to told me to apply for positions such as a risk coordinator,” he added.

MORE THAN 1,000 JOB OPENINGS

An initiative by NTUC’s e2i (Employment and Employability Institute) and the South West Community Development Council (CDC), the job fair provided Singaporean jobseekers with diverse work opportunities, one-on-one career guidance and personality profiling sessions. Some 190 jobseekers registered for the event, which featured 15 different employers from the marine, offshore, retail, engineering and logistics industries.

More than 1,000 job openings were available, including roles such as logistics officer, contract specialist and cost engineer. “Our job fairs cater to a wide range of jobs and industries, so the community in the heartland can apply for the different jobs,” said Ms Cheryl Woo, Business Solutionist at NTUC’s e2i. “Job fairs also help to streamline the hiring process as jobseekers can meet the hiring managers. They may hire you immediately if they find you suitable or shortlist you for a second interview.”

Self-help group MENDAKI had a booth at the job fair to render financial, social and other assistance to jobseekers. “We interview the applicants to assess their needs and refer them to various social service agencies or e2i,” explained Madam Hanim Rawi, Executive Officer at MENDAKI. “We also provide subsidised tuition for the Malay community.” MENDAKI has several initiatives that target jobseekers. For example, the DigiSmart programme encourages applicants to enrol in workshops to learn computer fundamentals, social media and other advanced skills. Another MENDAKI programme is Women At Work (W@W), which supports Malay-Muslim women who have been unemployed for more than six months and want to re-enter the workforce. “They can come for skills training, and we will refer them to e2i for job placement after they complete the training,” Mdm Hanim said. **B**



MENDAKI officers like Mdm Hanim (left) rendered assistance to jobseekers and shared information on job-skill training programmes.



A student volunteer from Lianhua Primary School helping a senior citizen during CARE Ride @ South West.

Helping elderly residents get around with ease

CARE RIDE @ SOUTH WEST EDUCATED COMMUTERS ON INCLUSIVITY FEATURES AT BUKIT BATOK BUS INTERCHANGE AND HOW TO GET ASSISTANCE ON PUBLIC TRANSPORT WHEN THEY NEED IT.

BUKIT BATOK RESIDENT MADAM PHAY, 82, HAS ALWAYS BEEN A PROFICIENT DRIVER. Since attaining her driver’s licence in her early 20s, she has never received a single demerit point despite being on the road almost every day. Yet two years ago, the seasoned driver was confronted with a new challenge in her daily commutes: her doctor advised her to retire from driving due to health concerns. Now, even though Mdm Phay is still physically mobile, she finds herself reaching for her *tongkat* (walking stick) before boarding any form of public transport.

“I am afraid to get on public transport — especially during peak periods when the buses are crowded, and people are jostling one another,” shared Mdm Phay. “If I am not careful, I can easily lose my balance, which would be terrible for anyone my age.”

Thanks to CARE Ride @ South West, Mdm Phay can now have peace of mind. The Caring SG Commuters Committee (CCSC) initiative, which is also part of South West Community Development Council’s (CDC) Adopt @ South West programme, caters to seniors who may need help on public transport due to health concerns such as dementia and poor eyesight.



Mayor Low, Mr Baey Yam Keng and Ms Janet Ang with seniors and volunteers at Bukit Batok Bus Interchange.



BRINGING THE YOUNG AND OLD TOGETHER

At the event on 10 September 2022, nine seniors from REACH Senior Centre @ Bukit Gombak Vista learnt how to commute safely with 28 volunteers. The volunteers comprised staff from BNP Paribas Singapore, members of Bukit Gombak GROs, youth from Bukit Gombak EAGLES Interact Club and Rotaract Club of Bukit Gombak, as well as students from Lianhua Primary School.

Together with Mayor of South West District Ms Low Yen Ling; Senior Parliamentary Secretary, Ministry of Sustainability and the Environment and Ministry of Transport, Mr Baey Yam Keng; and CCSC Chairperson Ms Janet Ang, the seniors and volunteers visited Bukit Batok Bus Interchange. Tower Transit Singapore (TTS) staff conducted a guided tour of the inclusivity features, including a priority queue and a Heart Zone — a designated area where commuters can get help from others for their public transport journey. The seniors were also taught wayfinding tips and who to approach if they need assistance at the interchange.

“Through CARE Ride @ South West, we wish to provide opportunities for students to understand the needs and concerns of elderly persons while using public transport. This is especially valuable because many Singaporean children no longer live with their grandparents. This gives them insights into the journey of an older person,” said Mayor Low during her welcome address.

Teenager Edmund Soh, a member of the Bukit Gombak EAGLES Interact Club, identified with the session’s intent. “I feel better equipped to help people in need on public transport now. Moving forward, I will be more proactive in extending that helping hand because I have a deeper understanding of their concerns and worries,” the 15-year-old shared. **B**



A BNP Paribas volunteer introducing the safety features on board a Tower Transit Bus.



Mayor Low, Ms Ang and Mr Baey accompanying seniors during CARE Ride @ South West.



A senior commuter receiving help from Ms Ang to alight from the bus.



Sights and sounds of Chingay @ Heartlands at Chua Chu Kang GRC and Hong Kah North SMC.

Illuminating communities with Chingay @ Heartlands

AFTER A THREE-YEAR HIATUS, THE VIBRANT FESTIVAL MADE A CELEBRATED RETURN TO LIGHT UP THE STREETS AND BRING FESTIVE CHEER TO RESIDENTS.



Chingay @ Heartlands performers striking a pose with residents, Mayor Low Yen Ling and Grassroots Advisers.

AS THE SUN SET ON A BREEZY SATURDAY EVENING, residents in Chua Chu Kang GRC and Hong Kah North SMC were treated to a kaleidoscope of colours and mesmerising performances at Chingay @ Heartlands. "The atmosphere is really vibrant, and I can feel the community spirit come alive with the performances and the crowd," said 46-year-old resident Ms Amutha Narayanan, who was enthralled by the lights and floats weaving through the streets from Bukit Gombak to Keat Hong Division.

She was among hundreds of residents who turned up in droves at Keat Hong Community Club (CC) on 26 February 2023. Themed "Embrace Tomorrow", the Chingay @ Heartlands event in Chua Chu Kang showcased an array of dazzling performances, from the Chingay Truncated Show and the Chingay Floats Caravan to the Chingay Mini Floats display and roving performers.

Gracing the occasion were Mayor of South West District, Ms Low Yen Ling, and Grassroots Advisers, Mr Gan Kim Yong, Dr Amy Khor, Mr Don Wee and Mr Zhulkarnain Abdul Rahim, who greeted eager residents along the parade route.

At the launch site in the hard court next to Hillview CC, residents were treated to several activities, including a picnic under the sky, "live" music performances and an outdoor movie screening. For Mr Addy Tea, a 50-year-old Bukit Gombak resident, the highlight of the evening was the chance to connect

with his neighbours in green spaces. "The picnic at the green patch is a great idea, to be outdoors surrounded by nature and trees and to interact with our neighbours," he said.

SPARKING THE COMMUNITY SPIRIT

Residents from Chua Chu Kang joined those from five other neighbourhoods — Ang Mo Kio, East Coast, Nee Soon, Tampines and Tanjong Pagar — to enjoy the festivities of Chingay @ Heartlands, which spanned from 11 February to 5 March 2023.

"Chingay @ Heartlands gave greater accessibility to residents to attend and experience the festivities as it is within our neighbourhood," shared Ms Syuhada Sam, a 30-year-old resident thrilled to be part of the celebration.

The finale of Chingay @ Chua Chu Kang at Keat Hong Square featured the Truncated Show, which surprised and delighted residents like Ms Catherine Cai, 43. "I thought it was only going to be floats passing by, but the performances were brought to us in the heartlands, so we could also experience it for ourselves even if we couldn't make it to the main Chingay Parade."

Residents were not the only ones spotted having a fun time. The performers, too, were enjoying the experience closer to the residents. Having taken part for two years at the main Chingay Parade, Ms Aida Cempaka Hanif, 18, from the Malay contingent, was performing in the heartlands for the first time. She said, "I am really surprised at the turnout. There was not much audience interaction at the main event, so it is nice to interact with the audience for a change."

One of the activities at Keat Hong was folding paper cranes, which symbolise prosperity and hope for the future. Children and adults alike participated in carefully folding the cranes and displaying them with their wishes for the year to come, aligning with the theme of "Embrace Tomorrow".

Mayor Low summed up the event perfectly when she observed the importance of uniting as a community for a prosperous and hopeful future. "More than 300 to 400 of us have gathered in this setting, and it is a lovely microcosm of us in the Singapore society. Together, let us embrace a better tomorrow as one community and one Singapore," she said. **B**

Championing early cancer detection and prevention

BUKIT GOMBAK RESIDENTS AGED 50 AND ABOVE TOOK PART IN A FREE CANCER SCREENING PROGRAMME.



ABC Screening @ Bukit Gombak at MiRXES' Early Medical Centre included CT scans, mammograms, ultrasound tests and blood tests.

TO CHAMPION PREVENTIVE HEALTHCARE and early cancer detection in the community, Bukit Gombak Citizens' Consultative Committee (CCC) collaborated with biotechnology firm MiRXES on a new screening programme in support of Singapore's multi-year healthcare strategy, Healthier SG. The country is changing how it delivers healthcare by shifting its focus from treating diseases reactively to empowering individuals, so they take charge of their health.

Known as ABC Screening @ Bukit Gombak, the health screening programme targeted Bukit Gombak residents aged 50 and above and was conducted over three sessions from 3 to 17 December 2022. Residents first answered a simple pre-screening questionnaire. Then, those deemed to have a higher risk of certain diseases, such as cancer, were invited to book an appointment for a free screening at MiRXES' 465 square-metre Early Medical Centre.

Some 35 participants underwent the screening, which included CT scans, mammograms, ultrasound

tests and a molecular blood test for the early detection of stomach cancer. The centre offers state-of-the-art medical technology, including a 3D ultrasound breast scan providing multiple 2D views to help doctors better identify abnormalities, and a 3D mammogram allowing patients to adjust the compression pressure using a remote control under a radiologist's guidance.

Participant Madam Elsa Yong, 55, who went for a mammogram, said she did not experience any pain during the screening. "Previously, I experienced discomfort when I went for my annual mammogram under my health screening package," she added. "I have been gaining weight and feeling more tired easily, so this health screening is very timely for me."

Madam Chung Yin Wah, 65, who has a family history of gastric cancer and heart disease, went for a liver ultrasound and blood tests for cancer markers. She said the doctor's consultation was informative because it helped her better understand the screening tests and answered some of her questions about health risks. "Lead time is important in medical care, so the earlier we can detect any disease, the earlier we can do something about it," she added.

With the screening results, doctors will help participants like Mdm Yong and Mdm Chung to understand their health status and recommend follow-up actions, including referrals to specialists for more thorough checks if necessary. "Following the pilot programme in Bukit Gombak, we plan to extend ABC Screening to other constituencies in the South West District, as well as across Singapore, in partnership with other stakeholders," said Dr Zhou Lihan, Co-founder and Chief Executive Officer of MiRXES. "We aim to make preventive healthcare solutions accessible to more individuals for a healthier Singapore." **B**



Mdm Chung Yin Wah (left), who has a family history of gastric cancer and heart disease, went for ultrasound and blood tests, while Mdm Elsa Yong (right) had a mammogram screening.

Taking action for a greener future

FROM SMALL CHANGES LIKE REDUCING FOOD WASTE TO LARGER INITIATIVES LIKE BUILDING GARDENS, SCHOOLS ARE TAKING THE LEAD TO EDUCATE STUDENTS ON REDUCING THEIR ENVIRONMENTAL FOOTPRINT FOR GREEN SCHOOLS @ SOUTH WEST.



Winners of the Green Schools @ South West Award 2023 with Mr Zhulkarnain Abdul Rahim, Vice-Chairman of South West CDC and Adviser to Chua Chu Kang GRC Grassroots Organisations (Keat Hong).

FROM AN EMPTY ROOFTOP TO A BOUNTIFUL RAIN GARDEN, Blangah Rise Primary has transformed its grounds into an oasis that not only has sustainable design elements but also inspires students to take action for a greener future. With innovative features like rain sensors and a special tray system to harvest rainwater, plants can be irrigated on rainy days. On other days, the automatic microcontroller activates the piped-in irrigation system, while the rainwater collected in a water trough serves as a mini eco-pond.

All of these eco-friendly features are found in the school's Garden of Hope. "To promote recycling and reuse, our students also used plastic bottles to make lanterns, building an electric circuit inside the bottles to light them," said Mrs Jenny Quek, head of its science department.

Blangah Rise Primary was one of the winners of the Green Schools @ South West Award 2023, garnering three stars for its green activities. Another three-star winner was Boon Lay Garden Primary, which teaches students about green issues, such as food sustainability. "For example,

our Primary 5 students learn to grow vegetables in a hydroponic farm and donate them to the community fridge for residents," said principal Mrs Christine Low. "Our Primary 4 students learn about the process of urban farming, from germinating to composting, and from farm to table."

At Clementi Town Secondary, also a three-star winner, students convinced the canteen vendors to stop providing straws for drinks sold there. "Our students also did research with the vendors on food waste in the canteen and shared the findings with their peers," said principal Madam Rasidah Rahim. "They worked with the vendors to reduce portion sizes and encouraged their friends to request for less rice."

These schools and many others are paving the way for a brighter, greener future. Organised by the South West Community Development Council (CDC) since 2007, Green Schools @ South West is supported by the National Environment Agency (NEA), and aims to instil public responsibility for the environment in children and youth. This year, 41 winners received at least one star for meeting the requirements of the different categories: Public Health Star, Environment Protection Star and Junior Environment Ambassador (JEA) Star.

Mr Zhulkarnain Abdul Rahim, Vice-Chairman of South West CDC and Adviser to Chua Chu Kang GRC Grassroots Organisations (Keat Hong), said young people play a vital role in championing and co-creating sustainable solutions. "For instance, the programme's JEA Camp is one of many activities to groom our young JEAs to become environmental role models to lead and advocate environmental sustainability among their peers and the community." **B**



Grassroots Adviser Mr Zhulkarnain presenting the award to a winning school.

GREEN SCHOOL AWARD WINNERS 2023

Three stars

Blangah Rise Primary School
Boon Lay Garden Primary School
Bukit View Primary School
Chua Chu Kang Primary School
Concord Primary School
Corporation Primary School
Dazhong Primary School
Fuhua Primary School
Jurong Primary School
Jurong West Primary School
Lakeside Primary School
Lianhua Primary School
Pioneer Primary School
Princess Elizabeth Primary School
Rulang Primary School
St. Anthony's Primary School
Teck Whye Primary School
West Grove Primary School
Westwood Primary School
Xingnan Primary School
Boon Lay Secondary School
Bukit View Secondary School
Clementi Town Secondary School
Dunearn Secondary School
Hillgrove Secondary School
Hua Yi Secondary School
Jurong Secondary School
Kent Ridge Secondary School
New Town Secondary School
Swiss Cottage Secondary School
Yuan Ching Secondary School
Yuhua Secondary School

Two stars

Clementi Primary School
Frontier Primary School
Shuqun Primary School
Yuhua Primary School
Bukit Panjang Government High School
Chua Chu Kang Secondary School

One star

Keming Primary School
Qifa Primary School
Juying Secondary School



Budding eco-heroes putting on a show during My Preschool Shines @ South West 2023 Awards.



Preschoolers dressed in costumes made from upcycled materials, with their teachers.

Where preschoolers become eco-warriors



MY PRESCHOOL SHINES @ SOUTH WEST 2023 AWARDS SHOWED HOW EDUCATORS ARE CHAMPIONING GOOD GREEN HABITS IN THE NEXT GENERATION.

PRESCHOOLS IN THE SOUTH WEST DISTRICT ARE SPARKING A LOVE FOR THE PLANET IN CHILDREN, thanks to activities that instil eco-friendly habits and the importance of protecting our environment.

The young preschoolers from PCF Sparkletots Preschool @ Jurong Spring Blk 445 showed how at the My Preschool Shines @ South West 2023 Awards ceremony at Jurong Spring Community Club. Donning cute costumes made from upcycled waste materials like trash bags, cardboard and aluminium foil, which their parents helped to put together, the children walked the runway at a little fashion show during the ceremony.

Launched in 2011 by South West Community Development Council (CDC) and the National Environment Agency (NEA), My Preschool Shines @ South West encourages preschool management and staff to cultivate good green habits in children aged three to six. It aims to help preschoolers and educators put their knowledge into practice by keeping their environment clean and green. The hope is that the children remember these habits and promote them to their parents and caregivers. Last year, 49 preschools participated in the programme, adopting an Environment Week between January and July. They conducted activities, such as card games and colouring activities, centred around environmental protection and public health education.

INSPIRING SUSTAINABLE PRACTICES

Leading the pack in instilling eco-friendly values in children was PCF Sparkletots Preschool @ Bukit Batok East Blk 208, which clinched the first prize at the My Preschool Shines @ South West Awards. The preschool won for its focus on arts and crafts to guide children on recycling, such as making fashion costumes and festive displays using recycled materials. "We created a mini Geylang Serai and recycled festive materials into games for the Hari Raya Puasa celebration," said principal Ms Karen Chua. The school also won the Outstanding Achievement Award for bagging the top three spots in the My Preschool Shines @ South West Awards for three consecutive years.

PCF Sparkletots Preschool @ Chua Chu Kang Blk 10, which scooped up the third prize, got preschoolers and their parents to build playhouses using recycled materials last year. "Some parents were very creative, even building a little HDB flat with bamboo laundry poles using wooden sticks," said lead teacher Ms Josephine Lau. This year, the school is embarking on a "trash to treasure" theme, where preschoolers convert recycled materials into board games.

These efforts inspire the little ones to adopt eco-friendly habits, such as cleaning up in school and at home and encouraging other kids to use less water when washing their hands. "Some parents have shared that their children remind them to switch off the fan when not in use," Ms Lau said.

The award ceremony's Guest-of-Honour, Mr Shawn Huang, who is Vice Chairman of South West CDC and Adviser to Jurong GRC GROs (Jurong Spring), stressed the importance of children starting their green habits early to reinforce their ecological values and commitment to the environment. "The preschools' efforts in educating the children will go a long way, especially when they put sustainability into practice at home through the simple tasks of recycling and involving the whole family in fun, upcycling activities," he said. **B**

PRESCHOOLS RECOGNISED FOR THEIR GREEN EFFORTS



Grassroots Adviser Mr Shawn Huang (6th from right) and Mr Tiew Chew Meng (6th from left), BBM, Chairman of South West CDC Environment Functional Committee, with the award-winning preschools.

Outstanding Achievement Award

PCF Sparkletots Preschool @ Bukit Batok East Blk 208

1st Prize

PCF Sparkletots Preschool @ Bukit Batok East Blk 208

2nd Prize

PCF Sparkletots Preschool @ Blk 987D Pioneer

3rd Prize

PCF Sparkletots Preschool @ Chua Chu Kang Blk 10

Merit Award

- My First Skool @ Blk 698C Jurong West
- My First Skool @ JW 4
- My First Skool @ Kang Ching Road Blk 333
- PCF Sparkletots Preschool @ Bukit Batok Blk 148
- PCF Sparkletots Preschool @ Bukit Batok East Blk 241 (KN)
- PCF Sparkletots Preschool @ Chua Chu Kang Blk 19 PCF Sparkletots
- Preschool @ Nanyang Blk 825
- PCF Sparkletots Preschool @ Nanyang Blk 934
- PCF Sparkletots Preschool @ Pioneer Blk 661B
- PCF Sparkletots Preschool @ Telok Blangah Blk 44 (CC)

Award Ceremony

Mr Shawn Huang
Vice-Chairman of South West CDC
Adviser to Jurong GRC GROs (Jurong Spring)

10 March 2023

Ms Karen Chua receiving her school's awards from Mr Huang.

CHANGE COMES ABOUT WHEN DIFFERENT PEOPLE WORK COLLECTIVELY TOWARDS THE SAME GOALS.

The contributions of community and corporate partners have made it possible for the South West Community Development Council (CDC) to better meet the needs of vulnerable residents. One such partner is ExxonMobil, which has collaborated with the CDC for over 20 years. For example, the South West CDC-ExxonMobil Transport Bursary was started in 2006 to defray transport expenses for students from vulnerable households. About 1,000 students benefit from the bursary each year.

ExxonMobil has also been distributing grocery packs to vulnerable residents in Boon Lay every year since 2010. The annual distribution drive is part of South West CDC's Adopt @ South West, a programme dedicated to uplifting vulnerable families and seniors living in rental as well as one- to three-room flats.

MEETING EVOLVING NEEDS

The company has been customising the grocery packs based on residents' feedback and changing needs. With the increase in dengue cases in 2022, ExxonMobil included thermometers and insect repellents in the packs to help residents monitor their health conditions and protect themselves. Other essential items, such as toilet paper, toothbrushes and toothpaste, were also added. On 24 September 2022, some 300 ExxonMobil employees and their families and friends distributed these packs to 1,000 vulnerable households in Boon Lay.

Considering the rising cost of inflation, Ms Ong Shwu Hoon, Asia Pacific Fuels Vice President, ExxonMobil Asia Pacific Pte Ltd, said the company had increased the value of the care packs in 2022 and had tried to strike a balance between essential and hygiene items. Mayor of South West District, Ms Low Yen Ling, commended ExxonMobil for its thoughtfulness in curating the care packs. "The volunteers also came at 8am to pack the items, which vary from year to year depending on what the current needs are. That is meaningful giving," she said.

Mr Stanley Chua, 32, Maintenance Section Supervisor at ExxonMobil Singapore, was part of the event organising committee in 2021 and has participated in the annual grocery pack distribution drive four times. "It has been a meaningful experience to give back to the community each time, especially in times of need. Seeing the smiles of the



A resident receiving a care pack from an ExxonMobil volunteer, Mr Desmond Lee, Minister for National Development and Minister-in-charge of Social Services Integration; and Ms Low Yen Ling, Mayor of South West District.



Minister Lee and Mayor Low distributing care packs to Boon Lay residents during the ExxonMobil Grocery Distribution Drive.

recipients warms my heart, and I look forward to being part of this event again."

Recounting the impact of such corporate-giving efforts in the community, Mayor Low shared a personal anecdote. "When I was at the distribution event in 2021, I witnessed one of the residents handing a handmade thank-you card to one of ExxonMobil's team leaders. This is a clear gesture of the beneficiaries' appreciation of their efforts and annual support."

Mr Joe Chia Teck Seng, who is 70 and lives alone, is happy to receive the packs from ExxonMobil for the past few years. "I am wheelchair-bound, so it is not convenient to move about. I also cook, so having this pack is handy when I run low on items like rice. The pack helps reduce my expenses, and the insect repellent is useful in preventing dengue," he said.

Madam Maslinda Bte Misdri, who has seven children, received the packs for the second time. She said she could



Some 300 ExxonMobil volunteers distributed care packs to 1,000 vulnerable households at Boon Lay Drive.



Grassroots volunteers from Boon Lay lending a helping hand.



Each grocery pack consisted of a thermometer, insect repellents and daily essential items.

CELEBRATING EXXONMOBIL'S OVER 20 YEARS OF GIVING



LONGEST-SERVING corporate partner

17 YEARS
of support towards
South West CDC-ExxonMobil
Transport Bursary

13 YEARS
of support towards
Adopt @ South West

\$100,000
for Adopt @ South West and
South West CDC-ExxonMobil
Transport Bursary in 2022

ExxonMobil is a sterling example of a partner that has stayed invested in the lives and future of residents in South West District. Together, we seek to maximise every action and contribution for the collective good of our community.

MS LOW YEN LING

Mayor of
South West District

save on household expenses as her husband, who works as a driver, is the sole breadwinner. "Essentials like toothpaste and rice are very useful as we use them daily," she explained. "I cannot work for the time being as my youngest child has asthma. He needs to use the inhaler every day and visit the hospital sometimes."

ExxonMobil's outreach efforts resonated deeply with beneficiaries and its staff volunteers. Take Ms Rita Szahrina Osri, who spent some of her growing-up years living in a rental flat. Everyone can give back and help others, she said. "What keeps me volunteering is seeing the beneficiaries' smiles. It makes me more appreciative of what I have," added Ms Rita, who is in her 40s.

SUPPORT FOR THE YOUNG ONES

Over 100 students who benefitted from the South West CDC-ExxonMobil Transport Bursary in 2021 also received a stationery pack and motivational notes handwritten by ExxonMobil volunteers to encourage them to stay happy and healthy during the pandemic. ExxonMobil has also been organising experiential learning programmes for bursary recipients, such as excursions to Lee Kong Chian Natural History Museum, KidZania and Science Centre Singapore.

"ExxonMobil is a sterling example of a partner that has stayed invested in the lives and future of Boon Lay residents in South West District. Over the 13 years, ExxonMobil staff have built goodwill and friendships with residents under Adopt @ South West. This time, ExxonMobil has increased its giving to help residents cope with higher costs of living and transportation. The CDC will multiply the impact by matching the transport fund dollar-for-dollar. Together, we seek to maximise every action and contribution for the collective good of our community," said Mayor Low.

Ms Geraldine Chin, Chairman and Managing Director, ExxonMobil Asia Pacific Pte Ltd, said, "We are glad to do our part for the Boon Lay residents, who are our neighbours and immediate community in the South West District. We remain committed to making a positive impact on the community wherever we operate." **B**

An enduring partnership to serve the community

SOUTH WEST CDC'S LONGEST-STANDING CORPORATE PARTNER HAS SUPPORTED VULNERABLE RESIDENTS FOR MORE THAN TWO DECADES.

Health Qigong @ South West
is an initiative by the CDC to encourage
active ageing through regular bonding
and engagement in *qigong*.



If you are keen to join
Health Qigong @ South West,
please approach your nearest Community Centre/Club (CC)
or Residents' Committee (RC) Centre. Should you have
any queries, please contact:

South West Community Development Council

Tel: 6316 1616

Email: Southwest_CDC@pa.gov.sg

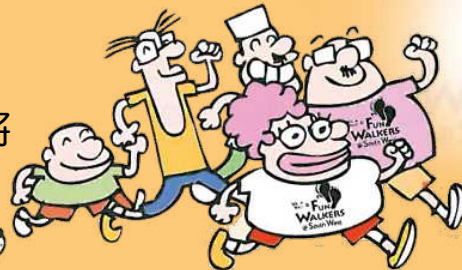
Website: <https://southwest.cdc.gov.sg/>



Fun Walkers @ South West is part of the CDC's efforts to
foster community bonding and build a healthier South West District.
Fun Walkers @ South West is designed for everyone to participate
as a group or individual. You can look forward to regular walking
sessions in the community, embark on unique nature trails with
your family and friends, and take part in community events.



西南乐乐走是西南社理会通过步行以
提倡社区凝聚力及健康社区的活动之一。
西南乐乐走是为男女老少而设计的。您将
能在社区里参加乐乐走活动，并参与独特
的步行活动及社理会活动。



**SOUTH WEST
COMMUNITY
DEVELOPMENT
COUNCIL**



If you are keen to join **Fun Walkers Club**, please
approach your nearest Community Centre/Club (CC)
or Residents' Committee (RC) Centre.

Should you have any queries, please contact:
欲知详情，请联络：

**South West Community Development Council
西南社区发展理事会**

Tel: 6316 1616 Fax: 6316 7250

Email: Southwest_CDC@pa.gov.sg

Website: <https://southwest.cdc.gov.sg/>