

BRIDGE

JAN / FEB
2021



SOUTH WEST
COMMUNITY
DEVELOPMENT
COUNCIL

“Each of us steps forward, makes a difference and hopefully, whoever that is on the receiving end pays it forward.”



Mr Xie Yao Quan
Adviser to Jurong GRC GROs
(Jurong Central)

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Low Yen Ling
Mayor of
South West District

Strength In Unity

Dear friends,

The solidarity and resilience of our community has been a big source of
inspiration in what has been a challenging 2020 for everyone.

In the past year, many stepped forward to encourage our frontline workers
who risked their lives to protect us. Many in our midst also reached out to the
vulnerable among us, especially those who were adversely affected by the
pandemic. We greatly appreciate how our community has rallied behind one
another, so that no one is left behind.

Last December, my fellow advisers and I had the privilege of joining our
grassroots and corporate volunteers to bring festive joy to underprivileged
residents in our Festive Cheers @ South West outreach. Some 8,000 households
in 29 rental blocks from 25 Adopt @ South West precincts received South
West Festive Cheers packs, bento meals and essential household products
generously sponsored by the CDC's partners. It was also heartening to see the
wishes of 300 children in our district granted through our collaboration with
Procter & Gamble on their Festive Grant-A-Wish initiative.

Even as we fight the pandemic, we must not lose sight of the importance
of sustainability. I am glad to see many residents recycling items and e-waste
at our annual Clean Up South West! event at over 100 collection points set up
with schools, and community and corporate partners. I thank all the individuals
and organisations that have contributed precious time and effort to uplift the
lives of residents and nurture a greener and more liveable South West District.

I am confident that in 2021, our community spirit will continue to grow
from strength to strength as we stand united and ever-ready to support one
another. Let's work hand in hand with each other to help our nation emerge
stronger and more united than ever.

Happy New Year!

அன்பார்ந்த நண்பர்களே,

நமது சமூகத்தின் ஒற்றுமை மற்றும் மீன் எழுச்சி ஆற்றல் ஆகியவை கொடுத்த பெரும்
உத்வேகம் மூலமாக நம் அனைவருக்கும் பெரும் சவாலாக அமைந்த 2020 ஓ ஆண்டை சிறப்பாக
எதிர்க்கொண்டிருக்கிறோம்.

கடந்த ஆண்டில் தமது உயிரைப் பணியும் வைத்து பெரும் நோய்த்தொற்றிலிருந்து நம்மை
பாதுகாக்க சிறப்பாக பணியாற்றிய முன்னப்பணியாளர்களை மக்கள் பலர் தாமதம் முன்வந்து
ஊக்குவித்துள்ளனர். மேலும் நம்மில் பலர் பெரும் நோய்த்தொற்றினால் அதிக அளவில் மோசமாக
உடல்நிலை பாதிக்கப்பட்டிருந்தனர். அவர்களையும் கண்டடைந்து காப்பாற்றி இருக்கின்றனர். நமது
சமூகமானது எவ்வாறு ஒருவர் பின் ஒருவராக அணிவரிசைப் போன்று இயங்கி கடைநிலையில்
இருக்கும் ஒருவர் கூட விடுபடாமல் அனைவரையும் காக்கும் பொருட்டு சிறப்பாக செயல்பட்டதை
எண்ணி பெருமையுடன் பாராட்டுகிறேன்.

கடந்த டிசம்பர் மாதம், நானும் எனது சக ஆலோசகர்களும் கடைநிலை ஊழியர்கள் மற்றும்
நிறுவனத் தன்னார்வர்களோடு இணைந்து தென்மேற்கு பகுதிகளில் வசிக்கும் பின்தங்கிய
மக்களுக்கு பண்டிகைக்கால சலுகைகளை வழங்கும் பெஸ்டிவ் சியர்ஸ் நிகழ்ச்சியில் பங்கெடுத்துக்
கொண்டதில் பெருமதிம் கொள்கிறோம். தென் மேற்கு பகுதியிலுள்ள 29 வாடகை கட்டிடங்களில்
வசித்து வரும் 8000 குடும்பங்களில் இருந்து 25 பேரை தத்தெடுத்து அவர்களுக்கு செனட் வெஸ்ட்...
பெஸ்டிவ் சியர்ஸ் மைக்கள், உணவுப் பொட்டலங்கள் மற்றும் வீட்டிற்குத் தேவையான அத்தியாவசியப்
பொருட்கள் ஆகியவற்றை சிடிசியின் பங்குதாரர்கள் தாராளமாக வழங்கியிருக்கிறார்கள். கி :ப்ட். எ
விஷ் என்ற நிகழ்ச்சி பராக்டர் அண்ட் கேம்பிள் நிறுவனத்துடன் இணைந்து நமது மாவட்டத்தைச்
சேர்ந்த 300 குழந்தைகளிடமிருந்து வாழ்த்துக்களை பெற்றிருப்பது மனதிற்கு உற்சாகமாக உள்ளது.

நாம் சர்வதேச நோய்த்தொற்றுடன் போராடிக்கொண்டிருந்த வேளையிலும் நாம் நம்முடைய
நிலைப்பாட்டின் முக்கியத்துவத்தை உணர்ந்து உறுதியை கைவிட்டு விடவில்லை. பல
குடியிருப்பாளர்கள் தென் மேற்கு பகுதியில் நடந்த வருடாந்திர தூய்மை ஏற்பாட்டில் மின்
கழிவுப்பொருட்களை மறுசுழற்சி முறையில் மீண்டும் பயன்படுத்திக்கொள்ள 100க்கு மேற்பட்ட
சேகரிப்பு மையங்களை அமைத்துள்ளனர். மற்றும் சமுதாயத்தின் நிறுவனப் பங்களிப்பாளர்களோடு
இணைந்து செயலாற்றி இருக்கிறார்கள் என்பதை மகிழ்ச்சியுடன் நினைவு கூர்கிறேன். நான்
அனைத்து தனிநபர்கள் மற்றும் நிறுவனங்களுக்கு நன்றி கூற கடமைப்பட்டிருக்கிறேன் ஏனெனில்
அவர்கள் தங்கள் பொன்னான நேரத்தையும் உழைப்பையும் வழங்கி தென் மேற்கு மாவட்டத்தை
பசுமையான தூழலில் வாழ்வதற்கு ஏதுவான இடமாக பராமரித்து அங்கு வசிக்கும் மக்களின்
வாழ்க்கையை மேம்படுத்தி உள்ளனர்.

வருகின்ற 2021ம் ஆண்டிலும், நாம் ஒருவருக்கொருவர் ஒற்றுமையுடன் இணைந்து நமது
சமூகத்தை வளமான மற்றும் வலிமையான சக்தியாக செயல்படுவோம் என்று நம்புகிறேன். முன்
எப்போதும் இல்லாத அளவில் ஒன்றிணைந்து நாம் ஒருவருக்கொருவர் கைகோர்த்து கடன்
உழைப்பின் மூலம் மேலும் நாட்டை வலிமையான நிலைக்கு உயர்த்துவோம்.
இணிய புத்தாண்டு நல்வாழ்த்துக்கள்!



SPOTLIGHT

Festive Cheers @ South West

300 VULNERABLE CHILDREN IN THE SOUTH WEST DISTRICT RECEIVED GIFTS THEY WANTED FOR THE HOLIDAY SEASON UNDER P&G'S FESTIVE GRANT-A-WISH.



Mayor Low Yen Ling; Mr Andy Weatherson, senior vice president, research and development at P&G; Minister Gan Kim Yong; Mr Aalok Agrawal, senior vice president and general manager, consumer healthcare at P&G; and Ms Cecilia Tan joined volunteers for the Festive Cheers @ South West distribution at Chua Chu Kang.

MAKING WISHES COME TRUE

TO BRING JOY TO CHILDREN FROM UNDERPRIVILEGED BACKGROUNDS, Proctor & Gamble (P&G) Singapore partnered the South West Community Development Council (CDC) to present them gifts they had wished for under the Festive Grant-A-Wish. In its second year, the gifting activity was part of Festive Cheers @ South West, as well as P&G's annual corporate social responsibility programme.

On 27 December 2020, Minister for Health and Adviser to Chua Chu Kang GRC Grassroots Organisations (GROs) (Chua Chu Kang) Mr Gan Kim Yong and Mayor of South West District Ms Low Yen Ling, together with P&G volunteers, presented the children with the presents. The presents were prepared by P&G volunteers based on the wish lists of the children.

Beaming faces welcomed the gift-givers and wide smiles were exchanged as Minister Gan and Mayor Low posed for photos with the beneficiaries and their gifts.

"The COVID-19 pandemic has disrupted lives and our usual festive celebrations. However, it has not deterred us from continuing our annual outreach for it is even more important than before to bring joy to the underprivileged children in such tough times," said Mayor Low.

PERSONALISED GIFTS AND MORE

The eight children that Minister Gan and Mayor Low visited live at Teck Whye Crescent and are among the 300 who benefitted from Festive Grant-A-Wish.

"I am excited to receive a school bag whose design features my favourite characters and I cannot wait to use it when I go back to school. I also like the food and other items given to me in the packs," said six-year-old Nur Rabiatal Adawiyah Binte Muhammad Bukhari.



Nur Rabiatal Adawiyah Binte Muhammad Bukhari holding the bag she was gifted and which she now uses for school.



Nur Misha Qaireen Binte Abdullah was elated to receive puzzles and books from Minister Gan, Mayor Low and Mr Agrawal.

CARING & SHARING WITH FESTIVE CHEERS @ SOUTH WEST

Festive Cheers @ South West is an initiative by the South West CDC to bring festive cheer to vulnerable residents in the district during the festive period.

It rallies the support of corporate and community partners to distribute Festive Cheers packs to the beneficiaries of Adopt @ South West as well as organise activities such as excursions, Christmas and Chinese New Year parties as well as back-to-school shopping trips for them.

Themed

**"To Our South West Community, With Love",
Festive Cheers @ South West 2020/21**

**Benefitted 8,000 households
in 29 rental blocks across the district**

**8,000 Festive Cheers @ South West
packs distributed**

Over 5,000 volunteers involved

**More than \$600,000 in sponsorship value
from 105 partners**



Items distributed include food,
essential household products,
children's gifts and vouchers.

Echoing the same sentiments, five-year-old Nur Misha Qaireen Binte Abdullah said, "I am happy to receive the gifts and I like the puzzles the most. I also like the books, especially the princess one — I cannot wait to start reading them."

Besides a personal present worth \$20 to \$30 each, every child also received an essentials pack worth about \$80. The pack comprised a bar of Safeguard soap, an Oral B toothbrush, mouthwash, cod liver oil and a bottle of multivitamin syrup. In light of COVID-19, these items were practical and timely and would help to boost the children's immunity and vitality as they returned to school in the new year.

Ms Cecilia Tan, vice president, government relations & public policy, P&G, said, "We aspire to be a force for good for our community. During this festive season, we are happy to be able to join the South West CDC in granting the wishes of vulnerable children in the community and providing them with a pack of household essential items and health supplements. We hope the children enjoy these gifts and feel the joy of the holidays!"

To benefit more children in need, the number of beneficiaries increased threefold to 300, compared to last year. P&G Singapore also raised their sponsorship value.

In addition to the present and essentials pack, each child also received a Festive Cheers pack, sponsored by corporate partner Koh Kock Leong Enterprise Pte Ltd, comprising food items such as brown rice and biscuits, disinfectant spray as well as a greeting card handwritten by primary school students and seniors from senior activity centres and nursing homes.

"By granting their wishes, we hope to uplift the children's spirits with some Christmas cheer. The gifts they receive also represent our support and solidarity in getting through this crisis together. Along with our partners like P&G Singapore, we look forward to emerging stronger and more united than ever," Mayor Low added. **B**

THANK YOU, SPONSORS!

We would like to extend our heartfelt appreciation to all sponsors of Festive Cheers @ South West for your generous contributions:

- 3 Little Bears Co
- Ariel+lie Kids Closet
- Babies Mahdum
- Beauty One International Pte Ltd
- Bumble Tots
- CapitaLand Group
- CrimsonLogic Pte Ltd
- Dough N Me
- Efev Shop
- Elpis @ Hideout Pte Ltd
- FillyAlicorn
- Gardenia Foods (S) Pte Ltd
- Katrin BJ Pte Ltd
- Keming Primary School
- Koh Kock Leong Enterprise Pte Ltd
- Landscape Industry Association (Singapore)
- Little Bearnie
- Little Rascal's Wardrobe
- Lovingly.Yours
- Mercantile Pacific
- Mimosa
- Mr Donors Faris and Ms Sabrina
- Mr Koh Zhi Li
- Mr Roger Lee
- Mr Tiew Chew Meng, PBM and friends
- Ms Shan Han
- My Chill Kitchenette
- Our Happy Story
- Owl Readers Club
- P&G Singapore
- Play.Learn.Grow
- Ray of Hope
- Shell Eastern Petroleum (Pte) Ltd
- Slip Knot Needles
- The Joy Learners
- The mAsketeers
- The Rainbow Oak
- Tickle Your Senses
- Tiffani FLP, Ms Nancy Low, Ms You Ling and Ms Rebecca
- Uma Hana Singapore
- Whiskdom
- XicloudiX Kids Collection
- Yang Yang Cookies



Seniors from SilverACE @ Taman Jurong completing their Chinese New Year activity kits, specially prepared by students from Keming Primary School.



During the school holidays, Beauty One International Pte Ltd partnered the Taman Jurong division to organise a fun virtual workshop for young children.

**HELD BOTH
OFFLINE AND ONLINE,
CLEAN UP SOUTH WEST! 2021
SAW THE LAUNCH OF
A TESTBED INITIATIVE FOR
YOUTH WITH SOLUTIONS
TO REDUCE WASTE.**

TOWARDS A

ZERO WASTE DISTRICT

23-YEAR-OLD YALE-NUS STUDENT CHAI SHENG LIN always felt more could be done to boost recycling rates on campus. As a member of the 1'dECO Yale-NUS Sustainability Movement, he and his team addressed the issue through education and holding recycling drives on campus.

It is ground-up efforts like these that the new Zero Waste Testbed Initiative @ South West hopes to encourage. The initiative supports young people in bringing their zero-waste ideas to life and offers them the potential to scale up in the community after piloting prototypes on campus. A collaboration between the South West Community Development Council (CDC), SembWaste Pte Ltd

(SembWaste) and the National University of Singapore (NUS), Zero Waste Testbed Initiative @ South West was launched at the South West CDC's annual environmental flagship event Clean Up South West! on 23 January 2021 at Yuhua Community Club. Minister for Sustainability and the Environment Ms Grace Fu and Mayor of South West District Ms Low Yen Ling attended the event.

YOUTH AT THE CORE OF CHANGE
To support students and young alumni from NUS in the development of sustainability solutions, SembWaste generously pledged \$25,000 to Zero Waste Testbed Initiative @ South West. Managing director of SembWaste Mr Neo Hong Keat

said, "We support this meaningful initiative as it nurtures a community of sustainability-conscious youth to create practical innovations towards a greener future. It is also in line with SembWaste's interest in testing innovative sustainable solutions to do more to turn trash to treasure."

South West CDC matched the amount, bringing the total funding amount to \$50,000. Successful applicants of the initiative will not only receive a funding of up to \$10,000 per project but also mentorship from all three partners. With this support, the youth can refine their ideas, pilot them at the NUS campus and scale up successful projects in the wider community.



From left: Mr Tiew Chew Meng, PBM, chairman of the South West CDC Environment Functional Committee, Mayor Low Yen Ling, Minister Grace Fu, Mr Neo Hong Keat and Mr Chew Chin Huat launching the Zero Waste Testbed Initiative @ South West.



Ms Pek Hai Lin, manager of Zero Waste SG, showing online workshop participants how to make self-watering planters from used plastic bottles.



Mr Neo Yew Chong, an applicant of the South West Eco Fund Plus, sharing about his green project.

Sheng Lin opined that this initiative will provide more opportunities for young people to test their ideas for trash reduction, which would otherwise only remain as theories. His team collects approximately 200 kilograms of paper and plastic waste a day on average through his campus recycling drives. He said, "With this initiative, we are more confident of undertaking bigger projects. Our target is to collect twice the amount of recyclable trash we are collecting now."

Recognising that more teenagers and young adults are keen to play a more active role in promoting environmental sustainability, Mayor Low said, "We hope our collaboration with NUS and SembWaste will provide our youth with the opportunity to translate their zero-waste ideas into reality and, most importantly, play a direct role in shaping their sustainable home and future. We are heartened to be able to support our youth in stepping up and driving change to ensure sustainability for their future."

The initiative is also a part of the South West CDC's efforts under the Sustainable South West masterplan to cultivate a zero-waste mindset in the community, and it provides a platform for the South West CDC to engage youth in the area of sustainability.

Mr Chew Chin Huat, senior director from NUS University Campus Infrastructure, said, "We look forward to seeing them put into practice some of the interdisciplinary skills imbued in the NUS curriculum as they come up with innovative

and effective sustainability solutions that will benefit both the community and industry."

BOOSTING RECYCLING RATES

Now into its 16th year, Clean Up South West! adopted a hybrid format for the first time, so residents could participate from the safety of their homes. The event offered interactive workshops on waste reduction and upcycling. More than 800 residents viewed the event online.

In conjunction with Clean Up South West! 2021, residents were urged to drop off newspapers and clothes for recycling in exchange for groceries. Residents could also deposit their electronic waste at selected recycling points. This year, the number of recycling points almost doubled from 57 in 2020 to 106 in 2021 as more schools, corporate and community partners came on board this annual district-wide recycling drive.

48-year-old resident Mr Andrew Lee brought 6.8 kilograms (kg) of old bed sheets and clothes for recycling. "I occasionally put recyclables into the blue bins and I want to participate in this recycling drive too," Mr Lee said, adding that he would encourage other residents to participate as well.

Commenting on the need for such recycling drives, 50-year-old manager for Taman Jurong Zone F Residents' Committee Mr Bobby Low said, "With the recycling effort, residents are

THE COLLECTIVE IMPACT ACHIEVED THROUGH THE ANNUAL RECYCLING DRIVE

Since the mass recycling drive started 15 years ago, around 933,000 kg of recyclables have been collected. This is equivalent to saving 15,300 trees. The collection of electronic waste began two years ago and since then, 9,600 kg of e-waste have been collected in the district. For this year's run, 38,000 kg of recyclables and 1,500 kg of e-waste were collected over three weekends.

more aware of the environment, and it cultivates a habit of recycling instead of just throwing items away." He also added that residents have been very supportive of the drive, with newspapers and clothes being the most common items brought for recycling.

UNDERSTANDING GREEN ISSUES AS A COMMUNITY

To engage the community and cultivate a mindset to reduce waste, fostering an understanding of why they should do so would help with encouraging change.

In line with this, SembWaste conducted a virtual tour of its materials recovery facility in Tuas to educate residents on recycling correctly. Besides learning what can and cannot be recycled, residents got to see how recyclables are processed from the moment they are picked up from the blue bins we see around neighbourhoods to when they are sorted and packed at the facility.

To further motivate the community in reducing the use of disposables, a live panel discussion with young sustainability advocates was held during Clean Up South West! 2021. This session was part of Green Conversations @ South West, a series of dialogues to facilitate the community's understanding of important environmental issues and ideas under the South West CDC's 10-year Sustainable South West masterplan.

Sheng Lin, who was one of the panellists, found the session very useful. He shared, "It was a great experience to meet other young people and have a dialogue with Minister Fu. My takeaway is that students can link up and make a greater change rather than doing it all by themselves." **B**

→ Visit www.facebook.com/southwestcdc/videos/1684667578405627/ to watch the recording of Clean Up South West! 2021.



Ms Regina Cheah, a recycling ambassador at SembWaste, explaining how recyclables are sorted when they are unloaded at SembWaste's facility.



Some of the common items that should not be placed in the blue recycling bins in our neighbourhoods.



Youth sustainability advocates engaging in a panel discussion on reducing disposables moderated by Dr Jenson Goh, chief information and learning officer of Monde Nissin Group and a member of South West CDC's Environment Functional Committee.



SPOTLIGHT

South West Environmental Achievements

A SERIES OF ENVIRONMENTAL ACHIEVEMENTS IN 2020 AFFIRMED THE SOUTH WEST DISTRICT'S EFFORTS IN BUILDING AN ECO-CONSCIOUS COMMUNITY AND DISTRICT.

ON TRACK FOR A SUSTAINABLE FUTURE



Mr Tiew Chew Meng, PBM, receiving the EcoFriend Award from guest of honour Ms Grace Fu, Minister for Sustainability and the Environment.



Mr Tiew Chew Meng, PBM, District Councillor and chairman of the South West CDC's Environment Functional Committee, receiving the Best District Award from Mr Heng Swee Kiat, Deputy Prime Minister, Coordinating Minister for Economic Policies and Minister for Finance, on behalf of the CDC, with Ms Low Yen Ling, Mayor of South West District.

FOR THE PAST 14 YEARS, the South West Community Development Council (CDC) has worked with residents and partners to make the district a cleaner and more sustainable one. In recognition of these green efforts, the South West District has received several environmental awards over the years.

Most recently, the South West District won the Best District Award in the Clean & Green Singapore (CGS) Awards 2020. The CGS Awards recognise individuals and grassroots organisations across Singapore for their efforts in achieving exemplary standards in public hygiene and cleanliness, energy efficiency and resource conservation. The North West District also shared the honour. What contributed to the South West District's win was its variety of quality programmes — under the Sustainable South West (SSW) masterplan — that attracted a high level of community participation.

“SSW is a masterplan for the community and by the community that guides residents in realising their aspirations for a sustainable future.”

Ms Low Yen Ling

Mayor of South West District

A SUCCESSFUL PLAN FOR SUSTAINABILITY

Launched on 2 November 2019 during CGS 2019, the SSW succeeds the 10-year Eco (Environmental and Community) Plan South West. The 10-year SSW continues to guide many of the flagship programmes under Eco Plan South West such as the Clean Up South West! and Green Spaces @ South West.



The SSW masterplan is the culmination of environmental aspirations of key stakeholders.

One of the key programmes of the SSW masterplan is the annual trash-for-groceries initiative Clean Up South West!. Launched in 2006, the programme has been instrumental in promoting recycling habits among residents through the years. With strong support from community partners and residents, the South West CDC has collected more than 900,000 kg of recyclables — effectively saving more than 15,000 trees — and recycled more than 9,000 kg of e-waste.

A LIVEABLE CITY IS A LOVABLE ONE

Through working with partners such as the National Environment Agency, the SSW masterplan aims to nurture a more environmentally-conscious community by encouraging participation in various environmental initiatives that help residents adopt a more eco-friendly lifestyle. The passionate commitment shown by the South West District earned it the Distinguished Award for Environmental Sustainability awarded by the organising committee of the Cities of Love Awards (COLA) in October 2020.

Established in 2017 by Mr Tai Lee Siang, an architect, urban planner and the executive director of the Building and Construction Authority, the Cities of Love Awards celebrate and recognise the outstanding efforts and creativity of enterprising individuals and organisations that are driving impactful,



Mayor Low and Mr Tiew with the CGS Best District Award presented to the South West District.

innovative and inspiring sustainability solutions for green living.

“The South West Community Development Council is honoured to receive the Distinguished Award for Environmental Sustainability which recognises our 10-year SSW masterplan to nurture a greener and more liveable South West District. SSW is a culmination of voices of our key stakeholders and diverse groups in our community to foster strong environmental ownership and eco-consciousness. It is a masterplan for the community and by the community that guides residents in realising their aspirations for a sustainable future,” said Mayor Low.

LEADING SOUTH WEST'S ECO MOVEMENT

South West CDC's Environment Functional Committee (EFC) played an instrumental role in formulating the SSW masterplan and



Mr Tiew Chew Meng (third from left), Mayor Low and Minister for Health Mr Gan Kim Yong with volunteers at Clean Up South West! 2020.



Mr Tiew taps on his vast industry knowledge and experience to support the district's environmental initiatives.



Sky Garden, tended to by community gardeners from Jurong Central Zone D Residents' Committee, is one of three gardens in the South West District named Garden of the Year.



The South West CDC was awarded the Distinguished Award for Environmental Sustainability in recognition of its SSW masterplan.

subsequently conceptualising and executing the programmes under it. One of its long-serving members is its chairman Mr Tiew Chew Meng, PBM, who also chairs the SSW steering committee. Since joining the CDC in May 2009, Mr Tiew has tapped on his vast industry knowledge and experience to support the district's environmental initiatives in various ways such as being a judge and mentor for the South West Eco Fund Plus programme. For his vital contributions to the CDC's environmental plans, Mr Tiew was presented with NEA's EcoFriend Award — an annual award that recognises individuals who have made outstanding contributions to keeping Singapore clean, green and sustainable — under the 'NGOs and Grassroots' category.

OUTSTANDING GARDENS BY AND FOR COMMUNITIES

As part of efforts to make the South West District a cleaner and greener place, the South West CDC also encourages gardening as a hobby among residents and provided support for

the creation of 163 community gardens in the district. These efforts saw the district clinching 126 Community in Bloom (CIB) Awards in 2020, including five of 17 Diamond Awards, which were awarded to gardens that had earned three platinum bands. Ten exceptional community gardens, of which three are in the South West District, were recognised with the newly-added CIB Garden of the Year Awards. Another new award — the Special Achievement Ribbons — was given to community gardens that excelled in education, environmental-friendliness, community engagement and produce-growing.

An integral part of CGS, CIB is a programme launched by the National Parks Board (NParks) in 2005 to foster a gardening culture among Singaporeans by encouraging and facilitating community gardening efforts. Given annually as part of CGS, the CIB Awards recognise outstanding gardening efforts among community gardeners. A record number of 334 community gardens in public and private housing estates participated last year. **B**

SOUTH WEST DISTRICT'S ENVIRONMENTAL ACHIEVEMENTS

1 CITIES OF LOVE AWARDS

Distinguished Award for Environmental Sustainability: South West District

18 CLEAN & GREEN SINGAPORE AWARDS

- Best district: South West District
- Best constituency (commendation), best constituency (district) and most improved constituency: Taman Jurong
- 14 individual awards for cleaners in the South West District

126 COMMUNITY IN BLOOM AWARDS

- **Garden of the Year**
 - Bukit Gombak Hillview Vantage Neighbourhood Committee
 - Bukit Batok Zone 2 Residents' Committee (Cosy Garden)
 - Jurong Central Zone D Residents' Committee (Sky Garden)
- **Diamond Award**
 - Bukit Gombak Hillview Vantage Neighbourhood Committee
 - Bukit Batok Zone 2 Residents' Committee (Culture and Arts Garden)
 - Bukit Batok East Toh Guan Park RC Community Garden
 - Jurong Central Zone D Residents' Committee (Sky Garden)
 - Lakeside Grove Neighbourhood Committee

• Special Achievement Ribbons

1 ECOFRIEND AWARD

Mr Tiew Chew Meng, PBM

**SOUTH WEST CDC HONOURED
ITS 7TH COUNCIL AS IT
APPOINTED ITS 8TH COUNCIL.**

SALUTING SEVEN, WELCOMING EIGHT

THE SOUTH WEST COMMUNITY DEVELOPMENT COUNCIL (CDC) appointed its 8th Council on 24 November 2020 with Senior Minister and Coordinating Minister for Social Policies Mr Tharman Shanmugaratnam as the guest of honour. The appreciation and appointment ceremony also acknowledged the good efforts of the outgoing 7th Council.

“The council has been an invaluable source of support for South West CDC’s role in aggregating resources, building capabilities and widening and strengthening our engagement and collaborations across the private, people and public sectors, especially as we fight the pandemic,” said Mayor of South West District Ms Low Yen Ling.

WORKING HAND IN HAND

Members of the 7th Council, who work in several functional committees (FCs), are behind the more than 60 programmes rolled out by the South West CDC that reached out to 360,000 residents in FY 2019/2020. Besides contributing ideas for programmes and initiatives, the CDC members tapped on their rich networks to aggregate resources and rope in individuals and organisations as partners. The impact of these partnerships is evident in initiatives such as Love-in-a-Bento @ South West through which seniors with mobility issues receive festive meals. New partners have also contributed to Adopt @ South West under the charge of the Social Service FC.

With the outbreak of COVID-19, over 20 COVID-19 relief activities were carried out from March to October 2020, benefitting over 340,000 residents. Besides sourcing and distributing essential supplies such as food, household items, face masks, hand sanitisers and air purifiers to South West residents, the CDC members were also involved in helping to facilitate nationwide initiatives in the district — including the CDC Vouchers Scheme and SkillsFuture@CDC. A total of \$6.2 million in cash and in kind was raised during the same period, making it possible for the South West CDC to provide assistance to various vulnerable groups. For instance, needy students in the district received printers from HP Inc for home-based learning. Fresh graduates looking for employment were also supported under the South West CDC-Koh Kock Leong Graduate Relief and Individual Training (GRIT) Fund.

Mr Lim Der Shing, PBM, chairman of SkillsFuture Advice FC, shared how the CDC retooled its physical SkillsFuture activities into contactless, virtual formats. “Because of COVID-19, our workshops and events all do not work,” he explained. “We had to digitise them. The next step is to help people who are already jobless.”



First row from left: Mr Shawn Huang, Mayor Low Yen Ling, Senior Minister Mr Tharman Shanmugaratnam, Mr Ang Wei Neng and Mr Zhulkarnain Abdul Rahim with some members of the 8th Council.

REINVIGORATING THE CORE TEAM

To support the South West CDC’s community-building efforts, the 8th Council saw the appointment of more members from diverse backgrounds, whose areas of expertise match the needs of the South West community. A quarter of the 100 members appointed to the 8th Council are first-timers, including Ms Alice Seow, PPA(G), the new vice-chairman of SkillsFuture Advice FC. Ms Seow said, “I have been blessed throughout my life because other folks gave freely of their time and resources. It is a privilege to be able to give back and to walk the talk with my student volunteers.”

A number of outstanding members, such as Mr Khairilnawar Bin Baharudin and Mr Calvin Tan, have also been reappointed as District Councillors. Mr Khairilnawar, who has been volunteering with the South West CDC since 2009, said, “Each of you has been very inspiring. I have learnt a lot from the advice you gave me,” as he paid tribute to his fellow CDC members.

Mr Tan serves on the Environment FC, which is responsible for the conceptualisation of the Sustainable South West masterplan and the annual



Mr Khairilnawar with fellow council members Ms Pauline Sim, BBM, and Ms Evelyn Khong at the South West District Meeting 2019.



Ms Jenny Wee, PBM, (leftmost) with Mayor Low, fellow CDC members and participants at P.L.A.Y. @ South West 2019.

“I am inspired by passionate CDC volunteers who bring their networks, donations and skill sets to help residents.”

*Mr Calvin Tan
District Councillor*



Mr Tiew Chew Meng, PBM, (on Mayor Low’s right) and Mr Calvin Tan (second from right) serve on the Environment FC, which played a key role in conceptualising the Sustainable South West masterplan.

Clean Up South West! “I am inspired by passionate CDC volunteers who bring their networks, donations and skill sets to help residents. As a new District Councillor, I want to help people see value in contributing and implementing unique ideas that make the district cleaner and greener,” he shared.

A LASTING IMPACT

The members of the 7th Council have been indelibly moved by their experiences with South West residents. Mr Tiew Chew Meng, PBM, chairman of the Environment FC, recalled his experience at one of the CDC events. “We donned mascot costumes. We were sweating and panting inside, but we wanted to make the environmental message more fun, relevant and practical for residents and their children. We have done bigger programmes but this particular one really warmed my heart,” he said.

Ms Jenny Wee, PBM, vice-chairman of the Family and Community Resilience FC, was especially pleased with being able to help female residents in the South West District. “My first project was Women Enterprise Workz (WEworkz) — a cooperative that helps women who cannot seek full-time employment get jobs,” she shared.

Mr Chew Hai Chwee, who served on the Finance FC, put the council’s role in perspective for his successors: “Do not lose touch because at the end (of the day), we are helping fellow Singaporeans.” **B**

**A NEW VENDING MACHINE
PROVIDES VULNERABLE
BRICKLAND RESIDENTS WITH
24/7 ACCESS TO DRY GOODS
AND HOT MEALS.**

FOOD ON DEMAND



From left to right: Ms Eileen Wee, chairman of Keat Hong Axis-Colours RC; Mr Leng Chin Fai, executive director, Fei Yue Community Services; Adviser Don Wee; Mr Freddie Ng, chairman of Brickland CCC; Mr Nicholas Ee, Chairman of Brickland CCC CDWF; Mayor Low Yen Ling; Mr Salman Faruqi Bin Mohamed Khalid, centre coordinator, Mendaki @ Choa Chu Kang; and Ms Nichol Ng, co-founder of The Food Bank Singapore.

200 BRICKLAND RESIDENTS IN NEED OF FOOD AID will now have access to provisions at any time of day thanks to the placement of a Food Bank vending machine at Block 813A, Choa Chu Kang Avenue 7. Beneficiary Ms Roziana Bte Ramli said, “It is more convenient with these vending machines. If any of my children are hungry, I can come down and get some food.”

Supported by The Food Bank Singapore, Fei Yue Family Service Centre @ Chua Chu Kang, Mendaki @ Choa Chu Kang, Keat Hong Axis-Colours RC, Brickland Citizens’ Consultative Committee, Community Development & Welfare Fund and South West Community Development Council, the Brickland Cares initiative was launched on 12 December 2020 by Mayor

“Despite the challenges posed by COVID-19, we are seeing unified efforts by organisations and individuals from all fronts coming together to help the vulnerable. We look forward to more of such partnerships that can strengthen our community resilience.”

*Ms Low Yen Ling
Mayor of South West District*



The Food Bank Singapore co-founder Ms Nichol Ng showing resident Ms Roziana Bte Ramli how she can get bento meals from the newly-installed vending machine.



Besides bento meals, residents can also use the credits in the given card to purchase dry goods.

MAKING FOOD AID MORE ACCESSIBLE

Ms Nichol Ng, co-founder of non-profit organisation The Food Bank Singapore, shared, “We realised that food aid is not distributed 24/7. Most family service centres are only open during office hours and occasionally for half a day on Saturdays.” Setting up this vending machine makes it convenient for residents to receive food donations. Beneficiaries identified under the Adopt @ South West programme are each given a card containing \$50 worth of credits on a monthly basis. By tapping their card on the machine, they can obtain dry goods such as Milo, rice, canned food and snacks that cost between \$1 to \$7. They can also use the card to get frozen bento meals from a separate vending machine beside it and heat these up in the built-in microwave.

Ms Ng said that most of the food items are donated by individuals, large corporations, food companies and supermarkets, while cash donations are used to buy items such as milk.

PROVIDING ACCORDING TO NEEDS

Ms Ng said, “We found that the underprivileged often receive the same types of food, so we tweaked them based on the community’s needs.” The elderly, for instance, might want low-sugar treats while families with children might prefer to have chocolate biscuits.

Pointing out another benefit of providing what residents need, Mr Wee said, “Residents have a choice in the selection of food items they wish to have, which helps to minimise food wastage.”

Given the high demand for the food items and bento meals, the vending machine is replenished every other day. In total, over 40 vending machines will be deployed islandwide this year. To encourage more food donations for needy families, The Food Bank Singapore additionally launched an ongoing food donation drive in partnership with the Dairy Farm Group on 18 December 2020. As part of the pilot programme, shoppers can donate dry goods at 10 Cold Storage and Giant outlets islandwide. **B**



Ms Roziana retrieving a packet of snacks from the vending machine after selecting the number that corresponds to the compartment.



EQUIPPING LEARNERS FOR BOTH WORK AND PLAY

SKILLSFUTURE ADVICE THEMATIC WEBINARS REVOLVING AROUND THEMES SUCH AS JOBS, LEISURE AND PERSONAL DEVELOPMENT GIVE SOUTH WEST RESIDENTS A PREVIEW OF TOPICS AND SKILLS THAT INTEREST THEM.

MAKING A CAREER SWITCH IS A MAJOR LIFE DECISION THAT CAN BE DAUNTING TO MANY BECAUSE OF THE UNCERTAINTY OVER WHAT AREAS THEY CAN SWITCH TO. Twenty-eight-year-old Ms Sun found herself in this situation and shared that getting reliable advice from career advisers helped her make informed decisions as she planned for a career switch. Having previously worked in the finance industry, the Bukit Batok East resident, who wished to be known only by her last name, was keen to explore jobs in the digital sector but was nervous about it as she had no prior experience.

When she heard about the SkillsFuture Advice (SFA) @ South West thematic webinar on digital marketing that was organised by the South West Community Development Council

(CDC) in November 2020, she jumped at the opportunity to attend it. She wanted to get a better understanding of the field before deciding whether to invest more time on it.

INSIGHTS FOR CLEARER CAREER DECISIONS

The 90-minute online session, conducted by industry experts from Ngee Ann Polytechnic, provided a preview of a digital marketing course that she was keen on.

Ms Sun felt that the webinar was informative and helpful, and eventually decided to enrol in a one-year course to pursue her interest in digital marketing. “The thematic webinar offered clear-cut insights into what the digital marketing course had to offer. For people with no background in the digital industry, having a preview of the course that they are interested in will be useful,” she said. After attending the webinars, interested participants could speak to the training providers to find out more about the available courses and apply for them.

Ms Sun, who has a degree in banking and finance, shared that making a career switch had been on her mind for some time. The COVID-19 pandemic gave her more “time and space” to rethink what she truly wanted in a career. “With the SkillsFuture initiatives and subsidies, it is more affordable now and a good opportunity for me to learn something new. Even people who are not switching careers can consider upskilling as that is important too,” she said.

Since September 2020, the South West CDC

has organised more than 13 of such themed webinars, which benefitted over 750 residents.

IDENTIFYING STRENGTHS AND INTERESTS

Whether it is to find a job, pursue an interest or for personal development, Ms Sun felt that it is important for people looking to reskill or upskill to narrow down what they are interested in before zooming in on more specific webinars or courses. To do so, they can also consider using profiling tools such as RIASEC to get a better understanding of their personality, strengths and work values to help identify suitable career options.

According to career development experts, work motivation, satisfaction and performance can improve when one’s interests are a good match to their work environment. The RIASEC is an established profiling tool that points individuals to potential jobs that may be suitable for them based on six interest types: Realistic, Investigative, Artistic, Social, Enterprising and Conventional.

Ms Sun, who did the profiling test, said, “It helped me to understand my values and priorities better, which in turn improved my understanding of what I am looking for in a career.”

Having said that, while the RIASEC is a useful tool to help people to shortlist jobs that may be a good fit with their interests, it is still important to research the industries to learn more about the career progression pathways and growth opportunities.



WHAT ARE SFA THEMATIC WEBINARS?

SFA webinars are an initiative by the CDCs, e2i and SSG to help residents gain a holistic understanding of SkillsFuture initiatives and the types of skills upgrading courses available in the market that they can use their SkillsFuture credits on. The free webinars revolve around three main themes – jobs, leisure and personal development. Through these webinars, which lasts around 90 minutes each, participants get to hear from industry experts who provide insights into skills required for future workplaces, as well as get a sneak peek of topics and skills that they may be interested in before deciding whether to invest more time on them.



Chef Teo demonstrated how to cook this Chinese New Year dish during the webinar.



SFA thematic webinars like this one conducted by Chef Eric Teo cover leisure topics such as cooking as well.

NOT JUST FOR CAREER DEVELOPMENT

Besides professional and career development topics, the South West CDC has also taken a holistic approach by including themes such as leisure and personal development for the SFA thematic webinars. This is in response to the observation that more Singaporeans are exploring learning in areas unrelated to their work since COVID-19 hit Singapore last year. Residents can use their SkillsFuture credits on these courses.

For example, a leisure-themed online session on edible gardening was one of the most popular topics that took place last year. During the session, participants learnt the science of growing their own edible garden at home and how to maximise urban space. They also got ideas on how to prepare

and cook the produce they have grown.

Another popular webinar session that took place recently was the live Chinese New Year cooking demonstration with celebrity chef Eric Teo from the Asian Culinary Institute, who showed residents how to cook festive dishes for their reunion dinners.

Ms Sun said her family has been immensely supportive of her career switch. When her course ends in November this year, she hopes to enter the digital marketing work space and put to good use her new skills and knowledge.

Despite her initial uncertainties and concerns about a career switch, she is confident that she has made the right choice. “When I look at the bigger picture (on the type of career I want), I feel it will be worth it,” she said. **B**

HOW YOU BENEFIT FROM SFA WEBINARS



- Attending a SkillsFuture Advice public webinar gives you a holistic understanding of SkillsFuture initiatives and the types of courses you can use your SkillsFuture Credits on.
- SFA thematic webinars give you a free preview of topics you are interested in before you commit to courses on them.
- Participants can apply directly for the courses they are interested in after the webinars.
- Doing the RIASEC profiling test helps you understand your personality, strengths and skills better, so you can identify suitable job options and work towards a more enriching career.

For more information on SFA thematic webinars, visit www.cdc.gov.sg/southwest/southwest/what-we-do/for-lifelong-learning.



SKILLSFUTURE ADVICE @ SOUTH WEST THEMATIC WEBINAR EFFECTIVE COMMUNICATION THROUGH NEURO LINGUISTIC PROGRAMMING (NLP) TECHNIQUES

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ADVISER TO JURONG GRC GRASSROOTS ORGANISATIONS (GROS) (JURONG CENTRAL) MR XIE YAO QUAN HOPES TO BUILD HIS VOLUNTEER BASE BY INSPIRING OTHERS WHO HAVE BEEN HELPED TO PAY IT FORWARD.

ENGAGING WITH

EMPATHY

LIKE MANY OF US, ADVISER TO JURONG GRC GROS (JURONG CENTRAL) MR XIE YAO QUAN MUST HAVE HIS CUP OF COFFEE EVERY DAY. However, as he does not usually take milk, he avoids lattes and bubble milk tea. “So it is just an espresso for me or a soy latte at times,” shares the 36-year-old with a laugh.

The caffeine boost also helps Mr Xie juggle multiple roles. Other than his job as head of healthcare redesign at Alexandra Hospital, he is also the chairman of Jurong-Clementi Town Council, which requires him to handle municipal issues beyond those of his constituency. Additionally, he was recently appointed as one of the group leaders of the Committee to Promote Chinese Language Learning (CPCLL) under the Ministry of Education. The multi-hyphenate shares that these appointments add up to “almost a second full-time job” and that he goes home a lot later nowadays. “Sometimes, I have to tell my wife, ‘Sorry, I cannot be home for dinner — or even supper,’” he says with an apologetic grin.

Despite his busy schedule, Mr Xie is focused on getting to know all of his residents and for them to get to know him. Three times a week, he goes door to door to visit residents. He shares that he gives his personal email address to the residents he meets and spends a few hours processing emails from residents on an average day. “Sometimes, I arrange to meet them to better understand their issues. When you put yourself in their shoes and try to empathise, you realise that each resident has his or her unique story and we really need to provide targeted help for each of them,” he says.

What are some memorable encounters you have had with Jurong Central residents?

A young resident and her husband approached me for help to unwind their BTO flat application. Their financial

planning for the flat was upended when a sudden diagnosis of a chronic condition rendered her unable to work. I helped the couple get a refund for the deposit they had paid and apply for grants. They managed to purchase a more affordable flat close to the lady’s parents. Her husband was really thankful and wrote to tell me that he wanted to be a community volunteer in return for the help he received. To me, that is a remarkable story. It goes to show what kind of society we can be. Each of us makes a difference, and each who has received help pays it forward. In fact, that is how I wish to build a volunteer base in my constituency moving forward.

What is your favourite place in Jurong Central?

I like the HDB blocks. I spend a lot of time going for house visits. Every family’s needs are different. It

reminds me of what a local community really means. We have different issues and different types of families, but we also have different talents and ways we can contribute. It is interesting to meet residents, see their homes, their children, as well as their pets. I met some BTS fans on house visits and it was fun to connect with them. One of the residents has the special edition BTS Uno cards. (Mr Xie is also a fan of the Korean group.)

How do you keep yourself fit?

I enjoy high-intensity workouts – each session only takes 30 minutes. I used to do it every day, but due to my current schedule, I try to do it every other day now. A bit of running/cardio and some stationary exercises. I do not do sports that require equipment, such as golf or tennis.

You posted a cover of Count on Me Singapore on your Facebook page in celebration of National Day last year, and those who heard you said you have a soothing voice. Which other song would you pick if you had to showcase your singing abilities again?

I am Cantonese and I like the ballad 追 (Chase) by Leslie Cheung, so I would pick this song.

LEARNING AND BEING INSPIRED



Mr Xie credits Minister for National Development Mr Desmond Lee – whom he met as a volunteer in Jurong Spring – for his guidance. “He told me that on one level, you can help with the most immediate needs such as financial assistance but to deal with the root cause, you have to ask more questions. Some residents may not be forthcoming and we only know their issues when we dig deeper.”

Mr Xie hopes to emulate Senior Minister Mr Tharman Shanmugaratnam in terms of “the way he is able to connect and communicate with residents”. “He is sincere and likes to say that we never walk away from a problem and that no problem is ever too small,” he says.

善心接力

裕廊集选区基层组织（裕廊中）顾问**谢曜全**先生希望激励那些曾经受益的居民上前加入，来壮大义工团队。

您与裕廊中的居民之间发生过哪些难忘的事情？

曾有位年轻的居民和她的丈夫来找我，要求撤销他们的预售组屋申请。她突然被诊断出患有慢性疾病，导致她无法工作，因此打乱了之前的购房计划。在我的帮助下，这对夫妇取回了购房的押金，同时还成功申请了补助金。他们得以在妻子的父母的家附近购买一间价格更实惠的组屋单位。她的丈夫非常感激，并写信告诉我，说希望成为社区义工，作为对自己获得帮助的回报。这件事对我触动很大，让我意识到我们社区可以更充满爱心。我们每个人都献出一点爱，而获得协助的人也可以将这份善心接力下去。实际上，这也是我今后希望壮大裕廊中义工团队的方式。

您最喜欢裕廊中的什么地方？

我喜欢这里的组屋楼。我用大量的时间上门拜访居民。每个家庭都有不同的需求。这让我意识到本地社区的真正含义：我们有不同的问题和不同类型的家庭，但我们也有不同的才能和独特的贡献方式。拜访居民，看看他们的家、他们的孩子和他们的宠物，对我来说是一件非常有意义的事情。我在拜访居民时还认识了一些BTS粉丝，与他们交流追星心得非常有趣。其中一位居民还拥有特别版的BTS Uno卡牌。（谢曜全先生也是这个韩国男团的粉丝。）



Meeting different families in the division reminds Mr Xie of what a local community means.



Mr Xie enjoys meeting residents as well as their pets.

உளமார உதவ முன்வாருங்கள்

ஜூரோங் குழுத்தொகுதி அடித்தள அமைப்புகள்(GROs) (ஜூரோங் சென்ட்ரல்) ஆலோசகர் திரு. ஷீ யோ க்வான் அவர்கள், தொண்டூழியும் மூலம் பலனடைந்தவர்களை சந்தித்து பிறருக்கும் பலனளிக்கும் அதே ஆர்வத்தோடு தன்னார்வலர்களாக இணைபவர்களைக் கொண்டு தொண்டூழியர் கட்டமைப்பை விரிவாக்கம் செய்கிறார்.

ஜூரோங் சென்ட்ரல் குடியிருப்பாளர்களோடு நடந்த உங்கள் மறக்க முடியாத சந்திப்புகள் சிலவற்றை பகிர்ந்து கொள்ளுங்கள்.

ஒரு இளவயது பெண்ணும் அவளது கணவனும் தேவைக்கேற்ப கட்டித்தரப்படும் வீடுகளுக்கான(BTO) ஒப்பந்தத்தை முறித்துக்கொள்வதற்காக, என்னிடம் உதவி கேட்டு வந்திருந்தனர். அப்பெண்ணின் நாள்பட்ட நோயினால் உடல்நிலை மோசமடைந்து, அவளால் பணிக்குச் செல்ல முடியாத துழ்நிலை ஏற்பட்டது. அதனால் அவர்களது வீடு வாங்க வேண்டுமென்ற திட்டம் தகர்ந்தது. அதிகமான வீட்டின் விலையை அவர்களால் செலுத்த முடியாமல் போனது. ஆகவே, அந்த வீட்டிற்காக கட்டிய முன்பணத்தை பெறுவதற்கும், சலுகைகளைப் பெறுவதற்கும் அத்தம்பதியர்க்கு நான் உதவி செய்கேன். மேலும் அவர்கள் அப்பெண்ணின் பெற்றோர் வசிப்பீடத்திற்கு அருகாமையிலேயே மிகவும் குறைந்த விலையில் ஒரு வீட்டை வாங்கிக் கொண்டனர். அவளது கணவர் மிகுந்த நன்றியுணர்ச்சியோடு எனக்கு ஒரு கடிதம் எழுதினார். அதில் தாம் பெற்ற உதவிக்கு ஈடாக தானும் ஒரு சமூகத் தன்னார்வலராக இணைந்து பணியாற்ற விரும்பும் தெரிவித்திருந்தார். என்னைப் பொறுத்தவரை இது ஒரு மறக்க இயலாத நிகழ்வு. இது நமது சமூகத்தின் இயல்பை பிரதிபலிக்கிறது. நாம் ஒவ்வொருவரும் மற்றவர்களிடமிருந்து வேறுபடும் விதமாக, யாவெல்லாம் இறுதியில் பலன் அடைந்தோரோடோ, அவர்களெல்லாம் வாய்ப்பு கிடைக்கும் போது திருப்பி பலன் கொடுப்பவர்களாக மாறக்கூடிய சாத்தியமுண்டு.

உண்மையை சொல்லப்போனால், எதிர்காலத்தில் எனது தொகுதியில் இவ்வாறான தொண்டூழியர் கட்டமைப்பை முன்னெடுக்கவே விரும்புகிறேன்.

உங்களுக்கு ஜூரோங் சென்ட்ரலில் மிகவும் பிடித்தப் பகுதி எது?

எனக்கு வீவக் கட்டிடங்களை (HDB Block) மிகவும் பிடிக்கும். நான் அந்த வீடுகளுக்கு சென்று மக்களைச் சந்திப்பதில் அதிக நேரம் செலவழிக்கிறேன். ஒவ்வொரு குடும்பத்திற்கும் தேவைகள் வேறுபடும் அல்லவா? இப்படிச் சென்று பார்ப்பதன் மூலம், எனக்கு உள்ளூர் சமுதாயம் என்றால் என்ன? என்பதை அறிய முடிகிறது. நம்மிடையே பலதரப்பட்ட குடும்பங்களும் பலதரப்பட்ட பிரச்சினைகளும் இருக்கின்றன. அதே சமயம் நமக்குள் பலதரப்பட்ட திறமைகள் ஒளிந்திருக்கின்றன என்பதை மறுக்க இயலாது. அவற்றின் மூலம் நாம் நமது பங்களிப்பை வழங்க இயலும். குடியிருப்பாளர்களை சந்திப்பது, அவர்களின் வசிப்பீடத்தை பார்ப்பது, அவர்களது குழந்தைகளை சந்திப்பது, மற்றும் அவர்களது செல்லப்பிராணிகளை தெரிந்து கொள்வது என அனைத்தும் கவாரன்யம் நிறைந்ததாகும். நான் அவர்களது வீடுகளுக்குச் செல்லும் போது சில பிடிஎஸ் விகிதிகளை சந்தித்தேன் அவர்களோடு நேரம் செலவிடுவது எனக்கு மிகவும் பிடிக்கும். அந்த குடியிருப்பாளர்களில் ஒருவரிடம் பிடிஎஸ் உணோ கார்டுகள் இருக்கின்றன. (திரு. ஷீ அவர்களும் கொரியன் குழுமத்தின் தீவிர விகிரி ஆவார்

BERINTERAKSI DENGAN EMPATI

Penasihat kepada Pertubuhan Akar Umbi (GRO) GRC Jurong (Jurong Central) Encik Xie Yao Quan berharap untuk membina pangkalan sukarelawan dengan menginspirasi mereka yang pernah dibantu agar tampil memberikan sumbangan.

Apakah antara pertemuan bersama penduduk Jurong Central yang tidak dapat anda lupakan?

Seorang penduduk muda dan suaminya telah berjumpa saya untuk meminta bantuan membatalkan aplikasi flat BTO mereka. Perancangan kewangan mereka untuk flat tersebut terbantut apabila dia didiagnosis menghidap penyakit kronik yang menjejaskan keupayaannya bekerja. Saya membantu pasangan tersebut mendapatkan bayaran balik bagi deposit yang telah mereka bayar dan

memohon geran. Mereka berjaya membeli sebuah flat yang lebih dimampui berdekatan ibu bapa wanita tersebut. Suaminya amat berterima kasih dan menulis untuk memberitahu saya bahawa dia ingin menjadi seorang sukarelawan masyarakat sebagai balasan kepada bantuan yang diterima. Bagi saya, itu adalah sesuatu yang membanggakan. Ini menunjukkan bahawa kita boleh menjadi sebuah masyarakat yang prihatin. Setiap daripada kita boleh membuat perubahan yang positif dan sesiapa sahaja yang pernah menerima,

tampil untuk membantu. Sememangnya, begitulah cara bagaimana saya ingin membina pangkalan sukarelawan di kawasan undi saya.

Apakah tempat kegemaran anda di Jurong Central?

Saya suka blok-blok HDB di sini. Saya meluangkan banyak masa untuk membuat lawatan ke rumah. Keperluan setiap keluarga berbeza. Ini mengingatkan saya tentang apa sebenarnya maksud masyarakat di kawasan kejiranan. Kita mempunyai isu-isu dan jenis keluarga yang berbeza, tetapi kita juga mempunyai bakat dan cara yang berbeza untuk menyumbang. Amat menarik untuk bertemu penduduk, melihat kediaman mereka, anak-anak mereka dan juga haiwan peliharaan mereka. Saya bertemu dengan beberapa peminat BTS semasa lawatan ke rumah dan sangat seronok berhubung dengan mereka. Salah seorang penduduk tersebut mempunyai kad Uno BTS edisi khas. (Mr Xie juga merupakan peminat kumpulan Korea tersebut.) **B**

MOVE YOUR WAY TO BETTER HEALTH WITH THESE SIMPLE EXERCISES THAT DO NOT REQUIRE ANY SPECIAL EQUIPMENT.

FUSS-FREE FITNESS

FOR STAY-AT-HOME DAYS

MANY OF US ARE SPENDING MORE TIME **AT HOME** with COVID-19 prompting work-from-home arrangements and the reduction of outdoor activities. As a result, people tend to sit more and move less.

A sedentary lifestyle can give rise to a host of health problems. For instance, sitting for prolonged periods weakens the leg and glute muscles and can lead to atrophy (loss of muscle tissue), which affects mobility. The lack of movement can also lead to obesity and diabetes in the long term.

To reverse the negative effects of extended periods of sitting, Mr Edwin Lim, physiotherapist and rehabilitation manager at Active Global Home & Community Care, advises that we should incorporate regular movement into our lifestyle — even when indoors. One simple way to do this, he says, is to walk around the house when attending to phone calls.

To help you get into the habit of moving, here are some exercises you can try at home — and they are suitable for seniors too!



SIT-TO-STAND

↓ Sit on a chair with your arms folded (or stretched out to the front).

↓ Lean forward and put your weight on your feet. Then push yourself up into a standing position.

↓ Bend your knees and slowly sit down, keeping the weight on your feet.



This exercise strengthens the legs, as well as the core and back. Strengthening these muscles improves balance and posture, reduces the risk of falls and enables us to do actions such as getting up from a chair with ease.

REPEAT 10 TIMES



HEEL RAISES

↓ Stand and hold onto a chair or put your hand against a wall to help you balance.

↓ Tiptoe, lifting your heels as high as you can before lowering them slowly.



This exercise improves ankle strength, stability and overall lower body performance, which in turn lowers the risk of falls and injuries.

REPEAT 10 TIMES



ELBOW BEND

You can use a pair of light dumbbells (2 kg to 5 kg) for this exercise.



↑ Hold a dumbbell in each hand.



TIP: Use water bottles filled with water if you do not own a pair of weights.

↓ Either sitting or standing with your arms close to the body, with your palms facing up, lift the weights by bending your elbows. Make sure your upper arms do not move as you lift.

↓ Lower your arms back to the starting position.



This exercise helps in strengthening the elbow joints, which is very important for performing daily activities. Doing this exercise regularly also increases the flexibility and stability of the elbow joints.

REPEAT 10 TO 20 TIMES



MOVING WELL

Mr Edwin Lim shares how you can better incorporate movement into your daily routine.

- Set a timer to remind yourself to move every hour or two, or set aside 15 minutes to exercise at your preferred time.
- Do not exercise if you feel unwell or experience pain when you do any of the movements.

HEALTH

QI GONG

@ SOUTH WEST

SOUTH WEST
COMMUNITY
DEVELOPMENT
COUNCIL

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: www.cdc.gov.sg/southwest

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

FUN WALKERS
@ South West

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: www.cdc.gov.sg/southwest



WHAT'S HAPPENING SOUTH WEST

in the
neighbourhood

ACHIEVING
MORE

TOGETHER

THESE INITIATIVES SEE COMMUNITIES RALLYING TOGETHER
TO PROVIDE PRACTICAL HELP FOR THOSE WHO NEED IT.



LIGHTING UP FOR A BETTER TOMORROW

As 2020 drew to a close, large lanterns at Jurong Lake Gardens provided colourful reminders of year-end festivities. They were specially designed and created for Festival of Lights 2020 held from 18 December 2020 to 3 January 2021 in conjunction with the President's Challenge 2020. Themed 'A Better Tomorrow', the light spectacle was jointly organised by National Parks Board, People's Association, South West Community Development Council (CDC), A-Smart Media and Tang Dynasty Holdings.

The event aimed to foster stronger cohesion among Singaporeans by celebrating the unity, grit and resilience we have shown in battling COVID-19 as well as to inspire hope for the future. At a time when global travel restrictions impeded the usual year-end travel for many, organisers of Festival of Lights 2020 also wanted to provide a meaningful activity for residents to engage in within Singapore.

CAPTIVATING LANTERN DISPLAYS

Visitors were greeted by 28 visually-stunning, large-scale lantern displays, which were specially designed and crafted by 100 professional lantern craftsmen. Initial work began in China and the half-completed lanterns were then shipped to Singapore where they were assembled at the event venue by 10 craftsmen.

The lantern displays featured various themes including animals, countries, zodiac signs and Christmas. One of the crowd favourites, Panda Wonderland, depicted adorable pandas donning masks and maintaining a safe distance from

one another. Over at the 'It's a Small World' section, popular sights and iconic landmarks from eight countries — Australia, China, England, France, India, Japan, UAE and USA — lit up Jurong Lake Gardens. Visitors could also soak up the festive mood in the Christmas Fantasy zone where 80 Christmas-themed light sculptures and eight lanterns were on display.

Those who were not able to attend the event could participate in virtual tours hosted by local celebrities. Additionally, event visitors and those at home were treated to song and dance performances by local artistes. These segments were streamed live on the Festival of Lights 2020 Facebook page.

FOR A WORTHY CAUSE

The funds raised for Festival of Lights 2020 went towards supporting the President's Challenge 2020 and its 72 beneficiary organisations. Some of these beneficiaries held exhibitions on site to share about their organisations and services as well as to encourage volunteerism and raise funds.

To contribute to the charities under President's Challenge 2020, visitors could purchase a sky lantern or a water lantern for \$10 and write their wishes on it. The sky lanterns were hung at a designated display area and the water lanterns were floated in a pool specially set up for the event.

Visitors who bought the charity sky lanterns were each given a mini sky lantern as a keepsake while those who bought water lanterns received heart-shaped light souvenirs. All proceeds from both activities were donated to the President's Challenge 2020.



Visitors wrote their wishes on water lanterns and floated them in a pool specially set up for the event.



Mayor of South West District and Adviser to Chua Chu Kang GRC GROs (Bukit Gombak) Ms Low Yen Ling; Senior Minister and Coordinating Minister for Social Policies and Adviser to Jurong GRC GROs (Taman Jurong) Mr Tharman Shanmugaratnam; President Halimah Yacob; Minister for Sustainability and the Environment and Adviser to Yuhua GROs Ms Grace Fu; and Adviser to Jurong GRC GROs (Jurong Spring) Mr Shawn Huang launching Festival of Lights 2020.



Life-sized lanterns of pandas donning masks.



A spectacular display of lanterns depicting icons from eight countries including Japan and Australia.



To support the charities under President's Challenge 2020, visitors purchased mini sky lanterns and penned their wishes on them.



Mr Jonathan How (third from left) who leads the Sharetings team, Minister for Health Mr Gan Kim Yong and volunteers from Choa Chu Kang Zone 6 Residents' Committee.



SHARING INSTEAD OF SCRAPPING

Having witnessed first-hand the amount of useful items that were thrown away during spring-cleaning, 25-year-old How Jun Yao Jonathan decided to find a way to get people to give away these items instead.

Tapping on the South West Eco Fund Plus, which supports youth with funding to implement ideas for environmental sustainability, the Nanyang Technological University business undergraduate created Sharetings, a free app that facilitates the donation and receipt of pre-loved items. Upon downloading the app (available on both App Store and Google Play), users can easily list items, with the exception of animals, that they want to give away or receive.

Jonathan's idea was born out of his realisation that recycling and donation drives take time to organise and may not always be a convenient way for people to donate unwanted items. Prior to developing Sharetings, he set up the Singapore Freebies Telegram channel where users can list unwanted but usable items for free through a simple five-step process. By early January 2021, Singapore Freebies garnered over 5,400 subscribers and had close to 64,000 items listed on the channel. This gave Jonathan the confidence to venture further, and he launched Sharetings in late September 2020.

BRINGING THE EASE OF GIVING TO MORE

A much-needed innovation in our battle against waste, the initiative will help maximise the lifespan of items and reduce waste in Singapore. In a short span of three months, Sharetings has nearly 1,600 users who have collectively listed some 700 items, mostly household appliances, on its platform.

Jonathan said there are plans to upscale, recruit more volunteers to raise awareness for the app and introduce a rewards system to encourage users to continually use the app. Visit www.sharetings.com to find out how you can use Sharetings to give and receive.

→ Youth with ideas for environmental sustainability can apply for the South West Eco Fund Plus for a chance to bring their ideas to life. Scan the QR code to find out more:



An engagement activity to prompt residents to think about what zero waste means.



Residents could take their pick from a range of reusable items including accessories, clothes, books, toys and other household items.



The Share More Waste Less Free Market organised by Sharetings was held at Block 251 Choa Chu Kang Avenue 2 on 16 January 2021.



Over 400 residents, mostly from the six blocks in Choa Chu Kang Zone 6, attended the one-day event to donate and receive items.



TELL ME MORE Telemedicine @ Community Health Post

**SENIORS RECEIVE
TELECONSULTATIONS
TO HELP THEM
MANAGE THEIR
HEALTH CONDITIONS.**

BRINGING HEALTHCARE

CLOSER TO YOU

MDM KUA KONG PENG HAS BEEN ESPECIALLY CAREFUL TO AVOID CROWDED PLACES SINCE THE START OF THE COVID-19 PANDEMIC. At her advanced age, the 83-year-old South West resident, who lives in a HDB flat, is well aware of the risks of contracting the virus. So when she learnt that she could have her health check done remotely by healthcare staff from the National University Health System (NUHS) via a teleconsultation session, she was elated.

The octogenarian, who has had high blood pressure for about a decade, had the opportunity to try the service at the nearby Lions Befrienders Senior Activity Centre (SAC)

at Block 420A Clementi Avenue 1 last August. Mdm Kua is familiar and comfortable with doing video calls as she has communicated with her children in the same way. “Teleconsultation sessions are a convenient and safe way for the elderly like myself to undergo basic health checks. I feel more at ease as there are fewer patients and less exposure to viruses and germs than if I were to go to a polyclinic or hospital,” she said.

BRINGING HEALTH SERVICES CLOSER TO SENIORS

NUHS collaborates with the Lions Befrienders to provide free teleconsultations to seniors at their Senior



Teleconsultations are a safe and convenient way for seniors like Mdm Kua to get medical advice from the NUHS community care team.

Activity Centres located in Clementi, Bukit Timah and Queenstown. Through teleconsultations, the seniors continue to receive healthcare support and advice from NUHS community nurses and care co-coordinators in managing their chronic diseases during the pandemic. Symptoms management, health counselling and health assessments for the seniors can also be conducted remotely by the team. In addition to continuity of care, teleconsultations also reduce the risk of COVID-19 infection, eliminate waiting time at clinics and save travel time and cost.

Mdm Kua is among the over 100 seniors who have benefitted from the teleconsultation service that was launched in the second half of 2020. Many seniors are unfamiliar with technology, so Lions Befrienders staff step in to coordinate arrangements such as setting up communications equipment and filling in forms. They also help to translate or explain messages from the medical staff when necessary.

A NECESSARY ADAPTATION

As Mdm Kua visits the Lions Befrienders SAC daily to take part in its activities, it is convenient for her to attend the virtual consultation sessions with the NUHS community care team. On her first teleconsultation, it was discovered that her high blood pressure control was not optimal. The NUHS community care team conducted a health counselling session on the spot to encourage her to embark on a healthier diet that is low in sugar, salt and fat to improve her chronic condition.

With the tips from the team, Mdm Kua made improvements to her diet. “I have been eating more vegetables like cauliflower, celery and pumpkin. Instead of white rice, I have brown rice mixed with barley. And of course, my meals are all prepared with less oil, salt and sugar,” she said. With the changes in her diet and medication she collects from the polyclinic twice each year, Mdm Kua said her blood pressure is now well under control.

She also shared about the pros and cons of teleconsultations. “Although teleconsultations are convenient and help to reduce the risks of COVID-19 transmission, some people may still prefer face-to-face consultations. If I have heart palpitations or other symptoms that requires the doctor to examine me on the spot, I do not think it is possible to do it so effectively over video.”

Having said that, Mdm Kua added it is important for seniors to adapt given the current COVID-19 situation. Besides improving her diet, she has also been watching YouTube videos on how to massage certain acupoints on the body to improve health and relieve body aches. “Even at my age, it is important to learn new things and accept new experiences, like having my health checked over a virtual consultation,” she said. **B**

AMCHAM VOLUNTEERS POOLED RESOURCES TO PREPARE AND DELIVER ESSENTIAL ITEMS TO VULNERABLE RESIDENTS IN JURONG CENTRAL.



From left to right: Ms Elisa Mallis, managing director and vice president (APAC), Center for Creative Leadership; Mr Eric Ng, Jurong Central Zone D RC chairman; Dr Hsien-Hsien Lei; Mr Sean Parish, vice president, finance (Asia Pacific), West Pharmaceutical Services; Mr Henry Ho, Jurong Central CCC chairman; Dr Monisha Oberoi, ASEAN head, CGSI delivery, IBM; Mr Xie Yao Quan; Mr Jannik Termansen; Mr Rafik Mansour; and Mr Choo Hua Wee, director and head of government relations, Asia Pacific & Japan, HP Inc.

STRENGTHENING TIES WITH THE COMMUNITY

40 VOLUNTEERS FROM THE AMERICAN CHAMBER OF COMMERCE IN SINGAPORE (AMCHAM SINGAPORE) AND THE US EMBASSY IN SINGAPORE GATHERED AT BLOCK 373 JURONG EAST STREET 32 TO DISTRIBUTE CARE PACKS TO THE VULNERABLE RESIDENTS THERE. “Singapore has given me so much. Because of that, I really want to give back to the community,” said volunteer Mr Jannik Termansen. The 49-year-old, who hails from Denmark, is the regional director of government affairs & markets at 3M Asia Pacific and has lived in Singapore for the past 10 years. No stranger to volunteering, he has also helped to paint houses for the needy with Habitat for Humanity Singapore, a non-profit organisation that builds homes across the Asia-Pacific and rehabilitate flats in Singapore for vulnerable families.

Organised in conjunction with AmCham Singapore’s annual Community Corporate Day, the distribution drive marks the second year that the organisation has collaborated with the South West Community Development Council (CDC) to benefit households under its Adopt @ South West programme. AmCham Singapore’s Corporate Community Day has been running for 15 years and aims to build stronger ties

with Singapore by giving back to the community. CEO of AmCham Singapore Dr Hsien-Hsien Lei said, “AmCham remains committed to the Singapore community through these difficult times and will continue to champion corporate social responsibility.”

The volunteers were joined by Chargé d’affaires a.i. of the U.S. Embassy in Singapore Mr Rafik Mansour and Adviser to Jurong GRC GROs (Jurong Central) Mr Xie Yao Quan in packing and delivering the 400 care packs, which contained food and household necessities, to beneficiary households in blocks 373 and 374.

“I would like to thank AmCham for their generous contribution to benefit less-privileged households in Jurong Central despite the current pandemic situation. Residents have told me they greatly appreciate this thoughtful gesture by AmCham, which comes in timely as we head into the year-end festive season,” said Mr Xie. When thanking the volunteers, he also encouraged the volunteers “to take the opportunity to get to know the beneficiaries better.”

RECEIVING WITH GRATITUDE

The beneficiaries deeply appreciated the care packs and kindness shown by the volunteers. Mr Wee Teck Ban, who lives alone, expressed his appreciation for the



Mr Wee Teck Ban enjoys chatting with the volunteers who deliver the care packs to him.



Young volunteer Chrysla Edison has been volunteering with her father for distributions like this one.

deliveries. “It is nice to receive the food. I also enjoy talking to the people who came to help,” he said. The 73-year-old faces mobility issues and uses an e-scooter to get around ever since he was diagnosed with cancer a few years ago.

Ms Josephine Nathan, 56, said that she has received much help since she moved into her flat last June. “I’m very grateful for the care packs. They give a lot of things for us to use,” she said.

Volunteers from Jurong Central grassroots organisations were involved in the distribution as well. “It is our turn to show our gratitude,” said 12-year-old Chrysla Edison. She and her father have been volunteering for South West CDC’s programmes under Jurong Central grassroots organisations for the past three years. Having learnt about what the pioneers of Singapore did for the country, Chrysla continued, “I want to help the less fortunate and thank the seniors on behalf of all students. It is a good opportunity to show how we care for them.” **B**

TELECONSULTATIONS @ COMMUNITY HEALTH POSTS: A STEP-BY-STEP GUIDE



Make an appointment for your teleconsultation.
Email: communitycareteam@nuhs.edu.sg
Hotline: 9863 1421

Services available through teleconsultations include:

- Chronic health conditions and medication management
- Locating care services for your needs
- Regular health assessments and development of personalised care plans

远程问诊 @ 国大医学组织 社区保健站: 详细指南

1 预约远程问诊。
电邮: communitycareteam@nuhs.edu.sg
热线: 9863 1421

远程问诊服务包括:

- 慢性疾病和药物管理
- 根据您的需求推荐护理服务
- 定期进行健康评估并制定个性化护理计划



The NUHS community care team will work with community partners to schedule an appointment for you.

சிங்கப்பூர் தேசிய பல்கலைக்கழக மருத்துவமனையில்(NUHS) தொலை மருத்துவம்: படிப்படியான வழிகாட்டல் முறைகள்

1 தொலைமருத்துவ சேவைக்கு முன்பதிவு செய்யுங்கள் இ-மெயில்: communitycareteam@nuhs.edu.sg அல்லது தொட்புக்கு: 9863 1421

தொலைமருத்துவ சேவையில் வழங்கப்படும் மருத்துவ சேவைகள்:

- நாளிட்ட உடல்நலக்குறைவு மற்றும் மருத்துவ ஆலோசனை
- உங்கள் தேவைகளுக்கேற்ற மருத்துவ பாதுகாப்புச் சேவைகள்
- வழக்கமான மருத்துவ பரிசோதனை மற்றும் தனிமனித கவனம் திட்டங்கள்

2 சிங்கப்பூர் தேசிய பல்கலைக்கழக மருத்துவமனையில்(NUHS) கவனம் பாதுகாப்புக்கு, சமூக பங்களிப்பாளர்களுடன் இணைந்து தொலை மருத்துவ முன்பதிவுகளை அட்டவணைப்படுத்த வழங்குகிறது

3 தொழில்நுட்பம், அறிந்த குடியிருப்பாளர்களைத் தங்கள் உங்கள் இலக்கு இலக்குபடியே தொலைப்பெய் வழியாக தொலை மருத்துவ சேவையைப் பெறவும் உங்களுக்கு ஏதேனும் தொழில்நுட்பம் மற்றும் தொலைத்தொடர்பு சாதனங்களில் உதவி தேவைப்பட்டால் எங்கள் சிங்கப்பூர் தேசிய பல்கலைக்கழக மருத்துவமனையின் கவனம் பாதுகாப்புக்கு (NUHS) உங்களை அருகிலுள்ள சமூக கவனம் பங்களிப்பாளர்களுடன் (CHP) இணைக்கும் அங்கே உள்ள பணியாளர் உங்களை தொலைத்தொடர்பு சாதனத்துடன் இணைப்பை ஏற்படுத்தி தொலை மருத்துவச் சேவையைப் பெற உதவுவார்.

சமூக கவனம் பங்களிப்பாளர்களின் (CHP) முழுத் தகவல்களைப் பெற கீழ்க்கண்ட இணைய முகவரியைப் பாருங்கள் bit.ly/carewest



For tech-savvy residents, you can dial in for the tele-consultation from your home directly. If you need assistance with the equipment and technology, the NUHS community care team will connect you with the nearest CHP in your neighbourhood where the staff can help you set up the equipment for the teleconsultation. For the full list of Community Health Posts (CHPs), visit bit.ly/carewest.

TELEKONSULTASI @ POS KESIHATAN KOMUNITI NUHS: PANDUAN LANGKAH DEMI LANGKAH

1 Buat temujanji untuk telekonsultasi anda. E-mel: communitycareteam@nuhs.edu.sg Talian Hotline: 9863 1421

Perkhidmatan yang disediakan melalui telekonsultasi termasuk:

- Pengurusan masalah kesihatan kronik dan ubat-ubatan
- Pencarian khidmat penjagaan untuk keperluan anda
- Pemeriksaan kesihatan secara kerap dan perancangan telekejagaan peribadi

2 Pasukan penjagaan masyarakat NUHS akan bekerjasama dengan rakan masyarakat untuk menjadualkan temujanji anda.

3 Untuk penduduk yang mahir teknologi, anda boleh menghubungi talian telekonsultasi secara langsung dari rumah anda. Jika anda memerlukan bantuan dari segi teknologi dan peralatan, pasukan penjagaan masyarakat NUHS akan menghubungkan anda dengan Pos Kesihatan Komuniti (CHP) terdekat di kejiranan anda di mana kakitangan mereka boleh membantu anda menyediakan peralatan untuk telekonsultasi.

Untuk senarai lengkap Pos Kesihatan Komuniti (CHP), kunjungi bit.ly/carewest.



Ms Josephine Nathan receiving the care pack from Mr Rafik Mansour.



Each care pack was worth \$30 and comprised of food and household essential items such as brown rice, brown rice vermicelli, Milo, nuts, laundry detergent and toothpaste.



Ms Foo Mee Har (Ayer Rajah-Gek Poh)

Dealing with COVID-19 has brought out the Singapore spirit in us — the spirit that has enabled us to navigate the toughest health and economic crisis of a generation. Let's build on our resilience, fortitude and collective resolve for a better 2021!



Mr Murali Pillai (Bukit Batok)

This new year offers hope and confidence even though we may still have to contend with the pandemic for the foreseeable future. As we look ahead, please consider volunteering and contributing to our community. It is more important than ever to ensure we look after each other as we navigate through the challenges posed by the virus. Happy New Year!



Mr Gan Kim Yong (Chua Chu Kang)

As we celebrate with our loved ones during this festive season, let us remain vigilant. Let's also remember the frontline workers who continue to work tirelessly so that we can enjoy the holidays and stay safe. A friendly smile, a kind word or even just a nod will go a long way to show our support and appreciation for their efforts.



Mr Xie Yao Quan (Jurong Central)

The new year is an opportunity to make a difference for the better — in our lives and for those around us. Let us make a promise to support all fellow Singaporeans, especially the vulnerable, in these times. Stay healthy and stay safe.



Mr Ang Wei Neng (Nanyang)

2020 was a difficult, unusual and challenging year for all countries in the world and Singapore is no exception. Despite that, many companies and individuals in Singapore rose above the occasion to adapt, transform and, more importantly, help other people who were more vulnerable. This is commendable. I hope this trend will continue. I would like to wish everyone a better, brighter and blissful 2021.



Ms Rachel Ong (Telok Blangah)

Happy New Year to you and your family! 2020 had been an unusual year for us but Singaporeans adapted quickly. I am happy to hear stories of our residents turning their passions into professions and others upgrading themselves for new industries. I am hopeful that our resilience is what will make 2021 a year to look forward to. Cheering you on!"



Mr Desmond Lee (Boon Lay)

A happy New Year to all residents! In 2021, may we continue to build stronger relationships with our families, neighbours and friends. I also hope that we will continue to care for the less fortunate and look out for one another! I wish all residents a healthy and fruitful year ahead.



Mdm Rahayu Mahzam (Bukit Batok East)

As we move safely into the new year, let us keep our community infections low by practising good hygiene habits and safe distancing. With the tech savviness of our youth and the battle-tested experience of our seniors, all of us can help each other stay strong and safe for a happier and healthier 2021!



Dr Tan Wu Meng (Clementi)

Our friendships in the community help bring strength amid life's ups and downs, especially during this global pandemic. In this new year, let's continue looking out for one another and building deeper friendships with our neighbours and all around us.



Mr Shawn Huang (Jurong Spring)

It's not whether we get knocked down; it's whether we get up. And more importantly, it's how we get up on our feet. We are never perfect. But with full heart and effort, our community in Jurong Spring is one that puts neighbours and friends first. Every resident in Jurong Spring is always doing their best to build up one another with sincerity, love and patience.



Mr Patrick Tay, BBM (Pioneer)

If 2020 showed me one thing, it is that Singaporeans are serious about helping the country tide through one of the greatest global challenges ever. Our citizens have rallied together to ensure that we keep one another safe and extended many forms of support to the vulnerable communities. I wish all residents a wonderful year ahead!



Mr S Iswaran (West Coast)

2021 heralds new beginnings after a challenging year. I am proud of our community for rallying together and staying resilient amid the pandemic. I hope our residents continue to make full use of digital technologies to work, play and stay connected with loved ones in the new year. Above all, I wish everyone good health and a happy and fruitful 2021!



Mr Don Wee (Brickland)

As we navigate through various economic, social and health challenges in the new year, I hope all residents will continue to tap into the many community and national resources that enable you to get the help and skills you need in the safety of your own home. Happy 2021!



Ms Low Yen Ling (Bukit Gombak)

As we look forward to a better year in 2021, let us continue to rally behind each other and keep one another safe. Thank you for supporting our vulnerable residents in the South West District. Let's carry on the good work to build a better tomorrow. May good health and abundant blessings be yours this new year!



Dr Amy Khor (Hong Kah North)

Happy New Year one and all! As we usher in 2021, continue to stay safe by practising healthy and green habits. It is possible to practise good hygiene and carry out activities of daily living while caring for our environment. Let us play our part in adopting more sustainable practices in the coming year.



Mr Zhulkarnain Abdul Rahim (Keat Hong)

2020 had been a very different year for Singaporeans especially for those who find themselves unsure of what lies ahead. But our country has seen many challenges, and I believe that our people will continue to seek out avenues of growth. Storms draw something out of us that calm seas do not. I believe we can ride through this — and not just survive but thrive. A very happy 2021 to all!



Mr Tharman Shanmugaratnam (Taman Jurong)

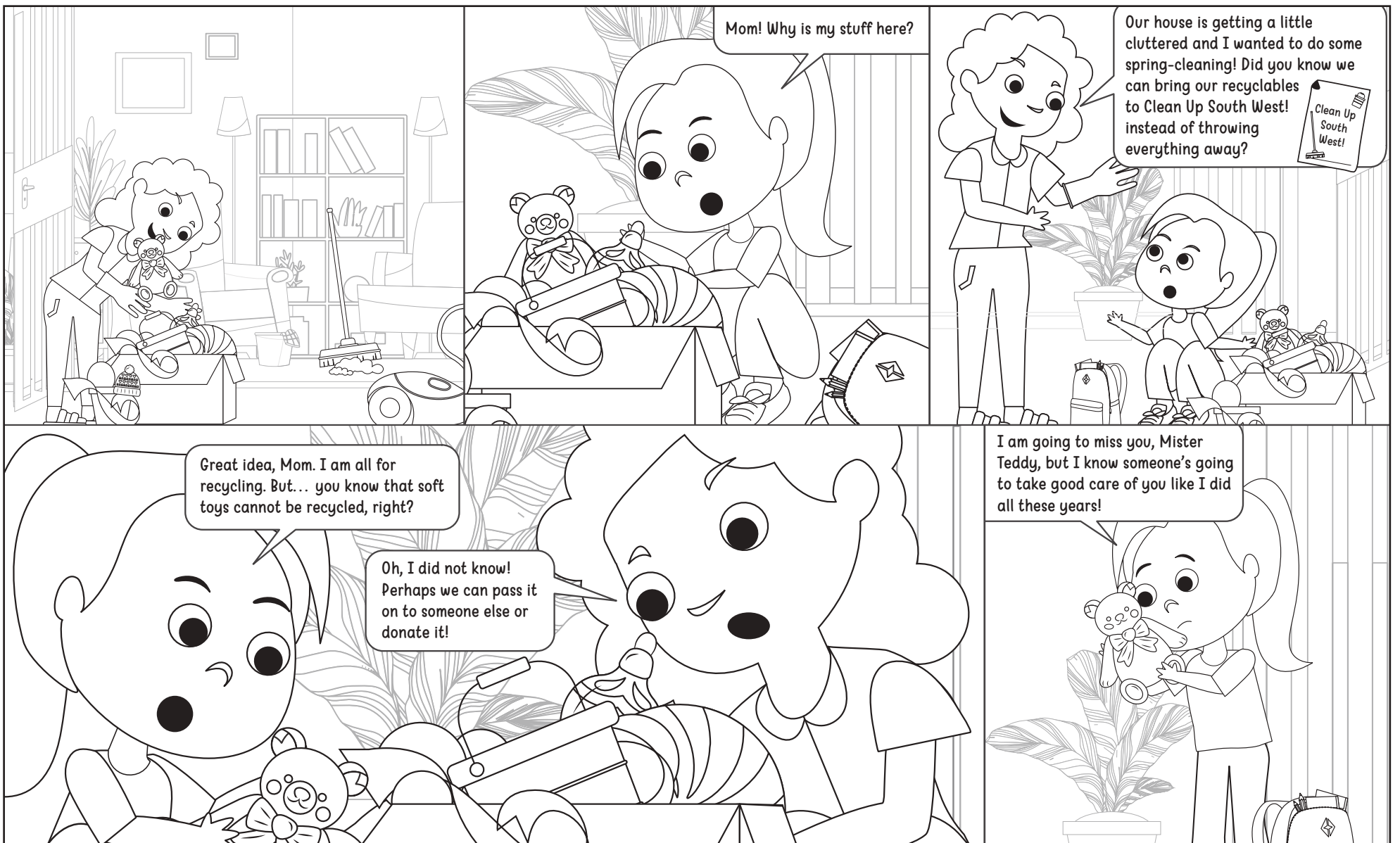
Wishing all Singaporeans a year of stability in our lives and a healthy and caring nation.



Ms Grace Fu (Yuhua)

For 2021, I look forward to welcoming more ways in which our country can help the community rise above the pandemic. As we ease ourselves into a new normal way of life, let us continue to remain vigilant, so that we can all welcome the new year with happiness.

HAVE FUN ADDING YOUR OWN COLOURS TO THE COMIC!



SUDOKU FUN

HOW TO PLAY
Enter numbers from 1 to 9 in the blank spaces. Every row and every column must contain only one of each number. This also applies to every 3x3 square. Have fun!

Complete this puzzle and send your entries to us at: Sudokufun, South West CDC, Jurong Town Hall Road, #26-06, Singapore 609434. If your entry is selected, you will win a South West CDC teddy bear!

DEADLINE:
30 April 2021

				9		5		4
	1	2		8		6		
								9
8		6			2		4	
	4		3			7		8
5								
		8		7		3	2	
6		3		5				

Name: _____

Age: _____ Gender: _____

Address: _____

Tel: _____ Email: _____



© Puzzles provided by krazydad.com

Baby Blisscard

Who can Apply?
Newborns must fulfil ALL of the following:
a) Reside in South West District;
b) Have at least one (1) parent who is a Singapore Citizen; and
c) Be under two (2) years old upon application.
To find out whether you are a resident of South West District, go to: www.cdc.gov.sg/southwest

How will the Baby Blisscard be presented?
• Successful Baby Blisscard applicants will be notified within one (1) month of application.
• The Baby Blisscard will be presented at a community event in your neighbourhood.

How to Apply?
STEP 1 Fill in the Baby Blisscard @ South West application form at <https://go.gov.sg/babyblisscard>.
STEP 2 Attach a soft copy of:
a) Birth certificate of newborn;
b) Identity card (both sides) of at least one (1) parent who is a Singapore Citizen and a resident of South West District; and
c) Photo of newborn.
STEP 3 Submit the form.

Welcome Gift for Newborns!
Receive a limited edition EZ-Link Card and enjoy the following:
a) Stored value of \$20;
b) Discounts and promotions at participating family-friendly merchants; and
c) Fun, enriching and educational events and activities for families.

For more details, please contact us at:
Tel: 6316 1616
or email: southwest_cdc@pa.gov.sg