

# Bridge



SOUTH WEST  
COMMUNITY  
DEVELOPMENT  
COUNCIL

MAY ~ JUN 2021

## Connected Amid Change

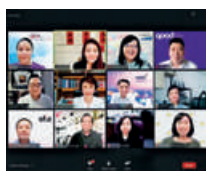
Continuing to meet residents' needs through strong partnerships

THIS IS A TOUGH TIME FOR US ALL, SO IT IS IMPORTANT THAT EVERYBODY STAYS WELL, BOTH PHYSICALLY AND MENTALLY. FOR ME, THAT INVOLVES EXERCISE AND FAMILY TIME."

MR PATRICK TAY, BBM  
Adviser to Pioneer GROs



EXCLUSIVELY FOR  
BABY BLISSCARD  
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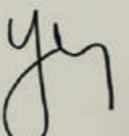
## Dear friends,

*BRIDGE* has a new look! This handy and refreshed version continues to bring you heartwarming stories from our South West community. It tells of individuals and organisations that have stepped up to brighten and enrich the lives of those around them. Whether they are corporate volunteers distributing food to needy households or a neighbour gifting handmade cloth masks to another, these selfless acts of giving bond our community and boost our resilience as we fight the COVID-19 pandemic together.

Digital platforms have become an important and useful means to continue engaging and supporting residents during the pandemic. We will be launching a new online job portal to connect jobseekers with companies looking to hire. This is part of our ongoing efforts to help residents look for jobs and business owners hire talent. In addition, we have moved some of our programmes, such as the Zero Waste Testbed Initiative @ South West, online. This enables participants to pitch their ideas and hold mentoring sessions virtually. We look forward to this youth initiative that aims to create zero-waste solutions for our community.

We hope you will enjoy the new *BRIDGE* and be inspired by the stories of people and organisations making a difference together. Join us in making the South West District a caring and inclusive community.

# Continuing To Care And Engage

  
**MS LOW YEN LING**  
Mayor of  
South West District



## Rakan-rakan yang dihormati,

*BRIDGE* kini berpenampilan baru! Versi kecil dan lebih menarik ini terus membawakan kepada anda cerita-cerita menggembirakan daripada masyarakat Barat Daya. Ia menceritakan tentang individu dan organisasi yang telah ke hadapan untuk menceriakan dan mempertingkatkan kehidupan orang-orang di sekeliling mereka. Sama ada mereka adalah sukarelawan korporat yang mengagihkan makanan kepada keluarga yang memerlukan atau jiran yang menghadiahkan pelitup kain buatan tangan kepada yang lain, tindakan murah hati ini mengeratkan lagi masyarakat kita serta meningkatkan daya tahan sambil kita memerangi pandemik COVID-19 bersama-sama.

Platform digital telah menjadi satu kaedah penting dan berguna untuk terus membantu dan menyokong para penduduk semasa pandemik ini. Kami akan melancarkan portal pekerjaan dalam talian baru untuk menghubungkan pencari kerja dengan syarikat-syarikat yang ingin mengambil pekerja. Ini merupakan sebahagian daripada usaha berterusan kami untuk membantu penduduk mencari pekerjaan, dan pemilik perniagaan mendapatkan kakitangan yang berbakat. Di samping itu, kami telah memindahkan beberapa program kami, seperti 'Zero Waste Testbed Initiative @ South West', ke dalam talian. Ini membolehkan para peserta untuk berkongsi idea-idea mereka dan mengadakan sesi bimbingan secara maya. Kami mengalu-alukan inisiatif belia ini yang bertujuan untuk mewujudkan penyelesaian sifar sisa bagi masyarakat kita.

Kami berharap anda seronok menikmati *BRIDGE* versi baru ini dan meraih inspirasi daripada cerita-cerita para penduduk dan organisasi yang membuat perubahan positif bersama. Sertai kami dalam menjadikan Kawasan Barat Daya sebagai sebuah masyarakat yang prihatin dan inklusif.

## அன்பார்ந்த நண்பர்களே,

*BRIDGE* புதுப்பொலிவைப் பெற்றுள்ளது! இந்த பயனுள்ள மற்றும் புதுப்பிக்கப்பட்ட பதிப்பானது, நமது தென்மேற்கு சமூகத்தின் இதயம் தொடும் கதைகளை உங்களுக்குத் தொடர்ந்து தெரிவிக்கிறது. தங்களைச் சுற்றியுள்ளவர்களின் வாழ்க்கையைப் பிரகாசமாக்கவும் வளப்படுத்தவும் முன்வந்துள்ள தனிநபர்கள் மற்றும் அமைப்புகளைப் பற்றி இது கூறுகிறது. அவர்கள் உதவி தேவைப்படும் குடும்பங்களுக்கு உணவு விநியோகிக்கும் பெருநிறுவனத் தொண்டோழியர்களாக அல்லது கைமுறையாகத் தயாரிக்கப்பட்ட துணி முகக் கவசங்களை மற்றவர்களுக்குப் பரிசாக அளிக்கும் அக்கம்பக்கத்தாராக என எவராக இருந்தாலும், நாம் கொவிட்-19 பெருந்தொற்றைக் கூட்டிணைந்து எதிர்த்துப் போராடிக் கொண்டிருக்கும் இந்த நேரத்தில் இத்தகைய தன்னலமற்ற செயல்கள் நமது சமூகத்தை ஒன்றிணைத்து, நமது மீள்திறனை அதிகரிக்கிறது.

இந்த உலகளாவியப் பெருந்தொற்றுக் காலத்தில் தொடர்ந்து தொண்டோழியத்தில் ஈடுபடுவதற்கும் குடியிருப்பாளர்களை ஆதரிப்பதற்கும் மின்னிலக்கத் தளங்கள் ஒரு முக்கியமான மற்றும் பயனுள்ள வழிமுறையாக மாறியுள்ளன. வேலை தேடுபவர்களை வேலைக்கு அமர்த்த விரும்பும் நிறுவனங்களுடன் இணைப்பதற்கு நாங்கள் ஒரு புதிய இணையவழி வேலை இணையவாசலைத் தொடங்க உள்ளோம். இது குடியிருப்பாளர்கள் வேலை தேடுவதற்கும், வணிக உரிமையாளர்கள் திறமையானவர்களை வேலைக்கு அமர்த்துவதற்கும் நாங்கள் மேற்கொண்டு வரும் முயற்சிகளின் ஒரு பகுதியாகும். கூடுதலாக, நாங்கள் தென்மேற்கில் கழிவுகளற்ற சூழலுக்கான சோதனைத்தள முனைப்பு(Zero Waste Testbed Initiative @ South West) போன்ற எங்களின் சில திட்டங்களை இணையத்திற்கு மாற்றியுள்ளோம். இது பங்கேற்பாளர்களுக்கு அவர்களின் யோசனைகளைத் தெரிவிப்பதற்கும், வழிகாட்டுதல் அமர்வுகளை மெய்நிகராக நடத்துவதற்கும் இயலச் செய்கிறது. நமது சமூகத்திற்கு கழிவுகளற்ற சூழலுக்கான தீர்வுகளை உருவாக்குவதை நோக்கமாகக் கொண்ட இந்த இளையர் முனைப்பை நாங்கள் ஆவலுடன் எதிர்பார்க்கிறோம்.

புதிய *BRIDGE* பதிப்பு உங்களுக்கு மகிழ்ச்சியளிக்கும் என்றும், மேலும் மக்கள் மற்றும் அமைப்புகளின் கதைகளால் நீங்கள் ஊக்கம் பெறுவீர்கள் என்றும் நம்புகிறோம். தென்மேற்கு மாவட்டத்தை அக்கறையுள்ள மற்றும் அனைவரையும் உள்ளடக்கிய சமூகமாக மாற்ற எங்களுடன் இணையுங்கள்.

## 亲爱的朋友们，

*BRIDGE* 有了新外观！最新的版本易于浏览，具有清新的界面，将继续为读者呈现来自西南社区的暖心故事。这些故事讲述了不同的个人和组织如何伸出援手，帮助社区内的弱势群体过上更好的生活，并带给他们更光明的希望。无论是向有需要家庭分发食物的公司义工，还是向他人赠送手工口罩的邻居，都通过这种无私的奉献，展现出我们社区内所有人共同抗击2019新冠疫情的精诚团结和坚韧不拔的精神。

疫情期间，数码平台已经成为一个重要工具，让我们能够继续与居民保持联系，并向他们提供支持。我们还将推出一个全新的线上求职门户网站，促进求职者和招聘公司之间的匹配，这样居民可以更轻松地找到心仪的工作，而企业也能更方便地雇佣人才。此外，我们已将一些计划转移至线上，例如“西南零废弃实验计划”(Zero Waste Testbed Initiative @ South West)，让年轻人继续推介和实现他们的零废弃实验方案，并且接受导师的远程指导。我们期待这项倡议计划能让社区从中获益。

我们衷心希望您会喜欢新版的*BRIDGE*，并从这些让人深受感触和启发的故事中汲取灵感。让我们携手并进，将西南区建设成一个充满爱心和包容心的社区。

**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](mailto:Southwest_CDC@pa.gov.sg)  
Website: [www.cdc.gov.sg/southwest](http://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。

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:  
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## Bridge

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# Keeping the *Kampung* spirit alive

THROUGH HER NEIGHBOURLY ACTS, THIS RESIDENT HAS HELPED TO FOSTER CLOSER TIES IN THE COMMUNITY.

IT HAS BEEN MORE THAN 40 YEARS SINCE SHE MOVED OUT OF HER KAMPUNG HOME NEAR KAMPUNG BAHRU, but the spirit of neighbourly kindness and connectedness lives on in Madam Elsie Chua. "Till this day, we keep the door of our flat open whenever we are at home so we can greet our neighbours as they come and go," shares Mdm Chua, who works in corporate services. The 64-year-old's keen sense of neighbourliness came to the fore in the early days of the pandemic last year. "At one point, it was hard for people to get hold of face masks," she says. "So one of my sisters suggested we help by sewing masks for our neighbours and loved ones."



Mdm Chua (back row, left) and her friends wearing masks that she and her sisters made from the same fabric.



Mdm Chua and her sisters sourced for quality Japanese fabric that would make comfortable masks.



Matching mask pouches were thoughtfully created for each cloth mask.



The different masks that Mdm Chua gave to her neighbours, friends and colleagues.

“AT ONE POINT, IT WAS HARD FOR PEOPLE TO GET HOLD OF FACE MASKS. SO ONE OF MY SISTERS SUGGESTED WE HELP BY SEWING MASKS FOR OUR NEIGHBOURS AND LOVED ONES.”

MDM ELSIE CHUA

## A WELCOME GIFT

The first step was getting the necessary materials. Mdm Chua and her sisters bought rolls of fabric, filter sheets and string to make earloops. They then followed YouTube tutorials to learn how to put these together to make masks. Getting the hang of it was

tricky at first, she recalls. "This was the first time we had ever done anything like this, so there were lots of trial versions that did not go right."

The sisters gathered every week at their mother's flat in West Coast to make the masks. "Everyone had a task that suited their personality. One of my

of surgical masks and masks with at least two layers due to the recent rise in community infections, Mdm Chua is keen to make sure the single-layer masks she and her sisters made do not go to waste. She informed her friends and neighbours that even if they could not wear them out, the masks could still be worn at home when spring cleaning to protect them from breathing in dust.

## MORE THAN JUST A GREEN SPACE

One of Mdm Chua's favourite designs is a floral pattern speckled with violet flowers. This special design was shared with a group that Mdm Chua appreciates and is especially connected to: her fellow volunteers from the orchid garden at West Coast Community Centre (CC). The garden is close to her heart as growing up in a *kampung* has taught her a thing or two about gardening.

Together with these like-minded residents, Mdm Chua tends to the garden regularly. Each of them has a different shift and duty, taking turns to water, propagate and care for the orchids. "I am appreciative of my team of gardeners and wanted to honour that bond by creating a special mask just for us," shares Mdm Chua.

The garden has grown to become more than just a space for the volunteers. As many West Coast residents know, it is a space where they can come together and spend time with fellow residents. "Plants have a restorative quality," shares Mdm Chua. "We give away plants freely so that more can share in the joy of gardening, especially when they are rewarded by beautiful blooms."

Through her masks that have kept her community safe and the plants that have beautified her neighbourhood, Mdm Chua proves that the *kampung* spirit is indeed well and alive. **B**

## AGEING HEALTHILY AND HAPPILY

>> Here are Mdm Chua's tips to living well in your golden years:



### → STAY CONNECTED

Some of Mdm Chua's closest friends are fellow parents from her daughters' secondary school days. "My kids are now all grown up, so it has been more than 15 years since I got to know these parents and we still keep in touch!" Having friends with you through life's ups and downs makes the journey much more memorable.



### → VALUE MENTAL HEALTH

Diet and exercise are important but be sure to also make time for hobbies and interests. Mdm Chua says this keeps her occupied and gives her purpose.



Mdm Chua included this card when she gave purple floral masks to fellow gardeners of the West Coast CC Orchid Garden.



One of Mdm Chua's neighbours, who received a handmade mask from her, prefers cloth to disposal masks.



Mdm Chua (second from right) with fellow gardeners of West Coast CC Orchid Garden. (This photo was taken pre-COVID-19.)

# Giving back as a company

**PIONEER RESIDENT MS BELINDA LIM, 36, A TENANCY AND LEASING MANAGER WITH CAPITALAND, SHARES HOW VOLUNTEERING OPPORTUNITIES AT HER ORGANISATION HAS ENRICHED HER LIFE.**



Belinda has volunteered twice for Love-in-a-Bento @ South West, among many other company-organised volunteering activities.

**"GROWING UP, I OFTEN WATCHED CHARITY SHOWS ON TELEVISION WITH MY FAMILY.** The

stories of children and seniors in need really touched me, and I have always wanted to help. But the problem is, I didn't know where to start.

That changed when I joined CapitaLand four years ago. My company has a strong commitment to doing good, and we each get three days of volunteer service leave. CapitaLand has been partnering the South West Community Development Council (CDC) to deliver nutritious meals to vulnerable seniors under the CDC's Love-in-a-Bento @ South West programme, as part of CapitaLand's #LoveOurSeniors initiative. This year is my second time participating in this initiative.

For the distribution, I went to IMM with my colleagues to pick up the food packs before delivering them to 13 households across six blocks in Jurong West. Because of COVID-19 safe management measures, we

couldn't interact with the seniors for very long, but I could still feel their warmth and gratitude. We would hang the food packets at their gates, and they would chat with us from inside their homes. Many of the seniors thanked us for our efforts and said that they looked forward to eating the meals. I hope that when the pandemic ends, we can spend even more time with them.

It's a warm experience to give back with colleagues. During the workday, we're all very focused on our duties. But when we come out to volunteer as a group for such programmes, we get to bond and see a different side of one another.

Over the last four years, I have encountered many seniors who live alone through my voluntary work. These experiences make me appreciate my family more and remind me of the value of little things like the time that I spend with my parents and younger brother.

I've also learnt that we all have the power to make a difference. Some people can afford to donate large sums of money but just because you can't does not mean you cannot help. Through efforts like these, I've realised that time and effort are just as valuable as financial aid in making a difference to others."



Belinda (right) and her colleague delivering bento meals to residents in Jurong West in April 2021.



Belinda and her colleague helping out with distributions in 2019.



Belinda (second from right) volunteering for Love-in-a-Bento @ South West with her colleagues.

## SIMPLE WAYS TO START VOLUNTEERING

**Volunteer with friends or colleagues.**  
Aggregate resources to help those in need.

**Find a cause that you are passionate about.**  
You will be more likely to commit to it.

**Get your employer involved.**  
Rally your colleagues and organise an activity with suitable partners.



Meals are delivered to residents who may have mobility issues or face inconvenience going out.

## More than just a meal

**LAUNCHED IN 2017 BY THE SOUTH WEST CDC,** Love-in-a-Bento @ South West aims to bring cheer to 300 beneficiaries under the Meals Service @ South West scheme. Themed bento meals are distributed to residents on special occasions such as Chinese New Year and Christmas. Most are seniors who are unable to cook or buy their own food due to mobility issues. Over the years, South West CDC has roped in a number of corporate and community partners for this meaningful initiative.

### A COLLABORATIVE EFFORT

Between October 2020 and April 2021, South West CDC partnered CapitaLand to carry out six Love-in-a-Bento @ South West distributions. Through its philanthropic arm CapitaLand Hope Foundation, CapitaLand provided funds for the preparation and distribution of Christmas-themed bento meals as well as festive packs to some 400 seniors. Each festive pack comprised groceries and household items, which have been curated in consultation with partner agencies to ensure that the items were useful for the beneficiaries. The partnership with CapitaLand will continue until end 2022 as part of their #LoveOurSeniors initiative, which aims to improve vulnerable seniors' quality of life through the provision of better nutrition, enhanced well-being and improved living conditions.

Another longstanding partner of Love-in-a-Bento @ South West is the Singapore Hotel and Tourism Education Centre (SHATEC). Its students and staff make good use of their culinary skills to conceptualise and prepare healthy and tasty bento meals. Beneficiaries are identified through partners TOUCH Home Care, Dorcas Home Care and Thye Hua Kuan Home Help Service.

To promote volunteerism among the special needs community, South West CDC has also collaborated with National Council of Social Service, Autism Association (Singapore) (AAS) and Movement for the Intellectually Disabled of Singapore (MINDS) to involve their clients in the distribution of the bentos. **B**



Mdm Chew Siew Teng receiving a festive bento and festive pack from Mayor Low Yen Ling and volunteers from TOUCH Community Services, MINDS, SHATEC and CapitaLand.



A hearty and healthy bento for Christmas 2020.



Telok Blangah resident Mr Kiang Joo Sing accepting a freshly-prepared Christmas meal from an AAS volunteer.



AAS volunteers greeting residents cheerfully, as they handed the bento meals to them.



Volunteers from SHATEC, AAS and the Institute of Mental Health came together to distribute Christmas-themed bentos in 2019.

# Bring a job home with greater ease

BY THE COMMUNITY AND FOR THE COMMUNITY, THE GOOD JOB PORTAL CONNECTS EMPLOYERS AND JOBSEEKERS AMID COVID-19 RESTRICTIONS.

**E**ASY TO USE, FREE AND CHOCK-FULL OF JOBS, the new good job portal is a valuable tool for jobseekers. Developed by local enterprise solutions firm good Pte Ltd (good), it is a community-centric initiative that aims to help local businesses ease their manpower crunch and residents find employment.

The good portal features job opportunities for various sectors and will be launched at the upcoming South West Community Job Fair on 23 and 24 July 2021 organised by the South West Community Development Council (CDC), good and Maybank Singapore. To be held at Jurong Spring Community Club, this fair will feature 30 booths with over 200 employers and 2,000 jobs.

## MULTIPLE BENEFITS FOR JOB SEEKERS

The upcoming job fair will bring jobseekers greater convenience as it has for Mr James Brando, 31. Having attended a fair at Keat Hong Community Club in March 2021, Mr Brando said, "Meeting the employer and learning about the job helped me decide to go for the role I am interested in." The interviews and applications conducted at the fairs use information from the portal, removing the need for manual data entry.

More than 100 employers from sectors like retail, F&B, hospitality and education are already using the portal to find their next hire. They range from large multinational food chains to neighbourhood merchants. The diversity of employers give jobseekers the flexibility to choose a job based on their preferences and needs. Those who prefer working close to their homes can filter jobs by location. You can also indicate your preference for starting date, pay and experience levels. Once these preferences are saved, you will be presented with a filtered list of available positions.

To cut waiting time, employers must notify jobseekers of the result of their application within three weeks. Should the application be unsuccessful, the portal will



Mayor Low Yen Ling with key representatives from organisations that have joined the good platform during an onboarding session for employers.

recommend other jobs that match the profile's preferences and experience.

## A CONCERTED EFFORT

Employers who have joined the good portal said it has helped them lower costs and widen their search for talent. "This timely digital platform allows us to have a wider reach. It will help attract residents who are keen to work in the west where most of our member companies are located," said Mrs Chua Li Tzer, deputy director, corporate services and human capital development, Singapore Logistics Association. Employers can list as many jobs as they want and make use of the dedicated company page to publicise their organisations.

South West CDC is also working with social service agencies, grassroots organisations and schools to use the portal to improve the employment of their beneficiaries and students respectively, said Ms Jenny Wee, PBM, an adviser of good and a South West District Councillor. These organisations can request to receive updates on behalf of their beneficiaries for more timely assistance.

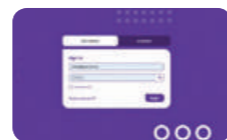
Mr Foo Hee Jug, PBM, deputy chief executive of NUHS – which is looking to fill about 400 positions through this effort – said, "This collaboration is like good neighbours coming together to meet the needs of our community. **B**

**EASY AS 1-2-3**  
More than 100 employers and 1,000 jobs are now available on the good job portal. Register now!

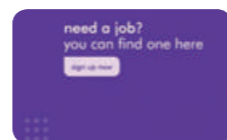
How to use the good job portal to find a job:



**1.** Go to [www.good.com.sg](http://www.good.com.sg) and register as a jobseeker.



**2.** Fill in your contact details and employment and education history.

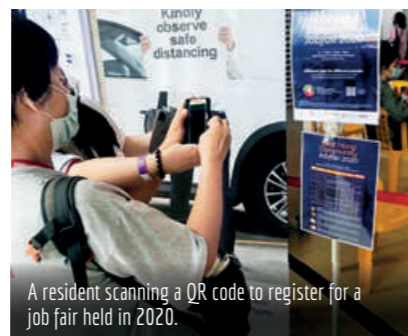


**3.** Apply for jobs you like.

## GOOD HELP IS AT HAND

>> **South West Community Job Fair**  
23 and 24 July 2021, Jurong Spring Community Club

Jobseekers can get help with writing effective resumes that can increase their chances of finding a job. Heartland shops and merchants can also approach volunteers at the job fair to learn more about using the good job portal to hire.



A resident scanning a QR code to register for a job fair held in 2020.



Job seekers have the opportunity to be interviewed on the spot at the job fair.

# Joining Hands to care

EASING THE PAIN OF DAILY INSULIN INJECTIONS FOR NEEDY RESIDENTS WITH DIABETES.

**R**ECEIVING INSULIN INJECTIONS is a daily routine for more than one in 10 Singaporeans living with diabetes. Some patients who cannot afford new needles resort to reusing them until they become blunt, which makes each shot a painful experience. Such a practice may also cause skin infection. Thankfully for up to 600 low-income, insulin-dependent residents in the South West District, their injections will be made more painless with ultra-fine needles that are part of diabetes care packs given to them.

## BRINGING COMFORT TO BENEFICIARIES

Through its partnership with charity Diabetes Singapore, global medical technology company Becton, Dickinson and Company (BD) donated 2,400 of these care packs, worth \$124,000 in total. Launched in conjunction with World Health Day on 7 April 2021, the initiative is the first of its kind in Singapore.

Mayor of South West District Ms Low Yen Ling, who launched the community outreach programme, commended the efforts of Diabetes Singapore and BD to uplift persons with diabetes in the South West District, especially lower-income residents. Highlighting the importance of receiving proper care, she said, "If not kept in check, chronic diabetes may lead to more health problems that could worsen a vulnerable resident's poor financial state."

Mr James Lim, BD's executive vice president and president of Greater Asia, said, "The launch of this community outreach programme is both a significant and joyous milestone. The BD Ultra-Fine PRO 4mm

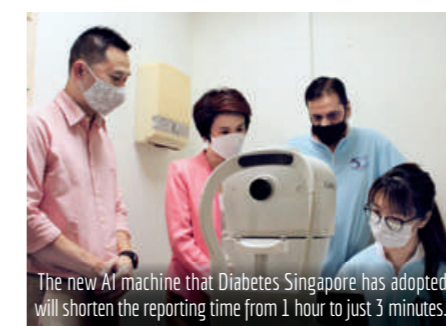
**"THIS PARTNERSHIP WILL UPLIFT THE LIVES OF THOSE WITH DIABETES IN OUR SOUTH WEST DISTRICT, ESPECIALLY OUR LOWER INCOME RESIDENTS."**

**LOW YEN LING**

Mayor of South West District



Ms Jeanet Wong, business manager, BD Diabetes Care, showing Mayor Low the BD Ultra-Fine PRO 4mm pen needle included in the care pack.



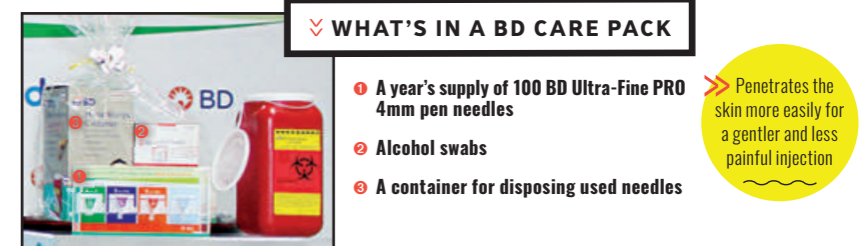
The new AI machine that Diabetes Singapore has adopted will shorten the reporting time from 1 hour to just 3 minutes.



Mayor Low with staff from Diabetes Singapore.



Left to right: Dr Kalpana Bhaskaran, president, Diabetes Singapore; Mayor Low Yen Ling; Mr James Lim, executive vice president and president of Greater Asia, BD; and Mr Satyaprakash Tiwari, executive director, Diabetes Singapore, launching the initiative at Diabetes Singapore.



## WHAT'S IN A BD CARE PACK

- 1 A year's supply of 100 BD Ultra-Fine PRO 4mm pen needles
- 2 Alcohol swabs
- 3 A container for disposing used needles

>> Penetrates the skin more easily for a gentler and less painful injection

pen needle makes injections more comfortable and will be a great aid to people living with diabetes."

The partnership is one for the community and by the community, and in which residents were consulted through dialogue sessions held by Diabetes Singapore to better understand the challenges faced by persons with diabetes.

"Diabetes management is not only about insulin. There are other services that we need in the community, such as blood glucose monitoring and eye care," explained Mr Satyaprakash Tiwari, executive director of Diabetes Singapore. "We hope this encourages more pharmaceutical companies to work with Diabetes Singapore." **B**

## DID YOU KNOW?

>> About **640,000** Singaporeans have diabetes, with about **75,000** needing daily insulin injections.



Source: The Straits Times

**MATCHING JOBSEEKERS TO RELEVANT JOBS AND EMPOWERING LIFELONG LEARNING** were the main objectives of the SGUnited-e2i Jobs & Skills Discovery @ Chua Chu Kang GRC and Hong Kah North SMC. Residents were presented with both part-time and full-time job opportunities at the job fair held on 30 April 2021 at Keat Hong Community Club. The 16 participating employers offered positions in various industries and catered to jobseekers with different levels of experience.

The job fair is part of an ongoing partnership between the South West Community Development Council and e2i. It is also the 11<sup>th</sup> such event hosted by Keat Hong Community Club since the start of the COVID-19 pandemic.



Left to right: Ms Adeline Koh, Principal Specialist, e2i; Mr Zhulkarnain Abdul Rahim, Adviser to Chua Chu Kang GRC GROs (Keat Hong); and Mr Chua Kok Wei, JP, PBM, Chairman, Keat Hong Community Club Management Committees, at the SGUnited-e2i Jobs & Skills Discovery held at Keat Hong Community Club.

# Lending creativity to necessity

ONE RESIDENT TURNS YARN INTO ADORABLE TRACETOGETHER POUCHES.



↑ TRACETOGETHER POUCHES

## Equipped for tomorrow's workforce

Mr Zhulkarnain Abdul Rahim, Adviser to Chua Chu Kang GRC GROs (Keat Hong), explained that such initiatives are a good way of supporting residents' employment and upskilling needs. "During this challenging period, it is important for us to provide platforms for our residents to have access to job opportunities so they can continue to provide for their families – that remains a core focus of my team and I," he told *BRIDGE*. "I am also heartened to see more employers participating in these fairs."

One such employer was the Michelin-starred Tim Ho Wan. The popular dim sum chain was pleased with the calibre of candidates, and half of those who applied for jobs at the fair were recruited, highlighting the event's success. "Being able to meet potential candidates in person shortened the recruitment process. It was also an opportunity to connect with candidates from all walks of life," HR manager Ms Pamela Foo shared.

Besides employment opportunities, residents received help from the on-site SkillsFuture Advice team on how to navigate the MySkillsFuture portal and use their SkillsFuture Credits. The specialists shared about how SkillsFuture Credits could be used alongside other schemes, such as the Mid-Career Enhanced Subsidy, to defray course fees. Armed with this knowledge, a number of residents signed up for courses with NTUC LearningHub present at the job fair. *B*

### THE SGUNITED-E2I JOBS & SKILLS DISCOVERY FAIR BROUGHT UPGRADING OPPORTUNITIES INTO THE COMMUNITY.



Mr Zhulkarnain interacting with a resident who visited the SGUnited-e2i Jobs & Skills Discovery.



Job fair attendees could get advice on courses offered by NTUC LearningHub.



A SkillsFuture Advice adviser sharing with residents the available SkillsFuture programmes and initiatives.

### UPCOMING JOB FAIRS IN THE SOUTH WEST

>> **20 Aug, 10 am to 4 pm:**  
Telok Blangah CC  
SGUnited Jobs & Skills @ West Coast GRC & Pioneer SMC

### AS MADAM FANG SIEW PING ENTERS A SUPERMARKET FOR HER WEEKLY GROCERY SHOPPING,

she pulls out what looks like a crocheted mouse from her purse and scans it at the TraceTogether reader.

The "mouse" in question is actually a pouch holding Mdm Fang's TraceTogether token. Upon receiving the device last September, she set about designing a crochet pouch for it. "This token is so important, so I wanted to protect it from getting dirty," explains the 59-year-old, who has worked as a tailor for more than 30 years. Mdm Fang shares that some parts of the pouch were tricky to design and make. "Crocheting the square cutout for the QR code on the token was especially challenging as I had to make sure it is of the right size."

As she gained confidence, Mdm Fang went on to try different designs, including animals, fruits and even one inspired by the popular online game *Among Us*. "These designs required rounded edges, which were hard to do at first. But I watched video tutorials and learnt from there," she says. In all, the mother of three has made more than 10 pouches, which she gave to family and friends. "They loved them and my nieces and nephews even started requesting for pouches with specific designs," she adds.

Although she uses new yarn to make the pouches, Mdm Fang also makes it a point to reuse scrap cloth for her other projects. With some creativity, she has turned old T-shirts into cushion covers and spare cloth from her tailoring shop into quilts. "There are so many YouTube videos that teach you how to make these crafts," she says. "Doing this is a great hobby and it keeps me occupied." *B*

SCAN THE QR CODE BELOW TO LEARN HOW TO MAKE THESE ADORABLE POUCHES!



In her video tutorial, Mdm Fang takes you through the steps of making a pouch in the design of a mouse.



Mdm Fang crocheted a pouch in the shape of a fish for her niece.



### WAYS TO UPCYCLE OLD T-SHIRTS

Have a piece that you do not wear anymore? Try these easy ways to transform it into something useful!



>> **Cushion cover:** Take a T-shirt slightly larger than your cushion. Cut the sleeves and neck hole off to get two rectangular pieces of the same size. Stack them and sew three of the four sides together. The unsewn side will be the opening for the cushion.

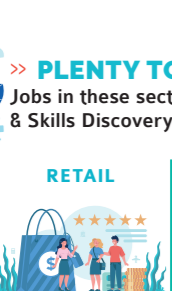
>> **Tote bag:** Cut off the sleeves and sew the bottom end of the two sides together. The armholes become handles for the bag which you can use for your groceries.



**TIP:** Keep the sleeves that you have cut off and use them as dust cloths or kitchen rags.



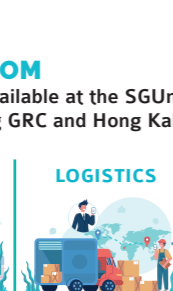
FOOD AND BEVERAGE



RETAIL



MARITIME



LOGISTICS



EDUCATION

>> **PLENTY TO CHOOSE FROM**  
Jobs in these sectors were made available at the SGUnited-e2i Jobs & Skills Discovery @ Chua Chu Kang GRC and Hong Kah North SMC:

# Coming together to tackle waste issues

THE ZERO WASTE TESTBED INITIATIVE SUPPORTS YOUTH IN CREATING AND IMPLEMENTING SOLUTIONS FOR KEY WASTE CHALLENGES.

THE SINGAPORE GREEN PLAN 2030 OUTLINES A BOLD VISION TOWARDS A MORE SUSTAINABLE AND ZERO-WASTE SINGAPORE.

But to get there, we will need the collective efforts of the community to deal with the key waste issues.

## MAKING THE MOST OF WASTE

Giving items that we would normally throw away a second lease of life is an important way of reducing waste. Some of these, such as used packaging from bottled and canned drinks, can be rinsed and recycled. However, many people and companies continue to discard packaging, especially if it was not designed to be reused or easily recycled. All this packaging in our trash is a drain on our waste management capabilities given the limited landfill space in Singapore.

Besides packaging, food waste remains one of the priority waste streams in Singapore. Thankfully, efforts to reduce food waste has led to an 11 per cent drop in the amount of food waste generated in 2020, according to the National Environment Agency (NEA). The agency also reported that the recycling rate of food waste went up to 19 per cent last year, up from 18 per cent the year before. However, a lot of food waste still ends up in our incinerators, and a sizeable portion of this comprising excess or spoilt food can be reduced with better planning.

- If we do not reduce food waste, we will have to
- Source for more food to meet demand.
- Build more waste disposal facilities to cope with growing food waste.
- Pump in more resources to grow, deliver and dispose of food. This increases our carbon footprint, contributing to global warming and climate change.



### DID YOU KNOW?

Rice, noodles and bread are the most commonly wasted food items.

Source: Towards Zero Waste



### MAKING A DIFFERENCE

Nearly 1 in 3 households throws away spoilt or rotten food because they either bought too much or did not realise that there was excess food in the fridge. So before going grocery shopping, check your storage and make a list of things you need, so you do not end up buying what you already have.

## SAYING "YES" TO REUSABLES

Taking away food has become more prevalent especially due to the dining-in restriction imposed as part of COVID-19 safe management measures. Often, the disposable takeaway containers are thrown away after use and end up in our incineration plants. Incinerated ash is then disposed of at Semakau Landfill. Besides taking up the limited space at Semakau Landfill, they require more resources for waste collection and disposal and generate greenhouse gas emissions in the process.

Much of this plastic also ends up in our water bodies due to improper disposal, posing harm to and sometimes even killing marine life. Plastics can also break down into small fragments called microplastics and end up in our food when ingested by animals we consume.



### MAKING A DIFFERENCE

Bring your own food containers instead of using single-use plastics for takeaways. Some food and beverage outlets may even offer a discount as a way of saying "thank you!"



### DID YOU KNOW?

During the two-month Circuit Breaker last year, Singapore households generated an extra 1,334 tonnes of plastic waste — largely because of takeaway food containers. That is as heavy as 92 double-decker buses!

Source: Study conducted by alumni from the NUS Master of Science (Environmental Management) programme

## RECYCLING RIGHT

The ubiquitous blue bins at the foot of HDB blocks around the country make it a breeze to recycle. Some newer flats even have recycling chutes on every floor, which makes it even easier. While there are many avenues for us to recycle, the contamination of recyclables often hamper these efforts. When someone places containers with food or liquid into a recycling bin, the rest of the recyclables in the same bin will be contaminated as well, making them no different from general waste. Unable to be recycled, they will then have to be disposed of at incineration plants, and others' recycling efforts will go to waste.

Another challenge that reduces recycling efficiency is the need to sift out what cannot be recycled from items collected in recycling bins. According to NEA, about 40 per cent of what goes into the recycling bins cannot be recycled. These include bulky items like mattresses and pillows that take up a lot of space in recycling trucks. This means fewer recyclables actually make it to the recycling plant.



### MAKING A DIFFERENCE

Only put recyclable items into the blue recycling bins. If you are unsure, check the poster pasted on them to see what can be placed inside. Make sure recyclable food and drink containers are cleaned before you deposit them!

### DID YOU KNOW?

The top items recycled by Singapore's recyclers are paper materials like newspapers, magazines, junk mail, brochures and writing paper.

Source: NEA

## GET A HEAD START



Do you have ideas for tackling waste problems? Realise them through the Zero Waste Testbed Initiative @ South West! Launched earlier this year, it provides youth with mentorship and funding to create and implement solutions to overcome such waste challenges. The project is jointly organised by the South West CDC, National University of Singapore (NUS) and SembWaste. It allows participants to bring their solutions to life with up to \$10,000 funding. You can then prototype your ideas on the NUS campus and receive valuable mentorship from all three partners as well as NEA. Scalable solutions could be implemented in more areas of the South West District.

"The scope of proposals for Zero Waste Testbed Initiative @ South West is based on key waste issues faced on the NUS campus as a microcosm of the larger Singapore society," said Mr Loo Deliang, PBM, chairman of the NUS Waste Minimisation and Recycling Taskforce. "We saw the need to tackle contamination issues for recycling rates to improve and to reduce single-use disposables through reuse — especially in light of the pandemic, which saw an increase in the amount of disposables used for takeaways — and lastly to reduce waste by turning it into more valuable resources beyond recycling. The focus on the 3Rs (Reduce, Reuse and Recycle) also aligns well with Singapore's Zero Waste Masterplan and the Sustainable South West Masterplan. We look forward to ideas from NUS students to address these intractable issues." B

SCAN TO FIND OUT MORE ABOUT THIS EXCITING INITIATIVE:



EXERCISE AND QUALITY TIME WITH HIS FAMILY HAVE HELPED **MR PATRICK TAY, BBM,** ADVISER TO PIONEER GRASSROOTS ORGANISATIONS (GROS), MEET NEW CHALLENGES HEAD-ON.

# Adaptable to change

FOR MANY OF US, 2020 WAS A YEAR OF UNEXPECTED CHALLENGES. IT WAS NO DIFFERENT FOR MR PATRICK TAY, BBM, WHO FOUND THAT HE SUDDENLY HAD TO WORK FROM HOME. "All these years, I have never had a study table in my house because I was always out and about," he says, smiling. "So I ended up setting up a small office in my storeroom with a table I bought online. There is barely enough space but I am coping."

Another new challenge is home-based learning for his three children, aged 11, 14 and 17. Like many parents, Mr Tay, 50, admits that it has been "a struggle". "Getting them up for class and making sure they pay attention during lessons while juggling work at the same time is difficult," he shares. He is glad to have his wife, whom he says has been a blessing to him for the past 23 years, to help him manage.

But ever the optimist, Mr Tay, who is also Assistant Secretary-General of NTUC, sees a silver lining to the current situation. "My wife and children see more of me due to the work-from-home arrangements," he reveals, adding that they often

7 AM AND 9 PM ARE HIS FAVOURITE TIMES TO SWIM.

HE IS A CERTIFIED TAEKWONDO INSTRUCTOR, HAVING RECEIVED HIS 1<sup>ST</sup> DAN BLACK BELT IN HIS 20s.

OVER THE MONTHS, HE HAS LEARNT "ZOOM HACKS" FROM HIS RESIDENTS. FOR EXAMPLE, HE HAS DRESSED UP HIS BACKGROUND WITH A POTTED PLANT AND BOUGHT A STUDY LIGHT TO LOOK BETTER ON CAMERA.

GETTING TO KNOW MR TAY MORE

bond over his cooking. In a previous interview with *BRIDGE*, he revealed that his signature dishes are claypot chicken rice and *lek tau suan* (split mung bean dessert). Working from home has allowed him to try cooking more dishes such as Thai green curry. "I am of Peranakan descent and we value good and tasty food," he quips. "But there is no way for me to cook some of these dishes regularly as the time taken to prepare the ingredients can be quite taxing."

**A big change for you this past year has been your move to Pioneer. How different is Pioneer from your previous constituency, Boon Lay?**

Over the last year, my team and I have completed house visits of all 127 blocks in Pioneer. It is a

newer estate with younger families and more PMETs, so their needs are very different from residents in Boon Lay. We have had to adapt accordingly to address these needs.

**How would you describe the Pioneer spirit?**

People have this misconception that younger people are very insular and do not share the *kampung* spirit of the past. But that is not true. During our house visits, I found residents of all ages to be very welcoming and eager to help. When I encouraged residents to volunteer their skills and time in the community, almost all wholeheartedly agreed to do so.

That is how we started Legal & Employment/ Employability @ Pioneer (LEaP), a ground-up initiative to empower Pioneer residents through a series of legal clinics and primers, career assistance and training support. We have three lawyers, two practising legal trainees and two employment professionals, who are all Pioneer residents running a free legal clinic every last Friday of the month. We started it in October 2020

and more than eight months on, I am proud to say that it is still running. We also established a weekly Saturday partnership with Employment and Employability Institute (e2i) to offer residents personalised career coaching and mentorship.

To cultivate the Pioneer spirit, we have set three guiding pillars: CARE for our residents in need, CONNECT our community and CREATE a vibrant neighbourhood for all to live in. It is heartwarming to have residents run initiatives for their fellow residents. In fact, there are others whose talents I have yet to tap. We have to stay united during these difficult times as we are only as strong as the weakest link.

**You manage quite a gruelling schedule. How do you unwind?**

This is a tough time for us all, so it is important that everybody stays well, both physically and mentally. For me, that involves exercise and family time. I enjoy swimming at the public pool near my house up to three times a week and I also go brisk walking. I make time for badminton with my children as well. They are pretty good at the game, so that keeps me on my toes.



Mr Patrick Tay, BBM, with residents at a financial literacy webinar.

## BONDING THROUGH DIGITAL MEANS

In a time when physical gatherings are prohibited, Mr Tay and his grassroots team have organised webinars on personal finance, aquaponics and drafting of wills to engage with residents and for them to stay connected with one another. Run by volunteers, these Connect @ Pioneer sessions were recorded at The Frontier Community Club in Pioneer.

Going virtual has had its benefits, says Mr Tay. "Young parents may not have the time or energy to come down for a block party like in the past. With webinars, they can learn from the comfort of their homes and still get to know others living around them." He adds that a hybrid model will be the way to go in the future. "This way, those who can make it enjoy the benefits of face-to-face interaction and those who cannot can still join in."

Stay in touch with the Pioneer community on the following platforms:

- Facebook: [facebook.com/SGPioneer](https://facebook.com/SGPioneer)
- Instagram: [instagram.com/sgpioneer](https://instagram.com/sgpioneer)
- Telegram: [t.me/SGPioneer](https://t.me/SGPioneer)



# 适应新变化

积极运动并与家人一起共享天伦之乐，让先驱基层组织顾问**郑德源**先生做好准备，迎接新的挑战。

**2020**年让我们许多人面临意想不到的挑战，并不得不尝试新的做事方式。郑德源先生也响应政府号召而开始居家办公。“这些年来，因为我时常在外办公，我家里没有摆设自己的书桌。”他微笑着说道，“为了居家办公，我上网买了一张书桌放在储藏室，将那里作为我的小型办公室。空间虽然相当有限，但还是足以满足我的需求。”

他面临的另一个挑战是三个分别为11岁、14岁和17岁的孩子开始居家学习。如同许多家长一样，50岁的郑德源先生也承认这是一件颇为棘手的问题。“确保孩子们按时起床上课，督导他们上课时专心听讲，同时还要兼顾工作，有时真的让我手忙脚乱、分身乏术。”他分享道。不过，他很庆幸在过去的23年里有妻子的相伴与协助，在兼顾家庭和工作这方面给予他一臂之力。

身兼副总助理秘书长的郑德源先生一直都保持乐观的心态，认为当前富有挑战性的状况也让他



获益不浅。“由于大部分时间都是居家办公，我和家人能更经常地见面。”他说道，并表示经常会在煮饭的时候与家人交流以增进感情。之前在接受《BRIDGE》采访时，他透露自己的拿手好菜是砂煲鸡饭和绿豆爽。居家办公也让他有机会尝试烹饪其他美味菜肴，例如泰式绿咖喱。他打趣说：“我的祖辈是土生华人，我们非常重视美食，不过由于这些菜肴的食材需要较长的时间准备，我没办法经常煮给家人吃。”

**这一年来对您来说非常大的变动是调动到了先驱。先驱跟您之前服务的文礼社区最大的差别是什么？**  
在过去的一年里，我的团队和我完成了对先驱所有127座组屋的家访。这个住宅区比较新，有很多年轻的家庭，也有更多的居民属于专业人士、经理、执行人员及技师，因此他们的需求与文礼的居民有很大的不同。我们必须作出相应的调整，以满足这些需求。

## 您会如何形容先驱精神？

人人普遍会有一种误解，认为年轻人的思想非常狭隘，已没有以前我们传统的甘榜精神。但事实恰恰相反。在家访的时候，我发现所有居民都非常热情，并且乐于伸出援手。当我提出希望大家能贡献时间和才能，在社区中提供义工服务时，几

乎所有人都欣然同意。这当然也包括了许多年轻的居民。

通过以上的方式，我们启动了“法律及职业@先驱”(Legal & Employment/Employability @ Pioneer, 简称LEaP)项目，这项全新的倡议活动通过一系列法律咨询和入门知识介绍、职业援助和培训支持，辅助先驱居民。现在这里有三名律师、两名实习律师和两名职业指导专业人士，他们都是先驱社区的居民。每个月的最后一个星期五，他们都会为居民提供免费的法律咨询服务。我很高兴地看到，这个项目从2020年10月启动以来，至今仍继续为有需要的居民提供服务。我们还与就业与技能培训中心合作，每个星期六举办一次活动，为居民提供个性化的职业指导服务。

为了彰显“先驱精神”，我们订立了三大支柱：关怀有需要的居民、连通社区居民以及打造一个充满活力的社区。有能力的居民能为自己的社区贡献一份力，开展各种活动，真的非常感人。当然还有很多人的才能等待我去发掘！在当前的困难时期，我们尤其要团结一心，携手共进，只有这样，才能安然渡过这场危机。

**您的日程安排看起来相当紧凑，因此空闲的时间应该不多吧？您会参与哪些活动放松身心呢？**  
现在对我们所有人来说都是艰难时期，因此保持

## MORE GOOD THINGS TO COME

Innovations and improvements that Pioneer residents can look forward to.



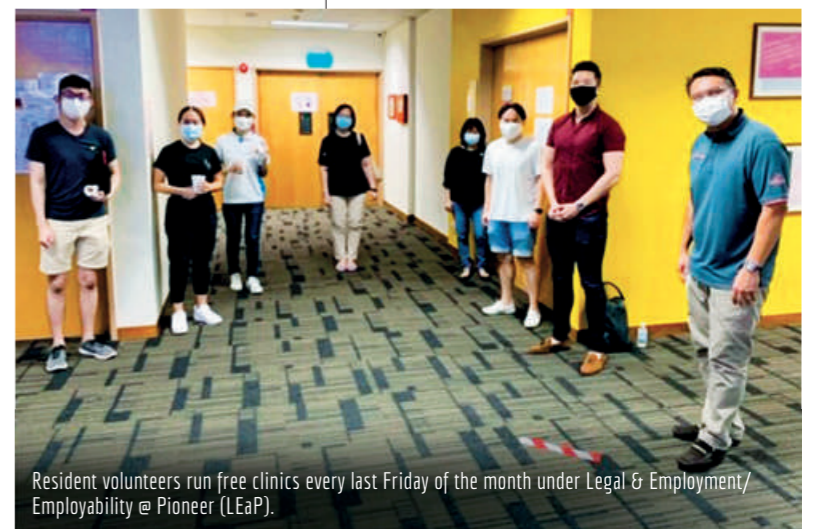
### → Automated convenience:

In May, Pioneer piloted and launched a fully automated, robotised and AI-powered convenience store. Open 24/7, the cashless store at Block 660A Jurong West Street 64 sells everything from cold drinks to fresh produce and even medicated oil.



### → Greater accessibility:

Pioneer is slated to benefit from the new Jurong Regional MRT Line. Further details will be announced later this year.



## 通过数码方式保持联系

郑德源先生表示，线上活动也有它的好处。“年轻的父母可能没有时间或精力像过去那样来参加组屋派对。通过网络研讨会，他们可以在舒适的家中学习知识，同时还能够认识周围的邻居。”他认为线上线下混合模式将是未来交流的发展方向。“通过这种方式，能到场的人士可以享受面对面交流带来的好处，而无法到场的居民也能通过线上的形式参加活动。”

通过以下平台关注先驱社区：

- Facebook 面簿: [facebook.com/SGPioneer](https://facebook.com/SGPioneer)
- Instagram: [instagram.com/sgpioneer](https://instagram.com/sgpioneer)
- Telegram: [t.me/SGPioneer](https://t.me/SGPioneer)

身心健康是非常重要的。而我则通过运动和陪伴家人来做到这一点。我喜欢在附近的公共游泳池游泳，最多的时候每星期能游三次，而且，我还会通过快步走来锻炼身体。此外，我会尽量抽空与孩子们一起打羽毛球。他们都是羽毛球高手，所以与他们的每场比赛我都要全力以赴。**B**



# Co-creating a greener neighbourhood

**NEW SUSTAINABILITY INITIATIVES AIM TO FOSTER ENVIRONMENTAL RESPONSIBILITY AND COMMUNITY BONDING.**

**B**UKIT BATOK RESIDENTS can look forward to participating in community farming as well as cycling and woodcrafting interest groups under the newly launched Bukit Batok Green Plan.

## MULTIFACETED APPROACH TO SUSTAINABILITY

Launched on 17 April 2021 by Bukit Batok Grassroots Organisations (GROs) along with their community partners, including national volunteerism movement Team Nila, the Bukit Batok Green Plan aims to encourage residents to take ownership of caring for their neighbourhood environment while fostering community bonding and promoting the spirit of giving back to the society.

Setting up a community farm will bring gardening enthusiasts together for a meaningful cause as there are plans to give edibles grown in the farm to vulnerable residents.

Taking into consideration feedback from residents, a woodcrafting interest group will be formed to repurpose trees slated to be cleared to make way for the new Jurong Regional Line. Instead of being thrown away, wood from these trees will be made into furniture, chopsticks and even art pieces that can be displayed in the community.

To promote greener rides within Bukit Batok, an environmental taskforce will look into enhancing infrastructure that promotes cycling. This includes modifying pedestrian walkways to accommodate cyclists and installing a bicycle repair stand, as well as setting up a cycling interest group for Bukit Batok residents.

## PLAYING A MORE ACTIVE ROLE

Adviser to Bukit Batok GROs Mr Murali Pillai, who participated in the Kayak & Klean event held on 17 April 2021 to launch the Green Plan, said the initiative will "harness

energies of residents to keep the environment clean and green".

The event saw him joining residents, partners and community leaders in cycling from Bukit Batok Swimming Complex to Jurong Lake Gardens, where they kayaked and picked up litter. "We want to instil a deep sense of responsibility for the cleanliness and hygiene of our environment among Bukit Batok residents. We want them to remain proud of the environment they live in," he said.

Mr Murali also shared that there are plans to set up a platform to empower youth to champion green initiatives. As the Green Plan is still in development, he encouraged residents to help "turn these ideas into realisable goals". Besides community farming, cycling and woodcrafting groups, residents can also participate in other initiatives such as Kayak & Klean under the Bukit Batok Green Plan. Interested residents may visit [go.gov.sg/bbgreenplan](http://go.gov.sg/bbgreenplan) to register. **B**



**MR MURALI PILLAI OUTLINES THE BUKIT BATOK GREEN PLAN IN THIS VIDEO — SCAN THE QR CODE TO WATCH!**



**FREE BUS RIDES TO FERRY RESIDENTS TO THE NEAREST VACCINATION CENTRE.**

# Making it convenient to be protected against COVID-19

**T**RANSPORT WAS ONE OF THE CONSIDERATIONS AMONG SENIOR RESIDENTS who expressed uncertainty in getting vaccinated during ground-sensing exercises conducted by the West Coast Grassroots Organisations (GROs). Some were unsure how to get to the nearest vaccination centre, while those with mobility issues were worried that they may face difficulty when travelling. Some seniors also wanted to wait for their next of kin to accompany or assist them.

To address these issues, Adviser to West Coast GROs Mr S Iswaran and West Coast GROs arranged for a free shuttle service to take residents to Clementi Community Centre (CC), the vaccination centre nearest to their homes. Travelling as a group also made the seniors feel safer and more assured. The shuttle buses, which ran from 15 March to 2 May this year, benefitted about 5,000 residents.



Mr S Iswaran engaging residents who were waiting for the shuttle bus at West Coast CC.

## FURTHER SUPPORT

To inform seniors of the shuttle service, West Coast GROs volunteers visited households to distribute pamphlets on the bus service and the vaccination programme. Banners were also hung across the entire West Coast constituency and publicity materials were put up on notice boards and digital display panels at void decks.

To provide additional assistance, West Coast GROs set up multiple vaccination appointment booking counters in West Coast CC to respond to residents' enquiries about getting vaccinated and to ease the process of booking an appointment.

Although the shuttle service was aimed at ferrying seniors, it was open to all residents who made an appointment to be vaccinated in Clementi CC. Many expressed their gratitude to West Coast GROs for easing the process and thereby encouraging them to get vaccinated. A resident who took the shuttle bus said, "The West Coast Cares shuttle bus service is very good. I have difficulty walking and my eyesight is not so good due to glaucoma. With this arrangement, the bus takes me straight to the vaccination centre." **B**



Residents board the shuttle bus that takes them to Clementi CC.



» Designated pick-up points:

**Blk 511 West Coast Drive and West Coast CC**

» Ran at regular

**30-minute intervals,**

**7 am to 10 pm daily,**

**including public holidays**

» Shuttle bus journey took

**about 15 minutes each way**



Residents waiting for the shuttle bus outside West Coast Heights Residents' Network Centre at Block 511, West Coast Drive.

# Shop for Free at Boon Lay

NEEDY RESIDENTS GET TO BRING HOME GROCERIES OF THEIR CHOICE AT THIS VOLUNTEER-RUN MINIMART.



Eligible residents in West Coast GRC with per capita income of \$690 or less may apply for this scheme by calling Boon Lay CC at 6261 7184.



Ms Anne Hee, Assistant Centre Manager, NTUC Health; Mr Jimmy Ng, Chairman, Boon Lay CCC; Minister Desmond Lee; Mr Eric Chua, Parliamentary Secretary, Ministry of Social and Family Development and Ministry of Culture, Community and Youth; and Ms Grace Lee, PBM, Assistant Secretary, Boon Lay CCC, at the shop front of Community Shop @ Boon Lay.



Minister Desmond Lee addressing volunteers and residents at the opening of Community Shop @ Boon Lay.

## ENABLING CHOICE

Community Shop @ Boon Lay was officially opened by Mr Desmond Lee, Minister for National Development, Minister-in-charge of Social Services and Integration and Adviser to Boon Lay GROs, and Mr Eric Chua, Parliamentary Secretary for the Ministry of Culture, Community and Youth and the Ministry of Social and Family Development. Offering a range of products such as canned foods, bread spreads, biscuits, oils and condiments, the store serves residents living in West Coast GRC with per capita income of \$690 or less.

Identified by the Boon Lay Citizens' Consultative Committee (CCC) and NTUC Health, the residents are each given a beneficiary card that allows them to redeem 12 items monthly. For beneficiaries with mobility issues, NTUC Health volunteers deliver what they have chosen from the shop to their homes.

## MINIMISING WASTAGE

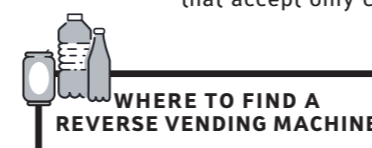
Thanking volunteers and partners, Minister Lee also highlighted that this initiative will help reduce food waste. Sharing his view was resident Mdm Hu, 77. "At Community Shop @ Boon Lay, I take only what I need and not worry about wasting anything," she said.

While the items found are mainly donated by OCBC and volunteers, residents are encouraged to donate non-perishable food, which they can drop off at the 24/7 food collection point set up in front of the shop. Items that are within three months of their expiry dates are given to residents who are willing to take them and will not count towards their 12-item limit. **B**



Left to right: Mr Sashi Kumar, General Manager, Alba W&H Smart City; Ms Melissa Tan, Director, Alba W&H Smart City; Minister Grace Fu; Mr Vincent Goh, Chairman, Hawkers Association; and Mr Jakob Lambsdorff, Alba W&H Smart City.

**S**OUTH WEST RESIDENTS now have more places to deposit their used drink containers. Five reverse vending machines (RVMs) that accept only clean empty



- Westwood Primary School (rotated each term among schools in Jurong)
- Blk 440, Bukit Batok West Ave 8
- Pioneer Mall
- Science Centre Singapore
- Yuhua Village Market and Food Centre (Block 254)

## MORE PLACES TO DROP YOUR DRINK CONTAINERS

NEA and food-and-beverage company F&N have also jointly rolled out 50 RVMs islandwide under their Recycle N Save programme. These RVMs similarly dispense rewards in exchange for clean drink containers.

Scan QR code for their locations:



plastic bottles and aluminium cans have been installed in the district by ALBA W&H Smart City. The National Environment Agency (NEA)-appointed company manages public waste collection and recycling in the Jurong sector.

## FOR EVERYONE'S CONVENIENCE

The first RVM was launched at Yuhua Village Market and Food Centre on 27 February 2021 by Minister for Sustainability and the Environment and Adviser to Yuhua GROs Ms Grace Fu. "If these machines are successful, we can encourage other districts to use them. This would bring recycling facilities closer to people's homes and businesses," she said.

The RVMs are equipped with a sensor, which enables them to segregate metal cans from plastic bottles. "Segregated collection allows better recovery of resources and increased recyclability. We can directly

transport the containers to recycling facilities, without having to bring them to a material recovery facility for sorting," explained Ms Sandra Sajen, assistant sustainability manager of ALBA W&H Smart City.

## APP BONUS

To encourage recycling, ALBA W&H Smart City developed the ALBA STEP\* UP mobile app. Using the app, residents can gain CO<sub>2</sub> points when they deposit their containers. The accumulated points can then be exchanged for goodies.

Residents can also collect CO<sub>2</sub> points by scanning the ALBA STEP UP QR code pasted on the blue recycling bins located around Jurong.

Other uses of the app include locating the nearest recycling bin, finding out about green events and getting tips on sustainable living. **B**

\* Singapore Trash Evolution Programme



Minister Grace Fu getting a glimpse of how the RVM segregates aluminium cans and plastic bottles.



Ms Sandra Sajen helping a senior deposit a clean plastic bottle.



Residents can also discard their recyclables in blue recycling bins located around estates.

Only clean, empty plastic bottles and aluminium cans should be deposited into these machines.

## DOUBLING THE BENEFITS



**CO<sub>2</sub> point**  
Containers are assigned CO<sub>2</sub> values based on type and volume. You reduce 1 gram of carbon dioxide emissions with every CO<sub>2</sub> point collected!



**Rewards**  
Exchange collected CO<sub>2</sub> points for discounts.

For example:

14 x 500 ml cans =  
**550 Grab Reward points**

# JUST FOR Baby Blisscard HOLDERS



Baby Blisscard @ South West is a family initiative by the South West CDC to celebrate families. Apply today to get a customised EZ-Link card for your baby and enjoy perks at selected merchants!

PLEASE PRESENT YOUR BABY BLISSCARD WHEN USING THESE COUPONS.

✂ Cut out these coupons and enjoy great deals with your family!



Promotion is valid till 31 December 2021 • Valid for new customers only • Programmes are for children between 20 months and 12 years old

## FREE TRIAL CLASS

1 FREE credit for sign-up of membership packages on the day of the trial

Abakadoodle Art Studio for Kids

Jem, 50 Jurong Gateway Road #03-19, Singapore 608549; abakadoodle.com.sg



Promotion is valid till 30 September 2021 • Not to be used in conjunction with any other offer/specials/discounts and cannot be used on mini sessions. • Advanced booking is required. Please take a screenshot of this coupon and your Baby Blisscard and email us at [info@bambiniphotography.sg](mailto:info@bambiniphotography.sg) for bookings. • Terms and conditions are subject to changes without further notice

## \$80 OFF STUDIO NEWBORN BABY PHOTOSHOOT (under 2 weeks)

Bambini Photography

Oxley Bizhub 2, 62 Ubi Road 1 #10-24, Singapore 408734; bambiniphotography.sg



Promotion is valid till 31 March 2022 • Up to 5 people and 90 minutes of unlimited shots • 5 edited high-res soft copies (selected by photographer) • Photos will be sent via secure download link • Choose from a list of recommended locations • Dedicated photographer to provide advice • Optional top-up options available • Present this coupon to get \$30 off a canvas print

## COMPLIMENTARY OUTDOOR PHOTOSHOOT + \$30 OFF CANVAS PRINT

Firefly Photography Pte Ltd  
[fireflyphotography.sg.com](http://fireflyphotography.sg.com)



GET EXTRA  
**\$50 OFF**  
purchase of  
Serenity car seat

GET EXTRA  
**\$150 OFF**  
purchase of  
Nachuraru strollers

Promotion is valid till 31 December 2021 • Purchase direct from Nachuraru via WhatsApp (8808 0029) or make an appointment to visit our showroom at Oxley Bizhub

Nachuraru Pte Ltd

73 Ubi Road 1, Oxley Bizhub #09-56, Singapore 408733; [nachuraru.com.sg](http://nachuraru.com.sg)

Subscribe to our Family Bliss @ South West

Telegram channel for tips on parenting and well-being and ideas on fun family destinations, as well as invitations to family-centric events and activities!

Join us  
on Telegram:



## Baby Blisscard



### 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.

1

### Who can Apply?

Newborns must fulfil all of the following:

- a) Reside in South West District;
- b) Have at least one parent who is a Singapore citizen; and
- c) Be under two years old at the point of application.

To find out whether you are a resident of South West District, go to:  
[www.cdc.gov.sg/southwest](http://www.cdc.gov.sg/southwest).

3

### How will the Baby Blisscard be presented?

- Successful Baby Blisscard applicants will be notified within one month of application.
- The Baby Blisscard will be presented at a community event in your neighbourhood.



2

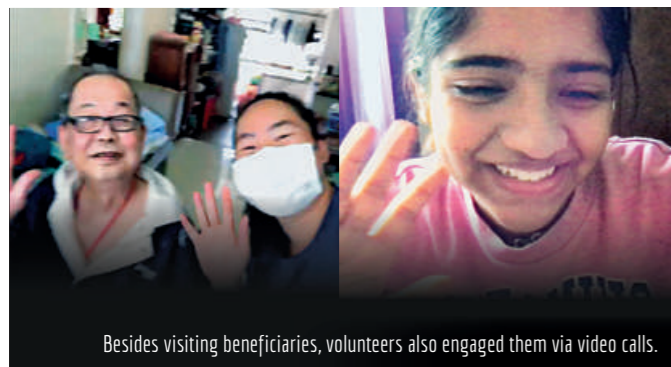
### How to Apply?

- STEP 1** Fill out 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 parent who is a Singaporean citizen and a resident of South West District; and
  - c) Photo of newborn.

**STEP 3** Submit the form.

For more details, please contact us.  
Tel: 6316 1616  
Email: [southwest\\_cdc@pa.gov.sg](mailto:southwest_cdc@pa.gov.sg)





# Banding together to care for our seniors

A HOME VISITATION PROGRAMME LED BY HEALTHCARE STUDENTS HELPS ENSURE THE WELL-BEING OF SOCIALLY-ISOLATED ELDERLY RESIDENTS IN THE SOUTH WEST DISTRICT.

**TO EMPOWER** the elderly residing in the West to take ownership of their own health, 22-year-old Ms Balamurugan Vishnu Priya, together with her peers from the Lee Kong Chian School of Medicine at the Nanyang Technological University (NTU), started Project Silver Trident in August 2019.

Supported by the South West Youth Fund, this initiative brings healthcare students from various schools, adult volunteers from RSVP Singapore and healthcare professionals from the National University Health System (NUHS) together, as they make regular visits to the homes of elderly beneficiaries.

## PERSONALISED CARE FOR BENEFICIARIES

The senior residents supported by Project Silver Trident are also part of NUHS CareHub, a transitional care service that supports discharged NUHS patients in managing their medical conditions at home to prevent hospital re-admissions.

Through fortnightly home visits over a period of six months, the teams from Project Silver Trident and NUHS CareHub worked together to formulate and execute customised care plans for the residents, assessed and monitored their health conditions and

taught them simple exercises to do on their own. In the long run, these activities would help to empower the residents to become more independent in managing their own well-being.

## NURTURING PASSIONATE YOUTH VOLUNTEERS

Through her involvement, Ms Priya learnt that caring for seniors requires a concerted effort from the community. "This project helped me realise that healthcare does not necessarily apply to medical care alone. Community support also plays a big role in home care and follow-ups," she shared.

Although the team met with challenges such as language barriers and COVID-19 restrictions, they pressed on. Besides finding better ways to communicate with seniors, the volunteers also connected with them over the telephone or video calls. Their passion and dedication have paid off as these seniors have now adopted healthier lifestyle habits and are more willing to share about themselves.

Following the success of Project Silver Trident's pilot, there are plans to launch a long-term programme to extend this type of outreach effort to a larger number of senior residents and strengthen their social support networks. **B**



A volunteer teaching a senior simple exercises she could do on her own at home.



A volunteer accompanying a senior while she was running an errand.

## FUNDING FOR YOUTH-LED PROJECTS

The South West Youth Fund supports ground-up efforts initiated by youth in the South West District with funding of up to \$5,000. Youth with ideas that can benefit the South West community may apply for the fund to realise them!



# Here to help

RESOURCES AT YOUR FINGERTIPS



## FINANCIAL & EMPLOYMENT ASSISTANCE

### ComCare Hotline

1800 222 0000 (Monday to Sunday, 7 am to 12 am)

ComCare by the Ministry of Social and Family Development provides social assistance for low-income individuals and families.

### Employment & Employability Institute (e2i)

6474 0606

e2i West  
Devan Nair Institute for Employment and Employability  
80 Jurong East Street 21, Level 2  
Singapore 609607

Centre opening hours: Monday to Friday, 9 am to 5 pm;  
Saturday, 9 am to 1 pm; closed on Sundays and public holidays

## LEGAL ADVICE

### Community Legal Clinic @ South West

enquiry@lawsocprobono.org

The Community Legal Clinics provide free basic legal advice and information for the public. Registration is required.

6536 0650

Hotline operating hours: Monday to Friday, 10 am to 1 pm and 2 pm to 4 pm; closed on weekends and public holidays

## ASSISTANCE FOR BUSINESSES

### SME Centre@SouthWest

9636 5265

A one-stop centre where businesses can get information on Government-funded programmes, capability workshops and group-based upgrading, as well as help in business diagnosis from business advisors.

## SOCIAL SUPPORT/ MENTAL WELLNESS

### Caregiving @ South West Hotline

6258 6683 (24 hours)

Manned by Caregiver Asia, this hotline is for everyone with a caregiving-related enquiry.

### The Seniors Helpline 乐龄援助热线

1800 555 5555

A toll-free national helpline by Sage Counselling Centre that seniors can call for befriending, counselling and referral for community resources.

Helpline operating hours: Monday to Friday, 9 am to 7 pm;  
Saturday, 9 am to 1 pm; closed on Sundays and public holidays

### National CARE Hotline

1800 202 6868 (8 am to 12 am daily)

Offers emotional support to individuals who may be worried about COVID-19 and its impact on their lives.

## SELF-HELP GROUPS

### CDAC

6841 4889 (Monday to Thursday, 8.30 pm to 6 pm;  
Friday, 8.30 am to 5.30 pm)  
enquiry@cdac.org.sg

CDAC @ Jurong  
Blk 421 Jurong West Street 42 #01-1045  
Singapore 640421  
Tel: 6569 3573

Centre opening hours: Monday to Friday, 1 pm to 10 pm;  
Saturday and Sunday, 10 am to 5 pm; closed on public holidays and the eve of Christmas, New Year and Chinese New Year

### Yayasan MENDAKI

6245 5555 (Monday to Friday, 8.30 pm to 5.30 pm;  
Saturday, 9 am to 1 pm)  
mendaki.org.sg

MENDAKI @ Jurong  
500 Corporation Road, #02-01  
Singapore 649808

MENDAKI @ Choa Chu Kang  
Blk 813A Choa Chu Kang Ave 7  
Singapore 681813

MENDAKI @ ITE College West  
1 Choa Chu Kang Grove  
Singapore 688236

### Singapore Indian Development Association (SINDA)

1800 295 3333 (Monday to Friday, 9 am to 6 pm)  
Email: queries@sinda.org.sg  
Support package: sinda.org.sg/supportpackage

SINDA Youth Hub  
(temporarily closed in line with COVID-19 safe opening guidelines)  
Jurong Point 1, #06-03  
Singapore 648886  
Tel: 6393 7288

# Test your knowledge!

Take this quiz to find out how much you know about *BRIDGE* and win our South West CDC teddy bear!

## TAKE THIS QUIZ TO FIND OUT!

1. Which local university is a partner of Zero Waste Testbed Initiative @ South West?

A: \_\_\_\_\_

2. Where was the SGUnited-e2i Jobs & Skills Discovery held?

A: \_\_\_\_\_

3. Under Love-in-a-Bento @ South West, themed bento meals are distributed to beneficiaries on special occasions. Name one such occasion.

A: \_\_\_\_\_

4. What did Mdm Fang Siew Ping make for her family and friends out of yarn?

A: \_\_\_\_\_

5. Adviser Mr Patrick, BBM, is a certified \_\_\_\_\_ instructor.

A: \_\_\_\_\_



Complete the quiz and/or the puzzle and mail your answers to

**South West CDC, Jurong Town Hall Road,**

**#26-06, Singapore 609434**

or email them to us at [southwest\\_cdc@pa.gov.sg](mailto:southwest_cdc@pa.gov.sg).

Include a cut-out or screenshot of this page in your submission and indicate "Quiz / Sudoku Fun" in the title of your mail.

Five residents whose entries are selected will each win a South West CDC teddy bear!

**Deadline:** 30 September 2021

Name: \_\_\_\_\_

NRIC: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_

Tel: \_\_\_\_\_ Email: \_\_\_\_\_

## 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!

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